

Registration Information on page 5

September to December
FALL 2025

Program *Guide*

Coquitlam Parks, Recreation, Culture and Facilities



Welcome to Coquitlam

Parks, Recreation, Culture and Facilities



We acknowledge with gratitude and respect that the name Coquitlam was derived from the hən̓q̓əmiṇ̓əh̓ (HUN-kuh-MEE-num) word kʷikwə́łəm (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the kʷikwə́łəm traditional and ancestral lands, including those parts that were historically shared with the ḱíçəy̓ (kat-zee), and other Coast Salish Peoples.

How to Use This Guide

Drawing for Youth (8–14 yrs) ← **Title and age(s)**

Youth will explore the various methods and techniques of drawing using different tools and materials each week.

at Poirier Community Centre ← **Location**

F Oct 21 1–3 p.m.

1/\$37.30

98661

**Day(s) of the week,
date range, time**

**Number of
sessions/price**

**Course
ID**

- Look inside for **FREE** and **LOW COST** activities!
- Programs marked with a  are for kids and adults together!

To register for a program online through your computer or mobile device:

1. Go to coquitlam.ca/registration
2. Log in or create an account
3. Enter the **course ID** into the “keyword” search field

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Coquitlam Champions Equity, Diversity and Inclusion

What is Equity, Diversity and Inclusion?

Equity, diversity and inclusion (EDI) is about breaking down barriers to ensure that everyone – regardless of age, ability, race, culture, gender, sexual orientation and other diversity characteristics – is able to live, work and thrive in a safe and welcoming environment.

EDI in Coquitlam

As an organization, Coquitlam is on a journey to better serve our vibrant and diverse community by applying EDI principles to all City work, policies, operations, language and services. EDI is an organizational priority that guides decision-making across all lines of business.

Learn more about what we are doing so that Coquitlam continues to be safe, inclusive and accessible, and what you can do to support EDI in our community.

coquitlam.ca/EDI

Coquitlam



All Abilities Welcome!

We strive to provide community recreation experiences for people of all abilities. See a program you like but need some help to get involved? Email Community Services and we'll work with you to find ways to help you participate: CommunityServices@coquitlam.ca

coquitlam.ca/RecAccess

Financial Assistance for Recreation

**Making recreation more
affordable and accessible.**

Eligible residents can apply today.

coquitlam.ca/FinancialAssistanceRec

Sign Me Up

Online Registration System
for Parks, Recreation and Culture programs

3 Easy Ways To Register

1 Online coquitlam.ca/registration

Available 24 hours a day, 7 days a week

You must have a recreation account to register for programs online.

How To Register Online

Create an account or login by clicking on the SignMeUp banner at coquitlam.ca/registration

Once you have logged into your account, you can:

- Add or remove family members on your account
- Update your contact information (current home address, phone number, etc.)
- Securely save a credit card to your account for faster checkout
- Manage program registrations

Learn more about the registration system at coquitlam.ca/registration

Questions? We're here to help!

604-927-4386 | prcs_info@coquitlam.ca

2 Over the Phone 604-927-4386

Get staff assistance with registration during these hours (except statutory holidays):

- Monday to Friday: 8:30 a.m. – 6 p.m.
- Saturday and Sunday: 10 a.m. – 2 p.m.

3 In-person at these facilities:

- **Poirier Sport and Leisure Complex**
633 Poirier Street
- **City Centre Aquatic Complex**
1210 Pinetree Way
- **Dogwood Pavilion**
1655 Winslow Avenue
- **Glen Pine Pavilion**
1200 Glen Pine Court
- **Pinetree Community Centre**
1260 Pinetree Way
- **Maillardville Community Centre**
1200 Cartier Avenue
- **Town Centre Park Community Centre**
1207 Pinetree Way

Payment by Visa, MasterCard or American Express is required at the time of online or phone registration.

In-person registration accepts payment by Visa, MasterCard, American Express, debit or cash.

We reserve the right to cancel programs. Participants can withdraw up to 5 days (10 days for camps) prior to the start of their program for a full refund. Service fees apply when less than 5 days notice is provided (10 days for camps).

No refunds will be given on third day of class or later. Prices listed do not include applicable taxes.

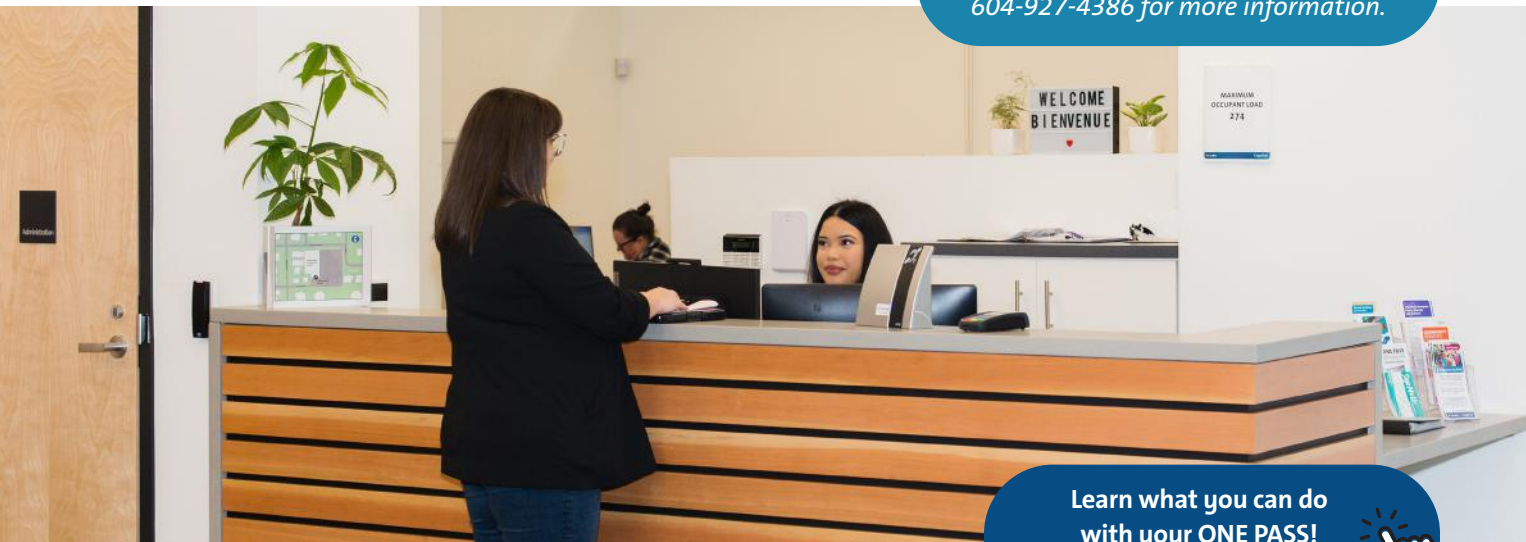
Admission Fees and Recreation Passes

Coquitlam PRC Gift Cards



Use them at any Coquitlam recreation facility for drop-in admissions, registered programs or getting a **ONE PASS**!

Drop by one of our facilities or call 604-927-4386 for more information.



Learn what you can do with your ONE PASS!
coquitlam.ca/OnePass



ONE PASS and Drop-in Fees

Prices valid at all facilities April 1, 2025.

The ONE PASS provides universal access to all of our facilities for both pre-registered drop-in programs and drop-in programs, such as drop-in basketball, fitness, swimming and ice skating.

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.38	\$27	\$31	\$21.70	\$243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	\$6.67	\$53.40	\$61.90	\$43.30	\$486
Senior	(65 – 79 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Super Senior	(80 yrs +)	\$3.38	\$27	\$31	\$21.70	\$243
Adult and Tot	(per person)	\$3.38	\$27	—	—	—

* Students 19 – 25 yrs must present valid full time student ID

** A minimum three month commitment is required

Additional Arena Services

Prices valid through to March 31, 2026.

	Drop-In	10-Visit Pass
Skate Rentals	\$3.38	\$27.10
Helmet Rentals	\$2.14	\$17.10
Skate Sharpening	\$5.43	—

Applicable taxes not included. Skate and helmet rentals are free of charge to children under 3 years. Ice cleats are provided free of charge to adults assisting children.

SCHOOL'S OUT PASS

Only \$25

Get unlimited drop-in access to Coquitlam pools, gyms, and rinks during summer, winter, and spring breaks for just \$25 with the School's Out Pass! Valid June 28, 2025 – March 29, 2026.

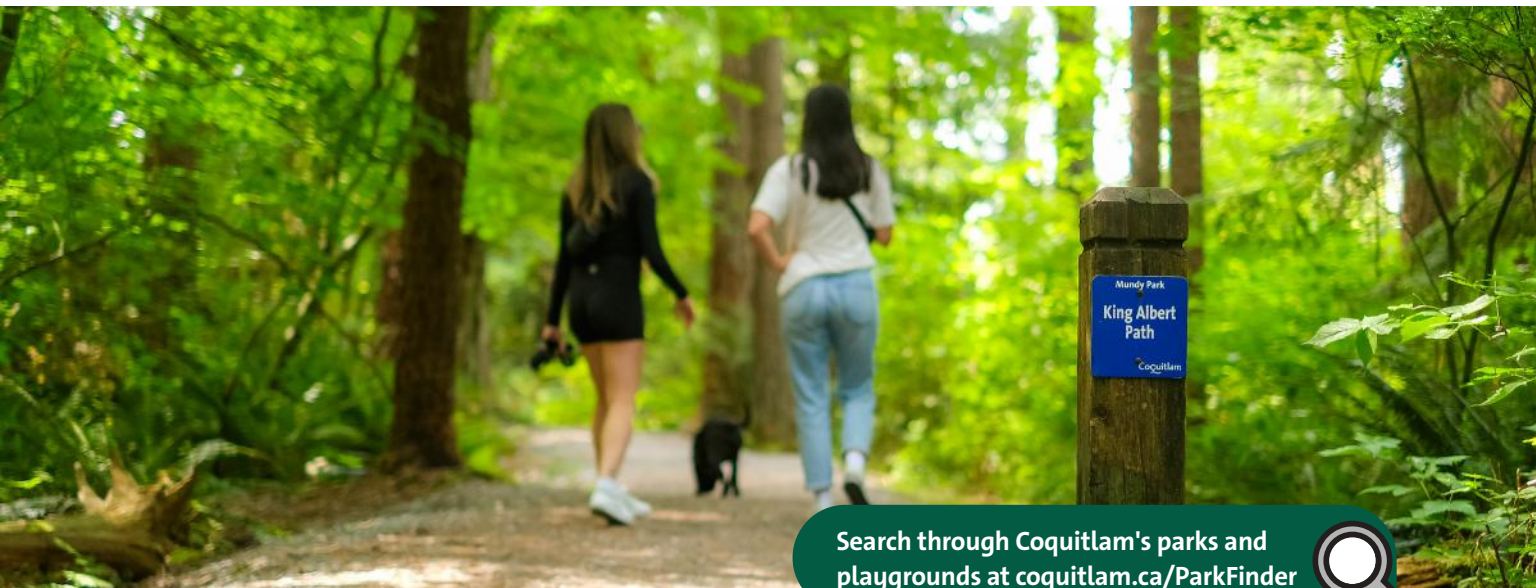
Available June 2.

coquitlam.ca/SchoolsOutPass

Parks

Park program registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.

Discover a new trail to explore at coquitlam.ca/trails



Search through Coquitlam's parks and playgrounds at coquitlam.ca/ParkFinder



The Coquitlam Parks team is doing great things in your community.

Here are some ways to get involved:



Park Spark

Bringing Coquitlam Parks Alive

Park Spark provides an opportunity to have fun and gain meaningful experiences while enhancing Coquitlam's parks. We offer a variety of opportunities for people to lend their expertise or experiences to connect with our parks. Learn how to get involved at coquitlam.ca/ParkSpark



Bad Seed

Weed Out Invasive Plants

Invasive plants kill native plants and destroy Coquitlam's beautiful natural habitat. They spread aggressively and destroy the habitat of fish, birds and other wildlife. Help to keep Coquitlam free of Bad Seeds. Learn how to play your part at coquitlam.ca/BadSeed



Inspiration Garden

Growing and Connecting Gardeners

Green thumbs of all ages and abilities are encouraged to get involved, share knowledge, learn new skills and make a difference while enhancing Coquitlam's outdoor garden spaces. Learn how to get involved at coquitlam.ca/Inspiration-Garden



Tree Spree

Supporting Trees in Coquitlam

Coquitlam Tree Spree is a tree-planting initiative and public-education program with the overall purpose of recognizing and promoting the value of the City's tree canopy. We offer a variety of opportunities for public education, tree giveaways to residents and businesses, and tree-planting sessions incorporated into community events and activities. Learn how to get involved at coquitlam.ca/TreeSpree



Spotlight on Sport

Shining a Spotlight on Community Sport

Spotlight on Sport aims to celebrate sport and inspire our sport community, recognize the positive impact sport associations have in our community and to show appreciation for the sport community's contributions. Find fun drop-in activities and get connected to community sport at coquitlam.ca/SpotlightOnSport



Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

Adopt-A programs offer volunteer opportunities for residents of all ages and interests to contribute to the beauty of our community's local parks, trails and natural spaces. Learn how to get involved at coquitlam.ca/AdoptPrograms

Bad Seed

Bad Seed: Community Weed Pull Party (All Ages)

Join the Park Spark Team and other community members to help restore local parks around Coquitlam. All ages are welcome to come remove and learn about the invasive species that affect our local ecosystem. Food and Refreshments provided!

at Parks (Neighbourhood)

Sa	Sep 20	10 a.m. – 12 p.m.	1/ FREE	198289
Su	Sep 28	10 a.m. – 12 p.m.	1/ FREE	197423
Sa	Oct 4	10 a.m. – 12 p.m.	1/ FREE	198288
Su	Oct 12	1 – 3 p.m.	1/ FREE	197424

Intro to: Bad Seeds (All Ages)

Join the Park Spark Team and learn how to identify invasive plants, the negative impacts of these plants to the natural environment, best practices for removal and disposal, and suggestions for what to plant instead.

at Town Centre Park Community Centre

Sa	Sep 6	2:30 – 3:30 p.m.	1/ FREE	197395
Su	Oct 5	2:30 – 3:30 p.m.	1/ FREE	197406

Resilient Restorations: Sustainable Gardening Solutions (All Ages)

Join us for an engaging and hands-on workshop focused on identifying, removing, and replacing invasive species in your garden and on your property! Learn how to spot common invaders, apply effective removal techniques, and choose the right native plants to restore your space. The workshop will include: A guided tour of local invasive species, giving step-by-step instructions on proper invasive removal methods, and tips for selecting and planting native alternatives.

at Parks (Neighbourhood)

Su	Sep 14	9:30 – 11 a.m.	1/ FREE	197401
Tu	Oct 7	2 – 3:30 p.m.	1/ FREE	197404

Inspiration Garden

Garden Basics: Seed Saving 101 (All Ages)

Join this hands-on workshop to explore the world of seed saving. Learn about the different seeds you can save, proper harvest techniques, seed storage, and more! All ages welcome.

at Town Centre Park Community Centre

W	Sep 10	5 – 6:30 p.m.	1/ FREE	199271
Sa	Sep 27	5 – 6:30 p.m.	1/ FREE	199288

Garden Tour: Fall Season of Interest (All Ages)

Tour the Garden Walk at Town Centre Park this fall season! This is a guided walking tour, we will be showcasing diverse designs of the garden walk and enjoy the vibrant colours of fall foliage all around us! All ages welcome, family friendly.

at Town Centre Park

Su	Sep 14	10 – 10:30 a.m.	1/ FREE	199095
Su	Sep 14	2:30 – 3 p.m.	1/ FREE	199138
Su	Sep 21	10 – 10:30 a.m.	1/ FREE	199156
Su	Sep 21	2:30 – 3 p.m.	1/ FREE	199158
Su	Sep 28	10 – 10:30 a.m.	1/ FREE	199152
Su	Sep 28	2:30 – 3 p.m.	1/ FREE	199153

Hanging Basket Workshop: Winter Wonderland (All Ages)

Craft and bring home a hanging basket of fall favourites! Add fun pops of warm fall colours to your entrance ways or balcony spaces! Green thumbs of all ages and abilities are welcome. All supplies included, you will be bringing home your creation.

at Dogwood Pavilion

Tu	Nov 4	9 – 10 a.m.	1/\$40	200141
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at Town Centre Park Community Centre

W	Nov 5	5 – 6 p.m.	1/\$40	200142
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Info Night: Intro to Master Gardener Volunteer (All Ages) **LOW COST**

Join this informative conversation about the program, requirements, and steps to becoming a Master Gardener Volunteer. All abilities, and levels of garden experience are welcome to this session, where you will learn the benefits of being a Master Gardener Volunteer, as well as how to apply directly, or how you can 'up your gardening game' in order to qualify for the Master Gardener Basic Training Program. This is an online-Zoom information session, you are welcome to attend at the community centre or from your home. All Welcome!

at Town Centre Park Community Centre

W	Oct 8	7 – 8 p.m.	1/\$2	200172
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Intro to Roses 101 (All Ages)

Join this informative introductory rose workshop and tour with the Park Spark Team and the Fraser Pacific Rose Society. Tour the spectacular Centennial Rose Garden and smell hundreds of blooms! This workshop welcomes all garden experiences and all ages to attend. Location: The Centennial Rose Garden at the Dogwood Pavilion

at Dogwood Pavilion

Sa	Sep 13	9:30 – 11:30 a.m.	1/ FREE	199147
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Irradiant Indoor Planter (All Ages)

Brighten your home by creating your very own and one of a kind indoor planter with a variety of colourful tropical plants to choose from! Learn about indoor plant care and maintenance at this hands-on workshop. Green thumbs of all ages and abilities are welcome.

at Town Centre Park Community Centre

Su	Dec 7	2 – 3 p.m.	1/\$40	200173
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Living Soil: Cultivating Healthy Gardens (All Ages)

In this interactive workshop, the Park Spark Team invites One Earth Collective to introduce the vital role of soil biology in cultivating healthy, productive gardens for the next Spring. Attendees will explore the complex ecosystem beneath their feet—teeming with bacteria, fungi, earthworms, and other organisms—and learn how these lifeforms contribute to soil health and plant growth. Through teachings and hands-on demonstrations, the workshop will cover soil biology and other components, soil testing, and practical guidance tailored for backyard settings. Designed for gardeners of all levels, this session empowers participants to build and maintain living soils that support resilient, nutrient-rich gardens and ecosystems. All ages welcome.

at Town Centre Park Community Centre

W	Sep 10	7 – 8:30 p.m.	1/\$5	199250
W	Oct 22	6:30 – 8 p.m.	1/\$5	199254

Mason Bee Fall Harvest Workshop (All Ages)

Join this hands-on mason bee fall harvest workshop with the Park Spark Team and BC Bee Supply to learn all about these native solitary bees. Find out how you can support pollination and the local natural ecosystem by setting up a mason bee friendly environment in your very own garden! There will be a live-demonstration of how to harvest, clean, store and intro to the mason bee life cycle. All experiences, ages and abilities welcome! Space Limited.

at Dogwood Pavilion

Sa	Dec 13	1 – 3 p.m.	1/\$10	199305
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at Town Centre Park Community Centre

W	Nov 26	6 – 8 p.m.	1/\$10	199304
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Planter Workshop: Gourd-geous Succulents (All Ages)

Create mini gourdgeous planters for your dining, office or patio table display! This is a special DIY workshop featuring a fun selection of mini-succulents, and colourful gourds for you to craft into planters to bring home with you! Green thumbs of all ages and abilities are welcome, space limited. All supplies included.

at Town Centre Park Community Centre

Su	Oct 12	2 – 3 p.m.	1/\$40	199301
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Planter Workshop: Jack O' Planter (All Ages)

Create a show-stopper planter for your dining table, front entrance, patio or balcony! This is a special DIY workshop featuring a fun selection of fall foliage, and of course the star of the show, big pumpkins for you to carve into a planter to bring home with you! Green thumbs of all ages and abilities are welcome, space limited. All supplies included.

at Town Centre Park Community Centre

Tu	Oct 7	1:30 – 2:30 p.m.	1/\$40	199300
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Roses Pruning Workshop (All Ages)

Join this intermediate rose pruning workshop hosted by the Fraser Pacific Rose Society. There will be interactive demonstrations and hands-on practices in the Centennial Rose Garden presented in this workshop. We welcome all garden experiences and ages to attend. Location: The Centennial Rose Garden at the Dogwood Pavilion

at Dogwood Pavilion

Sa	Oct 4	9:30 – 11:30 a.m.	1/ FREE	199296
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All Abilities Welcome!

Visit page 4 for details

School Garden Tour (All Ages)

School Garden Tours are open to grades 2 – 6
1 hour guided garden tour and presentation in the
Inspiration Garden located at Town Centre Park.
Teacher may select from one of the following topics:
Pollinator Power, Compost Works!, Plant Lifecycle, Bugs
in the Garden. The topic selected must be emailed to
parkspark@coquitlam.ca upon registration.

at Town Centre Park

Tu	Sep 2	1:30 – 2:30 p.m.	1/\$30	199060
Th	Sep 4	1:30 – 2:30 p.m.	1/\$30	199061
Tu	Sep 9	1:30 – 2:30 p.m.	1/\$30	199068
Th	Sep 11	1:30 – 2:30 p.m.	1/\$30	199070
Tu	Sep 16	1:30 – 2:30 p.m.	1/\$30	199077
Th	Sep 18	1:30 – 2:30 p.m.	1/\$30	199078
Tu	Sep 23	1:30 – 2:30 p.m.	1/\$30	199080
Th	Sep 25	1:30 – 2:30 p.m.	1/\$30	199081
Th	Oct 2	1:30 – 2:30 p.m.	1/\$30	199082
Tu	Oct 7	1:30 – 2:30 p.m.	1/\$30	199083
Th	Oct 9	1:30 – 2:30 p.m.	1/\$30	199084
Tu	Oct 14	1:30 – 2:30 p.m.	1/\$30	199085
Th	Oct 16	1:30 – 2:30 p.m.	1/\$30	199086

Seminar Series: Gardening with Native Plants (All Ages)

In this workshop, we will be learning how to include
native plants into your everyday gardening spaces! Learn
all about the benefits of gardening with native plants,
cultivating, seed saving, and attracting native pollinators
to your garden spaces. Bee inspired to start your own
pollinator friendly haven starting here! Family friendly
and all ages welcome.

at Town Centre Park Community Centre

Th	Sep 18	4:30 – 6 p.m.	1/ FREE	199281
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Seminar Series: Winter Sowing (All Ages) **LOW COST**

Start a winter garden by joining this workshop on winter
sowing hosted with the Dogwood Garden Club. Learn
hands on the methods of creating a winter wonderland
of vegetables and ornamental plants whether in a DIY
planter or directly in your garden beds. All ages welcome!

at Town Centre Park Community Centre

W	Dec 3	5 – 6:15 p.m.	1/\$2	199306
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to
class so we can reduce class cancellations.

Tea Garden: Autumn Tour and Tea (All Ages)

Enjoy a warm cup of tea while embarking on a guided
walking tour in the Inspiration Garden this Autumn.
Appreciate and learn about the evolving colours of
different plants and flowers adapt to the cooler season
ahead! All ages, family friendly. Drop in anytime
between 2-4pm.

at Town Centre Park

Su	Oct 5	2 – 4 p.m.	1/ FREE	199169
Su	Oct 12	2 – 4 p.m.	1/ FREE	199172
Su	Oct 19	2 – 4 p.m.	1/ FREE	199173

Terrarium Workshop (All Ages)

Design your very own terrarium in your own style from a
variety of air plants. Perfect for your home or office decor!
We will be designing the terrarium with air plants and
learning about how to take care of them. This is a hands-
on workshop with all the materials and supplies included.
Family Friendly. Space Limited.

at Town Centre Park Community Centre

Su	Dec 14	4 – 5 p.m.	1/\$40	199309
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Waterwise Gardening (All Ages)

Dive into a world of water efficient garden designs,
xeriscape-friendly plants, and water wise ideas for your
garden! This is an introductory workshop in collaboration
with the Environmental Services Team. Green thumbs of
all ages and abilities are welcome.

at Town Centre Park Community Centre

Su	Sep 14	3:30 – 4:30 p.m.	1/ FREE	199236
Th	Sep 25	2 – 3 p.m.	1/ FREE	199239

Winter Garden Prep 101 (All Ages)

Learn different ways to overwinter your garden and yard
at this workshop, explore efficient and creative ideas
to protect your garden, balcony potted plants over the
winter months! All ages welcome.

at Town Centre Park Community Centre

Th	Oct 23	2 – 3 p.m.	1/ FREE	199302
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Park Spark

Adopt-A-Park Program Orientation (All Ages)

Are you passionate about your community and the environment? The Park Spark team invites you to get involved in one or more of our exciting Adopt-A-Park programs designed to enhance and care for our local outdoor spaces. Attend this orientation event to find out more about these programs, and sign up today! To learn more about the many Adopt-A-Park programs we offer, please visit Coquitlam.ca/618/Adopt-a-Park-Programs.

at Town Centre Park Community Centre

Th	Sep 11	5 – 6 p.m.	1/ FREE	199559
Sa	Oct 4	5 – 6 p.m.	1/ FREE	199561

Park Spark Light Brigade Workshops (All Ages)

Join the Park Spark Light Brigade team and get involved in Metro Vancouver's largest free outdoor light display, Lights at Lafarge! These Light Brigade Workshops provide an opportunity for the community to be a part of Lights at Lafarge by assisting in the creation and fabrication of lit elements that contribute to the lights display.

at Town Centre Park

F	Sep 19	3:30 – 5 p.m.	1/ FREE	199553
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at Town Centre Park Community Centre

Th	Sep 25	3:30 – 5 p.m.	1/ FREE	199283
Sa	Sep 27	2:30 – 4 p.m.	1/ FREE	199294
Th	Oct 2	3:30 – 5 p.m.	1/ FREE	199289
Th	Oct 9	3:30 – 5 p.m.	1/ FREE	199290
Sa	Oct 11	2:30 – 4 p.m.	1/ FREE	199295
Th	Oct 16	3:30 – 5 p.m.	1/ FREE	199291
Th	Oct 23	3:30 – 5 p.m.	1/ FREE	199292
Sa	Oct 25	2:30 – 4 p.m.	1/ FREE	199297
Th	Oct 30	3:30 – 5 p.m.	1/ FREE	199293

Tree Spree

Advanced Nature Photography (All Ages)

Advanced Nature Photography is designed for experienced photographers looking to enhance their skills in capturing the beauty of nature. This hands-on workshop allows participants learn advanced techniques, like shooting in manual, for photographing landscapes, wildlife, and environmental features in various dynamic outdoor settings.

at Parks (Neighbourhood)

Su	Oct 12	1:30 – 3 p.m.	1/ FREE	199822
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Backyard Birding for Beginners (All Ages) **LOW COST**

Connect with nature as you discover the bountiful species of birds that live in your backyard! Join the Park Spark team and a local birding enthusiast to learn beginner birding techniques, including how to use binoculars and how to discover local birds by sight and song.

at Parks (Neighbourhood)

Su	Sep 28	8 – 9:30 a.m.	1/\$2	197170
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Intro To: Forest Bathing (All Ages)

The scent of the forest, the song of birds, the fresh forest air – awaken your senses and let your body relax in this introduction into the Japanese practice of forest bathing.

at Mundy Park

F	Sep 12	9:30 – 11 a.m.	1/ FREE	198945
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Intro to: Nature Journaling (All Ages)

The Nature Journaling Workshop encourages participants to connect with the natural world through the practice of journaling, creating art, and fostering mindfulness and observation skills. In this hands-on program, individuals learn to record their observations, sketching wildlife and reflecting on their outdoor experiences to deepen their appreciation of nature through journaling, drawing, or painting!

at Mundy Park

Su	Sep 21	10 – 11:30 a.m.	1/ FREE	198946
F	Oct 17	10 – 11:30 a.m.	1/ FREE	200140

Intro To: Nature Photography (All Ages)

Are you new to photography or seeking to enhance your skills? Join the Park Spark team and a local photography enthusiast for an exciting introduction to nature photography! Experience the beauty of Coquitlam Parks with us, learning fundamental photography techniques and capture nature on film. No prior experience required. Just bring your own camera and enthusiasm!

at Mundy Park

Su	Oct 5	1:30 – 3 p.m.	1/ FREE	199821
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Intro To: Shrub Pruning (All Ages)

Join the Park Spark team for a pruning workshop that will highlight some key principals, practices and techniques to consider when pruning your plants. This workshop will cover some typical concerns seen in landscaping, how to prune for aesthetics while maintaining plant health, and how to prepare for extreme weather events.

at Town Centre Park

F	Oct 10	1:30 – 3 p.m.	1/ FREE	198944
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Tree Spree Tour: Fall Foliage Walk (All Ages)

Experience the magical changing colors of fall! The Fall Foliage Walk will take you on a guided tour through Coquitlam Parks to enjoy the vibrant autumn leaves, crisp air, and stunning local landscapes. Learn how our native trees and plants adapt to the changing seasons!

at Parks (Neighbourhood)

F	Sep 26	9:30 – 10:30 a.m.	1/ FREE	199858
Tu	Oct 14	9:30 – 10:30 a.m.	1/ FREE	199860

Tree Spree Tours: Creekside Curiosities (All Ages)

Creeks and rivers are teeming with life that support a rich and healthy forest. Join the Park Spark team and the Coquitlam Public Library to discover fun facts about the trees, flora and fauna found next to creeks and rivers in Coquitlam parks.

at Parks (Neighbourhood)

Tu	Sep 16	10 – 11:30 a.m.	1/ FREE	197417
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Tree Spree Tours: Creekside Curiosities (All Ages)

Creeks and rivers are teeming with life that support a rich and healthy forest. Join the Park Spark team to discover fun facts about the trees, flora and fauna found next to creeks and rivers in Coquitlam parks.

at Parks (Neighbourhood)

Sa	Oct 18	1 – 2:30 p.m.	1/ FREE	197419
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Tree Spree Tours: Fabulous Fungi Walk (All Ages)

Step into the hidden networks beneath the forest floor with the Park Spark team and Urban Forestry professionals as we explore the fascinating role of fungi in Coquitlam Parks. Learn how fungi networks connect trees, support biodiversity, and drive forest resilience. Perfect for nature enthusiasts and curious minds eager to see forests through a fungal lens.

at Mundy Park

Sa	Sep 27	10 a.m. – 12 p.m.	1/ FREE	198296
Su	Oct 19	10 a.m. – 12 p.m.	1/ FREE	198323

Tree Spree Tours: Forest Canopy Walk (All Ages)

Coquitlam's Park Spark and Urban Forestry staff are teaming up to offer some tree-rific walks. Explore Coquitlam's tree canopy and learn fun facts about all of the amazing types of trees that call Coquitlam home. Join us at Como Lake Park!

at Parks (Neighbourhood)

Sa	Sep 20	1 – 2:30 p.m.	1/ FREE	197421
Tu	Oct 7	4 – 5:30 p.m.	1/ FREE	197422

Tree Spree Tours: Forest Understory Walk (All Ages)

Tucked under the treetops, the forest understory is teeming with life that support a rich and healthy forest. Join the Park Spark team and learn fun facts about the trees, flora and fauna found beneath the canopy of Coquitlam parks.

at Mundy Park

Su	Sep 7	10 – 11:30 a.m.	1/ FREE	197420
F	Oct 3	10 – 11:30 a.m.	1/ FREE	197418



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Camps

Camp registration opens at 8:30 a.m. on August 5 for Coquitlam residents and at 8:30 a.m. on August 7 for non-residents.

Mixed
Ages



**Spots fill
quickly!**
Don't miss out

Find Your Perfect Fall Camp!

Looking for fun and engaging ways to keep your child active and learning outside of school?

Whether your child loves cooking, dreams of eco-adventures, wants to hit the bullseye with archery, or is ready to build the next big invention with Robo Engineers, we have a camp for them—and more! With a wide variety of programs for every interest, age, and ability, there's truly something for everyone to discover, create and enjoy this summer.

Explore all the options at:

coquitlam.ca/registration → Camps Section (Fall)



Outdoor Recreation

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.

Mixed Ages



Baby and Me Beginner Hike (0 – 1.5 yrs)

This beginner program is designed for new parents and babies to enjoy easy hikes. Must be able to carry baby for 90 mins over changing terrain. Trail and meet up locations to be emailed prior to start of program. Program will run rain or shine.

at Other Locations

W	Sep 10 – Oct 15	12 – 1:30 p.m.	6/\$42.90	198695
W	Oct 22 – Nov 26	12 – 1:30 p.m.	6/\$42.90	198697

Baby and Me Intermediate Hike (0 – 1.5 yrs)

This intermediate program is designed for new parents and babies to enjoy moderate hikes. Must be able to carry baby for 90 mins over changing terrain. Trail and meet up locations to be emailed prior to start of program. Program will run rain or shine.

at Other Locations

Th	Sep 11 – Oct 16	10 – 11:30 a.m.	6/\$42.90	198696
Th	Oct 23 – Nov 27	10 – 11:30 a.m.	6/\$42.90	198698

Find more outdoor recreation programs in the following sections:

À [Camps \(page 13\)](#)

À [Outdoor sports in the Child section \(page 38\)](#)

New programs added throughout the season!

Learn more at coquitlam.ca/outdoors



Backcountry Navigation (16+ yrs)

Learn how to use a map/compass, familiarize yourself with other navigational tools (GPS, phone apps, etc.) and how to safely navigate our local wilderness areas. No prior knowledge needed. Advanced hikers will learn some useful tips. This “hands on” course will take place on the trail networks above Westwood Plateau. Be prepared for 90-120 minutes of standing for the initial theory portion followed by a three hour, 5km hike on hilly terrain at an easy pace. Trails may be a little steep in places.

at Parks (Neighbourhood)

Sa	Sep 20	9 a.m. – 2 p.m.	1/\$15	199530
Sa	Sep 27	9 a.m. – 2 p.m.	1/\$15	199532
Sa	Oct 4	9 a.m. – 2 p.m.	1/\$15	199533

Programs marked with  are for kids and adults together!



Beginner Hike: Coquitlam River (19+ yrs)

This hike will loop a section of the Coquitlam River to north David Ave. Most of the trail will be flat and wide. Be prepared for some uneven ground and some short hills. Time will be taken to explain how nature and humans coexist in the watershed of this urban stream. Roundtrip distance is 6 km with minimal elevation change.

at Other Locations

Sa	Oct 25	9 a.m. – 12 p.m.	1/\$9	199566
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Beginner Hike: Jug Island (19+ yrs)

This hike we will take place in t?mt?míx?t?n Regional Park (formally Belcarra). The hike will traverse the undulating spine of the peninsula and will travel through a lush forest. Elevation will be lost steeply before reaching a wonderful beach to view Jug Island and views up Indian Arm. Roundtrip is 5.5 km with a cumulative elevation gain of 245m.

at Other Locations

Sa	Nov 1	9 a.m. – 12 p.m.	1/\$9	199564
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Eco Trekkers (3 – 5 yrs)

Explore the forest's ecosystem alongside your little one. Explore the trails, balance on logs, pet slugs, jump in puddles, compare and contrast living and non-living things. Trail and Meet up locations to be emailed prior to start of program. Program to take place at various outdoor locations. Adult participation is required.

at Other Locations

W	Sep 10 – Oct 15	10 – 11 a.m.	6/\$42.90	198692
W	Oct 22 – Nov 26	10 – 11 a.m.	6/\$42.90	198699

Intermediate Hike: Belcarra and Sasamat Lake Loop (19+ yrs)

This hike will take place in t?mt?míx?t?n Regional Park (formally Belcarra) and travel on groomed park trails and quiet roads. Loops of Woodhaven Swamp and Sasamat Lake will be taken along the way as well as views of Bedwell Bay. Roundtrip distance is about 12 km with a cumulative elevation gain of 270m.

at Other Locations

Sa	Oct 4	9 a.m. – 1 p.m.	1/\$12	199569
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Intermediate Hike: Buntzen Lake Loop (19+ yrs)

This hike will take place in BC Hydro's Buntzen Lake reservoir area and will circle Buntzen Lake. The day will include beautiful forest, lake views, and glimpses of Swan Falls. Roundtrip distance is 10 km with an elevation gain of 275m.

at Other Locations

Tu	Sep 23	9 a.m. – 1 p.m.	1/\$12	199557
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Intermediate Hike: High Knoll (19+ yrs)

This hike will be in Minnekhada Regional Park in north eastern Coquitlam. This park has an abundance of wildlife and the hike will cover most of the trails. The highlight of the day will be a short but steep walk to the High Knoll where the group will be rewarded with great views of the Pitt River Valley, the TriCities, and mountains beyond. Roundtrip distance is 8 km with an elevation gain of 250 m.

at Other Locations

Sa	Sep 27	1 – 5 p.m.	1/\$12	199560
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Intermediate Hike: Night Owls Trail Hikes (16+ yrs)

Hike by the light of your headlamp. This hiking program will explore intermediate trails around the Tri-Cities in the evening. Trails will come alive with sounds, smells and glowing eyes peering back from the bushes! Hikes are weather dependent. Prior hiking experience required, 5-10km on moderately steep terrain.

at Other Locations

W	Oct 22 – Nov 19	6:30 – 8:30 p.m.	5/\$30	199808
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Presentation: Where to Hike in the Tri-Cities (16+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, and learn where the best places are to hike in the Tri-Cities. With over 35 years of experience hiking local trails, Ian will discuss routes for a variety of comfort and experience levels and showcase trails for those wanting to expand their knowledge. Learn about some local hidden gems. Geared towards beginner and intermediate hikers.

at Town Centre Park Community Centre

Tu	Sep 16	6:30 – 8:30 p.m.	1/\$6	199620
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Early Years

0 – 5 yrs

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.



Adult Participation

Ball Hockey (1.5 – 2 yrs)

Give your child an early start playing ball hockey learning skills through FUNdamental movements and inclusive play.

at Poirier Community Centre

Tu	Oct 14 – Nov 4	10:30 – 11 a.m.	4/\$18	198714
Tu	Nov 18 – Dec 9	10:30 – 11 a.m.	4/\$18	198715

Ball Hockey (3 yrs)

Give your child an early start playing ball hockey learning skills through FUNdamental movements and inclusive play. This is a parent participation class.

at Poirier Community Centre

Tu	Oct 14 – Nov 4	9:45am – 10:15am	4/\$18	198718
Tu	Nov 18 – Dec 9	9:45am – 10:15am	4/\$18	198719

Ballet (2 – 3 yrs)

An introduction to some basic movements and positions of ballet, taught through age-appropriate dance and play. Skills taught include pliés, gallops and the different foot positions. Adult participation required.

at Maillardville Community Centre

Sa	Sep 20 – Oct 11	12:45 – 1:15 p.m.	4/\$18	199322
Sa	Oct 18 – Nov 15	12:45 – 1:15 p.m.	5/\$22.50	199324
Sa	Nov 22 – Dec 13	12:45 – 1:15 p.m.	4/\$18	199325

at Pinetree Community Centre

Tu	Oct 14 – Nov 4	10:15am – 10:45am	4/\$18	199111
Tu	Nov 18 – Dec 9	10:15am – 10:45am	4/\$18	199112

at Poirier Community Centre

W	Sep 17 – Oct 8	6 – 6:30 p.m.	4/\$18	197081
W	Oct 15 – Nov 12	6 – 6:30 p.m.	5/\$22.50	197841
W	Nov 19 – Dec 10	6 – 6:30 p.m.	4/\$18	197842

Arts, Crafts and Story Time (2 – 3 yrs)

Join us for arts, crafts and story time. Themes will vary weekly.

at Poirier Community Centre

Alphabet Adventures

Tu	Oct 28	5:15 – 5:45 p.m.	1/\$4.50	199010
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Bears

Tu	Dec 9	5:15 – 5:45 p.m.	1/\$4.50	199019
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Dinosaur Discovery

Tu	Dec 2	5:15 – 5:45 p.m.	1/\$4.50	199007
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Farm Animals

Tu	Nov 18	5:15 – 5:45 p.m.	1/\$4.50	199015
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Insects and Bugs

Tu	Oct 14	5:15 – 5:45 p.m.	1/\$4.50	199003
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Puppies

Tu	Nov 25	5:15 – 5:45 p.m.	1/\$4.50	199018
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Superheroes

Tu	Nov 4	5:15 – 5:45 p.m.	1/\$4.50	199013
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Under the Sea

Tu	Oct 21	5:15 – 5:45 p.m.	1/\$4.50	199005
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Discover Dance (2 – 3 yrs)

Get ready to twirl, leap, and shine as participants explore different styles of dance through movement, rhythm and self-expression.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	9:30 – 10 a.m.	4/\$18	196689
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Su	Oct 12 – Nov 9	9:30 – 10 a.m.	5/\$22.50	197774
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Su	Nov 16 – Dec 7	9:30 – 10 a.m.	4/\$18	197776
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at Town Centre Park Community Centre

Su	Sep 14 – Oct 5	10:15am – 10:45am	4/\$18	198037
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W	Sep 17 – Oct 8	10:15am – 10:45am	4/\$18	198040
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Su	Oct 12 – Nov 9	10:15am – 10:45am	5/\$22.50	198622
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W	Oct 15 – Nov 12	10:15am – 10:45am	5/\$22.50	198668
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Su	Nov 16 – Dec 7	10:15am – 10:45am	4/\$18	198722
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W	Nov 19 – Dec 10	10:15am – 10:45am	4/\$18	198734
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at Pinetree Community Centre

Tu	Oct 14 – Nov 4	9:30 – 10 a.m.	4/\$18	199107
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Tu	Nov 18 – Dec 9	9:30 – 10 a.m.	4/\$18	199108
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Programs marked with  are for kids and adults together!

Explore the World of (2 – 3 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

Week 1 – Seasons

Week 2 – Harvest

Week 3 – Forest Friends

Week 4 – Family

at Pinetree Community Centre

Th	Sep 18 – Oct 9	9:30 a.m. – 10:15am	4/\$23.40	200384
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Explore the World of (2 – 3 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

Week 1 – Autumn

Week 2 – Rain and Puddles

Week 3 – Halloween

Week 4 – Hibernation

Week 5 – Community Helpers

at Pinetree Community Centre

Th	Oct 16 – Nov 13	9:30 a.m. – 10:15am	5/\$29.25	200390
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Explore the World of (2 – 3 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

Week 1 – Sounds in Nature

Week 2 – Arctic Animals

Week 3 – Snow and Ice

Week 4 – Winter Holidays

at Pinetree Community Centre

Th	Nov 20 – Dec 11	9:30 a.m. – 10:15am	4/\$23.40	200393
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Gymnastics (1.5 – 2 yrs)

While introducing your child to basic physical movement, help them build confidence and independence by exploring the equipment and learning how to balance, walk, jump and land.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	9:15am – 10 a.m.	4/\$35	198605
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Tu	Sep 16 – Oct 7	4:15 – 5 p.m.	3/\$26.25	198608
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Su	Oct 12 – Nov 9	9:15am – 10 a.m.	5/\$43.75	198606
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Tu	Oct 14 – Nov 4	4:15 – 5 p.m.	4/\$35	198609
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Su	Nov 16 – Dec 7	9:15am – 10 a.m.	4/\$35	198607
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Tu	Nov 18 – Dec 9	4:15 – 5 p.m.	4/\$35	198610
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at Pinetree Community Centre

Sa	Sep 20 – Oct 11	9:30 a.m. – 10:15am	4/\$35	199272
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Sa	Oct 18 – Nov 15	9:30 a.m. – 10:15am	5/\$43.75	199274
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Sa	Nov 22 – Dec 13	9:30 a.m. – 10:15am	4/\$35	199276
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Holiday Workshop: Explore the World of (2 – 3 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. This session will be holiday themed.

at Pinetree Community Centre

Th	Dec 18	9:30 a.m. – 10:15am	1/\$5.85	200476
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Holiday Workshop: Gingerbread Decorating (3 – 5 yrs)

Come cozy up while decorating gingerbread cookies and building a gingerbread house! Closed toe shoes are required for all participants and parents. This session will be holiday themed.

at Poirier Community Centre

M	Dec 15	4:45 – 5:45 p.m.	1/\$9.50	199404
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Holiday Workshop: Little Carpenters (3 – 5 yrs)

Sand, hammer and paint! Learn how to use tools properly and create a wooden project. This session will be holiday themed.

at Poirier Community Centre

Th	Dec 18	4 – 4:45 p.m.	1/\$5.85	199351
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Holiday Workshop: Little Chefs Christmas Cookies (3 – 5 yrs)

Bake, decorate, and snack your way through a merry day of holiday cookie fun! Closed toe shoes are required for all participants. This session will be holiday themed.

at Maillardville Community Centre

W	Dec 17	4:30 – 5:30 p.m.	1/\$9.50	199481
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Holiday Workshop: Little Learners (2 – 3 yrs)

Is your child ready to take the next step in connecting play with learning? Early learning skills such as basic letter recognition, numbers, sorting and fine motor skills will be introduced through play and fun activities. This session will be holiday themed.

at Pinetree Community Centre

W	Dec 17	9:45am – 10:30 a.m.	1/\$5.85	200472
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Holiday Workshop: Mini Makers (1 – 2 yrs)

Explore, create and play through art! Nurture your child's creativity through artistic experimentation. This session will be holiday themed.

at Pinetree Community Centre

Sa	Dec 20	9:15am – 9:45am	1/\$4.50	200642
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**Did you know?**

Kids six and under need daily active play to develop their fundamental movement skills—running, kicking, jumping, throwing, catching, agility, balance and coordination. These skills are key for kids to enjoy sports and a long life of physical activity.

