

Registration Information on page 5

April to June
SPRING 2026

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 *həh̄qəm̄iħəm̄* (HUN-kuh-MEE-num) word *kʷikʷəłəm* (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the *kʷikʷəłəm* traditional and ancestral lands, including those parts that were historically shared with the *q̄ičəy* (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.

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

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

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, 2026.

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. No refunds for 10-Visit, 30-Day, 365-Day Passes or 10 Skate Rental Passes. There is a two year expiry on all 10-Visit Passes and 10 Skate Rental Passes.

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.43	\$27.50	\$31.60	\$22.10	\$248
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5.10	\$40.80	\$47.30	\$33.20	\$373
Adult	(19 – 64 yrs)	\$6.81	\$54.50	\$63.20	\$44.20	\$496
Senior	(65 – 79 yrs)	\$5.10	\$40.80	\$47.30	\$33.20	\$373
Super Senior	(80 yrs +)	\$3.43	\$27.50	\$31.60	\$22.10	\$248
Adult and Tot	(per person)	\$3.43	\$27.50	—	—	—

* 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, 2027.

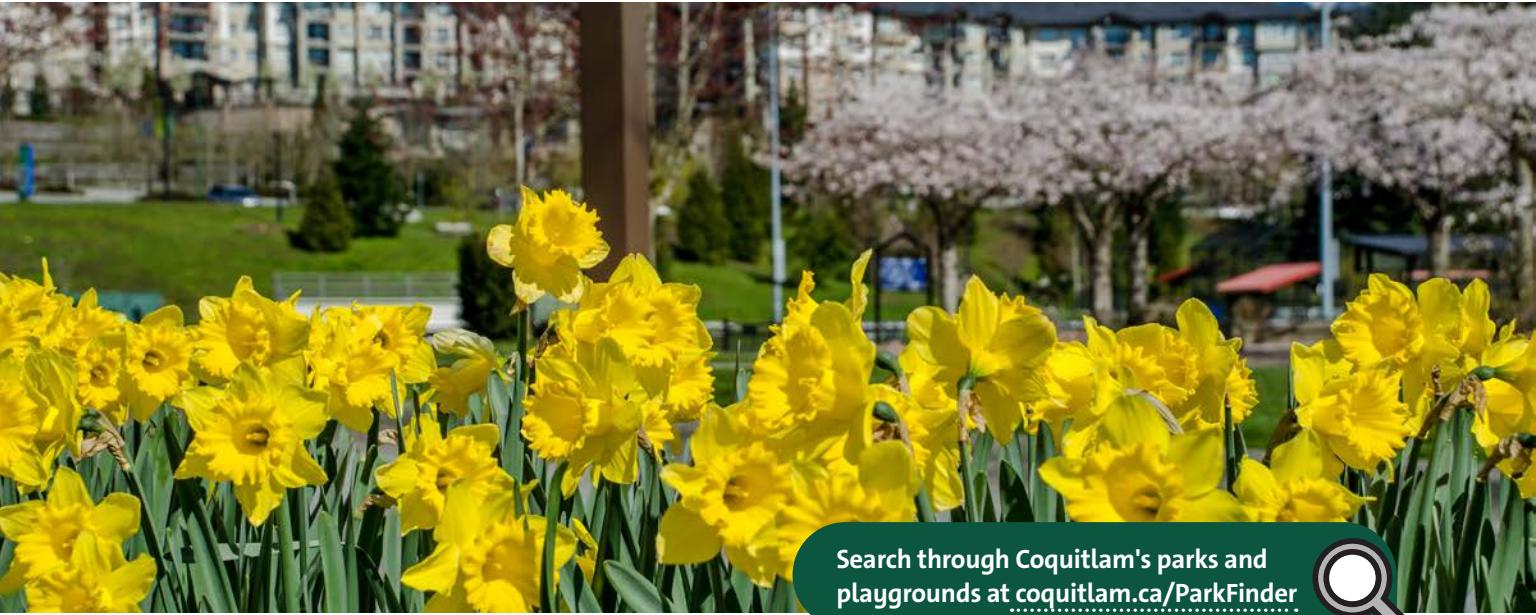
	Drop-In	10-Visit Pass
Skate Rentals	\$3.43	\$27.50
Helmet Rentals	\$2.19	\$17.40
Skate Sharpening	\$5.52	—

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.

Parks

Park program registration opens at 8:30 a.m. on February 24 for Coquitlam residents and at 8:30 a.m. on February 26 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 local 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/InspirationGarden



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 at Leigh Park (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

at Parks (Neighbourhood)

Su	Apr 12	10 a.m. – 12 p.m.	1/ FREE	216682
Su	May 10	10 a.m. – 12 p.m.	1/ FREE	216902
Sa	Jun 20	10 a.m. – 12 p.m.	1/ FREE	216943

Bad Seed: Community Weed Pull Party at Nestor Park (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.

at Other Locations

Sa	Apr 18	1–3 p.m.	1/ FREE	216677
Sa	May 23	2–4 p.m.	1/ FREE	216900
Su	Jun 14	10 a.m. – 12 p.m.	1/ FREE	216942

Bad Seed: Observing and Reporting Invasive Species (All Ages)

Community science is an essential part of local research and data collection. This workshop shows participants how to identify, track, and report invasive species in order to prevent their spread and protect ecosystems. Take part in local citizen science and learn more about managing and mitigating the impact of invasive species.

at Town Centre Park Community Centre

W	Apr 22	3:30 – 5 p.m.	1/ FREE	216663
Su	May 10	2–3:30 p.m.	1/ FREE	216897
Su	Jun 21	2–3:30 p.m.	1/ FREE	220611

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 Inspiration Garden

Sa	Apr 11	2:30 – 3:30 p.m.	1/ FREE	216669
Tu	May 26	3:30 – 4:30 p.m.	1/ FREE	216891
Tu	Jun 9	1–2 p.m.	1/ FREE	216941

at Town Centre Park Community Centre

Su	Apr 26	2–3 p.m.	1/ FREE	216683
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**Resilient Restorations (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 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 alternatives.

at Parks (Neighbourhood)

M	Jun 8	9:30 – 11 a.m.	1/ FREE	216939
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Restore-a-Habitat: How to Approach Ecological Restoration (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 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 alternatives.

at Como Lake Park

Tu	Apr 7	10 – 11:30 a.m.	1/ FREE	216658
Su	May 31	10 – 11:30 a.m.	1/ FREE	216894

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.

Inspiration Garden

Bat Appreciation Week: Intro to Bats (All Ages)

Celebrate International Bat Appreciation Week by learning about your local neighbours of the night! Sign up to discover the secret lives of local bats! Learn about their ecological importance and how you can help conserve their natural bat habitat in the community. Family Friendly. All Welcome!

at Dogwood Pavilion

Sa Apr 18 10 – 11:30 a.m. 1/**FREE** 218462

Compost Week: Compost Works! (All Ages)

Celebrate the importance of composting during Compost Week! Learn why you should compost at home, school, at work in this workshop. Find out about the different types of composting methods and techniques, and discover the many creatures that help turn your kitchen scraps into garden gold! Family friendly.

at Town Centre Park Community Centre

Su May 3	2 – 3 p.m.	1/ FREE 218633
Su May 3	3:15 – 4:15 p.m.	1/ FREE 218639
Th May 7	3 – 4 p.m.	1/ FREE 219871

Compost Week: Wormy Workshop (All Ages)

The most important part of your garden is what's below the ground. Meet wiggly worms, learn about their anatomy and what they eat. Use a magnifying glass to explore other soil dwelling creatures that live in the garden! Family Friendly.

at Inspiration Garden

Tu May 5 3 – 4:15 p.m. 1/**FREE** 218658

Compost Works! (All Ages)

Learn why you should compost at home, school, at work in this workshop. Find out about the different types of composting methods and techniques, and discover the many creatures that help turn your kitchen scraps into garden gold! Family friendly.

at Dogwood Pavilion

Su May 24 10 – 11 a.m. 1/**FREE** 220653



All Abilities Welcome!

Visit page 4 for details

Earth Week: Compost Works! (All Ages)

Celebrate the importance of composting during Earth Week! Learn why you should compost at home, school, at work in this workshop. Find out about the different types of composting methods and techniques, and discover the many creatures that help turn your kitchen scraps into garden gold! Registered attendees with participation may receive 1 bag of compost per family (while supplies last), additional requirements may apply.

at Inspiration Garden

M Apr 20 11 a.m. – 12 p.m. 1/**FREE** 218467

Earth Week: Earth Day Inspiration Garden Exploration (All Ages)

Drop in on Earth Day for a scavenger hunt at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly.

Drop in anytime between 3:30 – 5 p.m.

at Inspiration Garden

W Apr 22 3:30 – 5 p.m. 1/**FREE** 218477

Earth Week: Living Soil and 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 Summer. Attendees will explore the complex ecosystem beneath their feet, teeming with bacteria, fungi, earthworms, and other organisms. Through teachings and hands-on demonstrations, we will learn how these lifeforms contribute to soil health and plant growth. Family Friendly, all ages welcome.

at Town Centre Park Community Centre

Su Apr 19 4:30 – 6 p.m. 1/\$4 218250

Earth Week: Starting from Seed (All Ages)

This hands-on introductory workshop will cover everything you need to know about starting your vegetable garden from seed. Plan for your growing season with us! In this session, we will talk about soil mixes, preparation, watering, the process of seed germination, and the plant lifecycle. Family Friendly.

at Poirier Community Centre

Tu Apr 21 3 – 4 p.m. 1/**FREE** 218472

at Inspiration Garden

F Apr 24 11 a.m. – 12 p.m. 1/**FREE** 220655



Earth Week: Waterwise Gardening (All Ages)

Dive into a world of water efficient garden designs, xeriscape-friendly plants, and water wise ideas for your garden! While thoughtful plant selection can enhance your garden and support the local ecosystem, certain plants may also attract unwanted wildlife, including bears. In this workshop, we will explore water efficient plant choices that also help reduce the risk of human-wildlife encounters. This is an introductory workshop in collaboration with the Environmental Division. Green thumbs of all ages and abilities are welcome.

at Town Centre Park Community Centre

Th Apr 23 **4:30 – 6 p.m.** **1/ FREE 218598**

Father's Day Special: Healthy Herb Container (All Ages)

Join on this special Father's Day herb planter making workshop! A fun workshop to attend together with your family or a great personalized and hand-crafted gift! Green thumbs of all ages and abilities are welcome. All supplies included.

at Inspiration Garden

Sa Jun 20 **9:30 – 10:30 a.m.** **1/\$40 218234**

at Town Centre Park Community Centre

Su Jun 21 **4 – 5 p.m.** **1/\$40 218224**

Garden Basics: Pollinator Power Spring (All Ages)

Learn about beneficial insects and pollinators and why they are so important for a healthy garden. We will also observe and discuss how to attract mason bees, butterflies and beetles to your garden!

at Town Centre Park Community Centre

Th Apr 9 **3 – 4 p.m.** **1/ FREE 218040**

Garden Basics: Pollinator Power Summer (All Ages)