Holiday Workshop: Mini Makers (2 – 3 yrs)

Explore, create and play through art! Nurture your child's creativity through artistic experimentation. This session will be holiday themed.

at Pinetree Community Centre

Sa	Dec 20	10:15am – 11 a.m.	1/\$5.85	200643
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I Can Run, Jump and Throw (1.5 – 2 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	9:45am – 10:15am	4/\$18	197088
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Sa	Oct 18 – Nov 15	9:45am – 10:15am	5/\$22.50	197957
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Sa	Nov 22 – Dec 6	9:45am – 10:15am	3/\$13.50	197958
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at Maillardville Community Centre

M	Sep 15 – Oct 6	9:30 – 10 a.m.	4/\$18	198639
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M	Oct 20 – Nov 10	9:30 – 10 a.m.	4/\$18	198640
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M	Nov 17 – Dec 15	9:30 – 10 a.m.	5/\$22.50	198642
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at Smiling Creek Activity Centre

Sa	Sep 20 – Oct 11	10:45am – 11:15am	4/\$18	199536
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Sa	Oct 18 – Nov 15	10:45am – 11:15am	5/\$22.50	199537
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Sa	Nov 22 – Dec 13	10:45am – 11:15am	4/\$18	199538
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Jump Start: Jollyjumpers (1 – 18 months)

Bond with your baby through songs and musical movement. Features singing, musical games and instrument exploration. Sign language and infant massage will be incorporated into weekly classes. Offered in partnership with Jump Start Music and Movement.

at Pinetree Community Centre

Tu	Sep 9 – Dec 16	9:15am – 10 a.m.	13/\$162.50	199747
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F	Sep 12 – Dec 12	10:15am – 11 a.m.	14/\$175	199753
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at Poirier Community Centre

W	Sep 10 – Dec 10	9:15am – 10 a.m.	14/\$175	196560
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W	Sep 10 – Dec 10	11:15am – 12 p.m.	14/\$175	196561
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Sa	Sep 13 – Dec 13	10:15am – 11 a.m.	14/\$175	196566
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Jump Start: Puddlejumpers (16 – 42 months)

Explore the wonder of music with your child through lively musical play. Activities will inspire language, coordination, physical literacy, confidence, and sharing by focusing on early musical concepts, instrument play and creative movement. Offered in partnership with Jump Start Music and Movement.

at Pinetree Community Centre

Tu	Sep 9 – Dec 16	10:15am – 11 a.m.	13/\$162.50	199748
W	Sep 10 – Dec 10	6:30 – 7:15 p.m.	14/\$175	199751
F	Sep 12 – Dec 12	9:15am – 10 a.m.	14/\$175	199752

at Poirier Community Centre

W	Sep 10 – Dec 10	10:15am – 11 a.m.	14/\$175	196562
Th	Sep 11 – Dec 11	5:15 – 6 p.m.	14/\$175	196563
Sa	Sep 13 – Dec 13	11:15am – 12 p.m.	14/\$175	196567

Jump, Tuck and Roll! (1.5 – 2 yrs)

This class is designed to introduce your child to the basics of tumbling and the FUNdamental movements that are the building blocks of gymnastics!

at Poirier Community Centre

Su	Sep 14 – Oct 5	9:30 a.m. – 10:15am	4/\$23.40	196444
M	Sep 15 – Oct 6	4:30 – 5:15 p.m.	4/\$23.40	196454
Su	Oct 12 – Nov 9	9:30 a.m. – 10:15am	5/\$29.25	197722
F	Oct 17 – Nov 14	9 a.m. – 9:45am	5/\$29.25	198744
M	Oct 20 – Nov 10	4:30 – 5:15 p.m.	4/\$23.40	197821
Su	Nov 16 – Dec 7	9:30 a.m. – 10:15am	4/\$23.40	197723
M	Nov 17 – Dec 8	4:30 – 5:15 p.m.	4/\$23.40	197822
F	Nov 21 – Dec 12	9 a.m. – 9:45am	4/\$23.40	198745

Little Carpenters (3 – 5 yrs)

Sand, hammer and paint! Learn how to use tools properly and create a wooden project.

at Poirier Community Centre

Th	Sep 18 – Oct 9	4 – 4:45 p.m.	4/\$23.40	196467
Th	Oct 16 – Nov 13	4 – 4:45 p.m.	5/\$29.25	197868
Th	Nov 20 – Dec 11	4 – 4:45 p.m.	4/\$23.40	197870

Little Chefs (3 – 5 yrs)

We aim to create a love of cooking through simple recipes that are fun, nutritious and delicious! Preschoolers, with an adult, will measure, mix, pour and stir in this hands-on class. Closed toe shoes are required for all participants and parents.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	9:30 – 10:30 a.m.	4/\$38	198859
W	Sep 17 – Oct 8	4:30 – 5:30 p.m.	4/\$38	199155
Sa	Sep 20 – Oct 11	9:30 – 10:30 a.m.	4/\$38	199264
Su	Oct 12 – Nov 9	9:30 – 10:30 a.m.	5/\$47.50	198860
W	Oct 15 – Nov 12	4:30 – 5:30 p.m.	5/\$47.50	199157
Sa	Oct 18 – Nov 15	9:30 – 10:30 a.m.	5/\$47.50	199265
Su	Nov 16 – Dec 7	9:30 – 10:30 a.m.	4/\$38	198861
W	Nov 19 – Dec 10	4:30 – 5:30 p.m.	4/\$38	199159
Sa	Nov 22 – Dec 13	9:30 – 10:30 a.m.	4/\$38	199267

at Poirier Community Centre

M	Sep 15 – Oct 6	4:45 – 5:45 p.m.	4/\$38	196457
Tu	Sep 16 – Oct 7	12 – 1 p.m.	3/\$28.50	196714
Tu	Oct 14 – Nov 4	12 – 1 p.m.	4/\$38	197831
M	Oct 20 – Nov 10	4:45 – 5:45 p.m.	4/\$38	197827
M	Nov 17 – Dec 8	4:45 – 5:45 p.m.	4/\$38	197828
Tu	Nov 18 – Dec 9	12 – 1 p.m.	4/\$38	197832

Little Learners (2 – 3 yrs)

Is your child ready to take the next step in connecting play with learning? Early learning skills such as basic letter recognition, numbers, sorting and fine motor skills will be introduced through play and fun activities.

at Pinetree Community Centre

W	Oct 15 – Nov 12	9:45am – 10:30 a.m.	5/\$29.25	200440
W	Nov 19 – Dec 10	9:45am – 10:30 a.m.	4/\$23.40	200441

Mini Makers (1 – 2 yrs)

Explore, create and play through art! Nurture your child's creativity through artistic experimentation.

at Pinetree Community Centre

Sa	Sep 20 – Oct 11	9:15am – 9:45am	4/\$18	200418
Tu	Oct 14 – Nov 4	9:30 – 10 a.m.	4/\$18	199787
Sa	Oct 18 – Nov 15	9:15am – 9:45am	5/\$22.50	200422
Tu	Nov 18 – Dec 9	9:30 – 10 a.m.	4/\$18	199788
Sa	Nov 22 – Dec 13	9:15am – 9:45am	4/\$18	200424

at Poirier Community Centre

Su	Oct 12 – Nov 9	9:30 – 10 a.m.	5/\$22.50	198690
M	Oct 20 – Nov 10	10:45am – 11:15am	4/\$18	198705
Su	Nov 16 – Dec 7	9:30 – 10 a.m.	4/\$18	198691
M	Nov 17 – Dec 8	10:45am – 11:15am	4/\$18	198706

Mini Makers (2 – 3 yrs)

Explore, create and play through art! Nurture your child's creativity through artistic experimentation.

at Pinetree Community Centre

Sa	Sep 20 – Oct 11	10:15am – 11 a.m.	4/\$23.40	200429
Tu	Oct 14 – Nov 4	10:30 a.m. – 11:15am	4/\$23.40	199789
Sa	Oct 18 – Nov 15	10:15am – 11 a.m.	5/\$29.25	200433
Tu	Nov 18 – Dec 9	10:30 a.m. – 11:15am	4/\$23.40	199790
Sa	Nov 22 – Dec 13	10:15am – 11 a.m.	4/\$23.40	200434

at Poirier Community Centre

Su	Oct 12 – Nov 9	10:30 a.m. – 11:15am	5/\$29.25	198693
M	Oct 20 – Nov 10	9:30 a.m. – 10:15am	4/\$23.40	198702
Su	Nov 16 – Dec 7	10:30 a.m. – 11:15am	4/\$23.40	198694
M	Nov 17 – Dec 8	9:30 a.m. – 10:15am	4/\$23.40	198703

at Town Centre Park Community Centre

Tu	Sep 16 – Oct 7	10:15am – 11 a.m.	3/\$17.55	198078
Tu	Oct 14 – Nov 4	10:15am – 11 a.m.	4/\$23.40	198629
Th	Nov 20 – Dec 11	10:15am – 11 a.m.	4/\$23.40	199595

Multi-Ball (1.5 – 2 yrs)

Give your child a solid introduction to a variety of ball sports using the FUNdamental movement skills throwing, catching, kicking and striking as a base.

at Maillardville Community Centre

W	Oct 15 – Nov 12	9 – 9:30 a.m.	5/\$22.50	198621
W	Nov 19 – Dec 17	9 – 9:30 a.m.	5/\$22.50	198625

at Smiling Creek Activity Centre

W	Sep 17 – Oct 8	5:15 – 5:45 p.m.	4/\$18	199456
Sa	Sep 20 – Oct 11	9:15am – 9:45am	4/\$18	199489
W	Oct 15 – Nov 12	5:15 – 5:45 p.m.	5/\$22.50	199459
Sa	Oct 18 – Nov 15	9:15am – 9:45am	5/\$22.50	199491
W	Nov 19 – Dec 10	5:15 – 5:45 p.m.	4/\$18	199463
Sa	Nov 22 – Dec 13	9:15am – 9:45am	4/\$18	199493

at Victoria Community Hall

Th	Oct 16 – Nov 13	10:15am – 10:45am	5/\$22.50	199654
Th	Nov 20 – Dec 11	10:15am – 10:45am	4/\$18	199655

Nature Explorers (1 – 2 yrs)

Discover the wonderful world of nature through hands on exploration, activities, stories, crafts and more. Time may be spent outdoors.

at Poirier Community Centre

Th	Oct 16 – Nov 13	11:30 a.m. – 12 p.m.	5/\$22.50	198726
Th	Nov 20 – Dec 11	11:30 a.m. – 12 p.m.	4/\$18	198729



Tell us how we did!

coquitlam.ca/ProgramEvaluation

**Soccer (1.5 – 2 yrs)**

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	9:15am – 9:45am	4/\$18	196449
Su	Oct 12 – Nov 9	9:15am – 9:45am	5/\$22.50	197738
Su	Nov 16 – Dec 7	9:15am – 9:45am	4/\$18	197739

at Maillardville Community Centre

M	Sep 15 – Oct 6	10:15am – 10:45am	4/\$18	198611
Tu	Sep 16 – Oct 7	4:45 – 5:15 p.m.	3/\$13.50	198615
Sa	Sep 20 – Oct 11	9 – 9:30 a.m.	4/\$18	198635
Tu	Oct 14 – Nov 4	4:45 – 5:15 p.m.	4/\$18	198616
Sa	Oct 18 – Nov 15	9 – 9:30 a.m.	5/\$22.50	198636
M	Oct 20 – Nov 10	10:15am – 10:45am	4/\$18	198612
M	Nov 17 – Dec 15	10:15am – 10:45am	5/\$22.50	198613
Tu	Nov 18 – Dec 16	4:45 – 5:15 p.m.	5/\$22.50	198617
Sa	Nov 22 – Dec 13	9 – 9:30 a.m.	4/\$18	198637

at Pinetree Community Centre

Sa	Oct 18 – Nov 15	9 – 9:30 a.m.	5/\$22.50	199241
Sa	Nov 22 – Dec 13	9 – 9:30 a.m.	4/\$18	199243

at Poirier Community Centre

Th	Oct 16 – Nov 13	10:30 – 11 a.m.	5/\$22.50	198721
Th	Nov 20 – Dec 11	10:30 – 11 a.m.	4/\$18	198751

at Smiling Creek Activity Centre

M	Sep 15 – Oct 6	5:15 – 5:45 p.m.	4/\$18	199359
M	Oct 20 – Nov 10	5:15 – 5:45 p.m.	4/\$18	199362
M	Nov 17 – Dec 8	5:15 – 5:45 p.m.	4/\$18	199365

at Victoria Community Hall

Tu	Oct 14 – Nov 4	2:30 – 3 p.m.	4/\$18	199639
Tu	Nov 18 – Dec 9	2:30 – 3 p.m.	4/\$18	199640

Zumbini® (0 – 4 yrs)

Zumba for babies? We have it! From the creator of Zumba, Zumbini combines dance, music, and educational tools for learning, bonding and fun with other little ones. Keep your little one moving to the beat!

at Maillardville Community Centre

Tu	Sep 23 – Nov 4	9:15am – 10 a.m.	6/\$39.90	199717
Tu	Nov 18 – Dec 16	9:15am – 10 a.m.	5/\$33.25	199719

at Pinetree Community Centre

M	Sep 8 – Oct 27	9:30 a.m. – 10:15am	7/\$46.55	199704
F	Sep 26 – Oct 31	11:15am – 12 p.m.	6/\$39.90	199707
M	Nov 3 – Dec 15	9:30 a.m. – 10:15am	7/\$46.55	199705
F	Nov 7 – Dec 19	11:15am – 12 p.m.	7/\$46.55	199709

Arts and Crafts**Adventures in Art (3 – 5 yrs)**

Experiment with colours, shapes, and textures through a variety of fun art projects where creativity knows no bounds!

at Maillardville Community Centre

Tu	Sep 16 – Oct 7	4 – 4:45 p.m.	3/\$17.55	199113
Tu	Oct 14 – Nov 4	4 – 4:45 p.m.	4/\$23.40	199114
Tu	Nov 18 – Dec 9	4 – 4:45 p.m.	4/\$23.40	199116

at Pinetree Community Centre

Sa	Sep 20 – Oct 11	11:30 a.m. – 12:15 p.m.	4/\$23.40	200435
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at Poirier Community Centre

M	Oct 20 – Nov 10	11:45am – 12:30 p.m.	4/\$23.40	198709
M	Nov 17 – Dec 8	11:45am – 12:30 p.m.	4/\$23.40	198710

at Town Centre Park Community Centre

Su	Sep 14 – Oct 5	10:15am – 11 a.m.	4/\$23.40	198067
Tu	Sep 16 – Oct 7	11:30 a.m. – 12:15 p.m.	3/\$17.55	198075
Su	Oct 12 – Nov 9	10:15am – 11 a.m.	5/\$29.25	198626
Tu	Oct 14 – Nov 4	11:30 a.m. – 12:15 p.m.	4/\$23.40	198653
Sa	Oct 18 – Nov 15	10:30 a.m. – 11:15am	5/\$29.25	199471
Tu	Nov 18 – Dec 9	11:45am – 12:30 p.m.	4/\$23.40	198731

Art: Halloween Creations Workshop (3 – 5 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

at Town Centre Park Community Centre

Su	Oct 26	10:30 a.m. – 11:15am	1/\$5.85	198643
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All Abilities Welcome!

Visit page 4 for details

Art: Nature Art Workshop (3 – 5 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

at Town Centre Park Community Centre

Su	Sep 28	10:30 a.m. – 11:15am	1/\$5.85	198178
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Arts, Crafts and Story Time (3 – 5 yrs)

Join us for themed arts, crafts and story time! Children are welcome to come dressed up in costumes if they would like.

at Poirier Community Centre**Alphabet Adventures**

Tu	Oct 28	6:15 – 7 p.m.	1/\$5.85	199042
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Bears

Tu	Dec 9	6:15 – 7 p.m.	1/\$5.85	199048
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Dinosaur Discovery

Tu	Dec 2	6:15 – 7 p.m.	1/\$5.85	199047
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Farm Animals

Tu	Nov 18	6:15 – 7 p.m.	1/\$5.85	199043
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Insects and Bugs

Tu	Oct 14	6:15 – 7 p.m.	1/\$5.85	199034
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Puppies

Tu	Nov 25	6:15 – 7 p.m.	1/\$5.85	199045
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Superheroes

Tu	Nov 4	6:15 – 7 p.m.	1/\$5.85	199193
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Under the Sea

Tu	Oct 21	6:15 – 7 p.m.	1/\$5.85	199035
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Holiday Workshop: Art for Two (3 – 5 yrs)

Looking for a creative way to spend time with your child? This class is for you. Work together on a new art project and explore your imagination and creativity. This session will be holiday themed.

at Maillardville Community Centre

Tu	Dec 16	4 – 4:45 p.m.	1/\$11.70	199492
Th	Dec 18	4 – 4:45 p.m.	1/\$11.70	199494
Sa	Dec 20	9:15am – 10 a.m.	1/\$11.70	199544

Holiday Workshop: Craft Creations (3 – 5 yrs)

Join us for holiday themed craft creations.

at Town Centre Park Community Centre

Su	Dec 14	10:15am – 11 a.m.	1/\$5.85	198031
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Mini Makers (3 – 5 yrs)

Explore, create and play through art! Nurture your child's creativity through artistic experimentation.

at Town Centre Park Community Centre

Th	Nov 20 – Dec 11	11:30 a.m. – 12:15 p.m.	4/\$23.40	199598
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Nature Art (3 – 5 yrs)

Connect with nature and the outdoors through art inspired creations.

at Town Centre Park Community Centre

Th	Sep 18 – Oct 9	11:45am – 12:30 p.m.	4/\$22.80	198188
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Th	Oct 16 – Nov 13	11:45am – 12:30 p.m.	5/\$28.50	198677
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Learn and Discover

Crocodile Mandarin: Toddlers (2 – 5 yrs)

This non-academic, play-based language class uses Crocodile's original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. The theme this fall is "Let's Eat." We will learn the names different meals and foods, expressing likes and dislikes, and the names of different tastes and eating utensils. Each student may bring one parent or caregiver along to learn along with them. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Sep 13 – Dec 13	10:05am – 11 a.m.	12/\$288	199741
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Sa	Sep 13 – Dec 13	11:05am – 12 p.m.	12/\$288	199742
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Su	Sep 14 – Dec 14	10:05am – 11 a.m.	12/\$288	199738
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Su	Sep 14 – Dec 14	11:05am – 12 p.m.	12/\$288	199739
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Explore the World of (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

Week 1 – Seasons

Week 2 – Harvest

Week 3 – Forest Friends

Week 4 – Family

at Pinetree Community Centre

Th	Sep 18 – Oct 9	10:45am – 11:30 a.m.	4/\$23.40	200395
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Explore the World of (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

Week 1 – Autumn

Week 2 – Rain and Puddles

Week 3 – Halloween

Week 4 – Hibernation

Week 5 – Community Helpers

at Pinetree Community Centre

Th	Oct 16 – Nov 13	10:45am – 11:30 a.m.	5/\$29.25	200397
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Explore the World of (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

Week 1 – Sounds in Nature

Week 2 – Arctic Animals

Week 3 – Snow and Ice

Week 4 – Winter Holidays

at Pinetree Community Centre

Th	Nov 20 – Dec 11	10:45am – 11:30 a.m.	4/\$23.40	200400
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Holiday Workshop: Explore the World of (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. This session will be holiday themed.

at Pinetree Community Centre

Th	Dec 18	10:45am – 11:30 a.m.	1/\$5.85	200477
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Holiday Workshop: Little Learners (3 – 5 yrs)

Is your child ready to take the next step in connecting play with learning? Early learning skills such as basic letter recognition, numbers, sorting and fine motor skills will be introduced through play and fun activities. This session will be holiday themed.

at Pinetree Community Centre

Sa	Dec 20	11:30 a.m. – 12:15 p.m.	1/\$5.85	200644
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Holiday Workshop: Little Scientists (3 – 5 yrs)

Conduct experiments that explore the matters of science in a fun and engaging way!

at Pinetree Community Centre

W	Dec 17	11 a.m. – 11:45am	1/\$5.85	200473
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Little Learners (3 – 5 yrs)

Is your child ready to take the next step in connecting play with learning? Early learning skills such as basic letter recognition, numbers, sorting and fine motor skills will be introduced through play and fun activities.

at Pinetree Community Centre

Sa	Oct 18 – Nov 15	11:30 a.m. – 12:15 p.m.	5/\$29.25	200436
Sa	Nov 22 – Dec 13	11:30 a.m. – 12:15 p.m.	4/\$23.40	200437

Little Scientists (3 – 5 yrs)

Conduct experiments that explore the matters of science in a fun and engaging way!

at Maillardville Community Centre

Th	Sep 18 – Oct 9	4 – 4:45 p.m.	4/\$23.40	199227
Sa	Sep 20 – Oct 11	9:15am – 10 a.m.	4/\$23.40	199275
Th	Oct 16 – Nov 13	4 – 4:45 p.m.	5/\$29.25	199229
Sa	Oct 18 – Nov 15	9:15am – 10 a.m.	5/\$29.25	199277
Th	Nov 20 – Dec 11	4 – 4:45 p.m.	4/\$23.40	199232
Sa	Nov 22 – Dec 13	9:15am – 10 a.m.	4/\$23.40	199279

at Pinetree Community Centre

W	Oct 15 – Nov 12	11 a.m. – 11:45am	5/\$29.25	200442
W	Nov 19 – Dec 10	11 a.m. – 11:45am	4/\$23.40	200443

at Poirier Community Centre

Sa	Sep 20 – Oct 11	9:15am – 10 a.m.	4/\$23.40	196762
Sa	Sep 20 – Oct 11	10:30 a.m. – 11:15am	4/\$23.40	196763
Sa	Oct 18 – Nov 15	9:15am – 10 a.m.	5/\$29.25	197938
Sa	Oct 18 – Nov 15	10:30 a.m. – 11:15am	5/\$29.25	197940
Sa	Nov 22 – Dec 13	9:15am – 10 a.m.	4/\$23.40	197939
Sa	Nov 22 – Dec 13	10:30 a.m. – 11:15am	4/\$23.40	197941

at Town Centre Park Community Centre

W	Sep 17 – Oct 8	4:30 – 5:15 p.m.	4/\$23.40	198136
Sa	Sep 20 – Oct 11	10:15am – 11 a.m.	4/\$23.40	198138
M	Oct 20 – Nov 10	4 – 4:45 p.m.	4/\$23.40	198631
M	Nov 17 – Dec 8	4 – 4:45 p.m.	4/\$23.40	198725
Sa	Nov 22 – Dec 13	10:15am – 11 a.m.	4/\$23.40	199505

Nature Explorers (3 – 5 yrs)

Discover the wonderful world of nature through hands on exploration, activities, stories, crafts and more. Time may be spent outdoors.

at Poirier Community Centre

Su	Oct 12 – Nov 9	11:45am – 12:30 p.m.	5/\$29.25	198700
Th	Oct 16 – Nov 13	12:30 – 1:15 p.m.	5/\$29.25	198730
Su	Nov 16 – Dec 7	11:45am – 12:30 p.m.	4/\$23.40	198701
Th	Nov 20 – Dec 11	12:30 – 1:15 p.m.	4/\$23.40	198732



Tell us how we did!

coquitlam.ca/ProgramEvaluation



Planning a birthday party?

Let our party leaders organize games and activities to keep your party-goers going!

A variety of party packages are available at locations across the City for kids up to 14 years old

Find details and register at coquitlam.ca/PartyWithUs

Play and Learn (3 – 5 yrs)

This play based program will allow your child to enhance their imagination and creativity, foster independence and develop a love for learning. Instructors will support development of early learning skills through circle time, station exploration and free play.

at Maillardville Community Centre

Tu/Th	Oct 14 – Dec 11	9:30 – 11:30 a.m.	17/\$236.30	199063
M/W/F	Oct 15 – Dec 12	9:30 – 11:30 a.m.	26/\$361.40	198925

at Pinetree Community Centre

M/W/F	Oct 15 – Dec 12	9:30 – 11:30 a.m.	26/\$361.40	199773
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Play and Learn (3 – 5 yrs)

This play based program will allow your child to enhance their imagination and creativity, foster independence and develop a love for learning. Instructors will support development of early learning skills through circle time, station exploration and free play. This 4-week session offers a preview of our full length program that will run from October to December (Course 199419). For three day option add to (Course 199410).

at Town Centre Park Community Centre

M	Sep 15 – Oct 6	10 a.m. – 12 p.m.	4/\$55.60	199417
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Play and Learn (3 – 5 yrs)

This play based program will allow your child to enhance their imagination and creativity, foster independence and develop a love for learning. Instructors will support development of early learning skills through circle time, station exploration and free play. This 4-week session offers a preview of our full length program that will run from October to December (199415).

at Town Centre Park Community Centre

Tu/Th	Sep 16 – Oct 9	10 a.m. – 12 p.m.	7/\$97.30	199410
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Play and Learn (3 – 5 yrs)

This play based program will allow your child to enhance their imagination and creativity, foster independence and develop a love for learning. Instructors will support development of early learning skills through circle time, station exploration and free play. For three day option add (Course 199419).

at Town Centre Park Community Centre

Tu/Th	Oct 14 – Dec 11	10 a.m. – 12 p.m.	17/\$236.30	199415
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Play and Learn (3 – 5 yrs)

This play based program will allow your child to enhance their imagination and creativity, foster independence and develop a love for learning. Instructors will support development of early learning skills through circle time, station exploration and free play. For three day option add to (Course 199415).

at Town Centre Park Community Centre

M	Oct 20 – Dec 8	10 a.m. – 12 p.m.	8/\$111.20	199419
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Play and Learn Sampler (3 – 5 yrs)

This play based program will allow your child to enhance their imagination and creativity, foster independence and develop a love for learning. Instructors will support development of early learning skills through circle time, station exploration and free play. This 4-week session offers a preview of our full length program that will run from October to December (Course ID 198925).

at Maillardville Community Centre

M/W/F	Sep 15 – Oct 10	9:30 – 11:30 a.m.	12/\$166.80	198933
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

All Abilities Welcome!

Visit page 4 for details

Play and Learn Sampler (3 – 5 yrs)

This play based program will allow your child to enhance their imagination and creativity, foster independence and develop a love for learning. Instructors will support development of early learning skills through circle time, station exploration and free play. This 4-week session offers a preview of our full length program that will run from October to December (Course ID 199063).

at Maillardville Community Centre

Tu/Th	Sep 16 – Oct 9	9:30 – 11:30 a.m.	7/\$97.30	199064
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Play and Learn Sampler (3 – 5 yrs)

This play based program will allow your child to enhance their imagination and creativity, foster independence and develop a love for learning. Instructors will support development of early learning skills through circle time, station exploration and free play. This 4-week session offers a preview of our full length program that will run from October to December (199773).

at Pinetree Community Centre

M/W/F	Sep 15 – Oct 10	9:30 – 11:30 a.m.	12/\$166.80	199769
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Play and Learn: Extended Play (3 – 5 yrs)

This is an extension of the Play and Learn program. Join us for hands-on activities, free play, stories and more. Open to registered Play and Learn participants only.

at Maillardville Community Centre

Tu	Oct 14 – Dec 9	11:30 a.m. – 12:30 p.m.	8/\$55.60	199109
W	Oct 15 – Dec 10	11:30 a.m. – 12:30 p.m.	9/\$62.55	199059
Th	Oct 16 – Dec 11	11:30 a.m. – 12:30 p.m.	9/\$62.55	199110
F	Oct 17 – Dec 12	11:30 a.m. – 12:30 p.m.	9/\$62.55	199062
M	Oct 20 – Dec 8	11:30 a.m. – 12:30 p.m.	8/\$55.60	199058

at Town Centre Park Community Centre

M	Sep 15 – Oct 6	12 – 1 p.m.	4/\$27.80	199432
Tu	Sep 16 – Oct 7	12 – 1 p.m.	3/\$20.85	199425
Th	Sep 18 – Oct 9	12 – 1 p.m.	4/\$27.80	199428
Tu	Oct 14 – Dec 9	12 – 1 p.m.	8/\$55.60	199426
Th	Oct 16 – Dec 11	12 – 1 p.m.	9/\$62.55	199427
M	Oct 20 – Dec 8	12 – 1 p.m.	8/\$55.60	199435

at Pinetree Community Centre

W	Oct 15 – Dec 10	11:30 a.m. – 12:30 p.m.	9/\$62.55	199775
F	Oct 17 – Dec 12	11:30 a.m. – 12:30 p.m.	9/\$62.55	199776
M	Oct 20 – Dec 8	11:30 a.m. – 12:30 p.m.	8/\$55.60	199774

Play and Learn: Extended Play Sampler (3 – 5 yrs)

This is an extension of the Play and Learn program. Join us for hands-on activities, free play, stories and more. Open to registered Play and Learn participants only. This 4-week session offers a preview of our full length program that will run from October to December (Course ID 198933).

at Maillardville Community Centre

M	Sep 15 – Oct 6	11:30 a.m. – 12:30 p.m.	4/\$27.80	199051
W	Sep 17 – Oct 8	11:30 a.m. – 12:30 p.m.	4/\$27.80	199054
F	Sep 19 – Oct 10	11:30 a.m. – 12:30 p.m.	4/\$27.80	199056

Play and Learn: Extended Play Sampler (3 – 5 yrs)

This is an extension of the Play and Learn program. Join us for hands-on activities, free play, stories and more. Open to registered Play and Learn participants only. This 4-week session offers a preview of our full length program that will run from October to December (Course ID 199063).

at Maillardville Community Centre

Tu	Sep 16 – Oct 7	11:30 a.m. – 12:30 p.m.	3/\$20.85	199098
Th	Sep 18 – Oct 9	11:30 a.m. – 12:30 p.m.	4/\$27.80	199100

Play and Learn: Extended Play Sampler (3 – 5 yrs)

This is an extension of the Play and Learn program. Join us for hands-on activities, free play, stories and more. Open to registered Play and Learn participants only.

at Pinetree Community Centre

M	Sep 15 – Oct 6	11:30 a.m. – 12:30 p.m.	4/\$27.80	199770
W	Sep 17 – Oct 8	11:30 a.m. – 12:30 p.m.	4/\$27.80	199771
F	Sep 19 – Oct 10	11:30 a.m. – 12:30 p.m.	4/\$27.80	199772

Performing Arts**Acro (4 – 5 yrs)**

Acro is a combination of dance and gymnastics. It focuses on concentration, balance, flexibility and control. Participants will develop flexibility and strength while learning acrobatic and gymnastic skills.

at Maillardville Community Centre

M	Sep 15 – Oct 6	5 – 5:45 p.m.	4/\$23.40	198895
M	Oct 20 – Nov 10	5 – 5:45 p.m.	4/\$23.40	198897
M	Nov 17 – Dec 8	5 – 5:45 p.m.	4/\$23.40	198898

at Pinetree Community Centre

Th	Sep 18 – Oct 9	5:45 – 6:30 p.m.	4/\$23.40	199144
Th	Oct 16 – Nov 13	5:45 – 6:30 p.m.	5/\$29.25	199145
Th	Nov 20 – Dec 11	5:45 – 6:30 p.m.	4/\$23.40	199146

Ballet (3 – 5 yrs)

An introduction to some basic movements and positions of ballet, taught through age-appropriate dance and play. Skills taught include pliés, gallops and the different foot positions.

at Maillardville Community Centre

Tu	Sep 16 – Oct 7	4:45 – 5:30 p.m.	3/\$17.55	199117
Sa	Sep 20 – Oct 11	10:45am – 11:30 a.m.	4/\$23.40	199315
Sa	Sep 20 – Oct 11	11:45am – 12:30 p.m.	4/\$23.40	199318
Tu	Oct 14 – Nov 4	4:45 – 5:30 p.m.	4/\$23.40	199119
Sa	Oct 18 – Nov 15	10:45am – 11:30 a.m.	5/\$29.25	199316
Sa	Oct 18 – Nov 15	11:45am – 12:30 p.m.	5/\$29.25	199320
Tu	Nov 18 – Dec 9	4:45 – 5:30 p.m.	4/\$23.40	199120
Sa	Nov 22 – Dec 13	10:45am – 11:30 a.m.	4/\$23.40	199317
Sa	Nov 22 – Dec 13	11:45am – 12:30 p.m.	4/\$23.40	199321

at Pinetree Community Centre

Sa	Sep 20 – Oct 11	9 a.m. – 9:45am	4/\$23.40	199210
Sa	Sep 20 – Oct 11	10 a.m. – 10:45am	4/\$23.40	199213
Tu	Oct 14 – Nov 4	11 a.m. – 11:45am	4/\$23.40	199115
Sa	Oct 18 – Nov 15	9 a.m. – 9:45am	5/\$29.25	199211
Sa	Oct 18 – Nov 15	10 a.m. – 10:45am	5/\$29.25	199214
Tu	Nov 18 – Dec 9	11 a.m. – 11:45am	4/\$23.40	199118
Sa	Nov 22 – Dec 13	9 a.m. – 9:45am	4/\$23.40	199212
Sa	Nov 22 – Dec 13	10 a.m. – 10:45am	4/\$23.40	199215

at Poirier Community Centre

W	Sep 17 – Oct 8	4 – 4:45 p.m.	4/\$23.40	196464
Th	Sep 18 – Oct 9	6:30 – 7:15 p.m.	4/\$23.40	196472
W	Oct 15 – Nov 12	4 – 4:45 p.m.	5/\$29.25	197837
Th	Oct 16 – Nov 13	6:30 – 7:15 p.m.	5/\$29.25	197932
W	Nov 19 – Dec 10	4 – 4:45 p.m.	4/\$23.40	197838
Th	Nov 20 – Dec 11	6:30 – 7:15 p.m.	4/\$23.40	197933

at Town Centre Park Community Centre

Su	Sep 14 – Oct 5	11 a.m. – 11:45am	4/\$23.40	198043
W	Sep 17 – Oct 8	12 – 12:45 p.m.	4/\$23.40	198044
W	Sep 17 – Oct 8	6 – 6:45 p.m.	4/\$23.40	198045
Su	Oct 12 – Nov 9	11 a.m. – 11:45am	5/\$29.25	198623
W	Oct 15 – Nov 12	12 – 12:45 p.m.	5/\$29.25	198670
W	Oct 15 – Nov 12	6 – 6:45 p.m.	5/\$29.25	198673
Su	Nov 16 – Dec 7	11 a.m. – 11:45am	4/\$23.40	198723
W	Nov 19 – Dec 10	12 – 12:45 p.m.	4/\$23.40	198736
W	Nov 19 – Dec 10	6 – 6:45 p.m.	4/\$23.40	198739

**Tell us how we did!**coquitlam.ca/ProgramEvaluation



Discover Dance (3 – 5 yrs)

Get ready to twirl, leap, and shine as participants explore different styles of dance through movement, rhythm and self-expression.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	10:15am – 11 a.m.	4/\$23.40	196691
Su	Oct 12 – Nov 9	10:15am – 11 a.m.	5/\$29.25	197777
Su	Nov 16 – Dec 7	10:15am – 11 a.m.	4/\$23.40	197778

at Town Centre Park Community Centre

W	Sep 17 – Oct 8	11 a.m. – 11:45am	4/\$22.80	198147
W	Sep 17 – Oct 8	4 – 4:45 p.m.	4/\$22.80	198151
W	Oct 15 – Nov 12	11 a.m. – 11:45am	5/\$28.50	198671
W	Oct 15 – Nov 12	4 – 4:45 p.m.	5/\$28.50	198672
W	Nov 19 – Dec 10	11 a.m. – 11:45am	4/\$22.80	198735
W	Nov 19 – Dec 10	4 – 4:45 p.m.	4/\$22.80	198737

Hip Hop (3 – 5 yrs)

Explore the different styles of hip hop through the foundation elements of urban dance, grooves, body movements and group games.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	1:30 – 2:15 p.m.	4/\$23.40	198874
Su	Oct 12 – Nov 9	1:30 – 2:15 p.m.	5/\$29.25	198876
Su	Nov 16 – Dec 7	1:30 – 2:15 p.m.	4/\$23.40	198877

at Poirier Community Centre

Th	Sep 18 – Oct 9	4:30 – 5:15 p.m.	4/\$23.40	196470
Th	Oct 16 – Nov 13	4:30 – 5:15 p.m.	5/\$29.25	197928
Th	Nov 20 – Dec 11	4:30 – 5:15 p.m.	4/\$23.40	197929

Holiday Workshop: Mini Performers (4 – 5 yrs)

Preschoolers will explore singing, dancing and acting through fun games, dress up and mini performances. This session will be holiday themed.

at Maillardville Community Centre

W	Dec 17	5:30 – 6:15 p.m.	1/\$5.85	199514
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Holiday Workshop: Nutcracker Ballet (3 – 5 yrs)

An introduction to some basic movements and positions of ballet, taught through age-appropriate dance and play. Skills taught include pliés, gallops and the different foot positions. This session will be holiday themed.

at Maillardville Community Centre

Tu	Dec 16	4:45 – 5:30 p.m.	1/\$5.85	199502
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Jump Start: Cycle of Seasons (3 – 5 yrs)

Filled with lots of hands-on instrument play, the class also includes singing, active listening, and creative movement. Rhythm and tonal patterns will be introduced. Offered in partnership with Jump Start Music and Movement.

at Pinetree Community Centre

Tu	Sep 9 – Dec 16	11:15am – 12:15 p.m.	13/\$182	199749
W	Sep 10 – Dec 10	5:15 – 6:15 p.m.	14/\$196	199750
F	Sep 12 – Dec 12	11:15am – 12:15 p.m.	14/\$196	199754

at Poirier Community Centre

Th	Sep 11 – Dec 11	6:15 – 7:15 p.m.	14/\$196	196564
Sa	Sep 13 – Dec 13	9 – 10 a.m.	14/\$196	196565

Mini Performers (4 – 5 yrs)

Preschoolers will explore singing, dancing and acting through fun games, dress up and mini performances.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	11:15am – 12 p.m.	4/\$23.40	197079
Su	Oct 12 – Nov 9	11:15am – 12 p.m.	5/\$29.25	197779
Su	Nov 16 – Dec 7	11:15am – 12 p.m.	4/\$23.40	197780

at Maillardville Community Centre

W	Sep 17 – Oct 8	5:30 – 6:15 p.m.	4/\$23.40	199179
W	Oct 15 – Nov 12	5:30 – 6:15 p.m.	5/\$29.25	199180
W	Nov 19 – Dec 10	5:30 – 6:15 p.m.	4/\$23.40	199182

at Poirier Community Centre

F	Oct 17 – Nov 14	4:15 – 5 p.m.	5/\$29.25	198754
F	Nov 21 – Dec 12	4:15 – 5 p.m.	4/\$23.40	198755

Sports and Active Play

Ball Hockey (3 yrs)

Give your child an early start playing ball hockey learning skills through Fundamental movements and inclusive play. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Maillardville Community Centre

W	Oct 15 – Nov 12	11 – 11:30 a.m.	5/\$22.50	198573
W	Nov 19 – Dec 17	11 – 11:30 a.m.	5/\$22.50	198574

Ball Hockey (4 – 5 yrs)

Give your child an early start playing ball hockey learning skills through FUNDamental movements and inclusive play.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	10 – 10:30 a.m.	4/\$18	198567
Su	Oct 12 – Nov 9	10 – 10:30 a.m.	5/\$22.50	198568
Su	Nov 16 – Dec 14	10 – 10:30 a.m.	5/\$22.50	198569

at Poirier Community Centre

Tu	Oct 14 – Nov 4	11:15am – 11:45am	4/\$18	198716
Tu	Nov 18 – Dec 9	11:15am – 11:45am	4/\$18	198717

Basketball (3 yrs)

Focusing on FUNDamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	12:15 – 12:45 p.m.	4/\$18	197100
Sa	Sep 20 – Oct 11	4 – 4:30 p.m.	4/\$18	197110
Sa	Oct 18 – Nov 15	12:15 – 12:45 p.m.	5/\$22.50	197967
Sa	Oct 18 – Nov 15	4 – 4:30 p.m.	5/\$22.50	197981
Sa	Nov 22 – Dec 6	12:15 – 12:45 p.m.	3/\$13.50	197968
Sa	Nov 22 – Dec 6	4 – 4:30 p.m.	3/\$13.50	197982

at Smiling Creek Activity Centre

Th	Sep 18 – Oct 9	5:15 – 5:45 p.m.	4/\$18	199473
Sa	Sep 20 – Oct 11	9:15am – 9:45am	4/\$18	199523
Th	Oct 16 – Nov 13	5:15 – 5:45 p.m.	5/\$22.50	199474
Sa	Oct 18 – Nov 15	9:15am – 9:45am	5/\$22.50	199524
Th	Nov 20 – Dec 11	5:15 – 5:45 p.m.	4/\$18	199475
Sa	Nov 22 – Dec 13	9:15am – 9:45am	4/\$18	199526

Basketball (4 – 5 yrs)

Give your child an early start playing basketball learning skills through FUNDamental movements and inclusive play.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	1 – 1:30 p.m.	4/\$18	197102
Sa	Oct 18 – Nov 15	1 – 1:30 p.m.	5/\$22.50	197969
Sa	Nov 22 – Dec 6	1 – 1:30 p.m.	3/\$13.50	197971

at Maillardville Community Centre

Su	Sep 14 – Oct 5	9 – 9:30 a.m.	4/\$18	198570
Su	Oct 12 – Nov 9	9 – 9:30 a.m.	5/\$22.50	198571
Su	Nov 16 – Dec 14	9 – 9:30 a.m.	5/\$22.50	198572

at Smiling Creek Activity Centre

Th	Sep 18 – Oct 9	6 – 6:30 p.m.	4/\$18	199477
Sa	Sep 20 – Oct 11	10 – 10:30 a.m.	4/\$18	199528
Th	Oct 16 – Nov 13	6 – 6:30 p.m.	5/\$22.50	199478
Sa	Oct 18 – Nov 15	10 – 10:30 a.m.	5/\$22.50	199531
Th	Nov 20 – Dec 11	6 – 6:30 p.m.	4/\$18	199479
Sa	Nov 22 – Dec 13	10 – 10:30 a.m.	4/\$18	199534

Gymnastics (3 yrs)

Help your child gain strength, coordination, flexibility and confidence through FUNDamental gymnastics skills in a fun and challenging environment. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	10:15am – 11 a.m.	4/\$35	198592
Tu	Sep 16 – Oct 7	5:15 – 6 p.m.	3/\$26.25	198595
Su	Oct 12 – Nov 9	10:15am – 11 a.m.	5/\$43.75	198593
Tu	Oct 14 – Nov 4	5:15 – 6 p.m.	4/\$35	198596
Su	Nov 16 – Dec 7	10:15am – 11 a.m.	4/\$35	198594
Tu	Nov 18 – Dec 9	5:15 – 6 p.m.	4/\$35	198597

at Pinetree Community Centre

Sa	Sep 20 – Oct 11	10:30 a.m. – 11:15am	4/\$35	199278
Sa	Oct 18 – Nov 15	10:30 a.m. – 11:15am	5/\$43.75	199280
Sa	Nov 22 – Dec 13	10:30 a.m. – 11:15am	4/\$35	199282





Tell us how we did!

coquitlam.ca/ProgramEvaluation

Gymnastics (4 – 5 yrs)

Help your child gain strength, coordination, flexibility and confidence through FUNdamental gymnastics skills in a fun and challenging environment.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	2:30 – 3:15 p.m.	4/\$35	198598
Tu	Sep 16 – Oct 7	6:15 – 7 p.m.	3/\$26.25	198602
Su	Oct 12 – Nov 9	2:30 – 3:15 p.m.	5/\$43.75	198599
Tu	Oct 14 – Nov 4	6:15 – 7 p.m.	4/\$35	198603
Su	Nov 16 – Dec 7	2:30 – 3:15 p.m.	4/\$35	198600
Tu	Nov 18 – Dec 9	6:15 – 7 p.m.	4/\$35	198604

at Pinetree Community Centre

Su	Sep 14 – Oct 5	9:15am – 10 a.m.	4/\$35	198938
Sa	Sep 20 – Oct 11	11:30 a.m. – 12:15 p.m.	4/\$35	199284
Su	Oct 12 – Nov 9	9:15am – 10 a.m.	5/\$43.75	198939
Sa	Oct 18 – Nov 15	11:30 a.m. – 12:15 p.m.	5/\$43.75	199286
Su	Nov 16 – Dec 7	9:15am – 10 a.m.	4/\$35	198940
Sa	Nov 22 – Dec 13	11:30 a.m. – 12:15 p.m.	4/\$35	199287

I Can Run, Jump and Throw (3 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	10:30 – 11 a.m.	4/\$18	197090
Sa	Oct 18 – Nov 15	10:30 – 11 a.m.	5/\$22.50	197959
Sa	Nov 22 – Dec 6	10:30 – 11 a.m.	3/\$13.50	197961

at Smiling Creek Activity Centre

Sa	Sep 20 – Oct 11	11:30 a.m. – 12 p.m.	4/\$18	199543
Sa	Oct 18 – Nov 15	11:30 a.m. – 12 p.m.	5/\$22.50	199545
Sa	Nov 22 – Dec 13	11:30 a.m. – 12 p.m.	4/\$18	199546

I Can Run, Jump and Throw (4 – 5 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence.

at Smiling Creek Activity Centre

Sa	Sep 20 – Oct 11	12:15 – 12:45 p.m.	4/\$18	199547
Sa	Oct 18 – Nov 15	12:15 – 12:45 p.m.	5/\$22.50	199548
Sa	Nov 22 – Dec 13	12:15 – 12:45 p.m.	4/\$18	199549

Jump, Tuck and Roll! (3 yrs)

This class is designed to introduce your child to the basics of tumbling and the FUNdamental movements that are the building blocks of gymnastics! This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Poirier Community Centre

Su	Sep 14 – Oct 5	10:30 a.m. – 11:15am	4/\$23.40	196446
M	Sep 15 – Oct 6	5:30 – 6:15 p.m.	4/\$23.40	196455
Su	Oct 12 – Nov 9	10:30 a.m. – 11:15am	5/\$29.25	197724
F	Oct 17 – Nov 14	10 a.m. – 10:45am	5/\$29.25	198746
M	Oct 20 – Nov 10	5:30 – 6:15 p.m.	4/\$23.40	197823
Su	Nov 16 – Dec 7	10:30 a.m. – 11:15am	4/\$23.40	197725
M	Nov 17 – Dec 8	5:30 – 6:15 p.m.	4/\$23.40	197824
F	Nov 21 – Dec 12	10 a.m. – 10:45am	4/\$23.40	198747

Jump, Tuck and Roll! (4 – 5 yrs)

This class is designed to introduce your child to the basics of tumbling and the FUNdamental movements that are the building blocks of gymnastics!

at Poirier Community Centre

Su	Sep 14 – Oct 5	11:30 a.m. – 12:15 p.m.	4/\$23.40	196447
M	Sep 15 – Oct 6	6:30 – 7:15 p.m.	4/\$23.40	196456
Su	Oct 12 – Nov 9	11:30 a.m. – 12:15 p.m.	5/\$29.25	197727
F	Oct 17 – Nov 14	11 a.m. – 11:45am	5/\$29.25	198748
M	Oct 20 – Nov 10	6:30 – 7:15 p.m.	4/\$23.40	197825
Su	Nov 16 – Dec 7	11:30 a.m. – 12:15 p.m.	4/\$23.40	197728
M	Nov 17 – Dec 8	6:30 – 7:15 p.m.	4/\$23.40	197826
F	Nov 21 – Dec 12	11 a.m. – 11:45am	4/\$23.40	198749

Lacrosse (3 yrs)

Give your child an early start playing lacrosse learning skills through FUNdamental movements and inclusive play. Bringing your own lacrosse stick is recommended, however limited sticks are available upon request. Soft lacrosse balls will be used for this program. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	9:30 – 10 a.m.	4/\$18	196779
Sa	Oct 18 – Nov 15	9:30 – 10 a.m.	5/\$22.50	197944
Sa	Nov 22 – Dec 6	9:30 – 10 a.m.	3/\$13.50	197945

All Abilities Welcome!