Learn about beneficial insects and local pollinators and why they are so important for a healthy garden! We will also discuss how to attract, protect different types of common garden visitors such as mason bees, bumble bees, beetles and other beneficial pollinators in your Summer garden. All Ages Welcome! Family Friendly.

at Inspiration Garden

Tu Jun 23 **3 – 4 p.m.** **1/ FREE 220659**

Garden Basics: Starting from Seed (All Ages)

This hands-on introductory workshop will cover everything you need to know about starting your vegetable garden from seed. Plan for your growing season with us! In this session, we will talk about soil mixes, preparation, watering, the process of seed germination, and the plant lifecycle. Family Friendly.

at Town Centre Park Community Centre

Th Jun 4 **4:30 – 5:30 p.m.** **1/ FREE 218743**

Garden Basics: Starting Summer Vegetables (All Ages)

This hands-on introductory workshop, we will focus on starting your summer vegetables from seed. In this session, we will talk about the elements to support a good harvest. Succession planting, soil mixes, preparation, watering, the process of seed germination, and the plant lifecycle. All Ages welcome!

at Inspiration Garden

Tu Jun 23 **1 – 2 p.m.** **1/ FREE 220658**

Garden Basics: Summer Garden Prep (All Ages)

Learn about summer garden preparation, plant selection, sun-mapping, soil mixes, watering, process of germination, direct sowing, and a check list of tools and useful tips for your summer balcony, patio or backyard garden. All ages welcome.

at Inspiration Garden

Tu Jun 9 **1:30 – 2:30 p.m.** **1/ FREE 218762**

Garden Meditative Guided Walk(All Ages) **LOW COST**

Join this garden meditative guided walk by Wewaves Wellness with the Park Spark Team. Wewaves Wellness is a community-centered organization dedicated to fostering individual and collective well-being. We will be guided to engage in a reflective walk starting at the Inspiration Garden into the garden pathways. There will be exercises and activities that will explore the senses to foster a deeper connection to community and the appreciation for nature in the urban environment. All ages welcome, family friendly.

at Inspiration Garden

Su	May 24	9:30 – 11 a.m.	1/\$2	219793
Su	May 31	9:30 – 11 a.m.	1/\$2	218728
Su	Jun 7	9:30 – 11 a.m.	1/\$2	220625

Garden Tour: Poirier Garden Exploration (All Ages)

Explore the gardens of the Poirier Complex with this new community walking tour! This is a guided walking activity by the Park Spark Team. We will be visiting a variety of garden displays and garden beds across the Poirier area. All ages welcome, family friendly.

at Dogwood Pavilion

Sa	Jun 6	10 – 11 a.m.	1/ FREE	218759
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Inspiration Garden Exploration: Summer Time

(All Ages)

Drop in on a Summer Scavenger Hunt at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Drop in anytime between 5:30 – 7:30 p.m..

at Inspiration Garden

M	Jun 22	5:30 – 7:30 p.m.	1/ FREE	219706
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Inspiration Garden Open House (All Ages)

Join us for our Inspiration Garden Open House and Orientation — a fun, interactive event for community members and prospective volunteers to learn about the Park Spark program, discover exciting volunteer opportunities, and explore how you can contribute to keeping the Inspiration Garden welcoming and thriving all year long! All Welcome!

at Inspiration Garden

Th	Jun 25	11 a.m. – 2 p.m.	1/ FREE	219786
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All Abilities Welcome!

Visit page 4 for details

**Tell us how we did!**coquitlam.ca/ProgramEvaluation**Mason Bee Workshop (All Ages)**

Join this seasonal hands-on workshop with the Park Spark Team and BC Bee Supply to learn all about Mason 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 demonstrations of different mason bee shelters and intro to the mason bee life cycle, habitat, and community discussions. All backgrounds and ages welcome!

at Dogwood Pavilion

W	May 27	2:30 – 4 p.m.	1/\$8	218708
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Mother's Day Special: Flower Hanging Basket (All Ages)

Join on this special Mother's Day flower hanging basket making workshop! A fun workshop to attend together with your family or a great personalized and hand-crafted gift! Green thumbs of all ages and abilities are welcome. All supplies included.

at Dogwood Pavilion

Sa	May 9	10 – 11 a.m.	1/\$40	218189
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at Town Centre Park Community Centre

Th	May 7	4:30 – 5:30 p.m.	1/\$40	218183
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Mother's Day Special: Tea in the Garden (All Ages)

Celebrate and drop in at the Inspiration Garden to enjoy a warm cup of tea and wander through the colourful Inspiration Garden, say hello to the pollinators and mason bee hotel, and take pictures with the elegant tulip garden beds! All ages, family friendly drop in anytime between 10 a.m.-12 p.m..

at Inspiration Garden

Su	May 10	10 a.m. – 12 p.m.	1/ FREE	218667
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Planter Workshop: Healthy Herb Container (All Ages)

Imagine fresh tasty herbs right by your kitchen window! Create a healthy herb container for your summer cuisines in this hands-on workshop. Green thumbs of all ages and abilities are welcome. All supplies included. You will be bringing your planter creation home.

at Dogwood Pavilion

M	Jun 1	10:30 – 11:30 a.m.	1/\$40	219850
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at Inspiration Garden

M	May 25	11:30 a.m. – 12:30 p.m.	1/\$40	218690
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at Town Centre Park Community Centre

Su	May 24	2 – 3 p.m.	1/\$40	218687
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Planter Workshop: Spring Pollinator Planter

(All Ages)

Create a pollinator friendly planter for your patio or balcony garden. Welcome the local pollinators including mason bees and bumble bees with a flower feast! Green thumbs of all ages and abilities are welcome. All supplies included. You will be bringing your planter creation home.