Visit page 4 for details

Lacrosse (4 – 5 yrs)

Give your child an early start playing lacrosse learning skills through FUNdamental movements and inclusive play. Bringing your own lacrosse stick is recommended, however limited sticks are available upon request. Soft lacrosse balls will be used for this program.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	10:15am – 10:45am	4/\$18	196780
Sa	Oct 18 – Nov 15	10:15am – 10:45am	5/\$22.50	197946
Sa	Nov 22 – Dec 6	10:15am – 10:45am	3/\$13.50	197948

Multi-Ball (3 – 3 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Maillardville Community Centre

Sa	Sep 20 – Oct 11	9 – 9:30 a.m.	4/\$18	198575
Sa	Oct 18 – Nov 15	9 – 9:30 a.m.	5/\$22.50	198576
Sa	Nov 22 – Dec 13	9 – 9:30 a.m.	4/\$18	198577

at Smiling Creek Activity Centre

Sa	Sep 20 – Oct 11	10 – 10:30 a.m.	4/\$18	199495
Sa	Oct 18 – Nov 15	10 – 10:30 a.m.	5/\$22.50	199497
Sa	Nov 22 – Dec 13	10 – 10:30 a.m.	4/\$18	199501

Multi-Ball (4 – 5 yrs)

Receive a solid introduction to a variety of ball sports using the FUNdamental movement skills throwing, catching, kicking and striking as a base.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	11:15am – 11:45am	4/\$18	197097
Sa	Oct 18 – Nov 15	11:15am – 11:45am	5/\$22.50	197963
Sa	Nov 22 – Dec 6	11:15am – 11:45am	3/\$13.50	197964

at Pinetree Community Centre

Sa	Oct 18 – Nov 15	10:30 – 11 a.m.	5/\$22.50	199257
Sa	Nov 22 – Dec 13	10:30 – 11 a.m.	4/\$18	199258

at Smiling Creek Activity Centre

W	Sep 17 – Oct 8	6 – 6:30 p.m.	4/\$18	199465
W	Oct 15 – Nov 12	6 – 6:30 p.m.	5/\$22.50	199466
W	Nov 19 – Dec 10	6 – 6:30 p.m.	4/\$18	199467

Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Multi-Ball for Girls (4 – 5 yrs)

Receive a solid introduction to a variety of ball sports using the FUNdamental movement skills throwing, catching, kicking and striking as a base.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	1 – 1:30 p.m.	4/\$18	197087
Sa	Oct 18 – Nov 15	1 – 1:30 p.m.	5/\$22.50	197955
Sa	Nov 22 – Dec 6	1 – 1:30 p.m.	3/\$13.50	197956

Preschool Yoga (4 – 6 yrs)

An introduction to yoga through specialized movement and play! Balance, breathing, dance, stretching and fun with friends. Age appropriate movements to foster enjoyment of yoga practice.

at City Centre Aquatic Complex

Sa	Sep 6 – Oct 4	10:45am – 11:30 a.m.	5/\$33.25	199665
Sa	Oct 18 – Nov 15	10:45am – 11:30 a.m.	5/\$33.25	200625
Sa	Nov 22 – Dec 20	10:45am – 11:30 a.m.	5/\$33.25	199668

Soccer (3 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Centennial Activity Centre

Su	Sep 14 – Oct 5	10 – 10:30 a.m.	4/\$18	196450
Su	Oct 12 – Nov 9	10 – 10:30 a.m.	5/\$22.50	197740
Su	Nov 16 – Dec 7	10 – 10:30 a.m.	4/\$18	197741

at Maillardville Community Centre

M	Sep 15 – Oct 6	11 – 11:30 a.m.	4/\$18	198578
Sa	Sep 20 – Oct 11	9:45am – 10:15am	4/\$18	198583
W	Oct 15 – Nov 12	10:15am – 10:45am	5/\$22.50	198581
Sa	Oct 18 – Nov 15	9:45am – 10:15am	5/\$22.50	198584
M	Oct 20 – Nov 10	11 – 11:30 a.m.	4/\$18	198579
M	Nov 17 – Dec 15	11 – 11:30 a.m.	5/\$22.50	198580
W	Nov 19 – Dec 17	10:15am – 10:45am	5/\$22.50	198582
Sa	Nov 22 – Dec 13	9:45am – 10:15am	4/\$18	198585

at Pinetree Community Centre

Sa	Oct 18 – Nov 15	9:45am – 10:15am	5/\$22.50	199245
Sa	Nov 22 – Dec 13	9:45am – 10:15am	4/\$18	199248

at Smiling Creek Activity Centre

M	Sep 15 – Oct 6	6 – 6:30 p.m.	4/\$18	199368
M	Oct 20 – Nov 10	6 – 6:30 p.m.	4/\$18	199370
M	Nov 17 – Dec 8	6 – 6:30 p.m.	4/\$18	199372

at Victoria Community Hall

Tu	Oct 14 – Nov 4	3:15 – 3:45 p.m.	4/\$18	199641
Tu	Nov 18 – Dec 9	3:15 – 3:45 p.m.	4/\$18	199646



Soccer (4 – 5 yrs)

Give your child an early start playing soccer, learning skills through FUNdamental movements and inclusive play.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	10:45am – 11:15am	4/\$18	196451
Su	Oct 12 – Nov 9	10:45am – 11:15am	5/\$22.50	197743
Su	Nov 16 – Dec 7	10:45am – 11:15am	4/\$18	197744

at Maillardville Community Centre

Tu	Sep 16 – Oct 7	5:30 – 6 p.m.	3/\$13.50	198586
Sa	Sep 20 – Oct 11	10:30 – 11 a.m.	4/\$18	198589
Tu	Oct 14 – Nov 4	5:30 – 6 p.m.	4/\$18	198587
Sa	Oct 18 – Nov 15	10:30 – 11 a.m.	5/\$22.50	198590
Tu	Nov 18 – Dec 16	5:30 – 6 p.m.	5/\$22.50	198588
Sa	Nov 22 – Dec 13	10:30 – 11 a.m.	4/\$18	198591

at Pinetree Community Centre

Su	Sep 14 – Oct 5	9 – 9:30 a.m.	4/\$18	198905
Su	Oct 12 – Nov 9	9 – 9:30 a.m.	5/\$22.50	198906
Su	Nov 16 – Dec 7	9 – 9:30 a.m.	4/\$18	198907

at Smiling Creek Activity Centre

M	Sep 15 – Oct 6	6:45 – 7:15 p.m.	4/\$18	199386
Sa	Sep 20 – Oct 11	10:45am – 11:15am	4/\$18	199504
Sa	Oct 18 – Nov 15	10:45am – 11:15am	5/\$22.50	199506
M	Oct 20 – Nov 10	6:45 – 7:15 p.m.	4/\$18	199387
M	Nov 17 – Dec 8	6:45 – 7:15 p.m.	4/\$18	199388
Sa	Nov 22 – Dec 13	10:45am – 11:15am	4/\$18	199508

at Victoria Community Hall

Tu	Oct 14 – Nov 4	4 – 4:30 p.m.	4/\$18	199648
Tu	Nov 18 – Dec 9	4 – 4:30 p.m.	4/\$18	199649

Sport and Games (3 – 3 yrs)

Looking for ways to stay active, improve skills and have fun? Children will experience a variety of sports and active games to develop their FUNdamental movement skills through inclusive play. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Pinetree Community Centre

M	Sep 15 – Oct 6	4:30 – 5 p.m.	4/\$18	199011
M	Oct 20 – Nov 10	4:30 – 5 p.m.	4/\$18	199012
M	Nov 17 – Dec 8	4:30 – 5 p.m.	4/\$18	199016

at Smiling Creek Activity Centre

Tu	Sep 16 – Oct 7	5:15 – 5:45 p.m.	3/\$13.50	199390
Tu	Oct 14 – Nov 4	5:15 – 5:45 p.m.	4/\$18	199392
Tu	Nov 18 – Dec 9	5:15 – 5:45 p.m.	4/\$18	199394

at Victoria Community Hall

Th	Oct 16 – Nov 13	9:30 – 10 a.m.	5/\$22.50	199651
Th	Nov 20 – Dec 11	9:30 – 10 a.m.	4/\$18	199652

Sport and Games (4 – 5 yrs)

Looking for ways to stay active, improve skills and have fun? Children will experience a variety of sports and active games to develop their FUNdamental movement skills through inclusive play.

at Pinetree Community Centre

M	Sep 15 – Oct 6	5:15 – 5:45 p.m.	4/\$18	199022
M	Oct 20 – Nov 10	5:15 – 5:45 p.m.	4/\$18	199025
M	Nov 17 – Dec 8	5:15 – 5:45 p.m.	4/\$18	199027

at Smiling Creek Activity Centre

Tu	Sep 16 – Oct 7	6 – 6:30 p.m.	3/\$13.50	199420
Tu	Oct 14 – Nov 4	6 – 6:30 p.m.	4/\$18	199421
Tu	Nov 18 – Dec 9	6 – 6:30 p.m.	4/\$18	199422

at Victoria Community Hall

Th	Oct 16 – Nov 13	11 – 11:30 a.m.	5/\$22.50	199657
Th	Nov 20 – Dec 11	11 – 11:30 a.m.	4/\$18	199658

Child

6 – 12 yrs

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.



After School Program

Afterschool Club (6 – 10 yrs)

Join us for an exciting after school experience! Participate in classroom games, arts and crafts, team building activities and more. Please bring a water bottle and snack.

at Maillardville Community Centre

Th	Sep 18 – Oct 9	3 – 4:30 p.m.	4/\$43	199217
Th	Oct 16 – Nov 13	3 – 4:30 p.m.	5/\$53.75	199219
Th	Nov 20 – Dec 11	3 – 4:30 p.m.	4/\$43	199221

Smiling Creek Elementary: Nature Explorers (5 – 8 yrs)

Your child will discover the wonders of nature through hands-on activities, nature related arts and crafts, and time spent exploring the outdoors, weather permitting.

at Schools

Tu	Oct 7 – Dec 2	2:35 – 4:05 p.m.	8/\$86	201300
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All Abilities Welcome!

Visit page 4 for details

Learn and Discover

Chess: Beginner (5 – 7 yrs)

Learn what you need to know to begin playing chess. Includes rules, fundamentals and introduction to analytical skills.

at Maillardville Community Centre

M	Sep 15 – Oct 6	4:30 – 5:15 p.m.	4/\$23.40	198920
M	Oct 20 – Nov 10	4:30 – 5:15 p.m.	4/\$23.40	198923
M	Nov 17 – Dec 8	4:30 – 5:15 p.m.	4/\$23.40	198936

at Pinetree Community Centre

Tu	Oct 14 – Nov 4	4:30 – 5:15 p.m.	4/\$23.40	200451
Tu	Nov 18 – Dec 9	4:30 – 5:15 p.m.	4/\$23.40	200452

Chess: Beginner (8 – 11 yrs)

Learn what you need to know to begin playing chess. Includes rules, fundamentals and development of analytical skills.

at Pinetree Community Centre

Tu	Oct 14 – Nov 4	5:30 – 6:15 p.m.	4/\$23.40	200453
Tu	Nov 18 – Dec 9	5:30 – 6:15 p.m.	4/\$23.40	200454

Chess: Intermediate (8 – 11 yrs)

Continue to learn the intricacies of the game, such as analytical skills and strategy. Participants should already have some proficiency with the game of chess.

at Maillardville Community Centre

M	Sep 15 – Oct 6	5:30 – 6:15 p.m.	4/\$23.40	199036
M	Oct 20 – Nov 10	5:30 – 6:15 p.m.	4/\$23.40	199038
M	Nov 17 – Dec 8	5:30 – 6:15 p.m.	4/\$23.40	199040

at Pinetree Community Centre

Tu	Oct 14 – Nov 4	6:30 – 7:15 p.m.	4/\$23.40	200455
Tu	Nov 18 – Dec 9	6:30 – 7:15 p.m.	4/\$23.40	200456

Creative Bakers (6 – 8 yrs)

Roll, knead, and bake! Learn all about baking from scratch in this hands on class. Closed toe shoes are required for all participants.

at Maillardville Community Centre

F	Sep 19 – Oct 10	4 – 5:30 p.m.	4/\$57.20	199244
F	Oct 17 – Nov 14	4 – 5:30 p.m.	4/\$57.20	199246
F	Nov 21 – Dec 12	4 – 5:30 p.m.	4/\$57.20	199247

Creative Bakers (9 – 11 yrs)

Roll, knead, and bake! Learn all about baking from scratch in this hands on class. Closed toe shoes are required for all participants.

at Maillardville Community Centre

F	Sep 19 – Oct 10	6 – 7:30 p.m.	4/\$57.20	199249
F	Oct 17 – Nov 14	6 – 7:30 p.m.	4/\$57.20	199251
F	Nov 21 – Dec 12	6 – 7:30 p.m.	4/\$57.20	199252

Creative Cooks (6 – 8 yrs)

Make delicious dishes while learning basic cooking skills and kitchen safety. Different recipes will be created each class with a focus on healthy eating. Closed toe shoes are required for all participants.

at Maillardville Community Centre

W	Sep 17 – Oct 8	6 – 7 p.m.	4/\$38	199161
Sa	Sep 20 – Oct 11	11 a.m. – 12 p.m.	4/\$38	199268
W	Oct 15 – Nov 12	6 – 7 p.m.	5/\$47.50	199162
Sa	Oct 18 – Nov 15	11 a.m. – 12 p.m.	5/\$47.50	199270
W	Nov 19 – Dec 10	6 – 7 p.m.	4/\$38	199163
Sa	Nov 22 – Dec 13	11 a.m. – 12 p.m.	4/\$38	199273

at Poirier Community Centre

M	Sep 15 – Oct 6	6:30 – 7:30 p.m.	4/\$38	196459
M	Oct 20 – Nov 10	6:30 – 7:30 p.m.	4/\$38	197829
M	Nov 17 – Dec 8	6:30 – 7:30 p.m.	4/\$38	197830

**Creative Cooks (9 – 11 yrs)**

Make delicious dishes while learning basic cooking skills and kitchen safety. Different recipes will be created each class with a focus on healthy eating. Closed toe shoes are required for all participants.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	11 a.m. – 12 p.m.	4/\$38	198863
Su	Oct 12 – Nov 9	11 a.m. – 12 p.m.	5/\$47.50	198865
Su	Nov 16 – Dec 7	11 a.m. – 12 p.m.	4/\$38	198868

at Poirier Community Centre

Tu	Sep 16 – Oct 7	4:45 – 5:45 p.m.	3/\$28.50	196461
Tu	Oct 14 – Nov 4	4:45 – 5:45 p.m.	4/\$38	197833
Tu	Nov 18 – Dec 9	4:45 – 5:45 p.m.	4/\$38	197834

Crocodile Mandarin: “A” Class (5 – 10 yrs)

This non-academic, play-based language class uses Crocodile’s original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. The theme this fall is “Let’s Eat.” We will learn the names different meals and foods, expressing likes and dislikes, and the names of different tastes and eating utensils. Each student may bring one parent or caregiver along to learn with them. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Su	Sep 14 – Dec 14	9:05am – 10 a.m.	12/\$288	199736
Su	Sep 14 – Dec 14	12:05 – 1 p.m.	12/\$288	199737

Crocodile Mandarin: Academic Level 1 (7 – 14 yrs)

This class has some speaking, but focuses principally on reading and writing Chinese characters without the use of phonetic symbols. Students will read dialogues and acquire useful vocabulary in a number of practical areas. Fun, interactive games are included using flashcards and powerpoint presentations. Students should expect a moderate homework load in this class. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Th	Sep 18 – Dec 11	3:35 – 4:30 p.m.	11/\$264	199744
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Crocodile Mandarin: Academic Level 2 (7 – 14 yrs)

This class has some speaking, but focuses principally on reading and writing Chinese characters without the use of phonetic symbols. Students will read dialogues and acquire useful vocabulary in a number of practical areas. Fun, interactive games are included using flashcards and powerpoint presentations. Students should expect a moderate homework load in this class. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Th	Sep 18 – Dec 11	4:35 – 5:30 p.m.	11/\$264	199745
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Crocodile Mandarin: Junior Academics (5 – 10 yrs)

This class develops speaking skills and follows the theme of the play-based classes, but it also prepares students to enter a more rigorous academic program. Students are trained to read and write phonetic (pin yin) symbols. They also learn the principles of stroke order and to read and write fundamental Chinese characters. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Sep 13 – Dec 13	9:05am – 10 a.m.	12/\$288	199740
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Sa	Sep 13 – Dec 13	12:05 – 1 p.m.	12/\$288	199743
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Engkidz: Robo Engineers (8 – 11 yrs)

Participants will code a cool robot that uses sensors to guide itself through obstructions! Through hands-on building, kids will learn basics of robotics including motors, controllers, sensors, and algorithms. No previous experience with robotics or coding is required. This program is in partnership with Engkidz.

at Pinetree Community Centre

Su	Nov 2 – Nov 30	11 a.m. – 12:30 p.m.	5/\$175	199746
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Friday Night Bites (8 – 11 yrs)

Parents! Go for dinner, catch a movie, do some shopping — the choice is yours. Meanwhile, kids will enjoy a fun evening cooking up themed dishes, learning kitchen skills, and making new friends.

at Poirier Community Centre**Breakfast for Dinner**

F	Nov 14	6 – 8 p.m.	1/\$19	198783
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Cupcakes and Frosting

F	Nov 28	6 – 8 p.m.	1/\$19	198784
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Hotdogs and Smore's

F	Dec 19	6 – 8 p.m.	1/\$19	198786
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Mac and Cheese Mayhem

F	Sep 19	6 – 8 p.m.	1/\$19	196732
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Pasta Party

F	Oct 17	6 – 8 p.m.	1/\$19	198782
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Pizza Party

F	Dec 12	6 – 8 p.m.	1/\$19	198785
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Sushi and Smiles

F	Oct 3	6 – 8 p.m.	1/\$19	196735
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Holiday Workshop: Creative Cooks (9 – 11 yrs)

Make a festive dish while learning basic cooking skills and kitchen safety. Closed toe shoes are required for all participants. This session will be holiday themed.

at Poirier Community Centre

Tu	Dec 16	4:45 – 5:45 p.m.	1/\$9.50	199396
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Holiday Workshop: Creative Cooks Christmas Cookies (6 – 8 yrs)

Bake, decorate, and snack your way through a merry day of holiday cookie fun! Closed toe shoes are required for all participants. This session will be holiday themed.

at Maillardville Community Centre

W	Dec 17	6 – 7 p.m.	1/\$9.50	199486
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Holiday Workshop: Creative Cooks Christmas Cookies (9 – 11 yrs)

Bake, decorate, and snack your way through a merry day of holiday cookie fun! Closed toe shoes are required for all participants. This session will be holiday themed.

at Maillardville Community Centre

Th	Dec 18	4:15 – 5:15 p.m.	1/\$9.50	199488
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Holiday Workshop: Gingerbread Decorating (6 – 8 yrs)

Come cozy up while decorating gingerbread cookies and building a gingerbread house! Closed toe shoes are required for all participants and parents. This session will be holiday themed.

at Poirier Community Centre

M	Dec 15	6:30 – 7:30 p.m.	1/\$9.50	199405
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Holiday Workshop: Young Carpenters (5 – 7 yrs)

Sand, hammer and paint! Learn how to use tools properly and create a wooden project. This session will be holiday themed.

at Poirier Community Centre

Th	Dec 18	5:15 – 6 p.m.	1/\$5.85	199352
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Holiday Workshop: Young Carpenters (8 – 11 yrs)

Sand, hammer and paint! Learn how to use tools properly and create a wooden project. This session will be holiday themed.

at Poirier Community Centre

Th	Dec 18	6:30 – 7:15 p.m.	1/\$5.85	199353
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Kids Night In (5 – 11 yrs)

Parents! Go for dinner, catch a movie, do some shopping – the choice is yours. Children will enjoy a night in with crafts, games and interactive play, as well as a snack and a movie on the big screen projector.

Christmas in July

Movie: Home Alone 2: Lost in New York (1992)

at Maillardville Community Centre

Sa	Dec 20	5:30 – 8:30 p.m.	1/\$21.40	199341
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Halloween Party

Movie: Scooby Doo: Moon Monster Madness (2015)

at Maillardville Community Centre

Sa	Oct 25	5:30 – 8:30 p.m.	1/\$21.40	199337
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It's Raining Cats and Dogs

Movie: Cats and Dogs 3: Paws Unite (2020)

at Maillardville Community Centre

F	Sep 12	5:30 – 8:30 p.m.	1/\$21.40	199334
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It's Showtime

Movie: The Greatest Showman (2017))

at Maillardville Community Centre

Sa	Sep 27	5:30 – 8:30 p.m.	1/\$21.40	199335
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Let's Play Ball

Movie: The Sandlot (1993)

at Maillardville Community Centre

F	Oct 10	5:30 – 8:30 p.m.	1/\$21.40	199336
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Santa's Coming to Town

Movie: The Polar Express (2004)

at Maillardville Community Centre

F	Dec 5	5:30 – 8:30 p.m.	1/\$21.40	199340
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Soccer Stars

Movie: Bend It Like Beckham (2003)

at Maillardville Community Centre

Sa	Nov 22	5:30 – 8:30 p.m.	1/\$21.40	199339
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What Does the Fox Say

Movie: Fantastic Mr. Fox (2009)

at Maillardville Community Centre

F	Nov 7	5:30 – 8:30 p.m.	1/\$21.40	199338
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Summit Kids Club (7 – 10 yrs)

Join us for an exciting after school experience! Participate in classroom games, arts and crafts, team building activities and more. Please bring water bottle and snack.

at Summit Community Centre

W	Oct 15 – Nov 5	5:30 – 7 p.m.	4/\$43	199614
W	Nov 19 – Dec 10	5:30 – 7 p.m.	4/\$43	199615

Young Carpenters (5 – 7 yrs)

Sand, hammer and paint! Learn how to use tools properly and create a wooden project.

at Poirier Community Centre

Th	Sep 18 – Oct 9	5:15 – 6 p.m.	4/\$23.40	196468
Th	Oct 16 – Nov 13	5:15 – 6 p.m.	5/\$29.25	197873
Th	Nov 20 – Dec 11	5:15 – 6 p.m.	4/\$23.40	197876

Young Carpenters (8 – 11 yrs)

Sand, hammer and paint! Learn how to use tools properly and create a wooden project.

at Poirier Community Centre

Th	Sep 18 – Oct 9	6:30 – 7:15 p.m.	4/\$23.40	196469
Th	Oct 16 – Nov 13	6:30 – 7:15 p.m.	5/\$29.25	197879
Th	Nov 20 – Dec 11	6:30 – 7:15 p.m.	4/\$23.40	197880

Young Scientists (5 – 7 yrs)

Conduct experiments that explore the matters of science in a fun and engaging way!

at Maillardville Community Centre

Th	Sep 18 – Oct 9	4:30 – 5:15 p.m.	4/\$23.40	199164
Th	Oct 16 – Nov 13	4:30 – 5:15 p.m.	5/\$29.25	199165
Th	Nov 20 – Dec 11	4:30 – 5:15 p.m.	4/\$23.40	199166

at Pinetree Community Centre

Th	Sep 18 – Oct 9	4:15 – 5 p.m.	4/\$23.40	200404
Th	Oct 16 – Nov 13	4:15 – 5 p.m.	5/\$29.25	200405
Th	Nov 20 – Dec 11	4:15 – 5 p.m.	4/\$23.40	200406

at Poirier Community Centre

Sa	Sep 20 – Oct 11	11:45am – 12:30 p.m.	4/\$23.40	196764
Sa	Oct 18 – Nov 15	11:45am – 12:30 p.m.	5/\$29.25	197942
Sa	Nov 22 – Dec 13	11:45am – 12:30 p.m.	4/\$23.40	197943

at Town Centre Park Community Centre

W	Sep 17 – Oct 8	5:45 – 6:30 p.m.	4/\$23.40	198134
Sa	Sep 20 – Oct 11	11:30 a.m. – 12:15 p.m.	4/\$23.40	198135
W	Oct 15 – Nov 12	4:30 – 5:15 p.m.	5/\$29.25	198675
Sa	Oct 18 – Nov 15	10:15am – 11 a.m.	5/\$29.25	199498
M	Oct 20 – Nov 10	5:15 – 6 p.m.	4/\$23.40	198634
M	Nov 17 – Dec 8	5:15 – 6 p.m.	4/\$23.40	198728
W	Nov 19 – Dec 10	4:30 – 5:15 p.m.	4/\$23.40	199527
Sa	Nov 22 – Dec 13	11:30 a.m. – 12:15 p.m.	4/\$23.40	199503

Young Scientists (8 – 11 yrs)

Conduct experiments that explore the matters of science in a fun and engaging way!

at Maillardville Community Centre

Th	Sep 18 – Oct 9	5:45 – 6:30 p.m.	4/\$23.40	199168
Th	Oct 16 – Nov 13	5:45 – 6:30 p.m.	5/\$29.25	199171
Th	Nov 20 – Dec 11	5:45 – 6:30 p.m.	4/\$23.40	199174

at Pinetree Community Centre

Th	Sep 18 – Oct 9	5:30 – 6:15 p.m.	4/\$23.40	200408
Th	Oct 16 – Nov 13	5:30 – 6:15 p.m.	5/\$29.25	200409
Th	Nov 20 – Dec 11	5:30 – 6:15 p.m.	4/\$23.40	200410

at Town Centre Park Community Centre

W	Oct 15 – Nov 12	5:45 – 6:30 p.m.	5/\$29.25	198676
Sa	Oct 18 – Nov 15	11:30 a.m. – 12:15 p.m.	5/\$29.25	199500
W	Nov 19 – Dec 10	5:45 – 6:30 p.m.	4/\$23.40	198741

Performing Arts**Acro (5 – 7 yrs)**

Acro is a combination of dance and gymnastics. It focuses on concentration, balance, flexibility and control. Participants will develop flexibility and strength while learning acrobatic and gymnastic skills.

at Maillardville Community Centre

M	Sep 15 – Oct 6	6 – 6:45 p.m.	4/\$23.40	198908
M	Oct 20 – Nov 10	6 – 6:45 p.m.	4/\$23.40	198909
M	Nov 17 – Dec 8	6 – 6:45 p.m.	4/\$23.40	198910

at Pinetree Community Centre

Th	Sep 18 – Oct 9	6:45 – 7:30 p.m.	4/\$23.40	199148
Th	Oct 16 – Nov 13	6:45 – 7:30 p.m.	5/\$29.25	199149
Th	Nov 20 – Dec 11	6:45 – 7:30 p.m.	4/\$23.40	199150

Acro (8 – 11 yrs)

Acro is a combination of dance and gymnastics. It focuses on concentration, balance, flexibility and control. Participants will develop flexibility and strength while learning acrobatic and gymnastic skills.

at Maillardville Community Centre

M	Sep 15 – Oct 6	7 – 8 p.m.	4/\$28.60	198913
M	Oct 20 – Nov 10	7 – 8 p.m.	4/\$28.60	198917
M	Nov 17 – Dec 8	7 – 8 p.m.	4/\$28.60	198918

at Pinetree Community Centre

Th	Sep 18 – Oct 9	7:45 – 8:45 p.m.	4/\$28.60	199167
Th	Oct 16 – Nov 13	7:45 – 8:45 p.m.	5/\$35.75	199170
Th	Nov 20 – Dec 11	7:45 – 8:45 p.m.	4/\$28.60	199175

All Abilities Welcome!

Visit page 4 for details

Ballet (5 – 7 yrs)

An introduction to some basic movements and positions of ballet, taught through age-appropriate dance and play. Skills taught include pliés, gallops and the different foot positions.

at Maillardville Community Centre

Tu	Sep 16 – Oct 7	5:45 – 6:30 p.m.	3/\$17.55	199121
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at Pinetree Community Centre

Sa	Sep 20 – Oct 11	11 a.m. – 11:45am	4/\$23.40	199216
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Sa	Oct 18 – Nov 15	11 a.m. – 11:45am	5/\$29.25	199218
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Sa	Nov 22 – Dec 13	11 a.m. – 11:45am	4/\$23.40	199220
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at Poirier Community Centre

W	Sep 17 – Oct 8	5 – 5:45 p.m.	4/\$23.40	196465
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W	Oct 15 – Nov 12	5 – 5:45 p.m.	5/\$29.25	197839
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W	Nov 19 – Dec 10	5 – 5:45 p.m.	4/\$23.40	197840
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at Town Centre Park Community Centre

Su	Sep 14 – Oct 5	12 – 12:45 p.m.	4/\$23.40	198048
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W	Sep 17 – Oct 8	5 – 5:45 p.m.	4/\$23.40	198050
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Su	Oct 12 – Nov 9	12 – 12:45 p.m.	5/\$29.25	198624
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W	Oct 15 – Nov 12	5 – 5:45 p.m.	5/\$29.25	198674
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Su	Nov 16 – Dec 7	12 – 12:45 p.m.	4/\$23.40	198724
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W	Nov 19 – Dec 10	5 – 5:45 p.m.	4/\$23.40	198738
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Ballet (8 – 11 yrs)

An introduction to some basic movements and positions of ballet, taught through age-appropriate dance and play. Skills taught include pliés, gallops and the different foot positions.

at Pinetree Community Centre

Sa	Sep 20 – Oct 11	12 – 1 p.m.	4/\$28.60	199223
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Sa	Oct 18 – Nov 15	12 – 1 p.m.	5/\$35.75	199225
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Sa	Nov 22 – Dec 13	12 – 1 p.m.	4/\$28.60	199230
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Choir (5 – 7 yrs)

Unleash the joy of music and discover your voice! Children will be introduced to the wonderful world of singing, harmony, and rhythm.

at Pinetree Community Centre

M	Nov 17 – Dec 8	4:30 – 5:15 p.m.	4/\$23.40	199785
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at Poirier Community Centre

F	Oct 17 – Nov 14	5:15 – 6 p.m.	5/\$29.25	198758
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F	Nov 21 – Dec 12	5:15 – 6 p.m.	4/\$23.40	198759
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Choir (8 – 11 yrs)

Unleash the joy of music and discover your voice! Children will be introduced to the wonderful world of singing, harmony, and rhythm.

at Pinetree Community Centre

M	Nov 17 – Dec 8	5:30 – 6:30 p.m.	4/\$23.40	199786
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Dance Mix (8 – 11 yrs)

This program blends hip-hop, jazz, and contemporary styles, encouraging creativity and self-expression. Each session includes a warm-up and choreography.

at Maillardville Community Centre

Tu	Oct 14 – Nov 4	5:45 – 6:45 p.m.	4/\$28.60	199122
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Tu	Nov 18 – Dec 9	5:45 – 6:45 p.m.	4/\$28.60	199123
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Drama (8 – 11 yrs)

Join this fun, creative class where participants build confidence and teamwork through games, improv, and short scenes.

at Maillardville Community Centre

W	Sep 17 – Oct 8	6:30 – 7:30 p.m.	4/\$28.60	199184
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W	Oct 15 – Nov 12	6:30 – 7:30 p.m.	5/\$35.75	199186
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W	Nov 19 – Dec 10	6:30 – 7:30 p.m.	4/\$28.60	199187
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at Town Centre Park Community Centre

Tu	Sep 16 – Oct 7	5:45 – 6:45 p.m.	3/\$21.45	198130
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Tu	Oct 14 – Nov 4	5:45 – 6:45 p.m.	4/\$28.60	198667
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Th	Nov 20 – Dec 11	5:45 – 6:45 p.m.	4/\$28.60	199593
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Guitar Beginner (9 – 11 yrs)

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar.

at Pinetree Community Centre

W	Sep 17 – Oct 8	4 – 5 p.m.	4/\$28.60	199791
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W	Oct 15 – Nov 12	4 – 5 p.m.	5/\$35.75	199792
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W	Nov 19 – Dec 10	4 – 5 p.m.	4/\$28.60	199793
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Hip Hop (5 – 7 yrs)

Explore the different styles of hip hop through the foundation elements of urban dance, grooves, body movements and group games.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	2:30 – 3:15 p.m.	4/\$23.40	198884
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Su	Oct 12 – Nov 9	2:30 – 3:15 p.m.	5/\$29.25	198885
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Su	Nov 16 – Dec 7	2:30 – 3:15 p.m.	4/\$23.40	198886
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at Pinetree Community Centre

F	Sep 19 – Oct 10	5:15 – 6 p.m.	4/\$23.40	199181
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F	Oct 17 – Nov 14	5:15 – 6 p.m.	5/\$29.25	199183
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F	Nov 21 – Dec 12	5:15 – 6 p.m.	4/\$23.40	199185
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at Poirier Community Centre

Th	Sep 18 – Oct 9	5:30 – 6:15 p.m.	4/\$23.40	196471
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Th	Oct 16 – Nov 13	5:30 – 6:15 p.m.	5/\$29.25	197930
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Th	Nov 20 – Dec 11	5:30 – 6:15 p.m.	4/\$23.40	197931
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Hip Hop (8 – 11 yrs)

Explore the different styles of hip hop through the foundation elements of urban dance, grooves, body movements and group games.

at Pinetree Community Centre

F	Sep 19 – Oct 10	6:15 – 7:15 p.m.	4/\$28.60	199188
F	Oct 17 – Nov 14	6:15 – 7:15 p.m.	5/\$35.75	199190
F	Nov 21 – Dec 12	6:15 – 7:15 p.m.	4/\$28.60	199191

Hip Hop: Popping (8 – 11 yrs)

Our expert instructor will break down the fundamentals of this iconic street dance, helping you unleash your inner dancer and develop your own unique style.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	3:30 – 4:30 p.m.	4/\$28.60	198887
Su	Oct 12 – Nov 9	3:30 – 4:30 p.m.	5/\$35.75	198888
Su	Nov 16 – Dec 7	3:30 – 4:30 p.m.	4/\$28.60	198889

Holiday Workshop: Drama (8 – 11 yrs)

Join this fun, creative class where participants build confidence and teamwork through games, improv, and short scenes. This session will be holiday themed.

at Maillardville Community Centre

W	Dec 17	6:30 – 7:30 p.m.	1/\$7.15	199516
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Holiday Workshop: Musical Theatre (5 – 7 yrs)

Become a triple threat in acting, singing and dancing. Students will develop a variety of skills in voice, movement and acting through musical theatre. This session will be holiday themed.

at Maillardville Community Centre

W	Dec 17	4:15 – 5:15 p.m.	1/\$7.15	199511
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Holiday Workshop: Nutcracker Ballet (5 – 7 yrs)

An introduction to some basic movements and positions of ballet, taught through age-appropriate dance and play. Skills taught include pliés, gallops and the different foot positions. This session will be holiday themed.

at Maillardville Community Centre

Tu	Dec 16	5:45 – 6:30 p.m.	1/\$5.85	199507
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Improv (9 – 11 yrs)

Learn ways to express yourself while working as a team. Step out of your comfort zone while creating fun and unique characters through storytelling and activities in a fun and safe space.

at Summit Community Centre

Tu	Oct 14 – Nov 4	5:30 – 6:15 p.m.	4/\$23.40	199590
Tu	Nov 18 – Dec 9	5:30 – 6:15 p.m.	4/\$23.40	199594

Musical Theatre (5 – 7 yrs)

Become a triple threat in acting, singing and dancing. Students will develop a variety of skills in voice, movement and acting through musical theatre.

at Maillardville Community Centre

W	Sep 17 – Oct 8	4:15 – 5:15 p.m.	4/\$28.60	199176
W	Oct 15 – Nov 12	4:15 – 5:15 p.m.	5/\$35.75	199177
W	Nov 19 – Dec 10	4:15 – 5:15 p.m.	4/\$28.60	199178

at Pinetree Community Centre

M	Oct 20 – Nov 10	4:30 – 5:30 p.m.	4/\$28.60	199783
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at Town Centre Park Community Centre

Tu	Sep 16 – Oct 7	4:30 – 5:30 p.m.	3/\$21.45	198127
Tu	Oct 14 – Nov 4	4:30 – 5:30 p.m.	4/\$28.60	198666
Th	Oct 16 – Nov 13	4:30 – 5:30 p.m.	5/\$35.75	199588
Th	Nov 20 – Dec 11	4:30 – 5:30 p.m.	4/\$28.60	199592

Theatre (8 – 11 yrs)

Explore script writing, vocal coaching, and acting techniques to bring your characters to life on stage.

at Pinetree Community Centre

M	Oct 20 – Nov 10	5:45 – 6:45 p.m.	4/\$28.60	199784
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at Poirier Community Centre

F	Oct 17 – Nov 14	6:15 – 7:15 p.m.	5/\$35.75	198760
F	Nov 21 – Dec 12	6:15 – 7:15 p.m.	4/\$28.60	198761

at Town Centre Park Community Centre

Th	Oct 16 – Nov 13	5:45 – 6:45 p.m.	5/\$35.75	199589
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Ukulele Beginner (9 – 11 yrs)

Learn the basics of guitar such as chords and strumming while working towards a song by the end of the course. Please bring your own ukulele.

at Pinetree Community Centre

F	Oct 17 – Nov 14	4 – 5 p.m.	5/\$35.75	199801
F	Nov 21 – Dec 12	4 – 5 p.m.	4/\$28.60	199802

Zumba® Kids (7 – 11 yrs)

Kid-friendly routines based on original Zumba® choreography. Kids will learn basic steps and routines with the added fun of games.

at Pinetree Community Centre

Tu	Sep 9 – Oct 21	6:45 – 7:30 p.m.	6/\$39.90	199693
Tu	Oct 28 – Dec 16	6:45 – 7:30 p.m.	7/\$46.55	200826

Zumba® Kids Jr (4 – 6 yrs)

A rockin', high-energy dance party packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure while incorporating fitness into your child's life.

at Pinetree Community Centre

Su	Sep 7 – Oct 5	9:30 a.m. – 10:15am	5/\$33.25	199700
Su	Oct 19 – Nov 16	9:30 a.m. – 10:15am	5/\$33.25	200629
Su	Nov 23 – Dec 21	9:30 a.m. – 10:15am	5/\$33.25	199702

Sports and Active Play**Afternoon Sports (6 – 10 yrs)**

Need to burn off some energy after school? Join us for sports and games in the gym! Please bring water and a snack.

at Maillardville Community Centre

F	Sep 19 – Oct 10	3:30 – 4:30 p.m.	4/\$28.60	198552
F	Oct 17 – Nov 14	3:30 – 4:30 p.m.	5/\$35.75	198553
F	Nov 21 – Dec 12	3:30 – 4:30 p.m.	4/\$28.60	198554

Badminton (7 – 10 yrs)

Participants will learn the game of badminton and develop skills through fun drills and games. Bringing your own racquet is recommended, however limited racquets are available upon request.

at Maillardville Community Centre

W	Sep 17 – Oct 8	3:15 – 4:15 p.m.	4/\$28.60	198561
W	Oct 15 – Nov 12	3:15 – 4:15 p.m.	5/\$35.75	198562
W	Nov 19 – Dec 17	3:15 – 4:15 p.m.	5/\$16.90	198563

at Pinetree Community Centre

Su	Sep 14 – Oct 5	12 – 12:45 p.m.	4/\$23.40	198951
Su	Oct 12 – Nov 9	12 – 12:45 p.m.	5/\$29.25	198952
Su	Nov 16 – Dec 7	12 – 12:45 p.m.	4/\$23.40	198953

Ball Hockey (6 – 8 yrs)

Pass, shoot and score! Drills and games will emphasize team play and skill building.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	9 a.m. – 9:45am	4/\$23.40	198510
Su	Oct 12 – Nov 9	9 a.m. – 9:45am	5/\$29.25	198511
Su	Nov 16 – Dec 14	9 a.m. – 9:45am	5/\$29.25	198512

Basketball (6 – 8 yrs)

Dribble, pass, shoot! Kids will learn the great game of basketball through fun skills and drills.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	1:45 – 2:30 p.m.	4/\$23.40	197104
Sa	Oct 18 – Nov 15	1:45 – 2:30 p.m.	5/\$29.25	197974
Sa	Nov 22 – Dec 6	1:45 – 2:30 p.m.	3/\$17.55	197975

at Maillardville Community Centre

Su	Sep 14 – Oct 5	9:45am – 10:30 a.m.	4/\$23.40	198513
Su	Oct 12 – Nov 9	9:45am – 10:30 a.m.	5/\$29.25	198514
Su	Nov 16 – Dec 14	9:45am – 10:30 a.m.	5/\$29.25	198515

at Pinetree Community Centre

M	Sep 15 – Oct 6	6 – 6:45 p.m.	4/\$23.40	199032
Sa	Oct 18 – Nov 15	11:30 a.m. – 12:15 p.m.	5/\$29.25	199261
M	Oct 20 – Nov 10	6 – 6:45 p.m.	4/\$23.40	199037
M	Nov 17 – Dec 8	6 – 6:45 p.m.	4/\$23.40	199039
Sa	Nov 22 – Dec 13	11:30 a.m. – 12:15 p.m.	4/\$23.40	199263

at Smiling Creek Activity Centre

W	Sep 17 – Oct 8	6:45 – 7:30 p.m.	4/\$23.40	199468
Sa	Sep 20 – Oct 11	1 – 1:45 p.m.	4/\$23.40	199550
W	Oct 15 – Nov 12	6:45 – 7:30 p.m.	5/\$29.25	199469
Sa	Oct 18 – Nov 15	1 – 1:45 p.m.	5/\$29.25	199552
W	Nov 19 – Dec 10	6:45 – 7:30 p.m.	4/\$23.40	199470
Sa	Nov 22 – Dec 13	1 – 1:45 p.m.	4/\$23.40	199555

at Summit Community Centre

M	Sep 15 – Oct 6	5:30 – 6:15 p.m.	4/\$23.40	199575
M	Oct 20 – Nov 10	5:30 – 6:15 p.m.	4/\$23.40	199576
M	Nov 17 – Dec 8	5:30 – 6:15 p.m.	4/\$23.40	199577



Basketball (9 – 11 yrs)

Dribble, pass, shoot! Kids will learn the great game of basketball through fun skills and drills.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	2:45 – 3:45 p.m.	4/\$28.60	197105
Sa	Oct 18 – Nov 15	2:45 – 3:45 p.m.	5/\$35.75	197978
Sa	Nov 22 – Dec 6	2:45 – 3:45 p.m.	3/\$21.45	197979

at Maillardville Community Centre

Su	Sep 14 – Oct 5	10:45am – 11:45am	4/\$28.60	198516
Tu	Sep 16 – Oct 7	4:30 – 5:30 p.m.	3/\$21.45	198519
Su	Oct 12 – Nov 9	10:45am – 11:45am	5/\$35.75	198517
Tu	Oct 14 – Nov 4	4:30 – 5:30 p.m.	4/\$28.60	198520
Su	Nov 16 – Dec 14	10:45am – 11:45am	5/\$35.75	198518
Tu	Nov 18 – Dec 16	4:30 – 5:30 p.m.	5/\$35.75	198521

at Pinetree Community Centre

Sa	Oct 18 – Nov 15	12:30 – 1:30 p.m.	5/\$35.75	199266
Sa	Nov 22 – Dec 13	12:30 – 1:30 p.m.	4/\$28.60	199269

at Smiling Creek Activity Centre

Th	Sep 18 – Oct 9	6:45 – 7:45 p.m.	4/\$28.60	199482
Th	Oct 16 – Nov 13	6:45 – 7:45 p.m.	5/\$35.75	199483
Th	Nov 20 – Dec 11	6:45 – 7:45 p.m.	4/\$28.60	199485

at Summit Community Centre

M	Sep 15 – Oct 6	6:30 – 7:30 p.m.	4/\$28.60	199578
M	Oct 20 – Nov 10	6:30 – 7:30 p.m.	4/\$28.60	199579
M	Nov 17 – Dec 8	6:30 – 7:30 p.m.	4/\$28.60	199580

Basketball for Girls (6 – 8 yrs)

Dribble, pass, shoot! Girls will learn the great game of basketball through fun skills and drills.

at Maillardville Community Centre

Sa	Sep 20 – Oct 11	9:45am – 10:30 a.m.	4/\$23.40	198522
Sa	Oct 18 – Nov 15	9:45am – 10:30 a.m.	5/\$29.25	198523
Sa	Nov 22 – Dec 13	9:45am – 10:30 a.m.	4/\$23.40	198524

Basketball for Girls (9 – 11 yrs)

Dribble, pass, shoot! Girls will learn the great game of basketball through fun skills and drills.

at Centennial Activity Centre

W	Oct 15 – Nov 12	6:15 – 7:15 p.m.	5/\$35.75	197843
W	Nov 19 – Dec 10	6:15 – 7:15 p.m.	4/\$28.60	197844

at Maillardville Community Centre

Su	Sep 21 – Oct 12	12 – 1 p.m.	4/\$28.60	198525
Su	Oct 19 – Nov 16	12 – 1 p.m.	5/\$35.75	198526
Su	Nov 23 – Dec 14	12 – 1 p.m.	4/\$28.60	198527

All Abilities Welcome!