at Inspiration Garden

Th Apr 16 3–4 p.m. 1/\$40 220656

Planter Workshop: Summer Flowers (All Ages)

Create a beautiful summer flower planter to brighten up your patio or balcony spaces! Green thumbs of all ages and abilities are welcome. All supplies included.

at Poirier Community Centre

W Jun 10 1–2 p.m. 1/\$40 219422

Pollinator Week: Bugs in the Garden (All Ages)

Join the Park Spark Team on a fun bug discovery in the Inspiration Garden! We will be going on an adventure on foot with our Bug Box to find different bugs hidden and living all over the garden. Family Friendly.

at Inspiration Garden

Th Jun 18 3:30–4:15 p.m. 1/ FREE 219699

Pollinator Week: Open House (All Ages)

Drop in at the Inspiration Garden and meet the pollinators bee-sy in action! There will be mini-tours around the garden to observe seasonal pollinators such as the resident Blue Orchard Mason Bees! Bring your family and friends to celebrate Pollinator Week with us! (Drop in anytime between 3–4:15 p.m.) All ages welcome.

at Inspiration Garden

Tu Jun 16 3–4:30 p.m. 1/ FREE 219407

Pollinator Week: Pollinator Friendly Planter**Workshop (All Ages)**

Celebrate Pollinator Week by planting a pollinator friendly flower planter with your family to welcome all your local pollinator friends! There will be different colourful selections of flowers and plants to choose from. All supplies included. Attendees will be bringing home the planter creation.

at Inspiration Garden

F Jun 19 5–6 p.m. 1/\$40 218229

**Tell us how we did!**coquitlam.ca/ProgramEvaluation**Pollinator Week: Storytelling and Music in the Garden (All Ages)**

Tune in at the Inspiration Garden on this special evening of nature musical storytelling by The Well Worn Trail! Bring your family and friends and grab a seat in the garden as Rob and Lillian shares Canadian wildlife stories through music and puppetry to kindle the wonder of nature from us all! We welcome you to dance and sing-along together through the colourful garden and learn all about the flowers, bees and creatures in celebration of Pollinator Week! All ages, family friendly. Drop In Welcome! (Music performance will start at 7pm)

at Inspiration Garden

M Jun 15 6:30–8:30 p.m. 1/ FREE 219397

School Garden Tour (All Ages)

School Garden Tours are open to grades 2–6 1 hour guided garden tour and presentation in the gardens of the Poirier Complex. Meet in the Centennial Rose Garden outside the Dogwood Pavilion.

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 Dogwood Pavilion

W	Apr 15	1:30–2:30 p.m.	1/\$30	218137
W	Apr 29	1:30–2:30 p.m.	1/\$30	218143
W	May 6	1:30–2:30 p.m.	1/\$30	218148
W	May 13	1:30–2:30 p.m.	1/\$30	218150
W	May 27	1:30–2:30 p.m.	1/\$30	218154
W	Jun 3	1:30–2:30 p.m.	1/\$30	218159
W	Jun 10	1:30–2:30 p.m.	1/\$30	218171
W	Jun 17	1:30–2:30 p.m.	1/\$30	218176

at Town Centre Park

Th	Apr 16	1:30–2:30 a.m.	1/\$30	218142
Th	Apr 30	1:30–2:30 p.m.	1/\$30	218144
Th	May 7	1:30–2:30 p.m.	1/\$30	218149
Th	May 14	1:30–2:30 p.m.	1/\$30	218151
Th	May 21	1:30–2:30 a.m.	1/\$30	218152
Th	May 28	1:30–2:30 a.m.	1/\$30	218153
Th	Jun 4	1:30–2:30 p.m.	1/\$30	218161
Th	Jun 11	1:30–2:30 p.m.	1/\$30	218174
Th	Jun 18	1:30–2:30 p.m.	1/\$30	218179

Tea in the Garden (All Ages)

Enjoy a warm cup of tea and wander through the colourful Inspiration Garden, say hello to the pollinators and the mason bee hotel whilst exploring the colourful summer garden displays! All ages, family friendly drop in anytime between 10 – 11:30 a.m.

at Inspiration Garden

Su Jun 14 10 – 11:30 a.m. 1/**FREE** 219415

Youth Urban Garden Team Open House (All Ages)

Drop in at the Inspiration Garden afterschool and meet the Youth Urban Garden Team! There will be mini-tours around the garden to observe seasonal pollinators such as the resident Blue Orchard Mason Bees. A showcase of upcoming community garden plantings and programs that are open for youths to participate and volunteer all year round. (Youth Urban Garden Team meets on Mondays afterschool at the Inspiration Garden.)

at Inspiration Garden

M May 4 3:30 – 5:30 p.m. 1/**FREE** 220657

Park Spark**Adopt-A-Park Program Open House (All Ages)**

Are you passionate about your community and the environment? 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 open house to find out more about our Adopt-A Trail, Dog Park, Little Library, and Pollinator Hotel programs, and sign up on the spot! Visit Coquitlam.ca/AdoptAPark for more information.

at Town Centre Park Community Centre

Su	Apr 12	2 – 3 p.m.	1/ FREE	216524
Sa	May 9	2 – 3 p.m.	1/ FREE	216530
Su	Jun 7	2 – 3 p.m.	1/ FREE	216534

Park Spark Open House (All Ages)

Join us for our Park Spark Open House and Orientation — a fun, interactive event for community members and prospective volunteers to learn about the Park Spark program, discover exciting volunteer opportunities, and explore how you can contribute to keeping Coquitlam parks welcoming and thriving!