Visit page 4 for details

**Battle Archery (8 – 10 yrs)**

Take aim and develop your archery skills with foam tipped arrows. Battle Archery is a great activity that develops hand-eye coordination, teamwork, communication skills, and physical fitness. Learn techniques that will enhance your archery form and increase accuracy. It's dodgeball meets archery, and a whole lot of action! In partnership with Stellar Play.

at Summit Community Centre

M	Sep 15 – Oct 6	5:30 – 6:30 p.m.	4/\$60	199562
M	Oct 20 – Nov 10	5:30 – 6:30 p.m.	4/\$60	199565
M	Nov 17 – Dec 8	5:30 – 6:30 p.m.	4/\$60	199568

Family Kickboxing (6+ yrs)

Learn the techniques behind punching and kicking using plyometric and cardio exercises. Each person must register individually. Parent participation is required. Equipment is provided.

at Pinetree Community Centre

M	Sep 15 – Oct 6	6:30 – 7:30 p.m.	4/\$40.60	199074
M	Oct 20 – Nov 10	6:30 – 7:30 p.m.	4/\$40.60	199089
M	Nov 17 – Dec 8	6:30 – 7:30 p.m.	4/\$40.60	199092

Fencing Beginner (6 – 8 yrs)

Our children's program begins with participation in fencing training activities that are focused on fun, building fitness and enhancing coordination while introducing basic fencing skills using real equipment. Fencing is a great cardiovascular workout, improving hand-eye coordination, concentration, mental focus and physical stamina. All equipment is provided. In partnership with Tri-City Fencing Academy.

at Pinetree Community Centre

W	Sep 3 – Sep 24	6 – 7 p.m.	4/\$50	199125
W	Oct 1 – Oct 22	6 – 7 p.m.	4/\$50	199128
W	Oct 29 – Nov 19	6 – 7 p.m.	4/\$50	199130
W	Nov 26 – Dec 17	6 – 7 p.m.	4/\$50	199131

Fencing Intermediate (6 – 9 yrs)

After completion of the Beginners program, fencers enter our Intermediate training which continues to focus on fun, fitness and coordination. Students will be learning in this program for 3-6 months as they develop strong technical sport fencing basics. Students will be introduced to the rules of the game, and taught an understanding of teamwork, competition and good sportsmanship. A \$100 deposit is necessary to sign-out equipment. In partnership with Tri-City Fencing Academy.

at Pinetree Community Centre

W	Sep 3 – Sep 24	7 – 8 p.m.	4/\$55	199132
W	Oct 1 – Oct 22	7 – 8 p.m.	4/\$55	199133
W	Oct 29 – Nov 19	7 – 8 p.m.	4/\$55	199135
W	Nov 26 – Dec 17	7 – 8 p.m.	4/\$55	199141

Gymnastics (6 – 8 yrs)

Continue to develop FUNdamental movement skills as well as begin to learn gymnastics skills from all four disciplines. Have fun and develop self-confidence in a safe and positive learning environment.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	3:30 – 4:15 p.m.	4/\$35	198546
Tu	Sep 16 – Oct 7	7:15 – 8 p.m.	3/\$26.25	198549
Su	Oct 12 – Nov 9	3:30 – 4:15 p.m.	5/\$43.75	198547
Tu	Oct 14 – Nov 4	7:15 – 8 p.m.	4/\$35	198550
Su	Nov 16 – Dec 7	3:30 – 4:15 p.m.	4/\$35	198548
Tu	Nov 18 – Dec 9	7:15 – 8 p.m.	4/\$35	198551

at Pinetree Community Centre

Su	Sep 14 – Oct 5	10:15am – 11 a.m.	4/\$35	198942
Su	Sep 14 – Oct 5	11:15am – 12 p.m.	4/\$35	198948
F	Sep 19 – Oct 10	5:15 – 6 p.m.	4/\$35	199201
F	Sep 19 – Oct 10	6:15 – 7 p.m.	4/\$35	199204
Su	Oct 12 – Nov 9	10:15am – 11 a.m.	5/\$43.75	198943
Su	Oct 12 – Nov 9	11:15am – 12 p.m.	5/\$43.75	198949
F	Oct 17 – Nov 14	5:15 – 6 p.m.	5/\$43.75	199202
F	Oct 17 – Nov 14	6:15 – 7 p.m.	5/\$43.75	199205
Su	Nov 16 – Dec 7	10:15am – 11 a.m.	4/\$35	198947
Su	Nov 16 – Dec 7	11:15am – 12 p.m.	4/\$35	198950
F	Nov 21 – Dec 12	5:15 – 6 p.m.	4/\$35	199203
F	Nov 21 – Dec 12	6:15 – 7 p.m.	4/\$35	199206

Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.



Gymnastics (9 – 11 yrs)

Continue to develop FUNdamental movement skills as well as begin to learn gymnastics skills from all four disciplines. Have fun and develop self-confidence in a safe and positive learning environment.

at Pinetree Community Centre

F	Sep 19 – Oct 10	7:15 – 8 p.m.	4/\$35	199207
F	Oct 17 – Nov 14	7:15 – 8 p.m.	5/\$43.75	199208
F	Nov 21 – Dec 12	7:15 – 8 p.m.	4/\$35	199209

Handball (6 – 8 yrs)

Get an early start learning transferable FUNdamental skills for team sports such as throwing and catching, spacial and positional awareness.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	10:45am – 11:30 a.m.	4/\$23.40	198543
Su	Oct 12 – Nov 9	10:45am – 11:30 a.m.	5/\$29.25	198544
Su	Nov 16 – Dec 14	10:45am – 11:30 a.m.	5/\$29.25	198545

HopOn Coquitlam Bike Program (8 – 12 yrs)

Spend each Friday after-school making friends, learning new skills, and having fun with Cycling BC's HopOn instructors! Each 90-minute session includes fun and age-appropriate skills, games, and bike rides in partnership with Cycling BC HopOn. Children must self-assess as HopOn level 3-4 (able to roll off a sidewalk curb, use their brakes safely and go down a hill). An additional \$25 HopOn membership is required, payable to Cycling BC, to cover insurance and liability costs. A confirmation email with directions on purchasing a HopOn membership will be sent to all registrants. For information on the Hop On Membership or Sport BC funding assistance visit HopOn Membership or call 604-737-3034.

at Mundy Park

F	Sep 12 – Oct 17	4:30 – 6 p.m.	6/\$110	198803
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Indoor Tennis: Orange (9 – 11 yrs)

Learn to serve, rally and score on an Orange size (3/4) court. From learning the basic skills and rules of tennis to playing singles and doubles games, this program will empower you to play and improve your game in a fun and easy way. In partnership with Tennis For Life.

at Summit Community Centre

Tu	Sep 16 – Dec 9	6:30 – 7:25 p.m.	12/\$264	199584
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Indoor Tennis: Red (6 – 8 yrs)

Learn to serve, rally and score on a RED size (1/4) court. From developing the FUNdamental movement skills to basic tennis skills, this program will lay the foundation needed to enjoy tennis and improve grow your game in a fun and easy way. In partnership with Tennis For Life.

at Summit Community Centre

Tu	Sep 16 – Dec 9	5:30 – 6:25 p.m.	12/\$264	199582
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Lacrosse (6 – 10 yrs)

Learn and practice the basics of lacrosse. Develop your skills through fun drills and games. Bringing your own lacrosse stick is recommended, however limited sticks are available upon request. Soft lacrosse balls will be used for this program.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	11 a.m. – 11:45am	4/\$23.40	196782
Sa	Oct 18 – Nov 15	11 a.m. – 11:45am	5/\$29.25	197949
Sa	Nov 22 – Dec 6	11 a.m. – 11:45am	3/\$17.55	197950

Pickleball (6 – 10 yrs)

Learn all about the new emerging sport of Pickleball. Lessons include skill development for those who are new to the sport.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	12:45 – 1:45 p.m.	4/\$28.60	196453
Su	Oct 12 – Nov 9	12:45 – 1:45 p.m.	5/\$35.75	197764
Su	Nov 16 – Dec 7	12:45 – 1:45 p.m.	4/\$28.60	197765

Soccer (6 – 8 yrs)

Give your child an early start playing soccer learning skills through FUNdamental movements and inclusive play.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	11:30 a.m. – 12:15 p.m.	4/\$23.40	196452
Su	Oct 12 – Nov 9	11:30 a.m. – 12:15 p.m.	5/\$29.25	197746
Su	Nov 16 – Dec 7	11:30 a.m. – 12:15 p.m.	4/\$23.40	197748

at Maillardville Community Centre

Tu	Sep 16 – Oct 7	6:15 – 7 p.m.	3/\$17.55	198528
Sa	Sep 20 – Oct 11	11:15am – 12 p.m.	4/\$23.40	198531
Tu	Oct 14 – Nov 4	6:15 – 7 p.m.	4/\$23.40	198529
Sa	Oct 18 – Nov 15	11:15am – 12 p.m.	5/\$29.25	198532
Tu	Nov 18 – Dec 16	6:15 – 7 p.m.	5/\$29.25	198530
Sa	Nov 22 – Dec 13	11:15am – 12 p.m.	4/\$23.40	198533

at Pinetree Community Centre

Su	Sep 14 – Oct 5	9:45am – 10:30 a.m.	4/\$23.40	198919
Su	Oct 12 – Nov 9	9:45am – 10:30 a.m.	5/\$29.25	198921
Su	Nov 16 – Dec 7	9:45am – 10:30 a.m.	4/\$23.40	198924

at Smiling Creek Activity Centre

Sa	Sep 20 – Oct 11	11:45am – 12:30 p.m.	4/\$23.40	199510
Sa	Oct 18 – Nov 15	11:45am – 12:30 p.m.	5/\$29.25	199513
Sa	Nov 22 – Dec 13	11:45am – 12:30 p.m.	4/\$23.40	199515

Soccer (9 – 11 yrs)

Give your child an early start playing soccer learning skills through FUNdamental movements and inclusive play.

at Maillardville Community Centre

Su	Sep 14 – Oct 5	11:45am – 12:45 p.m.	4/\$13.52	198540
Su	Oct 12 – Nov 9	11:45am – 12:45 p.m.	5/\$35.75	198541
Su	Nov 16 – Dec 14	11:45am – 12:45 p.m.	5/\$35.75	198542

at Pinetree Community Centre

Su	Sep 14 – Oct 5	10:45am – 11:45am	4/\$28.60	198934
Su	Oct 12 – Nov 9	10:45am – 11:45am	5/\$35.75	198935
Su	Nov 16 – Dec 7	10:45am – 11:45am	4/\$28.60	198937

at Smiling Creek Activity Centre

Sa	Sep 20 – Oct 11	12:45 – 1:45 p.m.	4/\$28.60	199517
Sa	Oct 18 – Nov 15	12:45 – 1:45 p.m.	5/\$35.75	199518
Sa	Nov 22 – Dec 13	12:45 – 1:45 p.m.	4/\$28.60	199519

**Is your child in
Grade 5 or 6 in the
2025/26 school year?**

**Pick up the Grade 5 Get Active! Pass
or the Grade 6 Stay Active! Pass
for FREE drop-in admissions at
Coquitlam's recreation facilities.**

*Passes are valid from
September 2, 2025 – September 7, 2026.*

To learn more and apply online,
visit coquitlam.ca/GetActivePass

Soccer for Girls (6 – 8 yrs)

Girls will get a strong start playing soccer, learning skills through FUNdamental movements and inclusive play.

at Centennial Activity Centre

Sa	Sep 20 – Oct 11	12 – 12:45 p.m.	4/\$23.40	197085
Sa	Oct 18 – Nov 15	12 – 12:45 p.m.	5/\$29.25	197951
Sa	Nov 22 – Dec 6	12 – 12:45 p.m.	3/\$17.55	197953

at Maillardville Community Centre

Sa	Sep 20 – Oct 11	10:45am – 11:30 a.m.	4/\$23.40	198534
Sa	Oct 18 – Nov 15	10:45am – 11:30 a.m.	5/\$29.25	198535
Sa	Nov 22 – Dec 13	10:45am – 11:30 a.m.	4/\$23.40	198536

Soccer for Girls (9 – 11 yrs)

Girls will develop their soccer skills through FUNdamental drills and inclusive play.

at Maillardville Community Centre

Sa	Sep 20 – Oct 11	11:45am – 12:45 p.m.	4/\$28.60	198537
Sa	Oct 18 – Nov 15	11:45am – 12:45 p.m.	5/\$35.75	198538
Sa	Nov 22 – Dec 13	11:45am – 12:45 p.m.	4/\$28.60	198539

Sport and Games (6 – 8 yrs)

Looking for ways to stay active, improve skills and have fun? Children will experience a variety of sports and active games to develop their FUNdamental movement skills through inclusive play.

at Smiling Creek Activity Centre

Tu	Sep 16 – Oct 7	6:45 – 7:30 p.m.	3/\$17.55	199446
Tu	Oct 14 – Nov 4	6:45 – 7:30 p.m.	4/\$23.40	199448
Tu	Nov 18 – Dec 9	6:45 – 7:30 p.m.	4/\$23.40	199449

Volleyball Learn to Play (9 – 11 yrs)

Have you ever wanted to play volleyball? FUNdamental skills, drills and game play will be the main focus.

at Maillardville Community Centre

Th	Sep 18 – Oct 9	3:30 – 4:30 p.m.	4/\$28.60	198555
Th	Oct 16 – Nov 13	3:30 – 4:30 p.m.	5/\$35.75	198556
Th	Nov 20 – Dec 18	3:30 – 4:30 p.m.	5/\$35.75	198557

Visual Arts

Adventures in Art (5 – 7 yrs)

Experiment with colours, shapes, and textures through a variety of fun art projects where creativity knows no bounds!

at Town Centre Park Community Centre

Tu	Sep 16 – Oct 7	4:15 – 5:15 p.m.	3/\$21.45	199447
Tu	Nov 18 – Dec 9	4:15 – 5:15 p.m.	4/\$28.60	199581

Art Journaling (8 – 11 yrs)

Develop your skills in observation and reflection as you create a personalized journal using a variety of mixed media techniques.

at Pinetree Community Centre

M	Sep 15 – Oct 6	6 – 7 p.m.	4/\$28.60	200468
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Art: Halloween Creations Workshop (5 – 7 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

at Town Centre Park Community Centre

Su	Oct 26	11:45am – 12:45 p.m.	1/\$5.85	198646
Tu	Oct 28	4:30 – 5:30 p.m.	1/\$5.85	198662

Art: Halloween Creations Workshop (8 – 11 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

at Town Centre Park Community Centre

Tu	Oct 28	6 – 7 p.m.	1/\$5.85	198665
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Art: Nature Art Workshop (5 – 7 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

at Town Centre Park Community Centre

Tu	Sep 23	4:30 – 5:30 p.m.	1/\$5.85	198182
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Art: Nature Art Workshop (8 – 11 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

at Town Centre Park Community Centre

Tu	Sep 23	5:45 – 6:45 p.m.	1/\$5.85	198186
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Beyond the Brush (8 – 11 yrs)

Explore painting, mixed media, sculpture, and more through exciting themes and hands-on projects.

at Pinetree Community Centre

Su	Oct 12 – Nov 9	11 a.m. – 12 p.m.	5/\$35.75	199782
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Character Design (8 – 11 yrs)

Bring your wildest characters to life! In this fun and dynamic class, you will learn to design unique characters with a wide range of features and styles. Through drawing, shading, and imaginative techniques, you will create one-of-a-kind characters full of personality.

at Pinetree Community Centre

M	Sep 15 – Oct 6	4:30 – 5:30 p.m.	4/\$28.60	200457
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Charcoal Drawing (5 – 7 yrs)

Unleash your creativity with the bold and expressive medium of charcoal! In this hands-on program, you will learn to create stunning sketches, explore shading techniques, and bring your imaginations to life with rich, dramatic drawings. Perfect for beginners and budding artists alike!

at Pinetree Community Centre

Sa	Nov 22 – Dec 13	9:30 – 10:30 a.m.	4/\$28.60	200464
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Charcoal Drawing (8 – 11 yrs)

Unleash your creativity with the bold and expressive medium of charcoal! In this hands-on program, you will learn to create stunning sketches, explore shading techniques, and bring your imaginations to life with rich, dramatic drawings. Perfect for beginners and budding artists alike!

at Pinetree Community Centre

M	Oct 20 – Nov 10	4:30 – 5:30 p.m.	4/\$28.60	200458
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Sa	Nov 22 – Dec 13	11 a.m. – 12 p.m.	4/\$28.60	200465
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Clay Works (5 – 7 yrs)

Pound, poke, roll and build. Children will have the opportunity to design and sculpt new objects using modelling clay while learning basic hand-building techniques.

at Pinetree Community Centre

W	Oct 15 – Nov 12	4 – 5 p.m.	5/\$35.75	199797
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W	Nov 19 – Dec 10	4 – 5 p.m.	4/\$28.60	199798
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at Poirier Community Centre

F	Sep 19 – Oct 10	4 – 5 p.m.	4/\$28.60	196739
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F	Oct 17 – Nov 14	4 – 5 p.m.	5/\$35.75	197934
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F	Nov 21 – Dec 12	4 – 5 p.m.	4/\$28.60	197935
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at Town Centre Park Community Centre

Th	Oct 16 – Nov 13	4 – 5 p.m.	5/\$35.75	198678
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Th	Nov 20 – Dec 11	4 – 5 p.m.	4/\$28.60	199601
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Clay Works (8 – 11 yrs)

Pound, poke, roll and build. Children will have the opportunity to design and sculpt new objects using modelling clay while learning basic hand-building techniques.

at Pinetree Community Centre

W	Oct 15 – Nov 12	5:30 – 6:30 p.m.	5/\$35.75	199799
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W	Nov 19 – Dec 10	5:30 – 6:30 p.m.	4/\$28.60	199800
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at Town Centre Park Community Centre

Th	Oct 16 – Nov 13	5:30 – 6:30 p.m.	5/\$35.75	198679
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Th	Nov 20 – Dec 11	5:30 – 6:30 p.m.	4/\$28.60	199602
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Colourful Clay Creations (5 – 7 yrs)

Learn to shape, sculpt, and mold vibrant foam clay into unique, lightweight creations that dry without baking.

at Maillardville Community Centre

W	Sep 17 – Oct 8	4:30 – 5:30 p.m.	4/\$28.60	199233
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W	Oct 15 – Nov 12	4:30 – 5:30 p.m.	5/\$35.75	199234
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W	Nov 19 – Dec 10	4:30 – 5:30 p.m.	4/\$28.60	199235
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Colourful Clay Creations (8 – 11 yrs)

Learn to shape, sculpt, and mold vibrant foam clay into unique, lightweight creations that dry without baking.

at Maillardville Community Centre

W	Sep 17 – Oct 8	5:45 – 6:45 p.m.	4/\$28.60	199237
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W	Oct 15 – Nov 12	5:45 – 6:45 p.m.	5/\$35.75	199238
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W	Nov 19 – Dec 10	5:45 – 6:45 p.m.	4/\$28.60	199240
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Comic Creations (5 – 7 yrs)

Children discover story creation through images as they cultivate ideas to produce their own comic. They are taught basic illustration practices, and writing techniques throughout this exciting program!

at Maillardville Community Centre

F	Oct 17 – Nov 14	4:30 – 5:30 p.m.	4/\$28.60	199256
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at Pinetree Community Centre

Su	Sep 14 – Oct 5	9:30 – 10:30 a.m.	4/\$28.60	199777
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Sa	Oct 18 – Nov 15	9:30 – 10:30 a.m.	5/\$35.75	200438
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Su	Nov 16 – Dec 7	9:30 – 10:30 a.m.	4/\$28.60	199778
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at Summit Community Centre

M	Oct 20 – Nov 10	5:30 – 6:30 p.m.	4/\$28.60	199603
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M	Nov 17 – Dec 8	5:30 – 6:30 p.m.	4/\$28.60	199604
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Comic Creations (8 – 11 yrs)

Children discover story creation through images as they cultivate ideas to produce their own comic. They are taught basic illustration practices, and writing techniques throughout this exciting program!

at Maillardville Community Centre

F	Oct 17 – Nov 14	5:45 – 6:45 p.m.	4/\$28.60	199262
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at Pinetree Community Centre

Su	Sep 14 – Oct 5	11 a.m. – 12 p.m.	4/\$28.60	199779
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Sa	Oct 18 – Nov 15	11 a.m. – 12 p.m.	5/\$35.75	200439
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Su	Nov 16 – Dec 7	11 a.m. – 12 p.m.	4/\$28.60	199780
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at Summit Community Centre

M	Oct 20 – Nov 10	7 – 8 p.m.	4/\$28.60	199605
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M	Nov 17 – Dec 8	7 – 8 p.m.	4/\$28.60	199606
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at Town Centre Park Community Centre

Tu	Nov 18 – Dec 9	5:45 – 6:45 p.m.	4/\$28.60	199583
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Craft and Create (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination.

at Pinetree Community Centre

Su	Oct 12 – Nov 9	9:30 – 10:30 a.m.	5/\$35.75	199781
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Creative Crafts: Bracelet Making (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Th	Oct 2	5:30 – 6:30 p.m.	1/\$7.15	199610
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Sa	Oct 11	12 – 1 p.m.	1/\$7.15	199436
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Su	Nov 30	10:15am – 11:15am	1/\$7.15	199444
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Creative Crafts: DIY Name Garland (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Sa	Nov 15	11:45am – 12:45 p.m.	1/\$7.15	199441
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Creative Crafts: Glitter Jars (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Su	Dec 7	10:15am – 11:15am	1/\$7.15	199445
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Creative Crafts: Halloween (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Sa	Oct 25	11:45am – 12:45 p.m.	1/\$7.15	199438
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Creative Crafts: Holiday Garlands (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

W	Dec 17	5:45 – 6:45 p.m.	1/\$7.15	199617
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Creative Crafts: Holiday Ooey Goey Slime (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

W	Dec 17	4:15 – 5:15 p.m.	1/\$7.15	199616
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Creative Crafts: Nature Creation (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Th	Oct 2	4 – 5 p.m.	1/\$7.15	199609
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Creative Crafts: Ooey Goey Slime (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Th	Sep 18	4 – 5 p.m.	1/\$7.15	199607
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Sa	Oct 11	10:30 – 11:30 a.m.	1/\$7.15	199461
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Su	Nov 16	10:15am – 11:15am	1/\$7.15	199443
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Creative Crafts: Space (All Ages)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Sa	Nov 8	11:45am – 12:45 p.m.	1/\$7.15	199440
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Creative Crafts: Sticker Making (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Sa	Oct 18	11:45am – 12:45 p.m.	1/\$7.15	199437
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Su	Nov 23	10:15am – 11:15am	1/\$7.15	199442
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Creative Crafts: Yarn Creations (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Th	Sep 18	5:30 – 6:30 p.m.	1/\$7.15	199608
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Sa	Nov 1	11:45am – 12:45 p.m.	1/\$7.15	199439
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All Abilities Welcome!

Visit page 4 for details

Drawing (5 – 7 yrs)

Participants will be introduced to various drawing techniques in this course. Creativity, fun, and self-expression are encouraged!

at Maillardville Community Centre

F	Sep 19 – Oct 10	4:30 – 5:30 p.m.	4/\$28.60	199253
F	Nov 21 – Dec 12	4:30 – 5:30 p.m.	4/\$28.60	199255

at Pinetree Community Centre

Sa	Sep 20 – Oct 11	9:30 – 10:30 a.m.	4/\$28.60	200462
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at Town Centre Park Community Centre

Su	Sep 14 – Oct 5	11:30 a.m. – 12:30 p.m.	4/\$28.60	198073
Tu	Sep 16 – Oct 7	5:45 – 6:45 p.m.	3/\$21.45	199453
Sa	Sep 20 – Oct 11	10:15am – 11:15am	4/\$28.60	198156
Su	Oct 12 – Nov 9	11:30 a.m. – 12:30 p.m.	5/\$35.75	198628
Tu	Oct 14 – Nov 4	4:15 – 5:15 p.m.	4/\$28.60	199585

Drawing (8 – 11 yrs)

Participants will be introduced to various drawing techniques in this course. Creativity, fun, and self-expression are encouraged!

at Maillardville Community Centre

F	Sep 19 – Oct 10	5:45 – 6:45 p.m.	4/\$28.60	199259
F	Nov 21 – Dec 12	5:45 – 6:45 p.m.	4/\$28.60	199260

at Town Centre Park Community Centre

Sa	Sep 20 – Oct 11	11:45am – 12:45 p.m.	4/\$27.80	198162
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Holiday Workshop: Charcoal Drawing (8 – 11 yrs)

Unleash your creativity with the bold and expressive medium of charcoal! Perfect for beginners and budding artists alike. This session will be holiday themed.

at Pinetree Community Centre

M	Dec 15	4:30 – 5:30 p.m.	1/\$7.15	200639
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Holiday Workshop: Clay Works (5 – 7 yrs)

Pound, poke, roll and build. Children will have the opportunity to design and sculpt new objects using modelling clay while learning basic hand-building techniques. This session will be holiday themed.

at Pinetree Community Centre

W	Dec 17	4 – 5 p.m.	1/\$7.15	200474
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at Poirier Community Centre

F	Dec 19	4 – 5 p.m.	1/\$7.15	199355
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

**Tell us how we did!**

coquitlam.ca/ProgramEvaluation

Holiday Workshop: Clay Works (8 – 11 yrs)

Pound, poke, roll and build. Children will have the opportunity to design and sculpt new objects using modelling clay while learning basic hand-building techniques. This session will be holiday themed.

at Pinetree Community Centre

W	Dec 17	5:30 – 6:30 p.m.	1/\$7.15	200475
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Holiday Workshop: Colourful Clay Creations (5 – 7 yrs)

Learn to shape, sculpt, and mold vibrant foam clay into unique, lightweight creations that dry without baking. This session will be holiday themed.

at Maillardville Community Centre

W	Dec 17	4:30 – 5:30 p.m.	1/\$7.15	199496
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at Town Centre Park Community Centre

M	Dec 15	5 – 6 p.m.	1/\$7.15	198753
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Holiday Workshop: Colourful Clay Creations (8 – 11 yrs)

Learn to shape, sculpt, and mold vibrant foam clay into unique, lightweight creations that dry without baking. This session will be holiday themed.

at Maillardville Community Centre

W	Dec 17	5:45 – 6:45 p.m.	1/\$7.15	199499
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Holiday Workshop: Comic Creations (5 – 7 yrs)

Children discover story creation through images as they cultivate ideas to produce their own comic. They are taught basic illustration practices, and writing techniques throughout this exciting program! This session will be holiday themed.

at Pinetree Community Centre

Su	Dec 14	9:30 – 10:30 a.m.	1/\$7.15	200470
Sa	Dec 20	9:30 – 10:30 a.m.	1/\$7.15	200645

Holiday Workshop: Comic Creations (8 – 11 yrs)

Children discover story creation through images as they cultivate ideas to produce their own comic. They are taught basic illustration practices, and writing techniques throughout this exciting program! This session will be holiday themed.

at Pinetree Community Centre

Su	Dec 14	11 a.m. – 12 p.m.	1/\$7.15	200471
Sa	Dec 20	11 a.m. – 12 p.m.	1/\$7.15	200646



Holiday Workshop: Craft Creations (5 – 7 yrs)

Join us for holiday themed craft creations.

at Town Centre Park Community Centre

Su	Dec 14	11:30 a.m. – 12:30 p.m.	1/\$7.15	198752
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Holiday Workshop: Ornament Making (5 – 7 yrs)

Join us and create holiday themed ornaments.

at Town Centre Park Community Centre

Tu	Dec 16	4 – 5 p.m.	1/\$7.15	198756
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Holiday Workshop: Ornament Making (8 – 11 yrs)

Join us and create holiday themed ornaments.

at Town Centre Park Community Centre

Tu	Dec 16	5:30 – 6:30 p.m.	1/\$7.15	198757
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Holiday Workshop: Watercolour (8 – 11 yrs)

Explore basic watercolour techniques, experiment with blending and shading, and unleash your imagination to create vibrant and whimsical masterpieces. This session will be holiday themed.

at Pinetree Community Centre

M	Dec 15	6 – 7 p.m.	1/\$7.15	200640
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at Poirier Community Centre

F	Dec 19	5:30 – 6:30 p.m.	1/\$7.15	199357
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Introduction to Sewing (8 – 11 yrs)

This program will provide participants with the fundamentals of sewing. Create accessories, choosing from a variety of exciting projects. Review the basics such as handling a sewing machine safely, using a sewing pattern, cutting fabric and the techniques of assembling accessories. Express your creativity in a beginner friendly environment. In Partnership with Mae Studio.

at Town Centre Park Community Centre

Su	Oct 12 – Nov 9	11 a.m. – 12:30 p.m.	5/\$97.50	199480
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Nature Journaling (8 – 11 yrs)

Explore outdoor environments while learning to capture your observations and reflections in your own personalized journal.

at Pinetree Community Centre

M	Nov 17 – Dec 8	6 – 7 p.m.	4/\$28.60	200466
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Pencil Drawing (8 – 11 yrs)

Explore the world of pencil drawing! This class introduces different drawing techniques, with a focus on shading, texture, and using coloured pencils. Students will explore how to bring their drawings to life with depth and detail, while developing their artistic skills in a fun and supportive environment. Perfect for beginners and budding artists looking to enhance their abilities.

at Pinetree Community Centre

Sa	Sep 20 – Oct 11	11 a.m. – 12 p.m.	4/\$28.60	200463
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Watercolour (5 – 7 yrs)

Explore basic watercolour techniques, experiment with blending and shading, and unleash your imagination to create vibrant and whimsical masterpieces.

at Town Centre Park Community Centre

Sa	Nov 22 – Dec 13	10:15am – 11:15am	4/\$27.80	199487
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Watercolour (8 – 11 yrs)

Explore basic watercolour techniques, experiment with blending and shading, and unleash your imagination to create vibrant and whimsical masterpieces.

at Pinetree Community Centre

M	Oct 20 – Nov 10	6 – 7 p.m.	4/\$28.60	200459
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M	Nov 17 – Dec 8	4:30 – 5:30 p.m.	4/\$28.60	200460
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at Poirier Community Centre

F	Sep 19 – Oct 10	5:30 – 6:30 p.m.	4/\$28.60	196756
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F	Oct 17 – Nov 14	5:30 – 6:30 p.m.	5/\$35.75	197936
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F	Nov 21 – Dec 12	5:30 – 6:30 p.m.	4/\$28.60	197937
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at Town Centre Park Community Centre

Tu	Oct 14 – Nov 4	5:45 – 6:45 p.m.	4/\$27.80	199587
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Sa	Nov 22 – Dec 13	11:45am – 12:45 p.m.	4/\$27.80	199490
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Youth

11 – 18 yrs

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.



Check out what we've got for youth in Coquitlam! coquitlam.ca/youth



Just for Youth

Tired of scrolling? Coquitlam has three youth centres where youth can hang out and meet new friends. Join us for fun events like cooking and movie nights. Drop-in is always free! Check the website to see features and when we're open. coquitlam.ca/youth

Connections Youth Lounge at Maillardville Community Centre

- ✓ Foosball
- ✓ Nintendo Switch™
- ✓ Board games
- ✓ Community kitchen

The Getaway Youth Centre at Poirier Community Centre

- ✓ Pool
- ✓ Table tennis
- ✓ Foosball
- ✓ Nintendo Switch™
- ✓ Board games

The Landing Youth Centre at Pinetree Community Centre

- ✓ Acoustic guitar
- ✓ Pool
- ✓ Table tennis
- ✓ PlayStation®
- ✓ Nintendo Switch™
- ✓ Board games

Drop-in fitness classes and weight rooms are open to youth 16 yrs+, and to 13 – 15 yrs once a fitness orientation has been completed. If you're 16 years or older, check out the adult section as well—programs are open to teens on a case-by-case basis.

Coquitlam Youth Council

Share feedback and ideas with the City on initiatives, programs and issues facing youth in Coquitlam.
Open to Coquitlam Residents in Grades 11 and 12.
Learn more and apply at coquitlam.ca/youth

Tell Us What You Want!

Have an idea for a program you'd like to try?
Let us know! Email YouthPrograms@coquitlam.ca to share your suggestions.



Certifications

Standard First Aid and CPR C/AED Recertification (13+ yrs)

This is a recertification course. You must bring a Standard First Aid certification to the class. CPR C is included. Valid for three years. 100% attendance is mandatory to be certified.

at Pinetree Community Centre

Sa	Sep 27	8:30 a.m. – 5:30 p.m.	1/\$85	199761
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Standard First Aid and CPR C/AED Full Course (13+ yrs)

CPR C is included and this course is a WorkSafeBC Occupational Intermediate level equivalent. Valid for three years. 100% attendance is mandatory to be certified.

at Pinetree Community Centre

Sa/Su	Sep 13 – Sep 14	8:30 a.m. – 5:30 p.m.	2/\$195	199759
Sa/Su	Oct 11 – Oct 12	8:30 a.m. – 5:30 p.m.	2/\$195	199760
Sa	Nov 1 and Nov 15	8:30 a.m. – 5:30 p.m.	2/\$195	200478
Sa	Nov 29 and Dec 13	8:30 a.m. – 5:30 p.m.	2/\$195	200479

Babysitting Training (10 – 14 yrs)

The Child Safe Canada Babysitters Course is for responsible youth at least 10 years of age who want to become a babysitter or may already be one. The babysitter course covers the responsibilities of a babysitter, safety tips for children of all ages, first aid, mealtimes, stages of play and development, diapering babies, basic childcare skills, and what to do in case of an emergency.

at Maillardville Community Centre

Sa	Oct 18	9:30 a.m. – 4:30 p.m.	1/\$49.95	199345
Sa	Nov 15	9:30 a.m. – 4:30 p.m.	1/\$49.95	199346
Sa	Dec 13	9:30 a.m. – 4:30 p.m.	1/\$49.95	199347

at Pinetree Community Centre

Sa	Oct 4	9:30 a.m. – 4:30 p.m.	1/\$49.95	199765
Sa	Nov 8	9:30 a.m. – 4:30 p.m.	1/\$49.95	199766
Sa	Dec 6	9:30 a.m. – 4:30 p.m.	1/\$49.95	199767



Home Alone Training (10 – 13 yrs)

The Child Safe Canada Home Alone Safety Program provides children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

at Maillardville Community Centre

Sa	Sep 27	10 a.m. – 2 p.m.	1/\$28.55	199342
Sa	Nov 1	10 a.m. – 2 p.m.	1/\$28.55	199343
Sa	Nov 29	10 a.m. – 2 p.m.	1/\$28.55	199344

at Pinetree Community Centre

Sa	Sep 20	10 a.m. – 2 p.m.	1/\$28.55	199762
Sa	Oct 25	10 a.m. – 2 p.m.	1/\$28.55	199763
Sa	Nov 22	10 a.m. – 2 p.m.	1/\$28.55	199764

Fitness

Yoga 4 Youth (13 – 18 yrs)

Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures in a youth-only environment.

at Pinetree Community Centre

Th	Oct 2 – Nov 6	7:30 – 8:30 p.m.	6/\$52.80	199691
Th	Nov 13 – Dec 11	7:30 – 8:30 p.m.	5/\$44	199692

Lifelong Learning

Chess: Intermediate+ (10 – 14 yrs)

Intermediate and above players will continue to learn the intricacies of chess, such as analytical skills and strategy.

at Maillardville Community Centre

M	Sep 15 – Oct 6	6:30 – 7:15 p.m.	4/\$23.40	199041
M	Oct 20 – Nov 10	6:30 – 7:15 p.m.	4/\$23.40	199044
M	Nov 17 – Dec 8	6:30 – 7:15 p.m.	4/\$23.40	199046

Creative Cooks (11 – 14 yrs)

Make delicious dishes while learning basic cooking skills and kitchen safety. Different recipes will be created each class with a focus on healthy eating. Closed toe shoes are required for all participants.

at Poirier Community Centre

Tu	Sep 16 – Oct 7	6:30 – 7:30 p.m.	3/\$28.50	196463
Tu	Oct 14 – Nov 4	6:30 – 7:30 p.m.	4/\$38	197835
Tu	Nov 18 – Dec 9	6:30 – 7:30 p.m.	4/\$38	197836

Creative Cooks: Chili Con Carne with Cornbread Topping (11 – 14 yrs)

Hearty chili con carne layered with a golden cornbread topping creates a perfect blend of spicy and savoury flavours. This comforting dish is ideal for sharing on “chili” winter days.

at Maillardville Community Centre

Sa	Dec 20	5:30 – 7:30 p.m.	1/\$19	199385
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Creative Cooks: Japanese Strawberry and Mango Mochi (11 – 14 yrs)

Discover the art of making traditional Japanese mochi filled with juicy strawberries and ripe mango. This class will guide you through creating the perfect chewy texture and delicious fruit fillings.

at Maillardville Community Centre

Sa	Sep 6	5:30 – 7:30 p.m.	1/\$19	199381
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Creative Cooks: Roasted Vegetable Focaccia (11 – 14 yrs)

Enjoy rustic roasted vegetable focaccia with a golden, crispy crust and a soft, airy centre. Bursting with vibrant flavours, it's the perfect savoury treat for any occasion.

at Maillardville Community Centre

Sa	Nov 15	5:30 – 7:30 p.m.	1/\$19	199383
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Creative Cooks: Soft Pretzels with Honey Mustard Dip (11 – 14 yrs)

These warm, chewy twists are just waiting to plunge into a zesty mustard. It's a flavour party, and everyone's invited.

at Maillardville Community Centre

Sa	Oct 11	5:30 – 7:30 p.m.	1/\$19	199382
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Holiday Workshop: Creative Cooks (11 – 14 yrs)

Make a delicious dish while learning basic cooking skills and kitchen safety. Closed toe shoes are required for all participants. This session will be holiday themed.

at Poirier Community Centre

Tu	Dec 16	6:30 – 7:30 p.m.	1/\$9.50	199398
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Holiday Workshop: Creative Cooks Christmas Cookies (11 – 14 yrs)

Spend the day baking, decorating, and snacking on the coolest Christmas cookies ever! We're talking sugar, spice, and everything nice—plus loads of icing, sprinkles, and holiday vibes.

at Maillardville Community Centre

M	Dec 15	6 – 8 p.m.	1/\$19	199484
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Science Discovery Lab (11 – 14 yrs)

Unlock the wonders of science in a hands-on, interactive lab. Explore exciting experiments, and discover the secrets of science. Whether you're designing cool inventions or solving scientific problems, the Science Discovery Lab is where curiosity meets creativity. Get ready to dive into the world of discovery!

at Pinetree Community Centre

Th	Oct 16 – Nov 13	6:45 – 7:30 p.m.	5/\$29.25	200413
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Youth Leadership Development (13 – 15 yrs)

This course introduces youth aged 13 – 15 to the key leadership skills necessary to developing personal and interpersonal growth, as well a chance to practice them through volunteer hours, and pre-employment preparation. Course lessons expose students to three key ideas:

1. Introspection and self-assessment
2. Interacting with others in a team setting
3. Future Planning

Students can expect to leave the course with verified volunteer hours through Coquitlam's volunteer program, a draft resume resulting from resume building workshops, and experience participating in activities designed to stimulate personal growth including teambuilding activities, journaling, public speaking and mock interviews. Students are also introduced to the City of Coquitlam's Youth Strategy as part of a feedback and brainstorming session.

at Pinetree Community Centre

Tu	Sep 23 – Dec 9	4:30 – 6:30 p.m.	10/\$143	199768
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Performing Arts

Guitar Beginner (12 – 18 yrs)

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar.

at Centennial Activity Centre

Tu	Sep 16 – Oct 7	6:15 – 7:15 p.m.	3/\$21.45	200667
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Tu	Oct 14 – Nov 4	6:15 – 7:15 p.m.	4/\$28.60	200670
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Tu	Nov 18 – Dec 9	6:15 – 7:15 p.m.	4/\$28.60	200671
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at Pinetree Community Centre

W	Sep 17 – Oct 8	5:15 – 6:15 p.m.	4/\$28.60	199794
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W	Oct 15 – Nov 12	5:15 – 6:15 p.m.	5/\$35.75	199795
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W	Nov 19 – Dec 10	5:15 – 6:15 p.m.	4/\$28.60	199796
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Improv (11 – 15 yrs)

Learn ways to express yourself while working as a team. Step out of your comfort zone while creating fun and unique characters through storytelling and activities in a fun and safe space.

at Summit Community Centre

Tu	Oct 14 – Nov 4	6:30 – 7:30 p.m.	4/\$28.60	199596
Tu	Nov 18 – Dec 9	6:30 – 7:30 p.m.	4/\$28.60	199597

Ukulele Beginner (12 – 18 yrs)

Learn the basics of ukulele such as chords and strumming. Please bring your own ukulele.

at Centennial Activity Centre

W	Sep 17 – Oct 8	6:15 – 7:15 p.m.	4/\$28.60	200678
W	Oct 15 – Nov 12	6:15 – 7:15 p.m.	5/\$35.75	200680
W	Nov 19 – Dec 10	6:15 – 7:15 p.m.	4/\$28.60	200683

at Pinetree Community Centre

F	Oct 17 – Nov 14	5:15 – 6:15 p.m.	5/\$35.75	199803
F	Nov 21 – Dec 12	5:15 – 6:15 p.m.	4/\$28.60	199804

Fitness: Youth Orientation

\$2 (13 – 18 yrs) **LOW COST**

Learn about fitness in a weight room from a certified weight trainer, including guidelines and proper technique on how to train safely and efficiently.

at City Centre

Aquatic Complex

Tues, 3:30 – 4:30 p.m.

Thurs, 7:15 – 8:15 p.m.

Sat, 10 – 11 a.m.

at Poirier Sport

and Leisure Complex

Wed, 3:45 – 4:45 p.m.

Thurs, 5:45 – 6:45 p.m.

Sun, 11 a.m. – 12 p.m.

at Pinetree Community Centre,

pending staff availability

Mon and Fri, 3:30 – 4:30 p.m.

This course is required for teens 13 – 15 yrs who want to use the fitness centre and drop-in to fitness classes.

Register at coquitlam.ca/fitness, call 604-927-4386 or in-person at one of our recreation facilities.

Oops! We cancelled it...

Because we didn't know that you wanted it! We recommend registering at least one week prior to class so we can reduce class cancellations.

Sports and Active Play**Archery (13 – 18 yrs)**

Learn beginner target shooting with a bow and arrow. Participants will get a general feel for archery as they are taught rules, safety and proper technique. Equipment is provided. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Sep 14 – Oct 5	10:15am – 11 a.m.	4/\$50	198901
Su	Oct 12 – Nov 9	10:15am – 11 a.m.	4/\$50	198903
Su	Nov 16 – Dec 7	10:15am – 11 a.m.	4/\$50	198904

Badminton Skill Development (11 – 15 yrs)

Develop your game through fundamental skills and drills. Bringing your own racquet is recommended, however limited racquets are available upon request.

at Maillardville Community Centre

W	Sep 17 – Oct 8	4:30 – 5:30 p.m.	4/\$13.52	198564
W	Oct 15 – Nov 12	4:30 – 5:30 p.m.	5/\$16.90	198565
W	Nov 19 – Dec 17	4:30 – 5:30 p.m.	5/\$16.90	198566

at Pinetree Community Centre

Su	Sep 14 – Oct 5	1 – 2 p.m.	4/\$28.60	198954
Su	Oct 12 – Nov 9	1 – 2 p.m.	5/\$35.75	198955
Su	Nov 16 – Dec 7	1 – 2 p.m.	4/\$28.60	198956

Badminton Skills and Drills (15 – 18 yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate. Develop your skills through fun drills and games. Bringing your own racquet is recommended, however limited racquets are available upon request.

at Pinetree Community Centre

Su	Sep 14 – Oct 5	2:15 – 3:15 p.m.	4/\$28.60	198958
Su	Oct 12 – Nov 9	2:15 – 3:15 p.m.	5/\$35.75	198959
Su	Nov 16 – Dec 7	2:15 – 3:15 p.m.	4/\$28.60	198960

Badminton Youth Junior League (11 – 15 yrs)

Have you been wanting to play on a badminton team or would you like more time to play? Come join Summit's all-levels-welcome youth badminton junior league! Players register individually and are then placed on a team by our staff during the first week. All levels welcome!

at Summit Community Centre

W	Sep 17 – Oct 22	5:30 – 7 p.m.	6/\$27	199611
W	Oct 29 – Dec 10	5:30 – 7 p.m.	7/\$31.50	199612

Badminton Youth League (12 – 18 yrs)

Have you been wanting to play in a badminton league or would you like more time to play? Come join Pinetree's all-levels-welcome youth badminton league! Players will be assessed by our staff during the first week. Beginning in week 2, evenly matched players will play one another in a fun and supportive environment. Games are played in singles format and the last day is reserved for playoffs. All levels welcome.

at Pinetree Community Centre

Sa	Oct 11 – Dec 13	2:15 – 5:15 p.m.	10/\$58.50	199303
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Basketball Skill Development (12 – 15 yrs)

Enjoy fun skills, drills and games to help you develop your basketball game. All levels welcome.

at Maillardville Community Centre

Tu	Sep 16 – Oct 7	5:45 – 6:45 p.m.	3/\$21.45	198500
Tu	Oct 14 – Nov 4	5:45 – 6:45 p.m.	4/\$28.60	198501
Tu	Nov 18 – Dec 16	5:45 – 6:45 p.m.	5/\$35.75	198502

Basketball Skills and Drills for Girls (12 – 15 yrs)

Enjoy fun skills, drills and games to help you develop your basketball game. All levels welcome.

at Centennial Activity Centre

W	Oct 15 – Nov 12	7:30 – 8:30 p.m.	5/\$35.75	197845
W	Nov 19 – Dec 17	7:30 – 8:30 p.m.	5/\$35.75	197846

Basketball Youth League (12 – 18 yrs)

Have you been wanting to play on a basketball team or would you like more time to play? Come join Pinetree's all-levels-welcome youth basketball league! Players register individually and are then placed on a team by our staff during the first week. Beginning in week 2, evenly matched teams will play one another in a fun and supportive environment. Games are 5-on-5 and the last day is reserved for playoffs. All levels welcome.

at Pinetree Community Centre

Sa	Oct 11 – Dec 13	2:15 – 5:15 p.m.	9/\$52.65	199308
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Battle Archery (11 – 15 yrs)

Take aim and develop your archery skills with foam tipped arrows. Battle Archery is a great activity that develops hand-eye coordination, teamwork, communication skills, and physical fitness. Learn techniques that will enhance your archery form, and increase accuracy. It's dodgeball meets archery, and a whole lot of action! In partnership with Stellar Play.

at Summit Community Centre

M	Sep 15 – Oct 6	6:30 – 7:30 p.m.	4/\$64	199570
M	Oct 20 – Nov 10	6:30 – 7:30 p.m.	4/\$64	199571
M	Nov 17 – Dec 8	6:30 – 7:30 p.m.	4/\$64	199573

Fencing Beginner (9 – 15 yrs)

Our youth program begins with a four-session introductory class, quickly teaching the basic actions of the sport, allowing students to progress in their skills in a short time. Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided. In partnership with Tri-City Fencing Academy.

at Pinetree Community Centre

M	Sep 8 – Sep 29	6:30 – 7:30 p.m.	4/\$60	198964
M	Oct 6 – Oct 27	6:30 – 7:30 p.m.	3/\$45	198965
M	Nov 3 – Nov 24	6:30 – 7:30 p.m.	4/\$60	198966
M	Dec 1 – Dec 15	6:30 – 7:30 p.m.	3/\$45	198967

at Poirier Sport and Leisure Complex

F	Sep 5 – Sep 26	7 – 8 p.m.	4/\$60	198792
F	Oct 3 – Oct 24	7 – 8 p.m.	4/\$60	198793
F	Nov 7 – Nov 28	7 – 8 p.m.	4/\$60	198794
F	Dec 5 – Dec 19	7 – 8 p.m.	3/\$45	198795

Fencing Intermediate (9 – 15 yrs)

After completion of a Beginner class, students enter our Intermediate program. Students will be learning in the program for 3-9 months, as they develop strong technical sport fencing basics. A \$100 deposit is necessary to sign-out equipment, students are expected to begin purchasing their own equipment in their third month of Intermediate. In partnership with Tri-City Fencing Academy.

at Pinetree Community Centre

M	Sep 8 – Sep 29	7:30 – 8:30 p.m.	4/\$65	198968
M	Oct 6 – Oct 27	7:30 – 8:30 p.m.	3/\$48.75	198969
M	Nov 3 – Nov 24	7:30 – 8:30 p.m.	4/\$65	198970
M	Dec 1 – Dec 15	7:30 – 8:30 p.m.	3/\$48.75	198971

at Poirier Sport and Leisure Complex

F	Sep 5 – Sep 26	8 – 9 p.m.	4/\$65	198796
F	Oct 3 – Oct 24	8 – 9 p.m.	4/\$65	198797
F	Nov 7 – Nov 28	8 – 9 p.m.	4/\$65	198798
F	Dec 5 – Dec 19	8 – 9 p.m.	3/\$48.75	198800

Pickleball Skills and Drills (12 – 15 yrs)

It's the fastest growing sport in North America! Enjoy learning the fundamental skills and drills needed to develop your pickleball game. All levels welcome.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	2 – 3 p.m.	4/\$28.60	196702
Su	Oct 12 – Nov 9	2 – 3 p.m.	5/\$35.75	197766
Su	Nov 16 – Dec 7	2 – 3 p.m.	4/\$28.60	197767

Volleyball Skill Developments (12 – 15 yrs)

Have you ever wanted to play volleyball or do you want to improve your game? Skills, drills and game play will be the main focus. All levels encouraged.

at Maillardville Community Centre

Th	Sep 18 – Oct 9	4:45 – 5:45 p.m.	4/\$28.60	198503
Th	Sep 18 – Oct 9	6 – 7 p.m.	4/\$28.60	198558
Th	Oct 16 – Nov 13	4:45 – 5:45 p.m.	5/\$35.75	198504
Th	Oct 16 – Nov 13	6 – 7 p.m.	5/\$35.75	198559
Th	Nov 20 – Dec 18	4:45 – 5:45 p.m.	5/\$35.75	198505
Th	Nov 20 – Dec 18	6 – 7 p.m.	5/\$35.75	198560

Volleyball Skills and Drills for Girls (12 – 15 yrs)

Learn or continue to perfect your skills. Time will be spent on both drills and play to help prepare for high school volleyball.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	4 – 5 p.m.	4/\$28.60	196703
Su	Oct 12 – Nov 9	4 – 5 p.m.	5/\$35.75	197768
Su	Nov 16 – Dec 7	4 – 5 p.m.	4/\$28.60	197770

at Summit Community Centre

Th	Oct 16 – Nov 13	5:15 – 6:15 p.m.	5/\$35.75	199623
Th	Nov 20 – Dec 11	5:15 – 6:15 p.m.	4/\$28.60	199626

Volleyball Youth League (12 – 15 yrs)

Have you been wanting to play on a volleyball team or would you like more time to play? Come join our all-levels-welcome youth volleyball league! Players register individually and are then divided in teams by our staff during the first week. They will spend some time each day working on skills and drills before getting into games, and depending on attendance teams may change frequently. All levels welcome!

at Maillardville Community Centre

Th	Sep 18 – Nov 20	7:30 – 9 p.m.	10/\$45	198506
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Volleyball Youth League (12 – 18 yrs)

Have you been wanting to play on a volleyball team or would you like more time to play? Come join our all-levels-welcome youth volleyball league! Players register individually and are then divided in teams by our staff during the first week. They will spend some time each day working on skills and drills before getting into games, and depending on attendance teams may change frequently. All levels welcome!

at Pinetree Community Centre

Tu	Sep 16 – Dec 2	7 – 9:30 p.m.	10/\$58.50	199124
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Visual Arts**Art Journaling (11 – 14 yrs)**

Develop your skills in observation and reflection as you create a personalized journal using a variety of mixed media techniques.

at Pinetree Community Centre

M	Sep 15 – Oct 6	7:30 – 8:30 p.m.	4/\$28.60	200469
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Girls Night In: Holiday Paint Night (10 – 13 yrs)

Bring your friends and join us for an evening of painting, games and activities.

at Town Centre Park Community Centre

F	Dec 12	6 – 7:30 p.m.	1/\$10.75	199512
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Girls Night In: Paint Night (10 – 13 yrs)

Bring your friends and join us for an evening of painting, games and activities.

at Town Centre Park Community Centre

F	Oct 10	6 – 7:30 p.m.	1/\$10.75	199521
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Holiday Workshop: Watercolour (11 – 14 yrs)

Explore basic watercolour painting techniques, experiment with blending and shading and use your imagination to create vibrant masterpieces. This session will be holiday themed.

at Pinetree Community Centre

M	Dec 15	7:30 – 8:30 p.m.	1/\$7.15	200641
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Nature Journaling (11 – 14 yrs)

Explore outdoor environments while learning to capture your observations and reflections in your own personalized journal.

at Pinetree Community Centre

M	Nov 17 – Dec 8	7:30 – 8:30 p.m.	4/\$28.60	200467
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Watercolour (11 – 14 yrs)

Explore basic watercolour painting techniques, experiment with blending and shading and use your imagination to create vibrant masterpieces.

at Pinetree Community Centre

M	Oct 20 – Nov 10	7:30 – 8:30 p.m.	4/\$28.60	200461
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Volunteering



Gain experience, Get involved, Become a Volunteer!

If you are at least 13 years old, we've got many fun activities to get involved with. Gain valuable skills, meet new people, engage with your community, and most importantly, have fun!

To volunteer with Coquitlam, follow these **4 easy steps**:

1. Create a Volunteer Profile

Go to coquitlam.ca/VolunteerPRC to create your own volunteer profile. This is where you'll be able to see what opportunities are available, sign up for volunteer shifts, and track your volunteer hours.

2. Provide References

While creating your volunteer profile, provide two references for Community Services to contact to help us learn more about your skills and experiences. References should be over the age of 19 years and not a relative.

3. Complete a Police Information Check

All volunteers are required to submit a Police Information Check. Forms will be emailed to you upon creating a volunteer profile. The check is completed at no cost for prospective volunteers.

4. Attend an Orientation Session

After successfully completing the reference and Police Information checks, you will receive an invitation to attend an orientation session. At the orientation, you will learn about volunteer roles and expectations, as well as how to sign up for volunteer activities.

For more information, email volunteers@coquitlam.ca or phone 604-927-6076.



Start a Winter Tradition

Volunteer as a Snow Angel

Lend a helping hand this winter by assisting those who are unable to clear their City sidewalks.

- ❄️ Volunteers must be 16 years or older, or accompanied by an adult.
- ❄️ Snow Angels are provided with training, shovels, reflective vests, scarves, toques, ice cleats and mittens.
- ❄️ Once an official volunteer, *"when it snows you go!"*

Sign up as a volunteer today at
coquitlam.ca/SnowAngels

Drop-In Fitness



ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2026.

Check out what you can
do with your ONE PASS!
coquitlam.ca/OnePass



The ONE PASS provides universal access to all of our facilities for both pre-registered drop-in programs and drop-in programs, such as drop-in basketball, fitness, swimming and ice skating.

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.38	\$27	\$31	\$21.70	\$243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	\$6.67	\$53.40	\$61.90	\$43.30	\$486
Senior	(65 – 79 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Super Senior	(80 yrs +)	\$3.38	\$27	\$31	\$21.70	\$243
Adult and Tot	(per person)	\$3.38	\$27	—	—	—

* Students 19 – 25 yrs must present valid full time student ID ** A minimum three month commitment is required

Fitness Centre Hours

Fitness centres are open to patrons 13 years and older. *Youth 13 – 15 years must complete a [Youth Fitness Orientation](#) before working out in the fitness centre or participating in any drop-in fitness class.*

	City Centre Aquatic Complex	Glen Pine Pavilion* Fall Hours Start September 7	Pinetree Community Centre	Poirier Sport and Leisure Complex
Sunday:	7 a.m. – 10:30 p.m.	10 a.m. – 2 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Monday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 9 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Tuesday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 9 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Wednesday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 9 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Thursday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 9 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Friday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 4:30 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Saturday:	5:30 a.m. – 10:30 p.m.	9 a.m. – 3 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Stat Holidays:	10:30 a.m. – 10:30 p.m.	Closed	Closed	8 a.m. – 8 p.m.

*Glen Pine Pavilion is open to adults 19+ yrs.

Getting Started? Let Us Help!

We offer a variety of fitness orientations and personal training to get you started working out. Find the best option for you, no matter your fitness level or experience.

Adult Orientation **LOW COST**

Learn guidelines and how to safely and effectively use the equipment in our fitness centres.

Cost: \$2. Register online or by calling 604-927-4386.

City Centre Aquatic Complex

Wednesday: 7:15 – 8:15 p.m. | Thursday: 8 – 9 a.m.

Sunday: 6:30 – 7:30 p.m.

Poirier Sport and Leisure Complex

Wednesday: 11 a.m. – 12 p.m. | Thursday: 8 – 9 p.m.

Saturday: 10 – 11 a.m.

Pinetree Community Centre

Tuesday: 6 – 7 p.m. **

Glen Pine Pavilion

Monday: 11 a.m. – 12 p.m.

** Pending staff availability.

Youth Orientation **LOW COST**

An orientation of the facility, the equipment and safe use.

Cost: \$2. Register online or by calling 604-927-4386.

[Refer to the Youth Section](#) for days, times and locations.

Note: Youth 13 – 15 years **MUST** take this program to work out in the fitness centres or participate in group fitness classes.

Personal Training

Looking for a personalized training program?

Our certified personal trainer will assess your fitness level, learn about your goals and lead you through a custom training program.

First Assessment Session (1.25 hrs): \$80
Assessment session is mandatory for first-time clients.

3 Sessions
(1-hour per):
\$192

5 Sessions
(1-hour per):
\$305

10 sessions
(1-hour per):
\$575

Learn more at coquitlam.ca/PersonalTraining

Drop-In Group Fitness Classes

Use your ONE PASS to drop-in to these fitness classes!
All classes are instructed by registered fitness leaders.

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Cardio/Strength

Cardio Core Conditioning ●●

Combine cardio training with strength based movements, with emphasis on core! Expect to use a variety of equipment for weight training movements.

Fit 360° ●●

Your complete 360-degree fitness class incorporates a full-body workout. Expect a diverse experience utilizing a variety of equipment with high energy cardio routines.

Low Impact ●●

A true classic format! Low impact movements through cardio patterning and movement to music. A strength component is included to support muscular endurance using a variety of equipment.

NRG Circuit ●●

Intervals are used to boost your energy (NRG)! This circuit style class combines cardio, balance, core and strength training.

Step Remix ●●

Cardio and strength are the focus of this remixed athletic step class. This class features the STEP for cardio but with less emphasis on complex patterning. A wide range of music styles to suit all.

Cycle

Cycle: Group Ride ●●

Indoor cycling on Keiser bikes with constant tension to maximize cardio and muscular endurance. Ride to the beat with intense drills which may include tabata, visualizations, hills and sprints. All riders welcome as tension can be individualized.

Dance

Belly Dance4One ●●

Middle eastern dance and music inspired workout with belly dance techniques and choreography.

Cardio Dance Fit ●●

An energetic, fun cardio workout incorporating easy dance choreography to greatest songs of all time and modern hits. Expect lots of movements with a beat to burn calories, improve cardiovascular endurance and coordination. Variety of fun and engaging dance routines will leave you feeling uplifted and empowered!

Dance4One ●●

All genres of dance inspired by latin, ballroom classics and modern music. Learn movement patterns and have fun enjoying a variety of dance styles. Beginner and intermediate levels available.

Zumba® ●●

Ditch the workout, Join the Party! International rhythms and easy-to-follow moves create a one-of-a kind fitness experience for the dance lover.

Zumba Gold® ●

For those who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.



View drop-in group fitness schedules at coquitlam.ca/drop-in

Zumba Sentao® ●●●

Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. International rhythms and easy-to-follow moves create a one-of-a kind fitness experience.

Zumba Toning® ●●

Spice up your fitness routine with Zumba Toning®, a Latin rhythm infused dance cardio class with added light weights to help tone and sculpt your muscles. The perfect class to add to your routine—it's so fun that it's exercise in disguise!

Strength/Resistance

Body Basics ●●

Build muscular strength and endurance, with less emphasis on cardio. Use a variety of equipment for a full-body workout.

Iron and HIIT ●●●

A mix of dynamic, multi-muscle compound movements in a boot camp style format for a full-body workout.

Specialty Classes

Active Joins ●

Get moving in a gentle environment with low impact exercises safe for all abilities. Mobilize, strengthen and increase your fitness level. Choose to sit or stand during this exercise class.

Chair Fit ●

Get in shape while still sitting. This class will lead you through some upper body strengthening, lower body strengthening and stretching all while having the security of being seated.

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Essentrics ●●

A combination of tai chi, ballet and the healing principles of physiotherapy in a full body workout. Suitable for all ages and abilities with a few easy modifications.

Essentrics Beginner ●

A full body workout targeted towards injury prevention and rehabilitation through stretching. Learn the basics of posture alignment, tension release, balance and recovery.

Gentle Impact 4 Healthy Bones ●

Improve strength, posture, balance and agility through the use of functional exercises, resistance training and appropriate stretches. Great for those with osteoporosis.

Tai Chi/Qigong ●●

This gentle class focuses on flowing movements performed in a slow, focused manner and accompanies deep breathing. Tai chi cultivates life energy within us and encourages powerful purposeful movement.

Yoga/Pilates/Stretch

Hatha Yoga ●●

Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures with special emphasis on controlled breathing and posture.

Pilates ●●

Pilates is a designed practice, targeting core strength, mobility and balance. A series of fluid exercises using breathing techniques and body mechanics in movement sequences.

Pilates Yoga Fusion ●●

The best of both worlds, this program will stabilize, mobilize and increase the mind-body connection through a combination of yoga and Pilates.

Power Yoga ●●●

Get a full body workout linking breath to movement and focus on fast transitions to increase the heart rate. Burn calories with this powerful blend of yoga poses and postures.

Stretch and Meditation ●

This will be a calming stretching class which will help create a mind-body connection, ending with a nice meditative exercise.

Vinyasa Flow Yoga ●●●

Poses are done in a flowing succession and more quickly than a Hatha class. Improve energy levels in this flowing yoga practice with a relaxing Savasana to follow.

Yin Deep Stretch Yoga ●

A slower paced yoga class suitable for everyone. Postures are held for a longer period of time to target deep connective tissues in the body.

Group Fitness Class Rules

How to have a positive class experience:

- Obtain a fitness drop-in ticket (*available 30-min. prior to class start*) from the front desk and provide to class instructor.
- Numbers on the tickets reflect class size and does not indicate your spot on the floor or order of entry. Floor spots are first come first serve.
- Avoid leaving water bottles or other items to save spots for yourself or friends.
- Leave those heeled or open-toed shoes behind—athletic shoes are best or bare feet for yoga!
- Enjoy being unplugged! Please turn off cell phones and other devices.
- Be air aware and avoid the use of scented products whenever possible.
- Respectful language is the only option in our classes.

Be On Time

Remember to be on time for class. Arriving late may disrupt those around you and may not allow for a sufficient warm up and class introduction.

Please note instructors may deny late entry based on class design.



Wristbands

Wear your wristband as proof of admission. The band must be sealed to be valid and must be worn on your wrist or shoe.



If you have any questions, comments, or suggestions, please email fitness@coquitlam.ca

Health and Fitness

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.



Don't miss other fitness opportunities in the child, youth and early years sections!

Adult and Baby Yoga (16+ yrs)

Relaxation for baby and you! Learn how to relax and breathe fully while focusing on strengthening the abs, back and shoulder with the help of your baby. Open to either parent or guardian.

at Centennial Pavilion

Tu	Sep 9 – Oct 21	11 a.m. – 12 p.m.	6/\$64.50	199621
Tu	Oct 28 – Dec 16	11 a.m. – 12 p.m.	7/\$75.25	199622

at Victoria Community Hall

F	Oct 3 – Nov 7	9:30 – 10:30 a.m.	6/\$64.50	199682
F	Nov 14 – Dec 19	9:30 – 10:30 a.m.	6/\$64.50	199683

Aging with Strength (19+ yrs)

Curious what weight training can do for your fitness level? This class is a four-week program specifically designed for beginners and taught by a fitness trainer. It will include an orientation and etiquette session as well as a full body strength exercises done with weights.

at Glen Pine Pavilion

F	Nov 7 – Nov 28	11 a.m. – 12 p.m.	4/\$43	200155
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Barre (13+ yrs)

A low-impact workout incorporating ballet-inspired moves with elements of dance, Pilates and muscular conditioning. Classes are taught with traditional barre apparatus including stability bars, benders balls and gliding discs.

at City Centre Aquatic Complex

Th	Sep 11 – Oct 9	5:45 – 6:45 p.m.	5/\$53.75	199643
Th	Oct 16 – Nov 13	5:45 – 6:45 p.m.	5/\$53.75	200623
Su	Oct 19 – Nov 16	10:45am – 11:45am	5/\$53.75	199645
Th	Nov 20 – Dec 18	5:45 – 6:45 p.m.	5/\$53.75	199644
Su	Nov 23 – Dec 21	10:45am – 11:45am	5/\$53.75	199647

at Pinetree Community Centre

Su	Sep 7 – Oct 5	10:45am – 11:45am	5/\$53.75	199650
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at Poirier Sport and Leisure Complex

Tu	Sep 9 – Oct 21	7:15 – 8:15 p.m.	6/\$64.50	199563
Tu	Oct 28 – Dec 16	7:15 – 8:15 p.m.	7/\$75.25	199567



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Beginner Barre (13+ yrs)

A great opportunity to start out with easy to follow steps in this low-impact workout incorporating ballet-inspired moves with elements of dance, Pilates and muscular conditioning. Classes are taught with traditional barre apparatus including stability bars, benders balls, light weights and gliding discs.

at Poirier Sport and Leisure Complex

M	Sep 15 – Oct 27	5:15 – 6 p.m.	6/\$64.50	200637
M	Nov 3 – Dec 8	5:15 – 6 p.m.	5/\$53.75	200638

Bootcamp 4 U and Baby (16+ yrs)

Take some time for you and baby to bond while keeping yourself fit and healthy during this strength and cardio class. Moms must be at least eight-weeks postpartum and babies pre-mobile.

at Poirier Sport and Leisure Complex

W	Sep 10 – Oct 8	1 – 2 p.m.	5/\$53.75	199551
W	Oct 15 – Nov 12	1 – 2 p.m.	5/\$53.75	200618
W	Nov 19 – Dec 17	1 – 2 p.m.	5/\$53.75	199554

Cardio Combat (13+ yrs)

Get your heart racing and your body moving with precision and intensity! This dynamic workout blends high-energy cardio exercises with powerful moves from Boxing, Muay Thai, Kung Fu, and kickboxing. This program offers a scalable workout that can be tailored to any fitness level, creating a full-body experience that will leave you feeling strong and empowered.

at Pinetree Community Centre

Tu	Sep 9 – Oct 21	7:45 – 8:45 p.m.	6/\$64.50	199684
Tu	Oct 28 – Dec 16	7:45 – 8:45 p.m.	7/\$75.25	199685

Chair Yoga (19+ yrs)

Designed to achieve mental and physical fitness, learn yoga postures, breathing techniques and meditation. Poses are practiced sitting in a chair.

at Centennial Pavilion

M	Sep 8 – Oct 27	11 a.m. – 12:15 p.m.	7/\$94.15	199627
F	Sep 12 – Oct 10	11:15am – 12:30 p.m.	5/\$67.25	199629
F	Oct 17 – Nov 14	11:15am – 12:30 p.m.	5/\$67.25	200621
M	Nov 3 – Dec 15	11 a.m. – 12:15 p.m.	7/\$94.15	199628
F	Nov 21 – Dec 19	11:15am – 12:30 p.m.	5/\$67.25	199630

at Glen Pine Pavilion

F	Sep 12 – Oct 10	11:45am – 1 p.m.	5/\$67.25	199720
F	Oct 17 – Nov 14	11:45am – 1 p.m.	5/\$67.25	201514
F	Nov 21 – Dec 19	11:45am – 1 p.m.	5/\$67.25	199721

Gentle Hatha Yoga (13+ yrs)

This class is for individuals that are looking for the next step in their yoga with gentler progressions and a slower transition. Focus on improving flexibility for the neck, shoulders, hips and legs while improving balance, gaining strength, endurance and range of motion in a non-intimidating and welcoming atmosphere.

at Victoria Community Hall

W	Sep 10 – Oct 8	9:30 – 11 a.m.	5/\$80.75	199723
W	Oct 15 – Nov 12	9:30 – 11 a.m.	5/\$80.75	200632
W	Nov 19 – Dec 17	9:30 – 11 a.m.	5/\$80.75	199724

Get Up and Go! (19+ yrs)

An entry-level exercise program for seniors with balance and mobility impairments, who are otherwise unable to attend a community exercise class. Improve strength, balance and coordination. Health screening must be completed at first class. In partnership with Fraser Health Authority – Fall and Injury Prevention.

at Dogwood Pavilion

Tu/Th	Oct 14 – Nov 13	12 – 1 p.m.	9/\$96.75	199636
Tu/Th	Nov 18 – Dec 18	12 – 1 p.m.	10/\$107.50	199638

Group Cycle: Night Ride (19+ yrs)

Each class will feature unique DJ mixes, with a variety of music styles and tempos, combined with different drills, intervals and team challenges. Classes will include varied lighting and music themes making every night different.

at City Centre Aquatic Complex

F	Oct 17	7:30 – 8:30 p.m.	1/\$10.75	199662
F	Nov 21	7:30 – 8:30 p.m.	1/\$10.75	199663

Group Cycle: Night Ride Holiday Special (19+ yrs)

Each class will feature unique DJ mixes, with a holiday theme, combined with different drills, intervals and team challenges. Classes will include varied lighting and music.

at City Centre Aquatic Complex

F	Dec 19	7:30 – 8:30 p.m.	1/\$10.75	199664
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Group Cycle: Ride and Strength (13+ yrs)

Ride and pump your way to a better, healthier you. This class will get your cardio and muscles going for an overall fitter self.

at City Centre Aquatic Complex

W	Sep 10 – Oct 8	6:45 – 7:45 p.m.	5/\$53.75	199676
W	Oct 15 – Nov 12	6:45 – 7:45 p.m.	5/\$53.75	200627
W	Nov 19 – Dec 17	6:45 – 7:45 p.m.	5/\$53.75	199680

Look out for upcoming Specialty Fitness Workshops on facility posters, on socials and in online registration.

Hatha Yoga Intermediate (13+ yrs)

For those familiar with the progressions of basic hatha yoga postures and are looking to deepen their practice. Some yoga experience is required.

at Centennial Pavilion

M	Sep 8 – Oct 27	12:30 – 2 p.m.	7/\$113.05	199624
M	Nov 3 – Dec 15	12:30 – 2 p.m.	7/\$113.05	199625

at Poirier Sport and Leisure Complex

M	Sep 8 – Oct 27	6 – 7:30 p.m.	7/\$113.05	199556
M	Nov 3 – Dec 15	6 – 7:30 p.m.	7/\$113.05	199558

Kickboxing (19+ yrs)

Learn the techniques behind punching and kicking using plyometric and cardio exercises. Equipment is provided.

at Pinetree Community Centre

M	Sep 15 – Oct 6	7:45 – 8:45 p.m.	4/\$40.60	199097
M	Oct 20 – Nov 10	7:45 – 8:45 p.m.	4/\$40.60	199101
M	Nov 17 – Dec 8	7:45 – 8:45 p.m.	4/\$40.60	199104

Killer Kettlebells (13+ yrs)

Bust through plateaus, feel the burn and push yourself with this higher intensity, functional workout integrating explosive cardio and powerful strength exercises. This circuit style class progressively becomes more challenging each week to improve your fitness level, incorporating the spin bikes, TRX, kettlebells, battle ropes, sandbags, plyometric boxes, dumbbells and resistance bands.

at City Centre Aquatic Complex

Tu	Sep 9 – Oct 21	6 – 7 p.m.	6/\$64.50	199653
Th	Sep 11 – Oct 9	10 – 11 a.m.	5/\$53.75	199659
Th	Oct 16 – Nov 13	10 – 11 a.m.	5/\$53.75	200624
Tu	Oct 28 – Dec 16	6 – 7 p.m.	7/\$75.25	199656
Th	Nov 20 – Dec 18	10 – 11 a.m.	5/\$53.75	199660

Learn 2 Ride (13+ yrs)

Designed to prepare the novice participant to learn the basics of indoor cycling. Learn how to set up and properly use an indoor Keiser bike. Be ready and feel confident to participate in our many drop-in cycle offerings!

at City Centre Aquatic Complex

M	Oct 20 – Nov 10	6:30 – 7:15 p.m.	4/\$34.40	199661
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Learn 2 Yoga (13+ yrs)

Are you intimidated by the level of stretch-ability in a regular Drop-in Yoga class? Start your Yoga journey off right and build confidence slowly over time. Poses will be broken down step by step before linking together in sequences.

at Pinetree Community Centre

W	Nov 5 – Dec 3	6 – 6:45 p.m.	5/\$43	199687
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at Poirier Sport and Leisure Complex

Th	Sep 25 – Oct 23	10:45am – 11:30 a.m.	5/\$43	199586
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Meditation and Breath (13+ yrs)

Create a deeper mind-body connection and visualization through meditation and breathing exercises.

at Poirier Sport and Leisure Complex

W	Sep 10 – Oct 8	8:30 – 9:30 p.m.	5/\$53.75	199599
W	Oct 15 – Nov 12	8:30 – 9:30 p.m.	5/\$53.75	200619
W	Nov 19 – Dec 17	8:30 – 9:30 p.m.	5/\$53.75	199600

Minds in Motion (19+ yrs)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of BC. Gentle exercise are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner.

at Centennial Pavilion

Th	Sep 18 – Oct 30	2:15 – 3:45 p.m.	7/\$50.05	197291
Th	Nov 6 – Dec 18	2:15 – 3:45 p.m.	7/\$50.05	197292

Post Natal Barre (13+ yrs)

Have your pre-mobile baby join you while you enjoy a low-impact workout incorporating ballet-inspired moves with elements of dance, Pilates and muscular conditioning. Classes are taught with traditional barre apparatus including stability bars, benders balls, light weights and gliding discs.

at City Centre Aquatic Complex

Su	Oct 19 – Nov 16	4:15 – 5:15 p.m.	5/\$53.75	200635
Su	Nov 23 – Dec 21	4:15 – 5:15 p.m.	5/\$53.75	200636

at Pinetree Community Centre

Su	Sep 7 – Sep 28	4:15 – 5:15 p.m.	4/\$43	200812
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All Abilities Welcome!

Visit page 4 for details

Running late for a fitness class?



The No Show Procedure helps make sure there's space for everyone.

- Pre-registered participants must check in within 5 minutes of the class start time
- After that, drop-in participants may be given any unclaimed spots

Powerhouse Circuit (13+ yrs)

A full body workout in a more intense bootcamp format with power intervals and plyometric movements. This circuit style class progressively becomes more challenging each week and incorporates spin bikes, TRX, medicine balls, kettlebells, battle ropes, sandbags, plyometric boxes and resistance bands.

at City Centre Aquatic Complex

Th	Sep 11 – Oct 9	5:50 – 6:50 p.m.	5/\$53.75	199670
Th	Oct 16 – Nov 13	5:50 – 6:50 p.m.	5/\$53.75	200626
Th	Nov 20 – Dec 18	5:50 – 6:50 p.m.	5/\$53.75	199671

at Poirier Sport and Leisure Complex

Su	Oct 19 – Nov 16	6 – 7 p.m.	5/\$53.75	202313
Su	Nov 23 – Dec 21	6 – 7 p.m.	5/\$53.75	201801

Prenatal Barre (16+ yrs)

Relax and unwind in a gentle Barre class specialized for expectant mothers. Help increase energy and stamina while enjoying a low-impact workout incorporating ballet-inspired moves with elements of dance, Pilates and muscular conditioning. Classes are taught with traditional barre apparatus including stability bars, benders balls, light weights and gliding discs.

at City Centre Aquatic Complex

F	Sep 12 – Oct 10	5:30 – 6:30 p.m.	4/\$43	201511
F	Oct 17 – Nov 14	5:30 – 6:30 p.m.	5/\$53.75	201512
F	Nov 21 – Dec 19	5:30 – 6:30 p.m.	5/\$53.75	201513

Prenatal Yoga (16+ yrs)

Relax and unwind in a gentle hatha yoga class specialized for expectant mothers. Experience stretching, breathing exercises, and strength-building poses to help increase energy and stamina.

at Victoria Community Hall

Su	Oct 19 – Nov 16	6:30 – 7:30 p.m.	5/\$53.75	200630
Su	Nov 23 – Dec 21	6:30 – 7:30 p.m.	5/\$53.75	199712

at Pinetree Community Centre

W	Sep 10 – Oct 8	7 – 8 p.m.	5/\$53.75	199689
W	Oct 15 – Nov 12	7 – 8 p.m.	5/\$53.75	200628
W	Nov 19 – Dec 17	7 – 8 p.m.	5/\$53.75	199690

Restorative Yoga (13+ yrs)

Slow-paced yoga suitable for everyone. Deep stretching and yin posture are held for a longer period of time to target the deep connective tissues of the body, increasing flexibility and range of motion. Restorative yoga postures open the body, and work to de-stress and calm the nervous system.

at City Centre Aquatic Complex

Su	Oct 19 – Nov 16	5:45 – 7 p.m.	5/\$67.25	199672
Su	Nov 23 – Dec 21	5:45 – 7 p.m.	5/\$67.25	199673

at Dogwood Pavilion

M	Sep 8 – Oct 27	7 – 8:15 p.m.	7/\$94.15	199632
M	Nov 3 – Dec 15	7 – 8:15 p.m.	7/\$94.15	199633

at Pinetree Community Centre

Su	Sep 7 – Oct 5	5:45 – 7 p.m.	5/\$67.25	199674
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Sound Bath Healing Meditation (13+ yrs)

Sound bath meditation is an immersive experience that uses therapeutic sound waves to promote relaxation, healing, and mindfulness. You will be enveloped in the resonant sounds of instruments like singing bowls, gongs, and chimes, which are played in a way that encourages the mind to relax and the body to release tension.

at Poirier Sport and Leisure Complex

Th	Sep 11 – Oct 9	7:45 – 8:45 p.m.	5/\$53.75	199618
Th	Oct 16 – Nov 13	7:45 – 8:45 p.m.	5/\$53.75	200620
Th	Nov 20 – Dec 18	7:45 – 8:45 p.m.	5/\$53.75	199619

Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

T.I.M.E. Program (19+ yrs)

Together in Movement and Exercise (TIME) is a community-based exercise program for people with balance and mobility challenges. The specialized circuit-style class was created in partnership with the Fraser Health Authority providing a structured, safe and fun environment. Participants must be able to walk 30 feet with or without a walking aid.

at Maillardville Community Centre

M/W	Sep 3 – Oct 1	1:30 – 2:30 p.m.	9/\$99	197290
M/W	Oct 6 – Nov 12	1:30 – 2:30 p.m.	11/\$121	200634
M/W	Nov 17 – Dec 17	1:30 – 2:30 p.m.	10/\$110	199713

T.I.M.E. PLUS Program (19+ yrs)

TIME™ Plus is for people who can do the classic TIME™ exercises with ease, but still need hand supports to exercise. They are ready for greater balance and mobility, but may not be ready to join a regular fitness class. The specialized circuit-style class was created in partnership with the Fraser Health Authority providing a structured, safe and fun environment.

at Centennial Pavilion

Tu/Th	Sep 2 – Oct 2	1 – 2 p.m.	9/\$99	197289
Tu/Th	Oct 7 – Nov 6	1 – 2 p.m.	10/\$110	200622
Tu/Th	Nov 13 – Dec 18	1 – 2 p.m.	11/\$121	199642



Bettie Allard YMCA Coquitlam Resident Access

Did you know?

The City of Coquitlam has partnered with the Bettie Allard YMCA to provide Coquitlam residents access to fitness and aquatic facilities at the City's drop-in rates.

That means if you are a Coquitlam resident, you do not have to be a YMCA member to access this facility.

Learn more at coquitlam.ca/YMCA

Therapeutic Pilates (13+ yrs)

A more therapeutic approach to Pilates that will support healing. This class design is slower paced with modifications using bender balls, yoga blocks, bolsters and straps for increasing range of movement and strengthening of supporting muscles.

at Victoria Community Hall

M	Sep 8 – Oct 27	9:30 a.m. – 10:45am	7/\$94.15	199726
M	Nov 3 – Dec 15	9:30 a.m. – 10:45am	7/\$94.15	199728

Yoga – YogBhava (16+ yrs)

This heart-centered yoga class brings alignment principles, organic movement, and anatomical sound techniques to guide students toward balance, strength, and self-awareness. By bridging traditional wisdom with modern-day applications, the class will inspire a deeper, lasting connection to yoga as a way of life.

at Town Centre Park Community Centre

Th	Sep 11 – Oct 9	10:15am – 11:45am	5/\$80.75	199730
Th	Oct 16 – Nov 13	10:15am – 11:45am	5/\$80.75	200633
Th	Nov 20 – Dec 18	10:15am – 11:45am	5/\$80.75	199731

Yoga Under the Stars (13+ yrs)

Enjoy your Yoga journey under the star projections on the ceiling and candlelight flickering around you. There will be flowing yoga poses and movement guided by breath work. The sequence will progressively become more challenging and leave the body energized and refreshed.

at City Centre Aquatic Complex

Tu	Sep 9 – Oct 21	8:15 – 9:15 p.m.	6/\$64.50	199677
Tu	Oct 28 – Dec 16	8:15 – 9:15 p.m.	7/\$75.25	199679

at Maillardville Community Centre

Su	Sep 7 – Oct 5	7:45 – 8:45 p.m.	5/\$53.75	199714
Su	Oct 19 – Nov 16	7:45 – 8:45 p.m.	5/\$53.75	200631
Su	Nov 23 – Dec 21	7:45 – 8:45 p.m.	5/\$53.75	199715



Adult

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.

19 yrs +

(unless otherwise noted)



Cards and Games

Dungeons and Dragons Campaign Play (19+ yrs)

Dungeons and Dragons (D and D) is a Tabletop Role Playing Game where players create their characters, create fantasy worlds and embark on quests together. A Dungeon Master will be on hand to lead the game play for this campaign.

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	6 – 8:45 p.m.	3/\$14.70	198985
W	Sep 17 – Oct 8	2 – 4:45 p.m.	4/\$19.60	197306
Tu	Oct 14 – Nov 4	6 – 8:45 p.m.	4/\$19.60	198986
W	Oct 15 – Nov 12	2 – 4:45 p.m.	5/\$24.50	197307
Tu	Nov 18 – Dec 9	6 – 8:45 p.m.	4/\$19.60	198987
W	Nov 26 – Dec 10	2 – 4:45 p.m.	3/\$14.70	197308

Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Impossible Brain Puzzles (12+ yrs)

Join us for some mind-bending and fun puzzles to challenge your thinking. Simple hands-on paper-based puzzles will be provided at each session for you to solve using your creative, lateral and analytical thinking. Great way to exercise your brain and engage with others who love science, technology, engineering and mathematics and more. No experience necessary and available as a multi-generational activity. Facilitated by an Impossible Puzzler who has researched and compiled centuries of global puzzles.

at Glen Pine Pavilion

W	Sep 17	7 – 8:45 p.m.	1/\$4.90	198977
Th	Sep 25	7 – 8:45 p.m.	1/\$4.90	200325
W	Oct 1	7 – 8:45 p.m.	1/\$4.90	198978
Th	Oct 9	7 – 8:45 p.m.	1/\$4.90	200326
W	Oct 15	7 – 8:45 p.m.	1/\$4.90	198979
Th	Oct 23	7 – 8:45 p.m.	1/\$4.90	200334
Th	Oct 30	7 – 8:45 p.m.	1/\$4.90	200336
W	Nov 5	7 – 8:45 p.m.	1/\$4.90	198980
Th	Nov 13	7 – 8:45 p.m.	1/\$4.90	200339
W	Nov 19	7 – 8:45 p.m.	1/\$4.90	198981
Th	Nov 27	7 – 8:45 p.m.	1/\$4.90	200341
W	Dec 3	7 – 8:45 p.m.	1/\$4.90	198982
Th	Dec 11	7 – 8:45 p.m.	1/\$4.90	200343

Learn to Play Bridge (19+ yrs)

Start with understanding the basic rules, including the roles of players, how cards are dealt and played, and how to determine the winner of each trick. Follow up with bidding, the process of deciding which suit will be trumps for the round and how many tricks a partnership aims to win.

at Glen Pine Pavilion

Th	Nov 20 – Dec 11	6:30 – 8:30 p.m.	4/\$11.20	199072
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Lifelong Learning**Cooking: African Chicken and Sweet Potato Peanut Stew (19+ yrs)**

Simmer chicken with sweet potatoes in a rich, nutty peanut sauce inspired by West African flavors. This comforting stew is perfect for chilly nights.

at Dogwood Pavilion

W	Nov 19	6 – 8 p.m.	1/\$28.30	198347
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Cooking: Authentic Chicken Paprikash (16+ yrs)

Delight in authentic Chicken Paprikash, a creamy, paprika-spiced Hungarian classic. Tender chicken simmers in a rich sauce, delivering comforting and bold flavours.

at Maillardville Community Centre

Th	Dec 4	6 – 8 p.m.	1/\$28.30	199374
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Cooking: Bagels and Herbed Cream Cheese (19+ yrs)

Craft your own chewy homemade bagels and whip up a fresh herbed cream cheese. Enjoy them warm for a classic, comforting breakfast.

at Dogwood Pavilion

Sa	Nov 22	9:30 – 11:30 a.m.	1/\$28.30	199105
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Cooking: Baking with Sourdough Starters (16+ yrs)

Come learn how to make the perfect loaf of sourdough bread and what it takes to have your baking rise to the next level.

at Maillardville Community Centre

Th	Sep 11	6 – 8 p.m.	1/\$28.30	199354
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Th	Nov 20	6 – 8 p.m.	1/\$28.30	199356
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Cooking: Beef and Vegetarian Empanadas with Chimichurri (19+ yrs)

Fold savory empanadas stuffed with spiced beef and vegetables and bake them to golden perfection. A zesty chimichurri dip adds a bright, fresh finish.

at Dogwood Pavilion

W	Nov 26	6 – 8 p.m.	1/\$28.30	198350
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Cooking: Beef Samosa and Vegetarian Pakora (19+ yrs)

Fold crispy beef samosas and fry up flavorful vegetable pakora. These savory bites will spice up your kitchen and bring a taste of South Asia home.

at Dogwood Pavilion

W	Oct 1	6 – 8 p.m.	1/\$28.30	198320
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Cooking: Biscotti (19+ yrs)

Mix, shape, and bake crunchy Italian biscotti that are perfect for dipping. Customize your cookies for a personal touch.

at Dogwood Pavilion

Sa	Nov 1	9:30 – 11:30 a.m.	1/\$28.30	199096
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Cooking: Buche de Noel Cake (19+ yrs)

Buche de Noel or Yule Log cake is a very impressive and delicious holiday dessert. As a group, learn to make a white sponge cake and fill it with flavoured whipped cream. Decorate with chocolate ganache to create a log like look and add a variety of garnishes.

at Dogwood Pavilion

Sa	Dec 6	9:30 – 11:30 a.m.	1/\$28.30	199102
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Cooking: Cajun Jambalaya (19+ yrs)

Cook up a hearty one-pot jambalaya loaded with goodies and bold Cajun spices. You'll love the bold, smoky flavors in every bite.

at Dogwood Pavilion

Sa	Nov 8	9:30 – 11:30 a.m.	1/\$28.30	199091
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Cooking: Candied Salmon Chowder (19+ yrs)

Simmer a creamy chowder filled with candied salmon and fresh herbs. Warm and comforting, this dish is perfect for a chilly day.

at Dogwood Pavilion

Sa	Oct 25	9:30 – 11:30 a.m.	1/\$28.30	199090
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Cooking: Cheesecakes (19+ yrs)

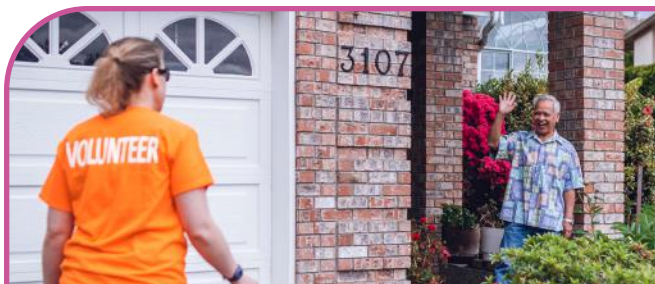
Cheesecakes are a rich, smooth and decadent dessert. There are so many different types of cheesecakes to make and learn the basics with some variations.

at Glen Pine Pavilion

Su	Nov 2	10:30 a.m. – 1:30 p.m.	1/\$42.45	197034
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**No experience necessary and
all cooking supplies provided.**



Meaningful Meals for Seniors

Volunteer for Meaningful Meals!