at Town Centre Park Community Centre

W	Apr 15	3:30 – 4:30 p.m.	1/ FREE	216535
Th	May 14	3:30 – 4:30 p.m.	1/ FREE	216556
W	Jun 10	3:30 – 4:30 p.m.	1/ FREE	216558

Park Flag Painting (11 – 18 yrs)

Join the Park Spark team for a creative and collaborative community art project as we paint vibrant flags and fence banners! This hands-on activity is involves transforming blank flags into colorful works of art that will be displayed in parks to brighten public spaces and celebrate local community pride.

at Town Centre Park Community Centre

Sa May 2 2:30 – 4 p.m. 1/**FREE** 220236

Park Flag Painting (50+ yrs)

Join the Park Spark team for a creative and collaborative community art project as we paint vibrant flags and fence banners! This hands-on activity is involves transforming blank flags into colorful works of art that will be displayed in parks to brighten public spaces and celebrate local community pride.

at Town Centre Park Community Centre

Th Jun 4 2 – 3:30 p.m. 1/**FREE** 220237

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 Coquitlam River Park.

at Parks (Neighbourhood)

Sa Apr 25 9 – 10:30 a.m. 1/**FREE** 216678

Behind the Scenes: Bat Walk and Talk

*(All Ages) **LOW COST***

Learn about your local neighbours of the night, flying around behind the scenes! Discover the secret lives of local bats, their ecological importance and how you can help conserve their natural bat habitat on this Bat Walk. Bring your flashlights, a camp chair, and join the Park Spark team with host from the Burke Mountain Naturalists as we watch local bats dance over Como Lake!

at Como Lake Park

F Jun 26 8:30 – 10 p.m. 1/\$2 216950

All Abilities Welcome!

Visit page 4 for details

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. Please email ParkSpark@coquitlam.ca for meeting location details.

at Mundy Park

W	Apr 22	10 – 11:30 a.m.	1/ FREE	216662
Su	Jun 7	10 – 11:30 a.m.	1/ FREE	216948

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

Sa	Apr 25	2 – 3:30 p.m.	1/ FREE	216680
Sa	May 23	10 – 11:30 a.m.	1/ FREE	216904
Sa	Jun 13	1 – 2:30 p.m.	1/ FREE	216949

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 Town Centre Park

Su	Apr 19	9 – 10:30 a.m.	1/ FREE	216684
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Intro to: Soil Sciences (All Ages)

Healthy soil is the foundation of healthy ecosystems. In this hands-on science workshop, students will explore the role of soil in supporting trees, plants, and the wider environment. They'll investigate soil's physical and chemical properties, test pH levels, examine the effects of pollutants, and discover how soil helps clean water and store carbon.

at Town Centre Park

M	Apr 20	3:30 – 5 p.m.	1/ FREE	216659
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at Town Centre Park Community Centre

Su	Apr 12	2 – 3:30 p.m.	1/ FREE	216681
W	May 13	3:30 – 5 p.m.	1/ FREE	216889

Tree Spree Tours: Creekside Curiosities at Hoy Creek (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 at Hoy Creek Linear Park.

at City Centre Aquatic Complex

Sa	Apr 18	10 – 11:30 a.m.	1/ FREE	216670
Su	May 24	10 – 11:30 a.m.	1/ FREE	216883
W	Jun 24	3:30 – 5 p.m.	1/ FREE	216947

Tree Spree Tours: Creekside Curiosity at Coquitlam River (All Ages)

Enjoy a peaceful nature tour along the Coquitlam River Trail, exploring riverside paths, wind through lush forests and wetlands. This scenic walk offers chances to learn about riparian habitat, hear rushing water, and experience the natural beauty of Coquitlam's local ecology.

at Parks (Neighbourhood)

Su	Apr 26	10 – 11:30 a.m.	1/ FREE	220609
Su	Apr 26	10 – 11:30 a.m.	1/ FREE	220610
Tu	May 12	10 – 11:30 a.m.	1/ FREE	216877
Tu	Jun 16	10 – 11:30 a.m.	1/ FREE	216945

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 Como Lake Park

W	Apr 8	2 – 3:30 p.m.	1/ FREE	216657
W	May 6	3:30 – 5 p.m.	1/ FREE	216882
Sa	Jun 6	10 – 11:30 a.m.	1/ FREE	216944

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

M	Apr 13	10 – 11:30 a.m.	1/ FREE	216656
Sa	May 16	10 – 11:30 a.m.	1/ FREE	216886
W	Jun 17	2 – 3:30 p.m.	1/ FREE	216946

Aquatics

Program registration is now open for both Coquitlam and non-residents.

Mixed
Ages



Learn to Swim

Swim for Life – Parent and Tot (4 – 36 months)

The Parent and Tot program structures in-water interaction between parent/guardian and child to stress the importance of play in developing water-positive attitudes and skills.

Swim for Life – Preschool (3 – 5 yrs)

Our Preschool program teaches kids to have a healthy respect for water safety. With our progression-based approach, we work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of swimming skills. Water Smart® education is included in all Preschool levels.

Swim for Life – Swimmer (6 – 16 yrs)

Swimmer program teaches school-aged children how to be safe in, on, and around the water. Each of the 6 levels challenges swimmers to develop safe entries, deep water support, underwater skills, and swimming strokes. Swimmers will learn healthy habits by getting wet and staying fit in the water. Swimmer levels include fun, hands-on activities for developing skills and attitudes that last a lifetime.