Help deliver nutritious, low-cost meals to vulnerable seniors in Coquitlam — while sharing conversation and community connections.

For more information, visit
coquitlam.ca/MeaningfulMeals

Cooking: Chicken Korma (19+ yrs)

Chicken Korma is a mild, sweet Indian curry dish with small pieces of chicken simmered in a rich, creamy sauce infused with traditional aromatic spices. Served with rice or naan bread it satisfies the craving for Indian take-out.

at Glen Pine Pavilion

Su	Nov 9	10:30 a.m. – 1:30 p.m.	1/\$42.45	197035
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Cooking: Chili Con Carne with Cornbread Topping (16+ yrs)

Hearty chili con carne layered with a golden cornbread topping creates a perfect blend of spicy and savoury flavours. This comforting dish is ideal for sharing on “chili” winter days.

at Maillardville Community Centre

Sa	Dec 20	2 – 4 p.m.	1/\$28.30	199380
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Cooking: Chocolate Babka Sweet Bread (16+ yrs)

Create a decadent babka swirled with chocolate. This class will guide you through the art of making the perfect soft dough and sweet filling. A beautifully indulgent treat that’s as fun to make as it is to eat.

at Maillardville Community Centre

Th	Dec 18	6 – 8 p.m.	1/\$28.30	199376
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Cooking: Chocolate Spiderweb Cake (19+ yrs)

As a group, create a rich chocolate cake topped with smooth ganache and a spooky spiderweb design. It’s a fun, festive dessert for any celebration.

at Dogwood Pavilion

Sa	Oct 18	9:30 – 11:30 a.m.	1/\$28.30	199103
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Cooking: Classic Mushroom and Asparagus Risotto (19+ yrs)

Classic Mushroom and Asparagus Risotto may sound difficult to make but this dish is easily prepared to make an every day meal fancy and special.

at Dogwood Pavilion

W	Oct 22	6 – 8 p.m.	1/\$28.30	198332
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at Glen Pine Pavilion

Su	Oct 12	10:30 a.m. – 1:30 p.m.	1/\$42.45	197030
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Cooking: Dutch Babies (19+ yrs)

Whip up airy, golden Dutch babies that puff up beautifully in the oven. Top them with fruit, syrup, or a dusting of sugar for an easy, impressive breakfast.

at Dogwood Pavilion

Sa	Oct 4	9:30 – 11:30 a.m.	1/\$28.30	199094
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Cooking: Georgian Imeruli Khachapuri with Russian Korean Carrot Salad (16+ yrs)

This Georgian delicacy features a bread boat filled with gooey cheese and topped with a golden egg. This recipe will be served with a side of Koreiskaya Morkovka, also known as Russian Carrot Salad. Discover the flavors of Georgia in every delicious bite!

at Maillardville Community Centre

Th	Nov 27	6 – 8 p.m.	1/\$28.30	199373
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Cooking: German Holiday Cookies (19+ yrs)

Mix, roll, and bake traditional German holiday cookies that will fill your kitchen with warm spice. Share these festive treats with loved ones all season long.

at Dogwood Pavilion

Sa	Dec 13	9:30 – 11:30 a.m.	1/\$28.30	199106
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Cooking: Gnocci (19+ yrs)

Roll and shape tender homemade gnocchi. This hands-on class will leave you with pillowy pasta and new kitchen skills.

at Dogwood Pavilion

W	Nov 12	6 – 8 p.m.	1/\$28.30	198342
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Cooking: Halloween Special: Spider Shaped Garlic Bread Bowl with Parsley Pesto Dip (16+ yrs)

Celebrate Halloween with a spooky spider-shaped garlic bread bowl, perfect for serving your favourite dips. Paired with a vibrant parsley pesto, this festive treat is as delicious as it is fun to make.

at Maillardville Community Centre

Th	Oct 30	6 – 8 p.m.	1/\$28.30	199367
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Cooking: Harvest Soups (19+ yrs)

Soup weather is here and there is nothing better than enjoying the cozy season by learning the fundamentals of how to take Fall harvested vegetables and turning them in hearty and delicious soups.

at Glen Pine Pavilion

M	Oct 20 – Nov 10	7 – 8:30 p.m.	4/\$85	197042
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Cooking: Holiday Appetizers (19+ yrs)

Having friends and family for the holidays is enjoyed with food made from scratch. Appetizers that are easy and delicious to serve at any social gathering is the focus of this holiday workshop.

at Glen Pine Pavilion

Su	Nov 23	10:30 a.m. – 1:30 p.m.	1/\$42.45	197038
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Cooking: Holiday Baking Workshop (19+ yrs)

Join us in baking a variety of different baked goods just in time for the holiday season! Learn how to make some sweet and healthy delights with a baking expert.

at Glen Pine Pavilion

Su	Nov 30	10:30 a.m. – 1:30 p.m.	1/\$42.45	197039
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Cooking: Holiday Specials (19+ yrs)

Having family and friends over for the holidays to enjoy some holiday food is always a joyful experience. Prepare something special each week that will make the season merry.

at Glen Pine Pavilion

M	Nov 17 – Dec 8	7 – 8:30 p.m.	4/\$85	199053
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Cooking: Inari Sushi (16+ yrs)

Discover the history and cultural significance of this delightful dish, master the technique of stuffing seasoned rice into seasoned fried tofu pockets, and impress your friends and family with your newfound sushi-making skills.

at Maillardville Community Centre

Th	Oct 16	6 – 8 p.m.	1/\$28.30	199364
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Cooking: Inari Sushi (19+ yrs)

Discover the history and cultural significance of this delightful dish, master the technique of stuffing seasoned rice into seasoned fried tofu pockets, and impress your friends and family with your newfound sushi-making skills.

at Dogwood Pavilion

W	Sep 24	6 – 8 p.m.	1/\$28.30	198316
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Cooking: Italian Brunch Strata (19+ yrs)

Layer ingredients and Italian flavors into a delicious make-ahead strata. This savory bake is sure to become your go-to brunch favorite.

at Dogwood Pavilion

Sa	Oct 11	9:30 – 11:30 a.m.	1/\$28.30	199088
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Cooking: Italian Stromboli (19+ yrs)

Learn to roll up a savory, stuffed Italian Stromboli. You'll leave with a crispy, golden-brown bake that's perfect for sharing.

at Dogwood Pavilion

W	Sep 17	6 – 8 p.m.	1/\$28.30	198297
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Cooking: Japanese Milk Bread (16+ yrs)

Learn to make soft, fluffy Japanese milk bread from scratch using traditional techniques. Perfect for home bakers looking to expand their skills with Asian-style breads.

at Maillardville Community Centre

Th	Sep 18	6 – 8 p.m.	1/\$28.30	199358
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Cooking: Japanese Strawberry and Mango Mochi (16+ yrs)

Discover the art of making traditional Japanese mochi filled with juicy strawberries and ripe mango. This class will guide you through creating the perfect chewy texture and delicious fruit fillings.

at Maillardville Community Centre

Sa	Sep 6	2 – 4 p.m.	1/\$28.30	199377
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Th	Sep 25	6 – 8 p.m.	1/\$28.30	199360
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Cooking: Japanese Yakisoba Noodles (19+ yrs)

Yakisoba is classic Japanese stir-fried noodles seasoned with sweet and savory sauce. The noodles are made out of wheat and has the perfect texture to be stir-fried with your choice of protein or vegetables. The secret is in the tangy sauce!

at Glen Pine Pavilion

Su	Oct 19	10:30 a.m. – 1:30 p.m.	1/\$42.45	197032
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Cooking: Jerusalem Bagels with Labneh Dip (16+ yrs)

Enjoy warm Jerusalem bagels, perfectly crispy on the outside and soft inside, served with a creamy labneh dip. This Middle Eastern favourite combines delightful textures and fresh flavours.

at Maillardville Community Centre

Th	Dec 11	6 – 8 p.m.	1/\$28.30	199375
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Cooking: Knife Skills 101 (19+ yrs)

The key to food preparation and cooking is having basic knife skills. Even experienced cooks continue to learn how to use this tool to slice, dice, chop, mince and more. Know the different knives to use for the different techniques and how to care for them. Bring the Knives you use the most from home as you will be working with different ingredients for a variety of recipes each week.

at Glen Pine Pavilion

M	Sep 15 – Oct 6	7 – 8:30 p.m.	4/\$85	197040
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Cooking: Korean Bibimbap (19+ yrs)

Create a vibrant bowl of Korean bibimbap loaded with colorful vegetables and other traditional toppings. Stir it together with gochujang sauce for a warm, satisfying meal.

at Dogwood Pavilion

W	Oct 8	6 – 8 p.m.	1/\$28.30	198324
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Cooking: Korean Food Immersion (19+ yrs)

Every week will be a new Korean family favourite. This series of classes may include unique spicy, sweet and savoury dishes working with different ingredients while learning the Korean language at the same time from a native speaker. All sessions will present different recipes.

at Glen Pine Pavilion

Th	Sep 18 – Oct 9	7 – 8:30 p.m.	4/\$85	197691
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Th	Oct 16 – Nov 13	7 – 8:30 p.m.	5/\$106.25	197693
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Th	Nov 20 – Dec 11	7 – 8:30 p.m.	4/\$85	197696
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Cooking: Mediterranean Chicken and Rice Pilaf (19+ yrs)

Cook a fragrant chicken and rice pilaf with Mediterranean herbs and bright vegetables. This homie dish is as cozy as it is delicious.

at Dogwood Pavilion

W	Oct 15	6 – 8 p.m.	1/\$28.30	198328
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Cooking: Moroccan Shakshuka with Kofta Meatballs (16+ yrs)

Savour the bold spices of Moroccan shakshuka topped with tender kofta meatballs in a rich tomato sauce. This vibrant dish offers a perfect blend of flavour and warmth in every bite.

at Maillardville Community Centre

Th	Nov 13	6 – 8 p.m.	1/\$28.30	199371
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Cooking: New York Style Bagels with Smoked Salmon Cream Cheese (16+ yrs)

Make traditional New York-style bagels from scratch, served with a creamy smoked salmon cream cheese spread. Master the flavours of a beloved classic with ease.

at Maillardville Community Centre

Th	Oct 2	6 – 8 p.m.	1/\$28.30	199361
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Cooking: New York Style Blueberry Bagels with Honey Blueberry Cream Cheese (16+ yrs)

Make classic New York-style blueberry bagels from scratch, paired with a sweet honey blueberry cream cheese spread. Enjoy baking a delicious treat that's perfect for breakfast or brunch.

at Maillardville Community Centre

Th	Oct 23	6 – 8 p.m.	1/\$28.30	199366
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Cooking: Pierogi and Cucumber Dill salad (19+ yrs)

Learn to fill and fold tender pierogi with a classic savory filling. Serve them alongside a crisp cucumber dill salad for a bright, refreshing balance.

at Dogwood Pavilion

Sa	Sep 27	9:30 – 11:30 a.m.	1/\$28.30	199087
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Cooking: Pork Schnitzel and Käsespätzle (19+ yrs)

Pork Schnitzel and Käsespätzle is a popular German dish featuring thin, breaded pork cutlets served with a cheesy egg noodle dish.

at Glen Pine Pavilion

Su	Oct 5	10:30 a.m. – 1:30 p.m.	1/\$42.45	197029
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Cooking: Ricotta Gnocchi with Lemon and Sundried Tomato Sauce (16+ yrs)

Tender ricotta gnocchi are paired with a bright lemon and sundried tomato sauce for a fresh, flavourful dish. This combination balances creamy and zesty notes in every bite.

at Maillardville Community Centre

Th	Oct 9	6 – 8 p.m.	1/\$28.30	199363
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**No experience necessary and
all cooking supplies provided.**



**No experience necessary and
all cooking supplies provided.**

Cooking: Roast Beef 101 (19+ yrs)

Roast Beef is a staple for a traditional Sunday roast dinner with all the accompaniments. Remove the stress and learn how to time manage cooking a successful roast beef meal with Yorkshire pudding, roasted potatoes, vegetables and gravy.

at Glen Pine Pavilion

Su	Oct 26	10:30 a.m. – 1:30 p.m.	1/\$42.45	197033
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Cooking: Roast Chicken Dinner and Sides (19+ yrs)

Creating an impressive Roast Chicken dinner with the accompanying sides is easier than you think when you learn the tips to ensure that the meat is tender and juicy.

at Glen Pine Pavilion

Su	Nov 16	10:30 a.m. – 1:30 p.m.	1/\$42.45	197037
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Cooking: Roasted Vegetable Focaccia (16+ yrs)

Enjoy rustic roasted vegetable focaccia with a golden, crispy crust and a soft, airy centre. Bursting with vibrant flavours, it's the perfect savoury treat for any occasion.

at Maillardville Community Centre

Sa	Nov 15	2 – 4 p.m.	1/\$28.30	199379
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Cooking: Roasted Vegetable Moussaka (19+ yrs)

Layer roasted vegetables and rich sauce into a savory moussaka. This vegetarian version is full of flavor and perfect for sharing.

at Dogwood Pavilion

Sa	Nov 29	9:30 – 11:30 a.m.	1/\$28.30	199093
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at Glen Pine Pavilion

Su	Sep 21	10:30 a.m. – 1:30 p.m.	1/\$42.45	197027
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Cooking: Scones and Cranberry Jam (19+ yrs)

Bake light, buttery scones and pair them with a homemade cranberry jam. You'll take home a cozy treat perfect for tea time or brunch.

at Dogwood Pavilion

Sa	Sep 20	9:30 – 11:30 a.m.	1/\$28.30	199076
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Cooking: Soft Pretzels with Honey Mustard Dip (16+ yrs)

These warm, chewy twists are just waiting to plunge into a zesty mustard. It's a flavour party, and everyone's invited.

at Maillardville Community Centre

Sa	Oct 11	2 – 4 p.m.	1/\$28.30	199378
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Cooking: Spanish Tortillas (19+ yrs)

Make a traditional Spanish tortilla with potatoes and eggs. This rustic dish is simple, satisfying, and good for any meal of the day.

at Dogwood Pavilion

Sa	Nov 15	9:30 – 11:30 a.m.	1/\$28.30	199099
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Cooking: Sweet and Savoury Burekas (19+ yrs)

Practice shaping flaky burekas with a variety of fillings. You'll enjoy these golden pastries fresh from the oven.

at Dogwood Pavilion

W	Dec 3	6 – 8 p.m.	1/\$28.30	198353
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Cooking: Turkey 101 (19+ yrs)

Turkey is the centerpiece of the Thanksgiving dinner table, and one of the most anticipated feature of this holiday. Remove the stress of cooking a turkey with all the fixings by learning how to prepare and cook this delicious meal from scratch.

at Glen Pine Pavilion

Su	Sep 28	10:30 a.m. – 1:30 p.m.	1/\$42.45	197028
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Cooking: Ukrainian Borscht and Pampushki (19+ yrs)

Simmer up a fragrant Ukrainian borscht and bake soft pampushki rolls topped with garlic butter. It's a hearty, heartwarming combo perfect for sharing.

at Dogwood Pavilion

W	Oct 29	6 – 8 p.m.	1/\$28.30	198336
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Cooking: Ukrainian Borscht with Herb and Garlic Pampushki Rolls (16+ yrs)

Experience the rich flavours of Ukrainian borscht paired with soft, herb and garlic-infused pampushki rolls. This classic combination brings traditional Eastern European comfort food to your table.

at Maillardville Community Centre

Th	Nov 6	6 – 8 p.m.	1/\$28.30	199369
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Cooking: Vegetarian Pad Thai and Tom Kha Gai (19+ yrs)

Two popular Thai recipes that can be easily replicated at home – a healthy vegetarian Pad Thai rice noodle dish and Tom Kha Gai which is a coconut chicken soup recipe is infused with the classic Thai herbs.

at Glen Pine Pavilion

Su	Sep 14	10:30 a.m. – 1:30 p.m.	1/\$42.45	197026
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Cooking: Vietnamese Pho (19+ yrs)

Build a fragrant Vietnamese pho with a rich broth, tender noodles, and fresh herbs. You'll learn the secrets to this classic, soul-soothing soup.

at Dogwood Pavilion

W	Dec 10	6 – 8 p.m.	1/\$28.30	198357
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Cooking: Yakisoba (19+ yrs)

Stir-fry savory yakisoba noodles with crisp vegetables and your choice of protein. You'll master this quick and tasty Japanese street food classic in no time.

at Dogwood Pavilion

W	Nov 5	6 – 8 p.m.	1/\$28.30	198340
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Finance: Effective Tax Strategies (19+ yrs)

Learn to understand the tax system and to minimize the amount of tax to pay.

at Glen Pine Pavilion

Th	Dec 4	10 – 11:30 a.m.	1/ FREE	198791
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Finance: Estate Planning (19+ yrs)

Learn how to create a plan to distribute assets, during life or upon death. Understanding the what and why of estate planning and the various tools such as powers of attorney, wills, joint accounts, gifting, trust.

at Glen Pine Pavilion

Th	Sep 25	10 – 11:30 a.m.	1/ FREE	198788
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Finance: Fraud Protection (19+ yrs)

Understand fraud and how to protect yourself from being a victim.

at Glen Pine Pavilion

Th	Oct 30	10 – 11:30 a.m.	1/ FREE	198789
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Finance: Preparing for the Unexpected – Life and Legacy (19+ yrs)

This presentation is designed to help understand how life insurance fits into financial strategy and how it will protect their loved ones from unexpected events.

at Glen Pine Pavilion

F	Nov 7	2 – 3:15 p.m.	1/ FREE	198781
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Finance: Raising Money-Smart Children or Grandchildren (19+ yrs)

Understand the challenges of raising money-smart kids and learn how to address age-appropriate money-related topics with young kids, pre-teens, teenagers and emerging adults.

at Glen Pine Pavilion

W	Sep 17	7:15 – 8:45 p.m.	1/ FREE	198787
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Finance: Service Canada Presentations (19+ yrs)

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.

October – Pre-Retirement Planning

November – Benefits and Programs for Seniors with Disabilities

at Dogwood Pavilion

Th	Oct 16	7:15 – 8:15 p.m.	1/ FREE	199732
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Tu	Nov 18	9:30 – 11 a.m.	1/ FREE	199733
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All Abilities Welcome!

Visit page 4 for details

Finance: Service Canada Presentations (19+ yrs)

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.

September – Canada Dental Plan and Canada Disability Benefit

October – Programs and Benefits for Seniors

November – Overview for Newcomers

at Glen Pine Pavilion

M	Sep 29	11:30 a.m. – 12:30 p.m.	1/ FREE	197711
M	Oct 27	11:30 a.m. – 12:30 p.m.	1/ FREE	197712
M	Nov 24	11:30 a.m. – 12:30 p.m.	1/ FREE	197713

Finance: Stocks – The Nuts and Bolts (19+ yrs)

This presentation teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discusses common versus preferred stock, dividends, investment strategy and different ways to own stock.

at Glen Pine Pavilion

F	Sep 19	2 – 3:15 p.m.	1/ FREE	198773
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Finance: Ten Healthy Habits of Financial Management (19+ yrs)

Become better money managers by learning how to self-assess level of financial fitness and knowing the ten healthy habits of financial management as so many social problems have financial roots.

at Glen Pine Pavilion

Th	Nov 20	7 – 8:30 p.m.	1/ FREE	198790
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General: Hiking Adventures Slideshow (19+ yrs)

Presented by volunteer Terry McCullough, view his visually captivating photographs set to music and his exciting tales of adventurous travel and hiking experiences.

September – Waterton Park

October – Waterton to Dinosaur

November – The Prairies to BC

at Glen Pine Pavilion

F	Sep 19	11 a.m. – 12:30 p.m.	1/ FREE	197714
F	Oct 24	11 a.m. – 12:30 p.m.	1/ FREE	197715
F	Nov 28	11 a.m. – 12:30 p.m.	1/ FREE	197716

General: Lecture Series with Dr. Cousineau (19+ yrs)

Using a multi-disciplinary approach to describe, explain many world views and belief systems that have emerged on planet earth. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau (Clinical Psychology and Sociology).

at Glen Pine Pavilion

Th	Sep 18 – Oct 9	2 – 4 p.m.	4/\$39.20	199004
Th	Oct 16 – Nov 13	2 – 4 p.m.	5/\$49	199006
Th	Nov 20 – Dec 11	2 – 4 p.m.	4/\$39.20	199008

General: Lifesizing Part 1 – Smart Talk on Strata Living (19+ yrs)

Many factors to consider when thinking about transitioning from a conventional, single-family home to strata. Discuss the motivations, challenges and benefits while providing a clear picture of “what’s in it for you” as well as information on strata depreciation reports.

at Glen Pine Pavilion

Th	Oct 2	6:30 – 8:45 p.m.	1/ FREE	200246
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General: Lifesizing Part 2 – The Dollars and “Sense” of Strata Living (19+ yrs)

Explore the cost benefits associated with the transition to strata living compared to a conventional, single-family home such as common day-to-day expenses, monthly fees, and planning for expected and unexpected costs. Discussion on the new requirement for depreciation/sustainability reports.

at Glen Pine Pavilion

Th	Oct 9	6:30 – 8:45 p.m.	1/ FREE	200247
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General: What is Beyond Nine Yards? (19+ yrs)

Are you curious about the stories behind traditional garments from around the world? Join us for an introductory info session on the upcoming Beyond Nine Yards program series-a thoughtful and engaging exploration into the world of cultural textiles and attire.

at Glen Pine Pavilion

M	Sep 15	11:30 a.m. – 12:30 p.m.	1/\$8.35	201260
W	Sep 24	7:30 – 8:30 p.m.	1/\$8.35	201261

Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Health and Wellness Fair for Seniors

*Presented by the
Glen Pine 50Plus Society*

Saturday, October 4
10 a.m. – 2 p.m.
Glen Pine Great Room
FREE Admission

*Special thanks to Presenting Partner,
Aspira Retirement Living (Astoria and Mayfair Terrace)*



Aspira
Astoria
Retirement Living

Aspira
Mayfair Terrace
Retirement Living

coquitlam.ca/GlenPine

Health and Safety: Falls Prevention Mobile Clinic (19+ yrs)

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have a fall risk assessment as well as a one on one consult with various health professionals, Kinesiologist/Pharmacist/Physiotherapist, for 45 minutes, totaling two hours. Registration is required! To register please call 604-374-2273. Presented by Fraser Health.

at Dogwood Pavilion

W Oct 1 9 a.m. – 4 p.m. 1/FREE 199722

at Glen Pine Pavilion

W Nov 19 8:30 a.m. – 5 p.m. 1/FREE 196954

Health and Safety: Pedestrian Safety (19+ yrs)

Learn practical tips to stay safe while walking in your community. This workshop covers walking techniques, visibility tips, and how to navigate streets and intersections with confidence. Whether you're a daily walker or just getting started, you'll gain tools to walk smarter and safer.

at Dogwood Pavilion

Th Oct 9 10:30 – 11:30 a.m. 1/FREE 199729

Health: Chronic Conditions Self-Management Program (19+ yrs)

The Chronic Conditions Self-Management Program is a free six-session workshop. The program is especially helpful for people with cardiac rehabilitation or diabetes. Learn skills to manage health and keep active in daily life.

at Dogwood Pavilion

Tu Sep 9 – Oct 21 9:30 a.m. – 12 p.m. 6/FREE 196289

Health: Chronic Pain Self-Management Program (19+ yrs)

The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life.

at Dogwood Pavilion

Tu Nov 4 – Dec 16 9:30 a.m. – 12 p.m. 6/FREE 196288

at Glen Pine Pavilion

Sa Sep 20 – Oct 25 9:30 a.m. – 12 p.m. 6/FREE 197329

Health: Diabetes Self-Management Program (19+ yrs)

The Diabetes Self-Management Program is a free six-session workshop. Gain knowledge, skills and confidence in your ability to manage symptoms.

at Glen Pine Pavilion

Sa Nov 1 – Dec 13 9:30 a.m. – 12 p.m. 6/FREE 197328

Health: Falls Prevention Information (19+ yrs)

November is Falls Prevention month. The alarming impact falls have on the well-being of seniors and hazards that contribute to the likelihood of falls are reviewed. Safeguards and suggested exercises to improve balance and strength are recommended.

at Glen Pine Pavilion

Th Nov 27 10 – 11:30 a.m. 1/FREE 198974

Health: Inflammation (19+ yrs)

The most common symptom with all chronic health conditions of today is inflammation. Learn about the many ways to support the body using nutrition and lifestyle to reduce inflammation. Presented by a certified functional nutrition and lifestyle practitioner.

at Dogwood Pavilion

Tu Oct 7 4 – 5:30 p.m. 1/\$12.55 200232



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Health: Introduction to a Healthy Brain (19+ yrs)

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. For the Caregivers and the People Living with Dementia.

at Dogwood Pavilion

M Sep 15 1:30 – 3 p.m. 1/**FREE** 199716

Health: Love your Brain! (19+ yrs)

Love your brain! There are various ways to prevent and support neurodegenerative conditions like Dementia and Parkinson's using nutrition and lifestyle approaches. Learn simple things that you can start incorporating to support your brain health. Presented by a certified functional nutrition and lifestyle practitioner.

at Dogwood Pavilion

Tu Nov 4 4 – 5:30 p.m. 1/\$12.55 200233

Health: Memory and Aging (19+ yrs)

December focuses on brain health. How memory functions and how it changes as you age is explained. Tips for managing and improving memory, as well as information about seeking help, as needed, are also presented.

at Glen Pine Pavilion

Th Dec 11 10 – 11:30 a.m. 1/**FREE** 198976

Health: Osteoarthritis (19+ yrs)

September is Arthritis awareness month. Osteoarthritis is a debilitating disease and most common form of arthritis. Its symptoms, self-management strategies and various available therapies are presented.

at Glen Pine Pavilion

Th Sep 18 10 – 11:30 a.m. 1/**FREE** 198972

Health: Preparing for the Holidays on the Dementia Journey (19+ yrs)

The holidays can be a stressful time for anyone – but especially for people on the dementia journey. Explore strategies for adapting your plans and learn tips on minimizing stress and maximizing connection with meaningful activities. For the Caregivers of People Living with Dementia.

at Glen Pine Pavilion

F Dec 5 2 – 3:30 p.m. 1/**FREE** 197635

All Abilities Welcome!

Visit page 4 for details

Pavilion Influenza Vaccination Clinic

Pavilion members and people 50+ can receive their annual flu shot from a community pharmacist.

Please pre-register and bring your Care Card.

Drop-in may be available, if you're willing to wait.

To register:

- Call **604-927-4386**
- Book your appointment online. Registration information will be available on the Dogwood and Glen Pine web pages by the end of September.

Call 604-927-4386 to register.
FREE for those 50+ years of age.

coquitlam.ca/glenpine
coquitlam.ca/dogwood

**Glen Pine Pavilion
Dogwood Pavilion**

October and
November

Health: Sleep (19+ yrs)

Sleep, a non-negotiable! Do you sleep well? What does it mean to get deep sleep and it's importance for better health outcomes? Come explore ways to support the body to get into deeper sleep states. Presented by a certified functional nutrition and lifestyle practitioner.

at Dogwood Pavilion

Tu Sep 23 4 – 5:30 p.m. 1/\$12.55 200231

Health: Social Connectedness (19+ yrs)

Loneliness and isolation are unhealthy. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it.

at Dogwood Pavilion

Th Nov 13 9:30 – 10:30 a.m. 1/**FREE** 199734

Health: Understanding Dementia-Friendly Communication (19+ yrs)

Learn practical strategies to better understand communication with People Living with Dementia. Presented by the Alzheimer's Society of BC. For caregivers and those living with Dementia.

at Dogwood Pavilion

Th Oct 2 3 – 4:30 p.m. 1/**FREE** 199718

Health: Vision Health (19+ yrs)

October is focus on Vision health month. The structure of the eye is described and major diseases that may affect older adults are explained. Prevention and possible treatments are stressed.

at Glen Pine Pavilion

Th	Oct 23	10 – 11:30 a.m.	1/ FREE	198973
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Language: English Conversation (19+ yrs)

If you are a newcomer or existing member of the community who is looking to further develop your English in a social setting, this program is for you! Practice reading, writing, and speaking English with others in your neighbourhood. Some fundamental English speaking ability is required.

at Dogwood Pavilion

Th	Sep 18 – Oct 23	12:30 – 2 p.m.	6/\$16.80	198389
Th	Nov 6 – Dec 4	12:30 – 2 p.m.	5/\$14	198390

Language: English Learner 1 (19+ yrs)

Learn fun and practical fundamental English for everyday use. Gain confidence to speak English with anyone in everyday conversations. English Language Learner 1 is for those who are new to learning English.

at Glen Pine Pavilion

Th	Oct 23 – Nov 27	9:30 – 11 a.m.	6/\$16.80	197677
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Language: English Learner 2 (19+ yrs)

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 2 is for those who know some fundamental English.

at Glen Pine Pavilion

Th	Oct 23 – Nov 27	1 – 2:30 p.m.	6/\$16.80	197678
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Language: English Learner 3 (19+ yrs)

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 3 is for those who are more advanced in speaking English. Completion of Level 2 required.

at Glen Pine Pavilion

Tu	Oct 14 – Nov 25	10 – 11:30 a.m.	6/\$16.80	198988
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Language: English Learner Book Club (19+ yrs)

Improve your English reading and speaking. We will be reading a book and discussing the story in a group setting. A basic level of speaking and reading in English is required for this class.

at Glen Pine Pavilion

Th	Oct 23 – Nov 27	11:30 a.m. – 12:30 p.m.	6/\$16.80	197680
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Language: English Learner Conversation (19+ yrs)

Casual opportunity to practice speaking in a supportive group. A basic level of speaking in English is required for this class.

at Glen Pine Pavilion

F	Oct 17 – Nov 28	11:30 a.m. – 12:30 p.m.	6/\$16.80	197726
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Language: Italian Beginner (19+ yrs)

Ciao! Learn basic words, phrases and sentences in Italian to be able to converse and write with others in travel, business or at home. This program is designed for a beginner with no previous experience.

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	1:30 – 3 p.m.	3/\$29.70	197577
Tu	Oct 14 – Nov 4	1:30 – 3 p.m.	4/\$39.60	197578
Tu	Nov 18 – Dec 9	1:30 – 3 p.m.	4/\$39.60	197579

Language: Japanese Beginner (19+ yrs)

Konnichiwa! Learn basic words, phrases and sentences in Japanese to be able to converse and write with others in travel, business, dining out or at home.

at Glen Pine Pavilion

Sa	Sep 20 – Oct 11	1 – 2:30 p.m.	4/\$39.60	197610
Sa	Oct 18 – Nov 8	1 – 2:30 p.m.	4/\$39.60	197612
Sa	Nov 22 – Dec 13	1 – 2:30 p.m.	4/\$39.60	197614



Language: Korean Beginner (19+ yrs)

Annyeonghaseyo! Learn basic words, phrases and sentences in Korean to be able to converse and to write Hangeul which is the writing system of the Korean language.

at Glen Pine Pavilion

Su	Sep 14 – Oct 5	10:15am – 11:45am	4/\$39.60	197070
W	Sep 17 – Oct 8	11:30 a.m. – 1 p.m.	4/\$39.60	197650
Su	Oct 12 – Nov 9	10:15am – 11:45am	5/\$49.50	197071
W	Oct 15 – Nov 12	11:30 a.m. – 1 p.m.	5/\$49.50	197651
Su	Nov 16 – Nov 30	10:15am – 11:45am	3/\$29.70	197072
W	Nov 19 – Dec 10	11:30 a.m. – 1 p.m.	4/\$39.60	197652

Language: Spanish Beginner (19+ yrs)

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home.

at Dogwood Pavilion

Sa	Sep 20 – Oct 11	2 – 3:30 p.m.	4/\$39.60	200415
Sa	Oct 18 – Nov 15	2 – 3:30 p.m.	5/\$49.50	200416
Sa	Nov 22 – Dec 13	2 – 3:30 p.m.	4/\$39.60	200417

at Glen Pine Pavilion

M	Sep 15 – Oct 6	7 – 8:30 p.m.	4/\$39.60	197572
W	Sep 17 – Oct 8	9:30 – 11 a.m.	4/\$39.60	197643
W	Oct 15 – Nov 12	9:30 – 11 a.m.	5/\$49.50	197644
M	Nov 17 – Dec 8	7 – 8:30 p.m.	4/\$39.60	197575
W	Nov 19 – Dec 10	9:30 – 11 a.m.	4/\$39.60	197645

Language: Spanish Foundations (19+ yrs)

Bienvenidos! This introductory course is designed for those completely new to Spanish. Learn about the Spanish alphabet, pronunciation, and essential vocabulary through simple words and phrases.

at Dogwood Pavilion

Sa	Sep 20 – Oct 11	12:30 – 2 p.m.	4/\$39.60	200419
Sa	Oct 18 – Nov 15	12:30 – 2 p.m.	5/\$49.50	200420
Sa	Nov 22 – Dec 13	12:30 – 2 p.m.	4/\$39.60	200421

Language: Spanish Intermediate (19+ yrs)

Further your skills and understanding of the Spanish language both written and spoken.

at Glen Pine Pavilion

M	Oct 20 – Nov 10	7 – 8:30 p.m.	4/\$39.60	197574
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Life Skills: Navigating the Dementia Journey (19+ yrs)

Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources. For the Caregivers and the People Living with Dementia.

at Glen Pine Pavilion

W	Nov 5	2 – 3:30 p.m.	1/ FREE	197628
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Life Skills: Recognizing the Journey as a Caregiver (19+ yrs)

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver. There will be opportunities for discussion throughout the presentation. For the Caregivers of People Living with Dementia.

at Glen Pine Pavilion

F	Nov 21	2 – 3:30 p.m.	1/ FREE	197631
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Technology: Android Phones Workshop (19+ yrs)

Learn some of the common functions of your Android device (not iphone or ipad) including how to set up email, manage contacts, download apps, security and more.

at Glen Pine Pavilion

Th	Nov 13	1 – 2:45 p.m.	1/\$2.80	197705
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Technology: Introduction to Libby App (19+ yrs)

Learn how to use Coquitlam Public Library's digital collection of eBooks, eAudiobooks, and more through the Libby app! The Libby app is available for phones and tablets, integrates with many new Kobo eReaders, and is available to anyone with a Coquitlam Public Library card. Join us for tips including how to browse and search for titles, borrow titles, place holds, increase font size, playback speed and using smart tags.

at Dogwood Pavilion

Tu	Oct 28	10:30 – 11:30 a.m.	1/ FREE	200196
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Technology: iPad and iPhone Workshop (19+ yrs)

Learn the basic features and apps on your iPad or iPhone. Discuss security settings, accessing the internet and more.

at Glen Pine Pavilion

Th	Sep 25	1 – 2:45 p.m.	1/\$2.80	197702
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All Abilities Welcome!

Visit page 4 for details

Technology: Managing Digital Passwords (19+ yrs)

Password management is very important to secure your information in the digital world. A set of principles and best practices to be followed by users while storing and managing passwords in an efficient manner is critical to prevent unauthorized access. Please bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	Dec 11	1 – 2:45 p.m.	1/\$2.80	197707
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Technology: Social Media Workshop (19+ yrs)

Learn how to use a variety of different websites and applications that help you share information, ideas, personal messages, pictures and videos. Topics discussed will include Facebook, Instagram, Twitter, Facetime and Whatsapp.

at Glen Pine Pavilion

Th	Oct 9	1 – 3 p.m.	1/\$2.80	197703
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Technology: Tools for Travel (19+ yrs)

Planning on travelling somewhere? Why not learn how your phone, tablet or laptop can help plan your vacation. Do not miss out on some of the best restaurants to try or places to see. Use online maps to navigate, language translators to communicate and maybe get some great local deals through special tickets or coupons.

at Glen Pine Pavilion

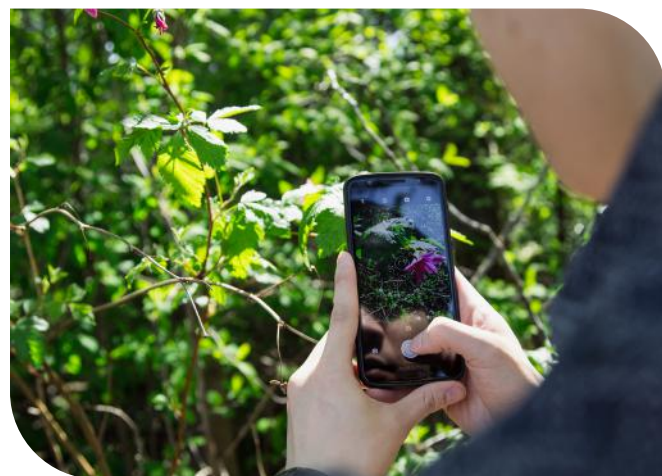
Th	Oct 23	1 – 2:45 p.m.	1/\$2.80	199009
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Technology: Using a Smartphone Camera (19+ yrs)

Using the camera on a smartphone to take photos and videos is easy. Bring your device for a hands on session on using this function to capture images, live footage and QR codes that can be shared by email or on social media.

at Glen Pine Pavilion

Th	Nov 27	1 – 2:45 p.m.	1/\$2.80	197706
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Wellness: Aging Gracefully (19+ yrs)

Journey forth in this surprisingly magical adventure where quality of life will expand in amazing ways and bring you back to your own true self through reflection, communication and guided meditation.

at Glen Pine Pavilion

Th	Oct 2 – Oct 16	10 – 11:30 a.m.	3/\$37.65	198742
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Wellness: Building Natural Immunity (19+ yrs)

If you fall sick with colds and coughs frequently, you may want to attend this session to learn about how to support your body's immunity by getting optimum nutrition and following certain lifestyle practices.

at Glen Pine Pavilion

Tu	Sep 16	3:30 – 5 p.m.	1/\$12.55	197134
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Wellness: Eat to Feel Energized! (19+ yrs)

Do you need caffeine or a muffin to keep going at work especially in the afternoons or have sugar or carb cravings? Learn what the body needs in terms of nutrition in order to prevent those slumps and have sustained energy levels throughout the day.

at Glen Pine Pavilion

Tu	Nov 18	3:30 – 5 p.m.	1/\$12.55	197137
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Wellness: Journey of Bliss (19+ yrs)

Embark on a journey to reconnect with your inner joy. Explore practices that support emotional balance, gratitude, and awareness. Discover simple yet powerful tools to cultivate joy, reduce stress, and nurture a deeper connection to yourself and the world around you.

at Dogwood Pavilion

M	Dec 1	9:30 – 11:30 a.m.	1/\$12.55	200230
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Wellness: Love your Gut! (19+ yrs)

90% of the illnesses begin in the gut. It always starts from common issues like gas, bloating, acidity, constipation etc. that can at the beginning stages be easily addressed before they become chronic and lead to other health issues. Understand the basic foundations of our digestion and how to support it with the right nutrition and lifestyle.

at Glen Pine Pavilion

Tu	Oct 28	3:30 – 5 p.m.	1/\$12.55	197135
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Wellness: Mindful Self-Compassion (19+ yrs)

Learn to cultivate a deeper sense of self-kindness and resilience through mindful self-compassion. Together we will learn the benefits of mindful self-compassion and practical tools to integrate self-compassion into daily life, enhancing your emotional well-being and resilience.

at Dogwood Pavilion

M	Nov 10 – Nov 24	9:30 – 11 a.m.	3/\$37.65	200229
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Wellness: Rhythm of Heart (19+ yrs)

Flow into the rhythm of your heart and true nature with spontaneous singing, dancing, rattling and drumming all that brings you back to your own youthful vitality!

at Glen Pine Pavilion

Th	Nov 6 – Nov 20	10 – 11:30 a.m.	3/\$37.65	198743
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Performing Arts**Dance: Ageless Ballet All Levels (19+ yrs)**

Ballet moves improves posture, enhances and strengthens mobility and is mentally stimulating enough to create a feeling of positive well-being no matter what age you are. The music and the moves of this ageless ballet class is suitable for everyone.

at Dogwood Pavilion

Tu	Sep 16 – Oct 7	12:45 – 1:45 p.m.	3/\$29.25	198274
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Tu	Oct 14 – Nov 4	12:45 – 1:45 p.m.	4/\$39	198275
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Tu	Nov 18 – Dec 9	12:45 – 1:45 p.m.	4/\$39	200236
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at Glen Pine Pavilion

M	Nov 17 – Dec 8	2:15 – 3:15 p.m.	4/\$39	197075
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Dance: Argentine Tango Foundations (19+ yrs)

Have fun learning Argentine Tango! Learn fundamental elements of the dance and the nuances of leading and following in a supportive and friendly environment. This course also touches on the history, culture, and music of the dance. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Sep 15 – Oct 6	7:15 – 8:15 p.m.	4/\$39	198258
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M	Oct 20 – Nov 10	7:15 – 8:15 p.m.	4/\$39	198259
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M	Nov 17 – Dec 8	7:15 – 8:15 p.m.	4/\$39	200227
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

All Abilities Welcome!

Visit page 4 for details

Dance: Ballroom Beginner (19+ yrs)

Ballroom Beginner is an introduction or a refresher for partner dancing. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register. Solo dancers welcome.

at Glen Pine Pavilion

Th	Oct 16 – Nov 13	6:45 – 7:30 p.m.	5/\$38.75	197083
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Dance: Ballroom Foundations (19+ yrs)

Ballroom Foundations is an introduction to Ballroom partner dancing. Each person in the couple/partner grouping must register to experience this form of dance.

at Glen Pine Pavilion

Th	Sep 18 – Oct 9	6:45 – 7:30 p.m.	4/\$31	197080
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Dance: Ballroom Intermediate (19+ yrs)

Ballroom Intermediate is a refresher for partner dancing for those with ballroom dance experience. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register.

at Glen Pine Pavilion

Th	Nov 20 – Dec 11	6:45 – 7:30 p.m.	4/\$31	197084
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Dance: Bellydance Beginner (19+ yrs)

Practice classic beginner postures with the traditional hip and shoulder movements in a fun and welcoming environment.

at Dogwood Pavilion

W	Sep 17 – Oct 8	5 – 6 p.m.	4/\$39	198294
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W	Oct 15 – Nov 12	5 – 6 p.m.	5/\$48.75	198295
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W	Nov 19 – Dec 10	5 – 6 p.m.	4/\$39	200388
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Dance: Bellydance Foundations (19+ yrs)

The focus is on learning the basics of belly dance with the emphasis on the classic postures with the traditional hip and shoulder movements. This class is good for all levels including dancers with some or no experience and can be repeated many times for belly dance skill development.

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	5:15 – 6:15 p.m.	3/\$29.25	197580
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Tu	Oct 14 – Nov 4	5:15 – 6:15 p.m.	4/\$39	197581
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Tu	Nov 18 – Dec 9	5:15 – 6:15 p.m.	4/\$39	197582
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Dance: Bellydance Intermediate (19+ yrs)

Build on your knowledge of bellydance in this intermediate-level class. Practice classic postures with the traditional hip and shoulder movements.

at Glen Pine Pavilion

W	Sep 17 – Oct 8	7:45 – 8:45 p.m.	4/\$39	197647
W	Oct 15 – Nov 12	7:45 – 8:45 p.m.	5/\$48.75	197648
W	Nov 19 – Dec 10	7:45 – 8:45 p.m.	4/\$29.25	197649

Dance: Choreographed Bellydance (19+ yrs)

This class focuses on refining bellydance techniques through performance-style choreography while challenging stamina and perfecting execution of intricate moves. Recommended for intermediate and advanced dancers who have some performing experience and want to impress an audience.