Swim for Life – Swim Patrol (6 – 16 yrs)

The Lifesaving Society's three-level (Swimmer 7-9) Swim Patrol program further builds on participants' swimming strokes and introduces the rescue of others in skills such as talk, throw and reach rescues, calling 911 and victim removals. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment.

Swim Workshop (6 – 16 yrs)

Stroke Workshops provide targeted support for swimmers who need extra help with stroke progression in our Swimmer program. Participants can choose from four focused workshops—Front Crawl, Back Crawl, Whipkick, and Breaststroke—each designed to reinforce key techniques and build confidence in specific skills. These sessions complement regular lessons and offer extra practice to help swimmers progress more successfully through their levels.

FUNDamentals (6 – 12 yrs)

Join us for Fun in the water with this introductory swim program that includes basic swim skill instruction and water games. There will be no formal evaluation at the end of the program.

Youth Learn to Swim Program (12 – 16 yrs)

The Youth Swim Program offers three progressive levels, guiding swimmers from beginner skills to mastery of front crawl, back crawl, and breaststroke. Participants develop water safety, breath control, floating, gliding, and stroke techniques while building fitness, confidence, and overall aquatic skills in a supportive, structured environment.

Adult Learn to Swim Program (16+ yrs)

The Adult Swim Program offers three progressive levels, guiding swimmers from beginner skills to mastery of front crawl, back crawl, and breaststroke. Participants develop water safety, breath control, floating, gliding, and stroke techniques while building fitness, confidence, and overall aquatic skills in a supportive, structured environment.



Certifications

Bronze Program (Star, Medallion, Cross) (8 – 13 years)

The Bronze Program is a progressive series of lifesaving courses designed to build swimming proficiency, water safety, and leadership skills. It includes Bronze Star (recommended for ages 8–12 as preparation for Bronze Medallion), Bronze Medallion (minimum 13 years old, or 12 with Bronze Star), and Bronze Cross. Together, these courses provide a structured pathway to develop confidence, fitness, and readiness for advanced lifeguarding and leadership training.

National Lifeguard Pool Option (15+ yrs)

This professional aquatics award is designed for those seeking employment as a lifeguard. Recognized as the standard measurement of lifeguarding performance in Canada, the National Lifeguard (NL) program develops a sound understanding of lifeguarding principles, good judgement and communication skills, and a mature and responsible attitude toward the role of the lifeguard. Prerequisites – Bronze Cross (does not need to be current), 15 years old, Standard First Aid with CPR C. Extra candidate fee will be added to course fee and is non-refundable after the first class. The National Lifeguard (NL) 'Alert' manual is extra and is not included in the course or candidate fee.

National Lifeguard Waterpark Option (15+ yrs)

The National Lifeguard Waterpark award builds on the skills and knowledge taught in NL Pool to train lifeguards in safety supervision and rescue in a large aquatic facility and/or waterpark environments. Prerequisites – National Lifeguard Pool Option (does not need to be current)

Swim Instructor (15+ yrs)

The Lifesaving Society Swim Instructor course prepares candidates to teach and evaluate swimmers in the Swim for Life and Canadian Swim Patrol programs. Candidates will develop the foundational knowledge, skills, and instructional techniques required to meet Competency Level 1 standards. Successful candidates will receive a digital certification valid for two years from the date of completion. Teaching Experience will be completed during the course from 4pm – 7pm. Candidates will be divided into 2 groups and required to attend 3 days of teaching experience as assigned by the instructor. Details to be provided by the instructor at the start of the course.

Lifesaving Instructor and Examiner (15+ yrs)

Lifesaving Instructors are trained to teach the Swim to Survive® and Canadian Swim Patrol awards, as well as Bronze Star, Bronze Medallion, Bronze Cross, and Junior Lifeguard Club. Lifesaving Examiners evaluate and certify candidates in Bronze Medallion and Bronze Cross. Candidates are trained in, and must demonstrate knowledge, skills, and attitudes at a Competency Level 2 to achieve certification.

Camps

Camp registration opens at 8:30 a.m. on February 17 for Coquitlam residents and at 8:30 a.m. on February 19 for non-residents.

Mixed Ages



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



Find Your Perfect Pro-D Day Camp!

Looking for fun and engaging ways to keep your child active and entertained on Pro-D Day this spring?

From classic games, crafts and active play to arts and crafts afternoons, exciting out-trips, and a full-day outdoor survival adventure, our Pro-D Day camps offer something for every age and interest. Campers can explore, create, build confidence and make new friends in a safe and supportive environment—while parents enjoy peace of mind.



With camps available for ages 5–14 at community centres across Coquitlam, there's a perfect Pro-D Day option waiting to be discovered this spring.

*Explore all the options at:
coquitlam.ca/registration → Camps Section (Spring)*

Outdoor Recreation

Camp registration opens at 8:30 a.m. on February 24 for Coquitlam residents and at 8:30 a.m. on February 26 for non-residents.

Mixed Ages



Baby and Me Beginner Hike (0 – 1.5 yrs)

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

Tu	Apr 7 – Apr 28	10 – 11:30 a.m.	4/\$18.40	218739
Tu	May 12 – Jun 9	10 – 11:30 a.m.	5/\$23	218758

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 will be emailed prior to start of program. Program will run rain or shine.

Th	Apr 9 – Apr 30	10 – 11:30 a.m.	4/\$18.40	218745
Th	May 14 – Jun 11	10 – 11:30 a.m.	5/\$23	218760

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.

Backcountry Navigation (16+ yrs)

Learn how to use a map/compass, familiarize yourself with other navigational aids (GPS, phone apps, etc.) and how to safely navigate our local wilderness areas. No prior knowledge needed, even the advanced will learn some useful tips. This “hands on” course will be conducted 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. The trails may be a little steep in places so waterproof footwear with traction and poles are recommended. Program will take place on Eagle Mountain.