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	7:45 – 8:45 p.m.	3/\$29.25	197583
Tu	Oct 14 – Nov 4	7:45 – 8:45 p.m.	4/\$39	197584
Tu	Nov 18 – Dec 9	7:45 – 8:45 p.m.	4/\$39	197585

Dance: Flamenco Moves (19+ yrs)

Flamenco dancing can be entertaining, romantic, or comforting. A very emotional style of dance using body movements, facial expressions and distinctive Flamenco music is suitable for everyone.

at Glen Pine Pavilion

M	Oct 20 – Nov 10	2:15 – 3:15 p.m.	4/\$39	197074
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Dance: Hip Hop (16+ yrs)

Learn hip hop movements in this interactive dance program. Build foundations in bouncing, grooving, and moving on beat as you exercise your body and mind.

at Maillardville Community Centre

Tu	Sep 16 – Oct 7	7 – 8 p.m.	3/\$30.45	199126
Tu	Oct 14 – Nov 4	7 – 8 p.m.	4/\$40.60	199127
Tu	Nov 18 – Dec 9	7 – 8 p.m.	4/\$40.60	199129

Dance: Hip Hop and Popping (16+ yrs)

This energetic course combines the dynamic styles of Hip Hop and Popping, designed for adults of all skill levels. Learn foundational moves, groove to the beat, and develop your rhythm, coordination, and style in a fun, supportive environment.

at Pinetree Community Centre

F	Sep 19 – Oct 10	7:30 – 8:30 p.m.	4/\$40.60	199195
F	Oct 17 – Nov 14	7:30 – 8:30 p.m.	5/\$50.75	199196
F	Nov 21 – Dec 12	7:30 – 8:30 p.m.	4/\$40.60	199199

Dance: Jazz All Levels (19+ yrs)

Jazz is an energetic style of dance built on basic foundational skills of ballet. Students will learn jazz technique skills as well as some high energy choreography in this class.

at Glen Pine Pavilion

Th	Sep 18 – Oct 9	11 a.m. – 12 p.m.	4/\$39	197076
Th	Oct 16 – Nov 13	11 a.m. – 12 p.m.	5/\$48.75	197077
Th	Nov 20 – Dec 11	11 a.m. – 12 p.m.	4/\$39	197078

Dance: Lady Style Bachata All Levels (19+ yrs)

Explore and enhance your Bachata skills while focusing on the beauty, elegance, and individual style of the dance. This class is designed to empower women to express themselves freely on the dance floor while embracing the sensuality and grace of Bachata.

at Glen Pine Pavilion

M	Sep 15 – Oct 6	2:15 – 3:15 p.m.	4/\$39	197073
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Dance: Line Dance All Levels (19+ yrs)

Build on your line dancing foundations with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats. Beginner line dancing experience is recommended.

at Dogwood Pavilion

F	Sep 19 – Oct 10	2:15 – 3:15 p.m.	4/\$39	199706
Tu	Oct 7 – Nov 4	3:15 – 4:15 p.m.	5/\$48.75	198273
F	Oct 17 – Nov 14	2:15 – 3:15 p.m.	5/\$48.75	199708
Tu	Nov 18 – Dec 9	3:15 – 4:15 p.m.	4/\$39	200235
F	Nov 21 – Dec 12	2:15 – 3:15 p.m.	4/\$39	200407

Dance: Line Dance Beginner (19+ yrs)

Learn basic line dancing steps across several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Dogwood Pavilion

Tu	Oct 7 – Nov 4	2 – 3 p.m.	5/\$48.75	198271
Tu	Nov 18 – Dec 9	2 – 3 p.m.	4/\$39	200234

at Glen Pine Pavilion

M	Sep 15 – Oct 6	4:45 – 5:45 p.m.	4/\$39	197753
M	Oct 20 – Nov 10	4:45 – 5:45 p.m.	4/\$39	197756
M	Nov 17 – Dec 8	4:45 – 5:45 p.m.	4/\$39	197759



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Dance: Nightclub Two Step Foundations Workshop (19+ yrs)

Nightclub Two Step dancing for two! Diversify your dancing with this contemporary social dance. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at Dogwood Pavilion

Sa	Nov 15	1:30 – 3:30 p.m.	1/\$19.50	199075
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Dance: Persian Dance Foundations (19+ yrs)

Persian dance is a very graceful and refined dance focusing on the torso, arms, and hands along with facial expression and very different from Bellydancing. The music is upbeat and uplifting and fun for everyone who love dance.

at Glen Pine Pavilion

M	Sep 15 – Oct 6	5 – 6 p.m.	4/\$39	197769
M	Oct 20 – Nov 10	5 – 6 p.m.	4/\$39	197772
M	Nov 17 – Dec 8	5 – 6 p.m.	4/\$39	197775

Dance: Rumba and Foxtrot Foundations (19+ yrs)

Dive into this introductory social dance program to learn Rumba and Foxtrot! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Oct 20 – Nov 10	6 – 7 p.m.	4/\$39	198257
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Dance: Rumba Foundations Workshop (19+ yrs)

Rumba dancing for two! This classic dance will surely liven your afternoon. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at Dogwood Pavilion

Sa-Su	Sep 27 – Sep 27	1:30 – 3:30 p.m.	1/\$19.50	199066
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Dance: Swing and Nightclub Two Step Foundations (19+ yrs)

Dive into this introductory social dance program to learn Swing and Nightclub Two Step! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Sep 15 – Oct 6	6 – 7 p.m.	4/\$39	198256
M	Nov 17 – Dec 8	6 – 7 p.m.	4/\$39	200224

Dance: Swing Foundations Workshop (19+ yrs)

Swing dancing for two! This classic dance will surely liven your afternoon. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at Dogwood Pavilion

Sa	Oct 18	1:30 – 3:30 p.m.	1/\$19.50	199069
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Dance: Waltz Foundations Workshop (19+ yrs)

Waltz dancing for two! This classic dance will surely liven your afternoon. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at Dogwood Pavilion

Sa	Dec 13	1:30 – 3:30 p.m.	1/\$19.50	199073
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Drama: Improv Theatre Character Workshop (19+ yrs)

Learn the basics of developing characters in improv acting! Improv is all about saying ‘yes, and,’ accepting offers, and expressing yourself while working as a team. Create fun and unique characters through fun improv games.

at Glen Pine Pavilion

W	Sep 24	7 – 8:30 p.m.	1/\$15.30	197662
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All Abilities Welcome!

Visit page 4 for details



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Drama: Improv Theatre Foundations (19+ yrs)

Improv or Improvisational is a form of theatre where performances are unplanned and the acting is spontaneous and fun. Improv Foundations is an opportunity to experience the fundamentals and meet others who want to explore this form of freestyle performing.

at Glen Pine Pavilion

M	Sep 15 – Oct 6	5 – 6:30 p.m.	4/\$61.20	197747
M	Oct 20 – Nov 10	5 – 6:30 p.m.	4/\$61.20	197749
M	Nov 17 – Dec 8	5 – 6:30 p.m.	4/\$61.20	197750

at Town Centre Park Community Centre

Th	Sep 18	7:15 – 8:45 p.m.	1/\$15.30	200362
Th	Oct 16	7:15 – 8:45 p.m.	1/\$15.30	200363
W	Nov 20	7:15 – 8:45 p.m.	1/\$15.30	200364

Drama: Improv Theatre Halloween Special Workshop (19+ yrs)

Improv around Halloween characters, themes and setting. Fun games will bring out the actor in you!

at Glen Pine Pavilion

W	Oct 22	7 – 8:30 p.m.	1/\$15.30	197664
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Drama: Improv Theatre Holiday Special Workshop (19+ yrs)

Improv during the holidays brings out the best characters, entertaining stories and scenes through fun games in a joyful way to bring forth the spirit of the season.

at Glen Pine Pavilion

W	Dec 10	7 – 8:30 p.m.	1/\$15.30	197673
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Drama: Improv Theatre Scenes Workshop (19+ yrs)

Combine improv skills to make long-form improv scenes that will enhance the stories, solve problems with timing and boost the fun of acting.

at Glen Pine Pavilion

W	Nov 26	7 – 8:30 p.m.	1/\$15.30	197668
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Drama: Improv Theatre Setting Workshop (19+ yrs)

Create a setting through impromptu acting and mime for improv scenes! Build exciting scenes in this session by learning how to mime!

at Glen Pine Pavilion

W	Oct 8	7 – 8:30 p.m.	1/\$15.30	197663
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Drama: Improv Theatre Storytelling Workshop (19+ yrs)

Practice story-telling in improv! Share funny stories and craft silly plots through fun improv games.

at Glen Pine Pavilion

W	Nov 12	7 – 8:30 p.m.	1/\$15.30	197667
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Holiday Workshop: Dance: Holiday Hustle Hip Hop (16+ yrs)

Learn hip hop movements in this interactive dance program. Build foundations in bouncing, grooving, and moving on beat as you exercise your body and mind. This session will be holiday themed.

at Maillardville Community Centre

Tu	Dec 16	7 – 8 p.m.	1/\$10.15	199509
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Music: Guitar Beginner (19+ yrs)

Beginner guitar for those who have learnt the basics on chords, strumming and how to read tablature. Please bring your own guitar.

at Glen Pine Pavilion

Su	Sep 14 – Oct 5	11 a.m. – 12 p.m.	4/\$33	197057
Su	Nov 16 – Nov 30	11 a.m. – 12 p.m.	3/\$24.75	197067

Music: Guitar Foundations (19+ yrs)

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar. No experience required.

at Centennial Activity Centre

Tu	Sep 16 – Oct 7	7:30 – 8:30 p.m.	3/\$24.75	198276
Tu	Oct 14 – Nov 4	7:30 – 8:30 p.m.	4/\$33	198277
Tu	Nov 18 – Dec 9	7:30 – 8:30 p.m.	4/\$33	200373

Music: Guitar Intermediate (19+ yrs)

Building on the basics of chords and strumming, you will further expand your skill set and work towards a new set of songs by the end of the course. Please bring your own guitar.

at Glen Pine Pavilion

Su	Oct 12 – Nov 9	11 a.m. – 12 p.m.	5/\$41.25	197069
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Music: Singing the Musicals (19+ yrs)

Explore and sing iconic songs from famous theatrical musicals. Develop vocal techniques, harmony, and musical expression through group singing and song interpretation.

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	6:15 – 7:15 p.m.	3/\$24.75	197149
Tu	Oct 14 – Nov 4	6:15 – 7:15 p.m.	4/\$33	197151
Tu	Nov 18 – Dec 9	6:15 – 7:15 p.m.	4/\$33	197152

Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Music: Singing Voice Skills Foundations (19+ yrs)

Singing is the act of creating musical sounds with the voice. If you enjoy music and want to learn techniques on how to use your voice effectively to sing, the help of a choir conductor to introduce you to basics such as breathing, posture and control will prove to be inspiring to sing that song you love.

at Centennial Activity Centre

W	Sep 17 – Oct 8	7:30 – 8:30 p.m.	4/\$33	198362
W	Oct 15 – Nov 12	7:30 – 8:30 p.m.	5/\$41.25	198365
W	Nov 19 – Dec 10	7:30 – 8:30 p.m.	4/\$33	200391

at Glen Pine Pavilion

Su	Sep 14 – Oct 5	12:15 – 1:45 p.m.	4/\$49.60	197064
Su	Oct 12 – Nov 9	12:15 – 1:45 p.m.	5/\$62	197065
Su	Nov 16 – Nov 30	12:15 – 1:45 p.m.	3/\$37.20	197068

Music: Ukulele Beginner (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	7:30 – 8:30 p.m.	3/\$24.75	197586
Tu	Oct 14 – Nov 4	7:30 – 8:30 p.m.	4/\$33	197602

Music: Ukulele Foundations (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at Glen Pine Pavilion

M	Sep 15 – Oct 6	7 – 8 p.m.	4/\$33	197145
M	Oct 20 – Nov 10	7 – 8 p.m.	4/\$33	197146
M	Nov 17 – Dec 8	7 – 8 p.m.	4/\$33	197147

Music: Ukulele Intermediate (19+ yrs)

Building on the basics of chords and strumming, you will further expand your skill set and work towards a new set of songs by the end of the course. Please bring your own ukulele.

at Glen Pine Pavilion

Tu	Nov 18 – Dec 9	7:30 – 8:30 p.m.	4/\$33	197603
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Sports and Active Play

Archery (19+ yrs)

For beginners wanting to shoot targets with a bow and arrow. Program includes rules, safety and proper technique. All equipment is provided. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Sep 14 – Oct 5	9 – 10 a.m.	4/\$60	198890
Su	Sep 14 – Oct 5	11:15am – 12:15 p.m.	4/\$60	198894
Su	Oct 12 – Nov 9	9 – 10 a.m.	4/\$60	198892
Su	Oct 12 – Nov 9	11:15am – 12:15 p.m.	4/\$60	198896
Su	Nov 16 – Dec 7	9 – 10 a.m.	4/\$60	198893
Su	Nov 16 – Dec 7	11:15am – 12:15 p.m.	4/\$60	198899

Badminton: Skills and Drills (16+ yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre

W	Sep 17 – Oct 8	5:30 – 6:45 p.m.	4/\$50.80	198494
W	Oct 15 – Nov 12	5:30 – 6:45 p.m.	5/\$63.50	198495
W	Nov 19 – Dec 17	5:30 – 6:45 p.m.	5/\$63.50	198496

Adapted Aqua Movement (19+ years)

Low-impact exercise class for people with cognitive impairments and/or physical disabilities.

Thursdays from 10:15 – 11 a.m.

Poirier Sport and Leisure Complex

Registration opens weekly from Thursday at 5 p.m. to Tuesday at 12 p.m.

To find out how we can help you or others participate in any of our programs, visit coquitlam.ca/RecAccess or contact us at 604-927-6076 or CommunityServices@coquitlam.ca.



Badminton: Skills and Drills (19+ yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Pinetree Community Centre

Su	Sep 14 – Oct 5	3:30 – 5 p.m.	4/\$62	198961
Su	Oct 12 – Nov 9	3:30 – 5 p.m.	5/\$77.50	198962
Su	Nov 16 – Dec 7	3:30 – 5 p.m.	4/\$62	198963

Learn to Play Floor Curling (19+ yrs)

Floor Curling lets you enjoy this popular ice sport wherever you have a smooth, flat surface using iceless curling equipment that uses target mats and stones on bearings to provide a curling experience accessible to all.

at Glen Pine Pavilion

Sa	Sep 20 – Oct 11	12:15 – 1:15 p.m.	3/\$30.45	197623
Sa	Oct 18 – Nov 8	12:15 – 1:15 p.m.	4/\$40.60	197624
Sa	Nov 22 – Dec 13	12:15 – 1:15 p.m.	4/\$40.60	197625

Pickleball: Beginner (16+ yrs)

Learn the fastest growing sport in North America. Lessons include game knowledge and skill development for beginner players.

at Maillardville Community Centre

M	Sep 15 – Oct 6	3:45 – 5:15 p.m.	4/\$61	198488
M	Oct 20 – Nov 10	3:45 – 5:15 p.m.	4/\$61	198489
M	Nov 17 – Dec 15	3:45 – 5:15 p.m.	5/\$76.25	198492

Pickleball: Beginner (19+ yrs)

Learn the fastest growing sport in North America. Lessons include game knowledge and skill development for beginner players.

at Poirier Forum

Tu	Sep 16 – Oct 7	11 a.m. – 12:30 p.m.	3/\$45.75	199686
W	Sep 17 – Oct 8	11 a.m. – 12:30 p.m.	4/\$61	199694
Th	Sep 18 – Oct 9	11 a.m. – 12:30 p.m.	4/\$61	200401
Tu	Oct 14 – Nov 4	11 a.m. – 12:30 p.m.	4/\$61	199688
W	Oct 15 – Nov 12	11 a.m. – 12:30 p.m.	5/\$76.25	199695
Th	Oct 16 – Nov 13	11 a.m. – 12:30 p.m.	5/\$76.25	200402
Tu	Nov 18 – Dec 9	11 a.m. – 12:30 p.m.	4/\$61	200372
W	Nov 19 – Dec 10	11 a.m. – 12:30 p.m.	4/\$61	199696
Th	Nov 20 – Dec 11	11 a.m. – 12:30 p.m.	4/\$61	200403

Pickleball: Round Robin Play (16+ yrs)

Single-day round robin play for intermediate players, facilitated by city staff.

at Maillardville Community Centre

F	Sep 5	1:30 – 4:30 p.m.	1/\$12.30	199222
F	Oct 10	1:30 – 4:30 p.m.	1/\$12.30	199224
F	Nov 7	1:30 – 4:30 p.m.	1/\$12.30	199226
F	Dec 5	1:30 – 4:30 p.m.	1/\$12.30	199228

Pickleball: Skills and Drills (16+ yrs)

Learn or improve your pickleball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre

M	Sep 15 – Oct 6	5:15 – 6:45 p.m.	4/\$61	198490
M	Oct 20 – Nov 10	5:15 – 6:45 p.m.	4/\$61	198491
M	Nov 17 – Dec 15	5:15 – 6:45 p.m.	5/\$76.25	198493



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Pickleball: Skills and Drills (19+ yrs)

Learn or improve your pickleball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	10:45am – 12:15 p.m.	4/\$61	196284
Su	Oct 12 – Nov 2	10:45am – 12:15 p.m.	4/\$61	196285
Su	Nov 9 – Nov 30	10:45am – 12:15 p.m.	4/\$61	196286

at Pinetree Community Centre

Sa	Oct 11 – Nov 15	11:30 a.m. – 12:45 p.m.	6/\$76.20	199298
Sa	Nov 22 – Dec 13	11:30 a.m. – 12:45 p.m.	3/\$38.10	199299

at Poirier Forum

W	Sep 17 – Oct 8	12:45 – 2:15 p.m.	4/\$61	199697
W	Oct 15 – Nov 12	12:45 – 2:15 p.m.	5/\$76.25	199698
W	Nov 19 – Dec 10	12:45 – 2:15 p.m.	4/\$61	199699

Seniors Can Move (50+ yrs)

Designed by Delta Gymnastics Society to improve the agility, balance, coordination and strength of adults 50+ years of age, this program reacquaints seniors with fundamental movement skills they may no longer be practicing due to inactivity, pain, illness, or surgery using games and gentle exercises. This program is supported by the Active Communities fund, provided by the Ministry of Health in partnership with the BC Alliance for Healthy Living.

at Maillardville Community Centre

Tu	Sep 16 – Dec 2	10 – 11 a.m.	10/\$10	198507
Tu	Sep 16 – Dec 2	11:15am – 12:15 p.m.	10/\$10	198508
Tu	Sep 16 – Dec 2	1 – 2 p.m.	10/\$10	198509

Volleyball: Skills and Drills (16+ yrs)

Learn or improve your volleyball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Centennial Activity Centre

Su	Sep 14 – Oct 5	5:15 – 6:15 p.m.	4/\$40.60	196709
Su	Oct 12 – Nov 9	5:15 – 6:15 p.m.	5/\$50.75	197771
Su	Nov 16 – Dec 7	5:15 – 6:15 p.m.	4/\$40.60	197773

at Maillardville Community Centre

Th	Sep 18 – Oct 9	6 – 7 p.m.	4/\$40.60	198497
Th	Oct 16 – Nov 13	7 – 8 p.m.	5/\$50.75	198498
Th	Nov 20 – Dec 18	6 – 7 p.m.	5/\$50.75	198499

at Summit Community Centre

Th	Oct 16 – Nov 13	6:30 – 7:30 p.m.	5/\$50.75	199634
Th	Nov 20 – Dec 11	6:30 – 7:30 p.m.	4/\$40.60	199635

Visual Arts

Choose Your Level

Foundations: ●

Perfect for those brand new or looking to learn fundamental skills with minimal challenge. No experience required.

Beginner: ▲

For participants with some basic or transferable skills, focusing on less complex techniques. Some experience recommended.

Intermediate: ◆

Designed for those confident in the basics and ready to tackle more complex skills. Some experience recommended.

All Levels: ● ▲ ◆

Combines beginner and intermediate options, allowing participants to adjust complexity based on their comfort. Some experience recommended.

Beyond Nine Yards – Celebration of Traditional Attire and Textiles (19+ yrs) ● ▲ ◆

Curated and led by Nina Buddhav gather and share stories of traditional attire, identity and heritage with the focus on the nine yards of textiles worn across generations in so many cultures. Chut Tai Chakkri from Thailand, the Shuka from Kenya, Lamba, from Madagascar, Baro'tsaya from the Philippines, and the Kimono from Japan, Saree from India and more.

at Glen Pine Pavilion

F	Sep 26	2:30 – 4 p.m.	1/\$9.85	200647
F	Oct 31	2:30 – 4 p.m.	1/\$9.85	200648
F	Nov 28	2:30 – 4 p.m.	1/\$9.85	200649

Crafts: Coiled Basket Weaving (19+ yrs) ● ▲ ◆

The art of coiled basket weaving is one of the oldest and most widespread techniques in basketry. Discover this fun and ancient technique yourself. Create your very own vessel to add colour to your home or to give as a handmade gift to a loved one.

at Glen Pine Pavilion

W	Nov 26 – Dec 10	1 – 3 p.m.	3/\$69.60	197311
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Crafts: Creams, Lotions and Infused Body Oils (19+ yrs)

Struggling with eczema, psoriasis, or rosacea? Customize your own creams and lotions that address your skin type and/or skin problem using organic oils, butters, and botanicals. The beauty of making your own products is the knowing exactly what ingredients are being used for happy and hydrated skin.

at Glen Pine Pavilion

Th	Oct 16	6:30 – 8:30 p.m.	1/\$46.40	198990
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Crafts: Crochet Beginner (19+ yrs) ▲

In this hands-on beginner program learn and apply basic crochet techniques and how to read simple patterns.

at Town Centre Park Community Centre

W	Oct 15 – Nov 12	6 – 8 p.m.	5/\$74	198685
W	Nov 19 – Dec 10	6 – 8 p.m.	4/\$59.20	199613

Crafts: Goat Milk Soap Making (19+ yrs) ● ▲ ◆

Using fresh, raw, unprocessed milk from a local farm learn the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of the lactic acid. Goat milk contains alpha-hydroxy acids such as lactic acid which help remove dead skin cells from your skin's surface.

at Glen Pine Pavilion

Th	Nov 6	6:30 – 8:30 p.m.	1/\$46.40	199002
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Crafts: Holiday Relief Carving and Printmaking (19+ yrs)

Join us in creating your own holiday-themed linoleum carving and ink print. Learn to safely carve and transfer your image into personalized art stamps. All supplies included.

at Dogwood Pavilion

Sa	Nov 29 – Dec 6	10 a.m. – 12 p.m.	2/\$24.60	200423
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Crafts: Holiday Wreath Workshop (19+ yrs) ● ▲ ◆

Get into the holiday spirit by making a festive wreath with us! Join us for a cozy, hands-on session where you'll craft a beautiful, personalized wreath to take home and enjoy all season long. No experience needed — just bring your creativity and we'll provide all the materials and holiday cheer!

at Dogwood Pavilion

Tu	Dec 2	6 – 8 p.m.	1/\$23.20	198269
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at Glen Pine Pavilion

Th	Dec 4	6:30 – 8:30 p.m.	1/\$23.20	201281
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Drawing: All Levels (19+ yrs) ● ▲ ◆

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

Th	Sep 18 – Oct 9	6 – 8 p.m.	4/\$52.40	199020
Th	Oct 16 – Nov 13	6 – 8 p.m.	5/\$65.50	199024
Th	Nov 20 – Dec 11	6 – 8 p.m.	4/\$52.40	200398

Drawing: Animal Drawing (19+ yrs) ● ▲ ◆

This course focuses on the fundamentals of drawing animals. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more.

at Glen Pine Pavilion

F	Nov 21 – Dec 12	11:30 a.m. – 1:30 p.m.	4/\$52.40	197229
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Drawing: Beginner (19+ yrs) ▲

Discover the art of drawing with an emphasis on black-and-white techniques. Develop your skills in shading, contrast, and composition while gaining confidence in creating dynamic and balanced pieces.

at Dogwood Pavilion

M	Sep 15 – Oct 6	11:45am – 1:45 p.m.	4/\$52.40	197973
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at Glen Pine Pavilion

Su	Oct 12 – Nov 9	12:15 – 1:45 p.m.	5/\$49.25	197185
Su	Nov 16 – Nov 30	12:15 – 1:45 p.m.	3/\$29.55	197188

Drawing: Coloured Pencils (19+ yrs) ● ▲ ◆

Learn the tips and tricks that go into creating a drawing composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow.

at Dogwood Pavilion

M	Oct 20 – Nov 10	9 – 11:30 a.m.	4/\$65.60	197977
M	Nov 17 – Dec 8	9 – 11:30 a.m.	4/\$65.60	200215

at Glen Pine Pavilion

W	Nov 19 – Dec 10	6:30 – 8:30 p.m.	4/\$52.40	197204
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Drawing: Coloured Pencils – Portraits (19+ yrs) ● ▲ ◆

Learn the tips and tricks that go into creating portrait drawings composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow.

at Dogwood Pavilion

M	Sep 15 – Oct 6	9 – 11:30 a.m.	4/\$65.60	197966
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Drawing: Drawing Nature (19+ yrs) ● ▲ ◆

This course focuses on the fundamentals of drawing nature. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more.

at Glen Pine Pavilion

Th	Oct 16 – Nov 13	11:30 a.m. – 1:30 p.m.	5/\$65.50	197855
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Drawing: Exploring Pastels (19+ yrs) ● ▲ ◆

Explore the vibrant world of drawing with pastels and learn techniques for blending, layering and creating texture. Perfect for beginners and those looking to refine their own unique artistic style.

at Dogwood Pavilion

W	Sep 17 – Oct 8	9:30 – 11:30 a.m.	4/\$52.40	198280
W	Oct 15 – Nov 12	9:30 – 11:30 a.m.	5/\$65.50	198281
W	Nov 19 – Dec 10	9:30 – 11:30 a.m.	4/\$52.40	200376

Drawing: Intermediate (19+ yrs) ◆

Elevate your drawing abilities by refining advanced techniques in black-and-white art. Dive deeper into creating depth, texture, and nuanced lighting effects while enhancing your personal artistic style.

at Dogwood Pavilion

M	Oct 20 – Nov 10	11:45am – 1:45 p.m.	4/\$52.40	197980
M	Nov 17 – Dec 8	11:45am – 1:45 p.m.	4/\$52.40	200216

Drawing: Meditative Drawing and Creation (19+ yrs) ▲

This meditative art program invites adults into a deeply nourishing process of creating vibratory artwork through guided movement, breath, stillness, and drawing. Through carefully guided sessions, participants will explore how meditative awareness can activate subtle energies within the body, inspiring forms, symbols, and textures that carry vibrational resonance. No prior experience needed.

at Town Centre Park Community Centre

Th	Oct 16 – Nov 20	7 – 9 p.m.	6/\$78.60	198684
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Winter Market

at Glen Pine Pavilion



Your Holiday Shopping Starts Here!

**Friday, November 14 (4 – 9 p.m.) and
Saturday, November 15 (9 a.m. – 3 p.m.)**

Admission to the event is **Free**

Want to be a vendor at this year's event?

Reserve your booth for both days.

Visit coquitlam.ca/registration or call 604-927-4386.

Drawing: Movement in the Human Body (19+ yrs) ● ▲ ◆

This course focuses on the fundamentals of drawing movement in the human body. Emphasizing the rendering of light, shadow the focus will be on developing skills to achieve the effect.

at Glen Pine Pavilion

F	Oct 17 – Nov 7	11:30 a.m. – 1:30 p.m.	4/\$52.40	197228
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Drawing: Portraits (19+ yrs) ● ▲ ◆

This course focuses on the fundamentals of drawing portraits using dark, light and shadow to create faces.

at Glen Pine Pavilion

F	Sep 19 – Oct 10	11:30 a.m. – 1:30 p.m.	4/\$52.40	197227
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Drawing: Sketching and Drawing (19+ yrs) ● ▲ ◆

Sketching is fundamental artistic technique for drawing involving quick, informal, and simplified drawings to capture basic forms and structure of a subject or idea.

at Glen Pine Pavilion

Su	Sep 14 – Oct 5	12:15 – 1:45 p.m.	4/\$39.40	197183
Tu	Sep 16 – Oct 7	9:30 – 11 a.m.	3/\$29.55	197196
Tu	Oct 14 – Nov 4	9:30 – 11 a.m.	4/\$39.40	197197
Tu	Nov 18 – Dec 9	9:30 – 11 a.m.	4/\$39.40	197198

Drawing: Urban Sketching (16+ yrs) ● ▲ ◆

Capture the energy of urban spaces in a sketchbook format. Explore drawing and watercolour techniques to document architecture, people, and everyday city scenes on location.

at Maillardville Community Centre

W	Sep 17 – Oct 8	10 a.m. – 12 p.m.	4/\$52.40	199151
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Drawing: Water-Soluble Materials (19+ yrs) ● ▲ ◆

Enjoy experimenting with drawing materials that can be used wet or dry such as pencil crayons, crayons and pastels.

at Dogwood Pavilion

M	Oct 20 – Nov 10	2 – 4 p.m.	4/\$52.40	199735
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Drawing: Water-Soluble Pencils, Crayons and Pastels (19+ yrs) ● ▲ ◆

Explore the expanding world of water soluble materials such as pencil crayons, crayons and pastels. Add splashes of colour to your drawings with these unique tools!

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	11:30 a.m. – 1 p.m.	3/\$29.55	198707
Tu	Oct 14 – Nov 4	11:30 a.m. – 1 p.m.	4/\$39.40	198711
Tu	Nov 18 – Dec 9	11:30 a.m. – 1 p.m.	4/\$39.40	198712

Mixed Media: Art Explorations (19+ yrs) ● ▲ ◆

Explore a variety of materials in the world of drawing, painting and collage such as Graphite, ink, pastels or water-soluble paint. You never know what we'll get up to in this fun class!

at Dogwood Pavilion

Sa	Sep 20 – Oct 11	9:30 – 11:30 a.m.	4/\$52.40	199049
Sa	Oct 18 – Nov 15	9:30 – 11:30 a.m.	5/\$65.50	199050
Sa	Nov 22 – Dec 13	9:30 – 11:30 a.m.	4/\$52.40	200414

Mixed Media: Faces and Figures (19+ yrs) ● ▲ ◆

Faces and Figures using a variety of drawing and painting tools. Capture expressions and movement on a page.

at Glen Pine Pavilion

W	Nov 26 – Dec 10	3:30 – 5:30 p.m.	3/\$37.65	198727
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Mixed Media: Fall Collages All Levels (19+ yrs) ● ▲ ◆

Celebrate the colours and textures of autumn by creating unique fall-themed collages. Use various materials and found objects to craft vibrant artworks inspired by the season.

at Poirier Community Centre

F	Oct 17 – Nov 14	1 – 3 p.m.	5/\$65.50	200431
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All Abilities Welcome!

Visit page 4 for details

Mixed Media: Holiday Collages All Levels (19+ yrs) ● ▲ ◆

Get into the festive spirit with creative collage-making! Participants will design cheerful, holiday-themed collages using a variety of decorative materials—perfect for gifts, cards, or seasonal décor.

at Poirier Community Centre

F	Nov 21 – Dec 12	1 – 3 p.m.	4/\$52.40	200432
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Mixed Media: Ink and Watercolour (19+ yrs) ● ▲ ◆

Working from photos for inspiration, this series explores the use of black inks enhanced with colour. Different methods will be explored to develop drawing and painting techniques to help you become more expressive and fearless. All levels welcome.

at Dogwood Pavilion

M	Sep 15 – Oct 6	2 – 4 p.m.	4/\$52.40	197988
M	Nov 17 – Dec 8	2 – 4 p.m.	4/\$52.40	200217

Mixed Media: Mixing Drawing Tools (19+ yrs) ● ▲ ◆

So many choices to use for as drawing tools. Learn how to mix a variety of drawing options to create unique and creative images.

at Glen Pine Pavilion

W	Sep 17 – Oct 8	3:30 – 5:30 p.m.	4/\$50.20	198713
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Mixed Media: Nature Art and Journaling All Levels (19+ yrs) ● ▲ ◆

Explore the beauty of the outdoors through art and writing. Create nature-inspired artwork and practice simple journaling techniques to reflect on seasonal changes and personal experiences in nature.

at Poirier Community Centre

F	Sep 19 – Oct 10	1 – 3 p.m.	4/\$52.40	200430
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Mixed Media: Naturescapes (19+ yrs) ● ▲ ◆

Using a variety of drawing and painting options to create beautiful naturescapes – an artistic view of nature and landscapes in one frame of work.

at Glen Pine Pavilion

W	Oct 15 – Nov 12	3:30 – 5:30 p.m.	5/\$62.75	198720
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Painting: Abstract Flowers Workshop (19+ yrs) ▲

Abstract flowers focus on the use of visual elements like shape, color, and form to create an artistic experience and not an actual detailed flower.

at Glen Pine Pavilion

M	Nov 3 – Nov 10	9 – 11 a.m.	2/\$46.40	197237
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Painting: Acrylic Afternoons (19+ yrs) ● ▲ ◆

Working in acrylic paint, the afternoon is designed to accommodate individual levels with the focus on the presented theme for each set. Practice colour mixing with different brushes to create paintings that showcase the versatility of the medium.

Sep Landscapes | Oct Still Life | Nov Botanicals

at Glen Pine Pavilion

F	Sep 19 – Oct 10	2 – 4 p.m.	4/\$52.40	197230
F	Oct 17 – Nov 7	2 – 4 p.m.	4/\$52.40	197231
F	Nov 21 – Dec 12	2 – 4 p.m.	4/\$52.40	197232

Painting: Acrylic All Levels (19+ yrs) ● ▲ ◆

Suitable for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods using acrylic paint.

at Dogwood Pavilion

W	Sep 17 – Oct 8	12:30 – 3 p.m.	4/\$65.60	198286
W	Oct 15 – Nov 12	12:30 – 3 p.m.	5/\$82	198287
W	Nov 19 – Dec 10	12:30 – 3 p.m.	4/\$65.60	200378

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	9 – 11:30 a.m.	3/\$49.20	197240
Tu	Oct 14 – Nov 4	9 – 11:30 a.m.	4/\$65.60	197241
Tu	Nov 18 – Dec 9	9 – 11:30 a.m.	4/\$65.60	197242
Sa	Nov 22 – Dec 13	9:30 a.m. – 12 p.m.	4/\$52.40	197297

Painting: Acrylic Beginner (19+ yrs) ▲

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint.

at Dogwood Pavilion

Th	Sep 18 – Oct 9	9:30 – 11:30 a.m.	4/\$52.40	198387
Th	Oct 16 – Nov 13	9:30 – 11:30 a.m.	5/\$65.50	198388
Th	Nov 20 – Dec 11	9:30 – 11:30 a.m.	4/\$52.40	200396
Sa	Nov 22 – Dec 13	1 – 3 p.m.	4/\$52.40	199055

at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	6:30 – 8:30 p.m.	3/\$39.30	197207
Tu	Oct 14 – Nov 4	6:30 – 8:30 p.m.	4/\$52.40	197208
Sa	Oct 18 – Nov 8	9:30 – 11:30 a.m.	4/\$52.40	197296
Tu	Nov 18 – Dec 9	6:30 – 8:30 p.m.	4/\$52.40	197209

Painting: Acrylic Foundations (19+ yrs) ●

Learn the basics of acrylic painting. Explore skills and techniques that are necessary for a beginner to this medium of art.

at Dogwood Pavilion

Sa	Sep 20 – Oct 11	1 – 3 p.m.	4/\$52.40	199052
Sa	Oct 18 – Nov 15	1 – 3 p.m.	5/\$65.50	200425

at Glen Pine Pavilion

Sa	Sep 20 – Oct 11	9:30 – 11:30 a.m.	4/\$52.40	197295
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Painting: Acrylic Paint Night – Colours of Fall (19+ yrs) ● ▲ ◆

Using the warm colours of Fall to create an acrylic painting that reflects the season.

at Glen Pine Pavilion

Th	Sep 25	6:30 – 8:30 p.m.	1/\$23.20	199154
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Painting: Acrylic Paint Night – Fall (19+ yrs) ● ▲ ◆

Join us for an acrylic paint night with a fall theme. Suitable for beginners but all levels welcome. Learn the step by step process of creating a painting using acrylics in a fun and relaxed atmosphere. Supplies included.

at Dogwood Pavilion

W	Oct 22	6 – 8 p.m.	1/\$23.20	198283
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Painting: Acrylic Paint Night – Botanical Art (19+ yrs) ● ▲ ◆

Create a botanical art painting that glows with the warmth of the Fall season.

at Glen Pine Pavilion

Th	Oct 23	6:30 – 8:30 p.m.	1/\$23.20	197300
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Painting: Acrylic Paint Night – Holiday Wreath (19+ yrs) ● ▲ ◆

Create a painting of a lovely wreath to celebrate the holiday season. Choose your own theme to decorate the wreath on canvas- whether it's the traditional ribbons and pine cones, candy, or abstract shapes.

at Glen Pine Pavilion

Th	Dec 11	6:30 – 8:30 p.m.	1/\$23.20	197303
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Painting: Acrylic Paint Night – November Poppies (19+ yrs) ● ▲ ◆

"In Flanders Field the poppies blow..." Capture the beauty of poppies in this acrylic painting workshop.

at Glen Pine Pavilion

Th	Nov 6	6:30 – 8:30 p.m.	1/\$23.20	199160
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Painting: Acrylic Textures Workshop (19+ yrs) ▲

Different tools and techniques can be used to create textures in your painting making it feel smooth, rough, bumpy to the touch.

at Glen Pine Pavilion

M	Sep 29 – Oct 6	9 – 11 a.m.	2/\$46.40	197234
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Painting: Autumn Flowers Workshop (19+ yrs) ▲

Flowers in the Autumn are perfect to paint using Fall colours to capture the beauty of the blooms.

at Glen Pine Pavilion

M	Sep 15 – Sep 22	9 – 11 a.m.	2/\$46.40	197233
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Painting: Floral Impressionism Workshop (19+ yrs) ▲

Explore the 19th-century art movement characterized by its emphasis on light, color, and capturing fleeting moments of life with flowers. Be a Monet!

at Glen Pine Pavilion

M	Nov 17 – Nov 24	9 – 11 a.m.	2/\$46.40	197238
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Painting: Gouache Foundations (16+ yrs) ●

Gouache is a water-based paint that is known for its opaque, matte finish. Similar to watercolour, but differs in that it covers the surface rather than being transparent like watercolour.

at Maillardville Community Centre

W	Oct 15 – Nov 12	10 a.m. – 12 p.m.	5/\$65.50	199139
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Painting: Gouache Foundations (19+ yrs) ●

Gouache is a water-based paint that is known for its opaque, matte finish. Similar to watercolour, but differs in that it covers the surface rather than being transparent like watercolour.

at Glen Pine Pavilion

Th	Sep 18 – Oct 9	11:30 a.m. – 1:30 p.m.	4/\$52.40	197853
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Painting: Halloween Painting Workshop (19+ yrs) ▲

Paint something to hang up for Halloween using the colours of the season.

at Glen Pine Pavilion

M	Oct 20 – Oct 27	9 – 11 a.m.	2/\$46.40	197235
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Painting: Holiday Plank Workshop (19+ yrs) ● ▲ ◆

Make a beautiful painting on a wood plank to display or gift this holiday season. You will leave with a completed piece. All supplies will be included.

at Dogwood Pavilion

W	Dec 10	6 – 8 p.m.	1/\$23.20	198284
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Painting: Holiday Porch Sign Workshop (19+ yrs) ● ▲ ◆

Join us for a special class painting a holiday porch sign with a stenciled message. You will leave with a completed artwork to decorate your home or gift with love. All supplies included.

at Dogwood Pavilion

W	Nov 26	6 – 8 p.m.	1/\$23.20	198285
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Painting: Ink Wash Foundations Journey to the East Workshop (19+ yrs) ●

An introductory workshop on Asian-style ink wash painting! This step-by-step class will guide you through essential skills such as color mixing, proportion, and composition on a Journey to the East.

at Glen Pine Pavilion

W	Sep 17 – Oct 8	6:30 – 8:30 p.m.	4/\$92.80	197199
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Painting: Moonlight Lanterns Workshop (19+ yrs) ●▲◆

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative lantern. Finish the lantern with fairy lights inside to create a beautiful glow.

at Glen Pine Pavilion

Th	Oct 30	6:30 – 8:30 p.m.	1/\$23.20	199079
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Painting: Urban Sketching Sketchbook Edition (19+ yrs) ●▲◆

Learn how to record your day-to-day activities using watercolour. We will focus on how to bring a page together with titles and page layout.

at Glen Pine Pavilion

Th	Sep 18 – Oct 9	9 – 11 a.m.	4/\$52.40	197852
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Painting: Watercolour All Levels (19+ yrs) ●▲◆

Suitable for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods using watercolour paint.

at Glen Pine Pavilion

W	Oct 15 – Nov 12	6:30 – 8:30 p.m.	5/\$65.50	197201
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Painting: Watercolour Animals (19+ yrs) ●▲◆

Learn how to draw different types of animals and use watercolour paints to bring your sketches to life.

at Glen Pine Pavilion

Th	Oct 16 – Nov 13	9 – 11 a.m.	5/\$65.50	197854
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Painting: Watercolour Beginner (19+ yrs) ▲

Discover the joys of watercolour through hands-on practice and guided demonstrations. Build your skills in composition, depth, and contrast while gaining confidence in colour mixing, brushwork, and layering techniques.

at Dogwood Pavilion

Tu	Sep 16 – Oct 21	12:30 – 3 p.m.	5/\$82	198267
Th	Sep 18 – Oct 16	12:30 – 3 p.m.	5/\$82	199029
Th	Oct 30 – Dec 4	12:30 – 3 p.m.	6/\$98.40	199030
Tu	Nov 4 – Dec 9	12:30 – 3 p.m.	5/\$82	198268

at Glen Pine Pavilion

F	Sep 19 – Oct 10	9 – 11 a.m.	4/\$52.40	197223
Su	Oct 12 – Nov 9	10:15am – 11:45am	5/\$49.25	197177
F	Oct 17 – Nov 7	9 – 11 a.m.	4/\$52.40	197225
Su	Nov 16 – Nov 30	10:15am – 11:45am	3/\$29.55	197178
F	Nov 21 – Dec 12	9 – 11 a.m.	4/\$52.40	197226

Painting: Watercolour Birds (19+ yrs) ●▲◆

Wet On Dry, Wet On Wet, Glazing, Layering. Create different painting effects with watercolour while focusing on birds as a subject matter. Practice timing for water control in order to achieve the different “looks” this versatile medium is capable of.

at Glen Pine Pavilion

Th	Sep 18 – Oct 9	6:30 – 8:30 p.m.	4/\$52.40	197299
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Painting: Watercolour Foundations (19+ yrs) ●

Perfect for those with no background in painting, this course covers basic techniques to start watercolour painting. Learn to choose the right materials and explore essential skills like washes, colour mixing, and brush control.

at Glen Pine Pavilion

Su	Sep 14 – Oct 5	10:15am – 11:45am	4/\$39.40	197174
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Painting: Watercolour Insects (19+ yrs) ●▲◆

Discover the art of using watercolour to paint insects in this comprehensive beginners class.

Explore their fascinating beauty of bugs, moths, butterflies, beetles.

at Glen Pine Pavilion

W	Sep 17 – Oct 1	1 – 3 p.m.	3/\$39.30	197309
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Painting: Watercolour Intermediate (19+ yrs) ◆

Take your watercolour paintings to the next level with advanced techniques and methods. Refine your approach to create more dynamic, expressive works by exploring composition, texture, and personal style.

at Dogwood Pavilion

Tu	Sep 16 – Oct 21	9:30 a.m. – 12 p.m.	5/\$82	198265
Tu	Nov 4 – Dec 9	9:30 a.m. – 12 p.m.	5/\$82	198266

Painting: Watercolour Paint Night – Fall Colours (19+ yrs) ● ▲ ◆

Learn the step by step process of creating a painting using watercolours in a fun and relaxed atmosphere. Suitable for beginners and all levels are welcome. Supplies included.

at Dogwood Pavilion

W	Sep 24	6 – 8 p.m.	1/\$23.20	198282
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Painting: Watercolour Portraits (19+ yrs) ● ▲ ◆

Start off with choosing a good photo to base our paintings from, learn how to mix colours for their palette. Focusing on Layering methods, paint skin and facial features using watercolour. The last step is embellishing their work to make it more attractive and appealing.

at Glen Pine Pavilion

Th	Nov 13 – Dec 4	6:30 – 8:30 p.m.	4/\$52.40	197301
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Painting: Watercolour Underwater (19+ yrs) ● ▲ ◆

Use watercolour paints to bring your underwater sketches to life.

at Glen Pine Pavilion

Th	Nov 20 – Dec 11	9 – 11 a.m.	4/\$52.40	197856
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Painting: Watercolour Urban Sketching Food and Drinks (19+ yrs) ● ▲ ◆

Using watercolours to sketch food and drinks in your sketchbook from dining experiences.

at Glen Pine Pavilion

Th	Nov 20 – Dec 11	11:30 a.m. – 1:30 p.m.	4/\$52.40	197858
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Painting: Watercolour: Colour Theory (16+ yrs) ● ▲ ◆

Delve into colour theory through watercolour painting. Learn about colour mixing, harmonies, contrasts, and how to apply these concepts to create vibrant, balanced artworks.

at Maillardville Community Centre

W	Nov 19 – Dec 10	10 a.m. – 12 p.m.	4/\$52.40	199143
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Painting: Winter Scene Workshop (19+ yrs) ▲

December is the month to paint a lovely winter scene as the weather becomes chilly and we head into the holiday season.

at Glen Pine Pavilion

M	Dec 1 – Dec 8	9 – 11 a.m.	2/\$46.40	197239
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Photography: Photography Foundations (19+ yrs) ●

This course is designed for people with their first, or new Single Lens Reflex (SLR/ DSLR) or Mirrorless digital camera. Topics covered include basic functions, shutter speeds, F-stops, modes, flash, lenses and exposure. Bring your own SLR, DSLR, or Mirrorless camera. Dress for the weather, some outdoor photography will be included.

at Dogwood Pavilion

Sa	Sep 13 – Oct 4	12:30 – 2 p.m.	4/\$39.40	199057
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Woodworking: Woodcarving Beginner (19+ yrs) ▲

Learn new skills to create a variety of woodcarvings such as animals or caricatures.

at Dogwood Pavilion

W	Sep 17 – Oct 8	6 – 8 p.m.	4/\$52.40	198292
W	Oct 15 – Nov 12	6 – 8 p.m.	5/\$65.50	198293
W	Nov 19 – Dec 10	6 – 8 p.m.	4/\$52.40	200385

Woodworking: Woodcarving Intermediate (19+ yrs) ◆

Further develop carving skills in this intermediate level class continuing to learn more techniques. Please take beginner class prior to this intermediate class.

at Dogwood Pavilion

W	Sep 17 – Oct 8	1:30 – 3:30 p.m.	4/\$54	198290
W	Oct 15 – Nov 12	1:30 – 3:30 p.m.	5/\$67.50	198291
W	Nov 19 – Dec 10	1:30 – 3:30 p.m.	4/\$54	200383

Woodworking: Woodworking Foundations (19+ yrs) ●

This class will cover the safe operation of core tools in the Dogwood Pavilion woodshop and basic woodworking theory. Learn to use the bandsaw, mitre saw, table saw, drill press, belt sander, jointer, planer and smaller hand tools. Students will complete one or two small projects.

at Dogwood Pavilion

Sa	Sep 20 – Oct 11	9:30 – 11:30 a.m.	4/\$148.80	199137
Sa	Sep 20 – Oct 11	12 – 2 p.m.	4/\$148.80	200426
Sa	Oct 18 – Nov 15	9:30 – 11:30 a.m.	5/\$186	199140
Sa	Oct 18 – Nov 15	12 – 2 p.m.	5/\$186	200427
Sa	Nov 22 – Dec 13	9:30 – 11:30 a.m.	4/\$148.80	199142
Sa	Nov 22 – Dec 13	12 – 2 p.m.	4/\$148.80	200428

50 Plus Services and Activities



Pre-Registered Drop-Ins

Glen Pine Activity Groups and Clubs are added in to the drop-in activities section of the registration system. Enjoy the same fantastic services and activities with added flexibility.

When to register

Up to 7 days in advance to secure your spot.

How to pay

Participants can now use their ONE PASS towards the drop-in admission fee. Eligible participants can also apply their Financial Assistance for Recreation (FAR) credit towards these drop-in activities. Learn more about Financial Assistance for Recreation at coquitlam.ca/FAR

Staying active and social as you age can help you feel younger and keep you healthier.

Coquitlam offers programming, activities and services specifically for residents 50 years and older. Our pavilions are adult-oriented centres with a focus on programming for older adults. To learn more about 50 Plus services in coquitlam, visit coquitlam.ca/50Plus



Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | coquitlam.ca/dogwood

Amenities:

- Food services
- Fully equipped wood working shop
- Snooker room
- Lapidary workshop
- Library
- Rose garden and surrounding gardens
- Bocce court
- Free Wi-Fi



Glen Pine Pavilion

1200 Glen Pine Crt. | 604-927-6940 | coquitlam.ca/GlenPine

Amenities:

- Computer lab
- Food services
- Fully equipped and accessible fitness centre
- Lounge
- Library
- Spirit Square
- Free Wi-Fi



Dogwood Pavilion Activity Groups (50+ yrs)

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 40 groups and clubs to support the cultural, physical, educational and social needs of adults who are 50+. These activities are led by volunteer leaders and supported by the Board of Directors. Membership in the society is required for ongoing participation. Activity fees may apply. *To register for, or learn more about Dogwood Activity Group programs, visit DogwoodSeniors50Plus.com, email DogwoodSeniors50Plus@gmail.com, or call 604-927-6098.* Activities take place at Dogwood Pavilion or the neighbouring buildings.

Bocce

Bocce is a variant of lawn bowling played outdoors on the field adjacent to the Rose Garden.

Tuesday, Friday and Saturday May – Sept 9:30 – 11:30 a.m.

Book Club

If you like reading, come and join us each month as we enjoy the works of a specific author.

Third Wednesday of the month 1 – 3 p.m.

Bridge: Casual

Bridge is a four player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere.

Wednesday 12:30 – 3:30 p.m.

Bridge: Duplicate

Duplicate bridge is played in pairs. Prior to coming to play, players arrange their own partner.

Friday 1 – 4 p.m.

Bridge: Social

Bridge is a four player partnership trick-taking game with 13 tricks per deal. A welcoming social atmosphere for players who enjoy the game.

Tuesday 1 – 4 p.m.

Canadian Council of the Blind

The CCB is a support and social group for those who are blind, deaf blind or living with vision loss.

Thursday 1 – 3 p.m.

Canasta

Canasta is a card game resembling Rummy. It is played by two pairs of partners and the aim is to collect sets of cards.

Wednesday 5:30 – 8:15 p.m.

Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

Tuesday 1:45 – 3:45 p.m.

Chess

Keep your mental skills sharp, get together and enjoy a casual game of chess. All levels welcome.

Monday 12:30 – 4 p.m.

Coquitlam Art Club

The Coquitlam Art Club provides an opportunity to paint with other artists in a welcoming setting. Group members work on individual projects and share ideas, but no instruction is provided.

Wednesday 12:30 – 3 p.m.

Crafting Group

Dogwood Variety Crafts is a social group who knit, sew, crochet and make other crafts. A selection is available in the Dogwood Designs Gift Shop which is open 10 a.m. – 2 p.m. Monday to Friday depending on volunteer availability.

Wednesday 9 a.m. – 3:30 p.m.

Cribbage

A social card game played in partners using a Cribbage board.

Thursday 9:30 a.m. – 12 p.m.

Cribbage: 10-Card

10-Card Crib is a variation of Crib where players are dealt 10 cards.

Monday 12:30 – 3:30 p.m.

Current Events

The social group engages in thoughtful discussions about current events and global news. Members actively share ideas and opinions, fostering meaningful and engaging conversations.

Monday 10:30 – 11:30 a.m.



Dogwood Ambassadors

The ambassadors meet and greet the public and give tours of Dogwood Pavilion. They also assist with setting up special events and serving light refreshments.
Third Thursday of the month **1:30 – 2:30 p.m.**

Drama

The Drama Group meets to prepare and practice a play to perform. The group produces multiple plays each year.
Monday and Thursday **1:45 – 3:45 p.m.**

Floor Hockey

Floor Hockey is derived from Ice Hockey. It is played inside with a plastic ball and plastic stick.
Tuesday **6:30 – 8:15 p.m.**

Friendship Circle

The Friendship Circle is a social discussion group open to everyone. Group members bring their ideas for topics and their willingness to share in spirited discussion.
Tuesday **1 – 2:30 p.m.**

Garden Club

Whether new to gardening or digging all your life, this group has something for you. Our goal is to promote gardening, increase knowledge and enhance our interest in various horticultural activities.
Second Tuesday of the month **6:15 – 8:15 p.m.**

Lapidary

The Lapidary room has equipment for forming stones and minerals into decorative items. The volunteer provides assistance with tips and techniques.
Monday to Friday **9:30 a.m. – 12:30 p.m.**

Life Writing

This informal group meets to discuss their life experiences, with the goal of writing them down to make a family history.
Fourth Monday of the month **1 – 3 p.m.**

Mexican Train Dominoes

Mexican Train is a game where the object is for all players to play all their dominoes onto one or more trains.
Thursday **12:15 – 3:30 p.m.**

Mixed Bag Band

The Mixed Bag Band hosts jam sessions to enjoy and play music with others in a welcoming setting.
Sunday **9 a.m. – 1:30 p.m.**

Photography Group

Come and share photos and knowledge of photography.
First and Third Wednesday of the month **6:30 – 8:15 p.m.**

Pickleball

Pickleball is a court sport that uses a paddle and a pickleball. It is a combination of tennis, badminton and table tennis.
Monday, Wednesday and Friday

Quilting

This group shares an interest in quilting and welcomes all skill levels. No instruction is provided, but there is an abundance of knowledge amongst members to share.
Third Wednesday of the month **6:15 – 8:15 p.m.**
First and third Friday of the month **9 a.m. – 3 p.m.**

Scrabble

A word game where two to four players score points by placing letter tiles onto the board and forming words.

Tuesday 12:30 – 4 p.m.

Snooker

The snooker group has access to the snooker room at Dogwood Pavilion during facility hours.

Monday through Thursday 8:30 a.m. – 8:15 p.m.

Friday, Saturday 8:30 a.m. – 4:15 p.m.

Sunday 9 a.m. – 1:45 p.m.

Social Dance

Social dance meets weekly to enjoy ballroom and latin dancing.

Thursday 6:30 – 8:15 p.m.

Songsters

This choir meets weekly to sing together and learn new songs. Occasionally this group performs at social functions and events in the community.

Tuesday 1:45 – 4:15 p.m.

South Asian Group

This is a social and support group for the South Asian community.

Fourth Wednesday of the month 6:30 – 8:15 p.m.

First and third Thursday of the month 10 a.m. – 12 p.m.

Table Tennis

Table tennis is a sport in which two to four players hit a lightweight ball back and forth across a table using small solid racquets.

Sunday 9 a.m. – 12 p.m.

Monday 4:15 – 6:30 p.m.

Wednesday 4:15 – 8:15 p.m.

Thursday 1:45 – 3:45 p.m.

Turn Up and Paint

This group meets weekly to paint together. Bring your own supplies and projects. All levels welcome.

Wednesday 9:30 – 11:30 a.m.

Wire Wrapping

Members share ideas and techniques in wrapping stones for jewelry making.

Friday 12:30 – 3 p.m.

Lend a Hand!



Have fun, develop new skills and meet new people!

We are always looking for volunteers to be:

- **Cashiers**
- **Kitchen Assistants**
- **Meaningful Meals Delivery Drivers**
- *and much more*

For more information on becoming a City of Coquitlam volunteer, call 604-927-6076 or visit coquitlam.ca/volunteer.

Women Helping Others

The WHO group—a safe comfortable place where camaraderie and understanding awaits you.

Wednesday 10 a.m. – 12 p.m.

Woodcarving

Members work on individual projects and must bring their own tools and materials.

Monday 1 – 3 p.m.

Thursday 1 – 3:30 p.m.

Woodworking

Members work on individual projects and bring their own materials. The volunteer leader provides assistance with safety, tips and techniques.

Monday through Friday 8:30 a.m. – 1 p.m.



Glen Pine Pavilion Activity Groups **LOW COST**

The Glen Pine 50 Plus Society is a non-profit organization that promotes low-cost, year-round activities to satisfy the cultural, physical, educational and social needs of senior adults through support of activity groups and programs at Glen Pine Pavilion. Register for Glen Pine Activity Group programs in-person at any recreation facility, by calling **604-927-4386**, or by visiting coquitlam.ca/registration.

\$1

Activity Groups and Clubs now Drop-in.

Pre-registration recommended.

American Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by 4 people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

Friday 12 – 3 p.m.

Art Group (50+ yrs)

Glen Pine Art Group gives you the time and place to draw and paint with other artists. Bring your materials or subject to work on or join others painting from a still set.

Wednesday 9 a.m. – 12 p.m.

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

Saturday 12 – 2:45 p.m.

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

Wednesday 1 – 3 p.m.

Bridge All-Levels (50+ yrs)

Bridge is a four player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere. Scoring is optional, and attending with a partner is not necessary. Partners will rotate so players need to be prepared to play with everyone in this all-levels Bridge group.

Monday 12:30 – 3:30 p.m.

Bridge Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Players for this group will self-assess level of play as intermediate. Players must form their own quartet of players.

Friday 12 – 3 p.m.

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by two pairs of partners and the aim is to collect sets of cards. The word Canasta means “basket” in Spanish with the objective being to get a basket-full (or seven) cards of the same rank in order to obtain points for a canasta.

Tuesday 6 – 8:30 p.m.

Saturday 11:30 a.m. – 2:30 p.m.

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

Monday 1 – 4 p.m.

Carpet Bowling (50+ yrs)

Carpet Bowling is a variant of lawn bowls played indoors. It is easy to learn and newcomers are welcome.

Friday 1:30 – 3:30 p.m.

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

Wednesday 9 – 10:30 a.m.

Crafters (50+ yrs)

Come join us and have fun while you pursue your favourite hobbies. Knitting, sewing, crocheting and making other crafts for yourself or for the Glen Pine Gift Shop.

Tuesday 1 – 3 p.m.

English Social Club (50+ yrs)

Improve your English. This group meets weekly and discusses current events to enhance your conversational English.

Monday 9:30 – 11:30 a.m.

Freestyle Dance (50+ yrs)

No dance experience required to join the non-instructor-led performance dance activity group. Try different choreographed dances from all cultures with the learning objective to share skills with each other and to celebrate with in-house performances at fun special themed events. No partner dancing.

Friday 9 – 10:30 a.m.

Friendship Group (50+ yrs)

This welcoming group provides opportunities to build new friendships, receive support and connect with others.

Mondays 1 – 3 p.m.

Glen Pine Sing-A-Long (50+ yrs)

The Glen Pine Sing-A-Long enjoy meeting weekly and singing a variety of songs together.

Thursday 1:45 – 3:45 p.m.

Glen Pine Singers (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

Monday 9:15 – 10:30 a.m.

Iranian Friendship Group (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Alternating Weeks more active activities such as exercises, dance and movement and less active social activities such as games, bingo, conversations.

Tuesday 1:30 – 3:30 p.m.

Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

Tuesday 1:30 – 4:30 p.m.

Thursday 3 – 6 p.m.

Leisure Group (50+ yrs)

This multicultural group welcomes all for an afternoon of different weekly activities. Most of the sessions will be conducted in Cantonese or Mandarin language.

Monday 2 – 4 p.m.

Mexican Train Dominoes (50+ yrs)

Game played with dominoes and the objective is for all players to play all their dominoes from their hand onto 1 or more trains.

Wednesday 1:30 – 4 p.m.

Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Friday afternoon. Must play a musical instrument.

Friday 1:30 – 4 p.m.

Quilters (50+ yrs)

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects. Must have basic sewing/quilting sewing skills.

Friday 9 a.m. – 12 p.m.

Scrabble (50+ yrs)

A word game which 2 – 4 players score points by placing tiles onto the board and forming words.

Friday 9:30 – 11:30 a.m.

Table Tennis (50+ yrs)

Social game with similar principles of lawn tennis, table tennis is a game played on a flat table divided into two equal courts separated by a flexed net across the middle.

Tuesday 1:30 – 4 p.m.

Sunday 10 – 11:45 a.m. and 12 – 1:45 p.m.

Traditional Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by four people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

Monday 9 a.m. – 12 p.m.

Whist with a Twist (50+ yrs)

Social card game usually played in 2 pairs of players, in which points are scored according to the number of tricks won.

Thursday 1 – 3:30 p.m.

Bus Trips

To learn more about each trip including departure times, visit coquitlam.ca/GlenPine.

These are all *Enjoy the Journey* all-inclusive trips. Learn more at EnjoyTheJourney.ca



Bill Reid and Vancouver Art Gallery (50+ yrs)

Visit two of Vancouver's top art galleries in one inspiring day. Includes admission donation, escorted entry, and time to enjoy lunch at the 1931 Gallery Bistro located in the Vancouver Art Gallery (lunch not included)

Leave Glen Pine at 8:15 a.m. Estimated return at 5:30 p.m.
Leave Dogwood at 8:30 a.m. Estimated return at 5:45 p.m.

Activity Level: Easy

- 3 Hours Vancouver Art Gallery. Lunch on your own.
- 1.5 Hours Bill Reid Gallery
- Escorted Entry

F	Nov 7	8:15am – 6 p.m.	1/\$69	196473
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Bowen Island (50+ yrs)

Tour Bowen Island with a local step-on guide to Orchard Historical Society and Lighthouse Lane. Visit Killarney Lake, the Bowen Island Museum and Village Square for a delicious lunch at Artisan Eats.

Leave Glen Pine at 7:15 a.m. Estimated return at 7:15 p.m.
Leave Dogwood at 7:30 a.m. Estimated return at 7 p.m.

Activity Level: Easy

*Additional \$10 ferry fee for 65 years and under

- Bowen Island Museum
- Local Step-On Guide
- Killarney Lake
- Lunch at Artisan Eats
- Lighthouse Lane

Tu	Oct 21	7:15am – 7:15 p.m.	1/\$129	196466
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CFB Esquimalt Naval Tour (50+ yrs)

Travel to the CFB Esquimalt Naval Base for a guided tour of the CFB Esquimalt Naval and Military Museum. A Canadian Military guide charts the rich maritime history of the naval base. Enjoy a waterfront two course lunch at Spinnakers Gastro Brewpub.

Leave Glen Pine at 7 a.m. Estimated return at 8 p.m.

Leave Dogwood at 7:15 a.m. Estimated return at 7:45 p.m.

Activity Level: Easy

*Additional \$36 ferry fee for 65 years and under

- CFB Esquimalt Naval Base
- Military Guided Museum Tour
- Lunch Spinnakers Gastro Pub

M	Nov 17	7 a.m. – 8 p.m.	1/\$139	196477
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Coquihalla Canyon Park (50+ yrs)

The Coquihalla Canyon Provincial Park is filled with natural scenic beauty highlighted by The Othello Tunnels offering some of British Columbia's most beautiful landscapes. Join an escorted flat 3.5 km return walk through the newly reopened 4 tunnels and enjoy a generous picnic table lunch at the park. Afternoon refreshments are served at Bridal Falls.

Leave Glen Pine at 8 a.m. Estimated return at 5:30 p.m.

Leave Dogwood at 8:15 a.m. Estimated return at 5:15 p.m.

Activity Level: Moderate

- Escorted Walk Othello Tunnels
- Coquihalla Canyon Picnic Lunch
- Bridal Falls Afternoon Refreshments

Tu	Sep 2	8 a.m. – 5:30 p.m.	1/\$109	196439
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Day In Steveston (50+ yrs)

Explore Steveston Village and check out the many interesting sights. Wander through the unique stores and sea-side restaurants. Bring a picnic lunch or lunch is on your own. Dress weather appropriately and wear good walking shoes.

Leave Glen Pine at 8:30 a.m. Estimated return at 4 p.m.

Leave Dogwood at 8:45 a.m. Estimated return at 3:45 p.m.

Activity Level: Easy

- 4 hours Steveston Free Time (Meals/Snacks on your own)
- Professional Driver
- Convenient Drop Off / Pick Up Area

M	Sep 15	8:30 a.m. – 4 p.m.	1/\$59	196445
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Harrison Bald Eagle Tour (50+ yrs)

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, separate forested area and the Chehalis River at the Hatchery.

Leave Glen Pine at 8:30 a.m. Estimated return at 5:45 p.m.

Leave Dogwood at 8:45 a.m. Estimated return at 5:30 p.m.

Activity Level: Easy

- Rivers Edge Restaurant Lunch
- Multiple Eagle Viewing Locations
- Chehalis River at the Hatchery

Tu	Nov 25	8:30 a.m. – 5:45 p.m.	1/\$129	196482
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Harrison Salmon Run (50+ yrs)

In 2025 British Columbia is anticipating a record-breaking run of pink salmon with an estimated 27 million pink salmon returning. See pink, coho, chum, sockeye and chinook at various viewing locations. Take free time in Harrison Hot Springs (lunch not included).

Leave Glen Pine at 8:15 a.m. Estimated return at 5:30 p.m.
Leave Dogwood at 8:30 a.m. Estimated return at 5:15 p.m.

Activity Level: Easy

- Weaver Creek Spawning Channel
- Chehalis River at the Hatchery
- Inch Creek Hatchery
- Harrison Hot Springs – Meals/Snacks on your own

Tu	Oct 14	8:15am – 5:30 p.m.	1/\$69	196462
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Heritage Christmas and Bright Nights (50+ yrs)

Begin at Vancouver's most amazing Christmas lights ~ Bright Nights displays at Stanley Park feature millions of sparkling festive lights. Continue to Heritage Christmas at the Burnaby Village Museum featuring a 10 acre open air site, festive lights and dinner available at Mai's Cafe (not included).

Leave Glen Pine at 2:45 p.m. Estimated return at 9:15 p.m.
Leave Dogwood at 3 p.m. Estimated return at 9 p.m.

Activity Level: Easy

- 1 Hour Bright Nights and Donation
- 2 Hours Heritage Christmas
- Escorted Entry

W	Dec 17	2:45 – 9:15 p.m.	1/\$119	196492
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Merry and Bright at Martini Town (50+ yrs)

Experience holiday movie magic at Merry and Bright at Martini Town, a film backlot in Langley! As a functioning set, Martini Town brings everything you love about your go-to holiday movies to life. Includes lunch at the Olive Garden. Dinner on your own.

Leave Glen Pine at 11 a.m. Estimated return at 7:15 p.m.
Leave Dogwood at 11:15 a.m. Estimated return at 7 p.m.

Activity Level: Easy

- Admission, Escorted Entry Admission, Escorted Entry
- Dinner on your own from variety of Food vendors on site
- Olive Garden Two Course Lunch
- Potters Christmas Store

W	Dec 10	11 a.m. – 7:15 p.m.	1/\$119	196488
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Queen of Peace Monastery (50+ yrs)

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Claire, witness the sisters singing their morning hymns and visit the monastery's chapel and unique gift shop. Lunch by the river in Squamish.

Leave Glen Pine at 7:15 a.m. Estimated return at 6 p.m.
Leave Dogwood at 7:30 a.m. Estimated return at 5:45 p.m.

Activity Level: Moderate

Set of Stairs to Monastery Gift Shop

- Queen of Peace Monastery Tour
- Dominican Nun's Daily Singing
- Squamish River Walk
- Lunch at the Watershed Grill

Tu	Oct 7	7:15am – 6 p.m.	1/\$129	196458
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Vancouver Orpheus Male Choir (50+ yrs)

Take in a special evening Christmas concert with the amazing Vancouver Orpheus Male Choir at Gilmore Park United Church in Richmond. Enjoy a three course dinner at Old Spaghetti Factory featuring baby back ribs, lasagna and seafood linguine.

Leave Glen Pine at 3:30 p.m. Estimated return at 10:15 p.m.
Leave Dogwood at 3:45 p.m. Estimated return at 10 p.m.

Activity Level: Easy

- Vancouver Orpheus Male Choir Ticket
- 7 p.m. Performance
- Dinner Old Spaghetti Factory
- Escorted Seating

Sa	Dec 6	3:30 – 10:15 p.m.	1/\$139	196483
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Vines and Wines (50+ yrs)

Travel to the fertile Abbotsford Valley for wine tastings at Singletree Winery, Mann Farms Estate Winery and a guided tour and tasting at the lovely Seaside Pearl featuring a chapel tasting room. Includes lunch at Greek Islands Restaurant

Leave Glen Pine at 9 a.m. Estimated return at 5 p.m.
Leave Dogwood at 9:15 a.m. Estimated return at 4:45 p.m.

Activity Level: Easy

- Seaside Pearl Tour / Tasting
- Singletree Winery Tasting
- Mann Farms Estate Winery Tasting
- Lunch at Greek Islands Restaurant

F	Sep 26	9 a.m. – 5 p.m.	1/\$129	196448
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Special Events

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.



September

10

Glen Pine Welcome Back BBQ (19+ yrs)

Join us at Glen Pine’s Welcome Back BBQ. This annual event in Spirit Square (weather permitting) will get us excited about the Fall season ahead filled with many interesting and fun programs and activities.
Menu: Cedar Plank Salmon, Herb Rice, Summer salad and Seasonal Dessert.
Please bring your own takeaway containers for your leftovers.

at Glen Pine Pavilion

W	Sep 10	11:30 a.m. – 1 p.m.	1/\$24.85	197786
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14

Sunday Family Dinner: Chicken Tortilla Soup (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family’s kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su	Sep 14	5:30 – 7:30 p.m.	1/\$14.30	199014
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20

Dogwood Fall Swap and Sale (19+ yrs)

Sustainability meets second-hand style as we celebrate the City Wide Garage Sale! Dive into a treasure trove of pre-loved goodies, celebrating the themes of reduce, reuse, and upcycle. From trendy fashion to outgrown toys and charming home décor, this event aims to provide good finds for everyone. Registration to be a vendor ends on September 17 at 12 a.m., or attend the event for free!

at Centennial Pavilion

Sa Sep 20 9:30 a.m. – 3:30 p.m. 1/\$33.88 196675

26

Pinetree Youth: Back to School Barbeque (11 – 18 yrs)

Welcome back to school! Help us celebrate the start of the school year at The Landing with music, barbeque, and refreshments. Everyone is welcome. Registration is to account for supply shopping only.

at Pinetree Community Centre

F Sep 26 3 – 5 p.m. 1/FREE 199758

25

Truth and Reconciliation: Tea and Bannock (All Ages)

Join us for tea, bannock and learning from Indigenous Knowledge Seekers who will share their life experience to enhance awareness and understanding of the National Day for Truth and Reconciliation Day. This free event is presented in partnership with the Dogwood Pavilion Seniors' Society to highlight the importance of reconciliation.

at Dogwood Pavilion

Th Sep 25 10 – 11:30 a.m. 1/FREE 201282

28

Sunday Family Dinner / Dîner en Famille du Dimanche: Apple Galettes / Galettes aux Pommes (6+ yrs)

Learn about French cuisine in both English and French. Create a tasty and wholesome French-inspired meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su Sep 28 5:30 – 7:30 p.m. 1/\$14.30 199017



October

3

Dogwood Social Evening with Sound Machine (19+ yrs)

Come enjoy a lively evening with drinks, dinner, and a live performance. Please call Dogwood Front Desk at 604-927-6098 after registering for seat selection. Menu: TBA Coffee/Tea.

at Dogwood Pavilion

F	Oct 3	5:30 – 9:30 p.m.	1/\$35	196264
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9

Thanksgiving Luncheon (19+ yrs)

Join us around the table and enjoy a plate of home cooked turkey dinner with all the fixings. So much for us to be thankful for with friends to share the occasion. Menu: Turkey, Mashed Potatoes with Gravy, Steamed Vegetables and Roll with a surprise dessert. Please bring your own takeaway container for your leftovers. Entertainment included.

at Glen Pine Pavilion

Th	Oct 9	11:30 a.m. – 1 p.m.	1/\$24.85	197788
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12

Sunday Family Dinner: Pumpkin Party Scones and Cookies (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su	Oct 12	5:30 – 7:30 p.m.	1/\$14.30	199021
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15

Celebrate Diwali – Henna Painting (19+ yrs)

Diwali is a festival of lights. An opportunity to receive a free simple henna painting design on your hand by a volunteer. Henna is a dye derived from the leaves of the henna plant. In the ancient art of mehndi, the dye is applied to your skin to create intricate, temporary tattoo patterns. First come – first serve between 9:30 a.m. to 1:30 p.m. Please note that you may have to wait for a turn if volunteer is busy with other participants.

at Glen Pine Pavilion

W	Oct 15	9:30 a.m. – 1:30 p.m.	1/ FREE	201304
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22**Poirier Youth: Pumpkin Carving
(11 – 18 yrs)**

Get into the fall spirit by carving a pumpkin with your friends in the Getaway Youth Centre.

at Centennial Pavilion

W Oct 22 4 – 6 p.m. 1/**FREE** 199349

25**Dogwood Diwali Celebration (6+ yrs)**

Join us for a joyful Diwali celebration filled with colour, culture, and community! Enjoy live performances, a dazzling fashion show, and delightful refreshments. Try your hand at diya painting, get a henna design, and admire the intricate rangoli display. All ages welcome. Children 6 yrs+ must register. All children less than 12 yrs must be accompanied by a registered adult guardian.

at Dogwood Pavilion

Sa-Su Oct 25 – Oct 25 12 – 2:30 p.m. 1/\$15 196676

25**Poirier Family Halloween Event (All Ages)**

Celebrate Halloween with Poirier Community Centre. Take part in fun and family oriented crafts, games and activities.

at Poirier Community Centre

Sa Oct 25 1:30 – 3:30 p.m. 1/\$3.29 199529

26**Sunday Family Dinner / Dîner en Famille
du Dimanche: Cheese Gougères with Carrot
Soup / Les Gougères au Fromage et Soupe
aux Carottes (6+ yrs)**

Learn about French cuisine in both English and French. Create a tasty and wholesome French-inspired meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su Oct 26 5:30 – 7:30 p.m. 1/\$14.30 199023

30**Halloween Movie and Luncheon (19+ yrs)**

Join us for Spaghetti and Meatballs, Garlic Toast and Caesar Salad for this Halloween special. Movie starts at 10:45 a.m. Lunch served during a brief intermission so you can continue to eat and finish the rest of the show. Beetlejuice, Beetle Juice (2024) Rated PG-13 1 hr 45 mins. Michel Keaton reprises his original 1988 role.

at Glen Pine Pavilion

Th Oct 30 10:45am – 1 p.m. 1/\$24.85 197789

30**Poirier Youth: Spooky Escape Room
(11 – 18 yrs)**

Test your problem-solving skills in a themed escape room challenge in the Poirier Youth Centre, where you will work as a team to solve puzzles and unlock clues before time runs out!

at Centennial Pavilion

Th Oct 30 3:30 – 5:30 p.m. 1/**FREE** 199348

31**Maillardville Halloween Family Fun Night
(All Ages)**

Enjoy a safe and dry night of indoor Halloween fun at Maillardville Community Centre! Join us for face painting, crafts, active play, a scavenger hunt, and more. Costumes are encouraged. Light refreshments will be provided, and of course Halloween candy!

at Maillardville Community Centre

F Oct 31 4 – 6:30 p.m. 1/\$5 199472

31**Pinetree Youth: Halloween Event
(11 – 18 yrs)**

Join us for an evening of some 'spooky' Halloween fun! Youth will have the opportunity to participate in Halloween themed crafts, games, music and enjoy some food during our Youth Night. Costumes are encouraged. Everyone is welcome. Registration is to account for supply shopping only.

at Pinetree Community Centre

F Oct 31 6 – 9 p.m. 1/**FREE** 199755



November

5

Remembrance Day Concert: Vancouver Naval Veterans Band (19+ yrs)

Join the Vancouver Naval Veterans Band to recognize Remembrance Day, as they perform musical wartime favourites. Registration includes light refreshments.

at Dogwood Pavilion

W	Nov 5	1:15 – 2:45 p.m.	1/\$10	201301
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6

Remembrance Day Luncheon (19+ yrs)

Lest we forget. Remembrance Day Luncheon to honour and remember those who have served and those currently helping to protect and preserve peace in our lives. Menu: Roast Beef, Mashed Potatoes and Gravy, Vegetables and Yorkshire Pudding. Dessert. Please bring your own takeaway container for your leftovers.

at Glen Pine Pavilion

Th	Nov 6	11:30 a.m. – 1 p.m.	1/\$24.85	197790
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9

Sunday Family Dinner: Tomato Soup and Cheddar Shortbread (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su	Nov 9	5:30 – 7:30 p.m.	1/\$14.30	199026
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14 and 15

Glen Pine Winter Market (19+ yrs)

Hand-made treasures, knitting, cards, tree decorations, baby/child items and a great selection of gifts for everyone on your holiday list. The Glen Pine Crafters and other talented crafters and local community vendors will amaze you with their wonderful homespun handiwork. For those interested in renting a vendor space, visit coquitlam.ca/registration and go the Events section to register for a table in a certain area of the market.

Admission to the event is FREE.

Events runs over 2 days:

Open Friday, November 14 from 4 – 9 p.m. and

Saturday, November 15 from 9 a.m. – 3 p.m.

at Glen Pine Pavilion

Corner Pocket Main Floor

F-Sa	Nov 14 – Nov 15	2/\$59.50	197638
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Great Room Upper Floor

F-Sa	Nov 14 – Nov 15	2/\$59.50	197639
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Lemon Tree Room Main Floor

F-Sa	Nov 14 – Nov 15	2/\$59.50	197641
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Studio Main Floor

F-Sa	Nov 14 – Nov 15	2/\$59.50	197642
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21

Poirier Youth: MasterChef Cook-Off (11 – 14 yrs)

Poirier Youth Master Chef Cook-Off! You will be teamed up with other youth to see if you can create a delicious (or not so delicious....) dish to eat.

at Poirier Community Centre

F	Nov 21	5:30 – 8 p.m.	1/\$19	199539
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22 and 23

Dogwood Society Visual Arts Show and Sale (All Ages)

Join us for the fall Dogwood Visual Arts Show and Sale. Dogwood Senior Society Activity groups: Coquitlam Art Club, Dogwood Designs Gift Shop, Lapidary, Woodcarving, Woodworking and Photography Club will have items displayed and for sale at both Dogwood Pavilion and Centennial Pavilion.

at Dogwood Pavilion

Sa	Nov 22	9 a.m. – 4 p.m.	FREE
Su	Nov 23	9 a.m. – 3 p.m.	FREE

23

Sunday Family Dinner / Dîner en Famille du Dimanche: Sweet and Savoury Crepes / Crêpes Sucrées et Salées (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su	Nov 23	5:30 – 7:30 p.m.	1/\$14.30	199028
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27

Holiday Movie and Luncheon (19+ yrs)

Join us for Beef Stew in a Bread Bowl with a Salad for this holiday season special. Movie starts at 10:45 a.m. Lunch served during a brief intermission so you can continue to eat and finish the rest of the show.

The Man Who Invented Christmas (2017) Rated PG 1 hr 44 mins. The journey that led to Charles Dickens' creation of "A Christmas Carol," a timeless tale that would redefine Christmas.

at Glen Pine Pavilion

Th	Nov 27	10:45am – 1 p.m.	1/\$24.85	197792
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30

Dogwood Drama Production (All Ages)

The Dogwood Drama Group meets weekly to prepare and practice a seasonal production to perform. For tickets, please purchase through the Dogwood Designs Gift Shop, Jean Baker at 604-931-5243, or at the door on performance days.

at Dogwood Pavilion

Su	Nov 30	1:30 – 3 p.m.	1/\$10
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December

1 and 2

Dogwood Drama Production (All Ages)

The Dogwood Drama Group meets weekly to prepare and practice a seasonal production to perform. For tickets, please purchase through the Dogwood Designs Gift Shop, Jean Baker at 604-931-5243, or at the door on performance days.

at Dogwood Pavilion

M	Dec 1	1:30 – 3 p.m.	1/\$10
Tu	Dec 2	7 – 8:30 p.m.	1/\$10

3

Dogwood Holiday Luncheon (19+ yrs)

Celebrate the holidays with a traditional turkey meal followed by dessert and entertainment.

at Dogwood Pavilion

W	Dec 3	11:30 a.m. – 1 p.m.	1/\$24.85	196267
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7

Glen Pine Holiday Variety Show (Guests) (1+ yrs)

Celebrate the holiday season with a wonderful variety show. Every year Glen Pine’s funny and talented entertainers cheer you up you with their lively songs, skits and dances. Family, friends and grandchildren are encouraged to attend. Light Refreshments will be served.

at Glen Pine Pavilion

Su	Dec 7	1 – 2:30 p.m.	1/\$10	197793
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7

Glen Pine Holiday Variety Show (Performers in the Show) (1+ yrs)

For Performers in the Variety Show. Celebrate the holiday season with a wonderful variety show. Every year Glen Pine’s funny and talented entertainers cheer you up you with their lively songs, skits and dances. Family, friends and grandchildren are encouraged to attend. Light Refreshments will be served.

at Glen Pine Pavilion

Su	Dec 7	1 – 2:30 p.m.	1/\$7.50	197794
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7

Sunday Family Dinner: Christmas Cookie Exchange (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family’s kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su	Dec 7	5:30 – 7:30 p.m.	1/\$14.30	199031
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10

Dogwood Holiday Tea, Cookies and Carols (19+ yrs)

Celebrate the holiday season with an afternoon of carols presented in partnership with the Dogwood Senior Society Songsters and the Ukulele Band. Tea and holiday cookies provided.

at Dogwood Pavilion

W	Dec 10	1:30 – 3 p.m.	1/\$10	196418
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12

Pinetree Youth: Holiday Party (11 – 18 yrs)

Join us for an eventful night of games, activities, music, prizes and more. We will be serving food and refreshments. Bring a friend or come meet someone new! Wearing a holiday sweater or onesie is encouraged. Everyone is welcome. Registration is to account for supply shopping only.

at Pinetree Community Centre

F	Dec 12	6 – 9 p.m.	1/ FREE	199756
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14

Breakfast with Santa (All Ages)

Enjoy a waffle breakfast with Santa, make crafts and take pictures in the Winter Wonderland. Each participant must register.

at Dogwood Pavilion

Su	Dec 14	10 a.m. – 1 p.m.	1/\$5	199525
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14 and 20**Holiday Workshop: Creative Cooks Family Edition: Gingerbread Houses from Scratch (3+ yrs)**

Join us for a delightful family activity where we'll learn to make gingerbread houses from scratch! From mixing the dough to decorating with candies, this hands-on course is perfect for all ages. Children must attend with an adult (16 yrs+). Each person attending must register.

at Maillardville Community Centre

Su	Dec 14	10 a.m. – 12 p.m.	1/\$14.30	199397
Sa	Dec 20	10:15am – 12:15 p.m.	1/\$14.30	199401

18**Glen Pine Holiday Luncheon (19+ yrs)**

Celebrate the holiday with a choice of a traditional turkey or baked ham meal followed by dessert and holiday season entertainment. Menu: Choice of Roast Turkey or Ham, Mashed Potatoes, Vegetables, Stuffing, Gravy and Dessert.

Please bring your own takeaway container for your leftovers.

at Glen Pine Pavilion

Th	Dec 18	11:30 a.m. – 1:30 p.m.	1/\$24.85	197791
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19**Dogwood Social Evening (19+ yrs)**

Come enjoy a lively evening with drinks, dinner, and a live performance. Please call Dogwood Front Desk at 604-927-6098 after registering for seat selection. Menu: TBA Coffee/Tea.

at Dogwood Pavilion

F	Dec 19	5:30 – 9:30 p.m.	1/\$35	196265
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19**Maillardville Holiday Family Fun Night (All Ages)**

Bring the whole family and enjoy a fun-filled night bursting with holiday spirit! All ages can enjoy a wide variety of festive activities such as face painting, crafts, cookie decorating, active play, and more. Cozy up in front of the giant projector screen with a cup of hot chocolate and light refreshments to watch a holiday movie. Pajamas are encouraged!

at Maillardville Community Centre

F	Dec 19	4:30 – 7 p.m.	1/\$5	199476
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19**Poirier Youth: Holiday Movie Night (11 – 18 yrs)**

Bring your friends and join us for a fun night with snacks and a holiday movie in the Getaway Youth Centre.

at Centennial Pavilion

F	Dec 19	5:30 – 8 p.m.	1/ FREE	199535
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20**Pinetree Winter Wonderland (3 – 10 yrs)**

Ready for some family holiday fun! Join us for festive crafts, music, active gym games and equipment and a story time at the end.

at Pinetree Community Centre

Sa	Dec 20	10 a.m. – 12 p.m.	1/\$5	199757
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31**Movie Special – New Year's Eve (19+ yrs) LOW COST**

New Year's Eve (2011) Rated PG-13 1 hr 58 mins Comedy, Romance

It's a time when old acquaintance might be forgot... or new loves begin. From director Garry Marshall comes an all-star ensemble romantic comedy that looks into the lives of a group of New York City singles, couples and undecided's on the most glittering night of the year.

at Glen Pine Pavilion

W	Dec 31	10 a.m. – 12:30 p.m.	1/\$2	199310
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Arts and Culture



See it! Learn it! Do it!

There are many opportunities to experience culture in your own back yard. Visit your local theatre, take an art class or pick up a book at the library. You can find it all here in Coquitlam.

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636

Coquitlam Public Libraries

City Centre Branch

1169 Pinetree Way | 604-554-7323

Poirier Branch

575 Poirier St. | 604-554-7323

Coquitlam's Bettie Allard YMCA



Shine On

**BettieAllard
YMCA.ca**



@BettieAllardYMCA

955 Emerson St.,
Coquitlam, BC



Start Swim Lessons Today!

Get your child water safe at Coquitlam's Bettie Allard YMCA! Start immediately and your child's time slot is yours for as long as you wish.

We have tons of great programs for the whole family to be active. Visit our website or drop by today!



**COQUITLAM
PUBLIC
LIBRARY**

See all the Library news
& events at coqlibrary.ca

Juried Art Exhibition

Celebrate the arts!

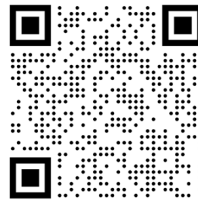
From October 4 to November 16, drop-in to the Poirier branch to view art reflecting this year's Juried Art Exhibition theme, *Metamorphosis*.

Details: coqlibrary.ca/juried-art-exhibit

What's Happening!

Coquitlam Public Library Programs & Events Guides are available in our library branches and online. Discover the programs, services, and collections we have waiting for you.

For the latest issue, scan the QR code or visit coqlibrary.ca/programs/program-and-events-guide



Brave Spaces

This fall, we're hosting four Brave Spaces sessions at the Poirier Branch.

A Brave Space is:

- is a supportive place where participants feel comfortable learning, sharing honestly and equally, and growing individually and together;
- is inclusive of all races, sexes, genders, abilities, immigration statuses, languages, and lived experience;
- can help encourage dialogue, especially about challenging topics like anti-racism.

Join us for speakers and documentaries on topics including the immigrant experience, Indigenous culture, and allyship. See coqlibrary.ca to learn more.

Discovery Lab

Visit the Discovery Lab at our City Centre branch, where we showcase technology that you can borrow, including:

- Binocular Kits
- Blu-ray Players
- Energy Meters
- GoPro Cameras
- Happy Light Lamps
- Immersive Reality Books
- Lendable Laptops
- Makey Makey
- Ozobots: Bit & Evo
- Playaway Launchpads
- Radon Detectors
- Spheros: Bolt, SPRK, and Indi
- Talking Picture Books
- Telescopes
- Vehicle Diagnostic Scanners
- Yoto Players
- ZTE Smart Hubs

For staffed hours, please see coqlibrary.ca/discovery-lab

Contact Us

Phone: 604-554-7323

Email: ask@coqlibrary.ca

Locations:

City Centre Branch
1169 Pinetree Way

Poirier Branch
575 Poirier Street

MUSIC DANCE THEATRE VISUAL ARTS LITERARY ARTS

FOR ALL AGES AND SKILL LEVELS!



2025/2026 Program Guide is [HERE!](#)



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COME VISIT Coquitlam HERITAGE AT MACKIN HOUSE

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EXHIBITS



MACKIN HOUSE

HOBBIES IN COQUITLAM | MAY 16 - DEC 1

Explore hobbies past and present through artifacts from Coquitlam Heritage, community objects, and archival images.

LIFE IN A PERIOD HOME | ONGOING

HAIR IN COQUITLAM | OCT 1 - DEC 15

Explore the history of hairdressers, barbershops, and diverse hair practices in Coquitlam. Featuring community objects and items from the Riverview collection.

HALLOWEEN | OCT 23 - 31

WINTER WONDERS | DEC 1 - 8

COQUITLAM PUBLIC LIBRARY

MUSIC THROUGH THE AGES | SEPT 1 - 30

COQUITLAM SPORTS HALL OF FAME

COQUITLAM RACE TRACK | NOV 1

EVENTS



SEPTEMBER

Graphic Memoir Workshops
Hobby Workshop: Intro to Baking

OCTOBER

Mid-Autumn Moon Festival
Diwali Fest Coquitlam
Hair Exhibit Opening Reception
ACE Poetry Night
Heritage Halloween
Autumn PJ Storytime
Museum of the Dolls Haunted Evening

NOVEMBER

Fashion Show
Indigenous Voices
Holiday Photo Fundraiser

DECEMBER

BC Museum Association IBPOC Tea & Talk
Winter Wonders
Holiday Treats & Crafts
Winter PJ Storytime

SCHOOL

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Communication & Technology
Maillardville Community 1909
Evolution of Music

EDUCATION KITS

Family Life
Food Culture Evolution
Rich Lands

MUSEUM TOURS

Mackin House Tour
Maillardville Walking Tour

VIRTUAL TOURS

Mackin Hour Tour
Homefront: World War II
Train Station & Caboose
The History of Everyday Objects
Family Life
Coquitlam's Heart of Gold

Learn about all of our events and exhibits
at our website: coquitlamheritage.ca
Or find us in person: 1116 Brunette Avenue, Coquitlam





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Learn more about what's happening in your community



Coquitlam Current E-News

Bi-weekly emails on the latest City news and important resident information.

PRC E-News

Recreation registration details, program highlights, park events and more delivered straight to your inbox.



CoquitlamConnect App

Search City news, events, bike maps, park and facility info and more.



Public Notices

Find statutory notices published on the City's website or sign-up for email notifications.



Social Media

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