Sa	May 16	9 a.m. – 2 p.m.	1/\$15.35	218801
Su	May 24	9 a.m. – 2 p.m.	1/\$15.35	218803
Sa	Jun 6	9 a.m. – 2 p.m.	1/\$15.35	218802

Beginner Hike: Fraser River Sunset (16+ yrs)

This evening hike will utilize the new PoCo Climb Trail and take in *Łéxətəm* Regional Park (formerly known as Colony Farm), Citadel Heights and end by trying to catch the sunset by the Fraser River. This ground level hike has one short, steep uphill section of stairs. Time will be taken to enjoy the views and wildlife in the area. Roundtrip distance is 6.5km with an elevation gain of 80 m.

Sa	Apr 11	6 – 8:30 p.m.	1/\$7.70	218725
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Beginner Hiking Program: Four Week Spring Hikes

(16+ yrs)

This four week program will give beginner hikers experience on local trails. Trails will include Miller Ravine, Harbour Chines, Shoreline Park, Mundy Park, Riverview Forest, and Ridge Park. Hikes will be from 2 to 3 hours, elevation gain from 50 to 245 m, and distance from 4 to 10 km.

W May 6 – May 27 6 – 8 p.m. 4/\$32.20 218622

Como Lake Learn to Fish (5 – 15 yrs)

Join the Freshwater Fisheries Society of BC and learn the basics of freshwater fishing. Fishing rods are provided. The program will run rain or shine. Adult participation is required.

Th May 14 6 – 8 p.m. 1/ FREE 218772
W Jun 3 6 – 8 p.m. 1/ FREE 218768

Eco Trekkers (2 – 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.

Sa Apr 11 – May 2 10 – 11 a.m. 4/\$12.30 220689

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.

Sa May 9 8:30 a.m. – 12:30 p.m. 1/\$12.30 218731

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.

Sa May 23 8 a.m. – 12 p.m. 1/\$12.30 218804

All Abilities Welcome!

Visit page 4 for details

Lafarge Lake Learn to Fish (5 – 15 yrs)

Join the Freshwater Fisheries Society of BC and learn the basics of freshwater fishing. Fishing rods are provided, and program run rain or shine. Adult participation required.

Th May 7	6 – 8 p.m.	1/ FREE	218773
Th May 28	6 – 8 p.m.	1/ FREE	218775
Th Jun 11	6 – 8 p.m.	1/ FREE	218776

Presentation: Hiking Safety and Techniques (19+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, on how to be prepared for a hike. With over 35 years of experience hiking local trails, Ian will highlight the ten essential items that should be in your backpack, provide tips to get ready for a hike and discuss ways to keep safe while on the trails. Geared towards new and experienced hikers.

at *Town Centre Park Community Centre*

Th Apr 9	6:30 – 8:30 p.m.	1/\$6.25	218707
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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*

Th Jun 11	6:30 – 8:30 p.m.	1/\$6.25	218761
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Walk: Colony Farm (19+ yrs)

Join us each week for a led walk along the beautiful trails and walkways surrounding *Łéxətəm* Regional Park (formerly known as Colony Farm). Learn about Nature along the way.

Sa May 30	8 – 11 a.m.	1/\$9.20	218805
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Walk: Coquitlam River (19+ yrs)

Join us each week for a led walk along the beautiful trails and walkways surrounding the Coquitlam River. Learn about Nature along the way.

W Apr 29	6 – 8 p.m.	1/\$6.15	218699
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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 February 24 for Coquitlam residents and at 8:30 a.m. on February 26 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	Apr 7 – May 5	10 – 10:30 a.m.	5/\$23	215676
Tu	May 12 – Jun 9	10 – 10:30 a.m.	5/\$23	215678

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	Apr 7 – May 5	9:15 – 9:45 a.m.	5/\$23	215674
Tu	May 12 – Jun 9	9:15 – 9:45 a.m.	5/\$23	215677

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	Apr 11 – May 9	9:45 – 10:15 a.m.	5/\$23	218300
Sa	May 16 – Jun 13	9:45 – 10:15 a.m.	5/\$23	218303

at Pinetree Community Centre

Sa	Apr 11 – May 9	9:15 – 9:45 a.m.	5/\$23	218447
Sa	May 16 – Jun 13	9:15 – 9:45 a.m.	5/\$23	218456

at Town Centre Park Community Centre

Su	Apr 5 – May 3	10:15 – 10:45 a.m.	5/\$23	218268
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Programs marked with  are for kids and adults together!

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

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

Beach Bound*at Poirier Community Centre*

Tu May 19 5:15 – 5:45 p.m. 1/\$4.60 215691

Bugs and Insects*at Town Centre Park Community Centre*

Th Apr 23 10 – 10:45 a.m. 1/\$6 218557

Dinosaurs*at Poirier Community Centre*

Tu Jun 9 5:15 – 5:45 p.m. 1/\$4.60 217400

Dragons and Castles*at Poirier Community Centre*

Tu May 26 5:15 – 5:45 p.m. 1/\$4.60 215692

Fairy Tales*at Town Centre Park Community Centre*

Th Apr 30 10 – 10:45 a.m. 1/\$6 218559

Farm Animals*at Poirier Community Centre*

Tu Jun 2 5:15 – 5:45 p.m. 1/\$4.60 217399

In the Garden*at Town Centre Park Community Centre*

Th May 7 10 – 10:45 a.m. 1/\$6 218561

Little Gardeners*at Poirier Community Centre*

Tu Apr 14 5:15 – 5:45 p.m. 1/\$4.60 215686

Magical Meadows*at Poirier Community Centre*

Tu May 12 5:15 – 5:45 p.m. 1/\$4.60 215690

Outer Space*at Town Centre Park Community Centre*

Th Apr 16 10 – 10:45 a.m. 1/\$6 218555

Picnic Playtime*at Poirier Community Centre*

Tu Apr 28 5:15 – 5:45 p.m. 1/\$4.60 215688

Rainbows and Raindrops*at Poirier Community Centre*

Tu Apr 7 5:15 – 5:45 p.m. 1/\$4.60 215685

Rainforest Adventure*at Poirier Community Centre*

Tu May 5 5:15 – 5:45 p.m. 1/\$4.60 215689

Spring Time Animals*at Poirier Community Centre*

Tu Apr 21 5:15 – 5:45 p.m. 1/\$4.60 215687

Welcome Spring*at Town Centre Park Community Centre*

Th Apr 9 10 – 10:45 a.m. 1/\$6 218553

Building Imaginations Parent and Tot (0 – 5 yrs) 

Unleash your creative side! Build, play, and explore with Stellar Play's Imagination Playground. Work with your child to create structures and play facilitated games and challenges. With a focus on problem solving, focus, creativity, and fine and gross motor skills, children will be challenged to create and communicate! In partnership with Stellar Play.

at Victoria Community Hall

Th Apr 9 – Apr 30 4 – 5 p.m. 4/\$60 218944

Th May 7 – May 28 4 – 5 p.m. 4/\$60 218945

Creative Crafts: Father's Day (2 – 3 yrs) 

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

F Jun 12 10 – 10:45 a.m. 1/\$6 218837

Creative Crafts: Garden Life (2 – 3 yrs) 

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

F May 22 10 – 10:45 a.m. 1/\$6 218835

Creative Crafts: Mother's Day (2 – 3 yrs) 

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

F May 8 10 – 10:45 a.m. 1/\$6 218409

Creative Crafts: Spring Creations (2 – 3 yrs) 

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

F Apr 17 10 – 10:45 a.m. 1/\$6 218407

Programs marked with  are for kids and adults together!

Dance for Two (3 – 5 yrs)

Looking for a creative way to spend time with your child? This course is for you. An introduction to some basic dance movements through age-appropriate dance and play. Adult participation required.

at Pinetree Community Centre

Sa	Apr 11 – May 9	11 – 11:45 a.m.	5/\$30	218466
Sa	May 16 – Jun 13	11 – 11:45 a.m.	5/\$30	218468

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	Apr 5 – May 3	9:30 – 10 a.m.	5/\$23	217599
Su	May 10 – Jun 7	9:30 – 10 a.m.	5/\$23	217604

at Town Centre Park Community Centre

Su	May 10 – Jun 7	11 – 11:30 a.m.	5/\$23	218807
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Father's Day Workshop: Blueberry Pancakes

(3 – 5 yrs) 

Celebrate Father's Day with some Blueberry Pancakes. 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 Poirier Community Centre

Su	Jun 21	9:30 – 10:30 a.m.	1/\$9.70	216931
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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	Apr 5 – May 3	9:15 – 10 a.m.	5/\$44.75	219196
Tu	Apr 7 – May 5	4:15 – 5 p.m.	5/\$44.75	219198
Su	May 10 – Jun 7	9:15 – 10 a.m.	5/\$44.75	219197
Tu	May 12 – Jun 9	4:15 – 5 p.m.	5/\$44.75	219199

at Pinetree Community Centre

Sa	Apr 11 – May 9	9:30 – 10:15 a.m.	5/\$44.75	218771
Sa	May 16 – Jun 13	9:30 – 10:15 a.m.	5/\$44.75	218774

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	Apr 11 – May 9	9:15 – 9:45 a.m.	5/\$23	216789
Sa	May 16 – Jun 13	9:15 – 9:45 a.m.	5/\$23	216790

at Maillardville Community Centre

M	Apr 13 – May 4	9:30 – 10 a.m.	4/\$18.40	219200
M	May 11 – Jun 8	9:30 – 10 a.m.	4/\$18.40	219201

at Smiling Creek Activity Centre

Sa	Apr 11 – May 9	10:45 – 11:15 a.m.	5/\$23	219021
Sa	May 16 – Jun 13	10:45 – 11:15 a.m.	5/\$23	219022

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	Apr 28 – Jun 2	9:15 – 10 a.m.	6/\$75	217670
Tu	Apr 28 – Jun 2	11:15 a.m. – 12 p.m.	6/\$75	217716
F	May 1 – Jun 5	10:15 – 11 a.m.	6/\$75	217750

at Poirier Community Centre

W	Apr 29 – Jun 3	9:15 – 10 a.m.	6/\$75	216922
W	Apr 29 – Jun 3	11:15 a.m. – 12 p.m.	6/\$75	216924
Sa	May 2 – Jun 6	10:15 – 11 a.m.	6/\$75	216928

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	Apr 28 – Jun 2	10:15 – 11 a.m.	6/\$75	217709
W	Apr 29 – Jun 3	6:30 – 7:15 p.m.	5/\$62.50	217729
F	May 1 – Jun 5	9:15 – 10 a.m.	6/\$75	217730

at Poirier Community Centre

W	Apr 29 – Jun 3	10:15 – 11 a.m.	6/\$75	216923
Th	Apr 30 – Jun 4	5:15 – 6 p.m.	6/\$75	216925
Sa	May 2 – Jun 6	11:15 a.m. – 12 p.m.	6/\$75	216929

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

F	Apr 10 – May 8	9 – 9:45 a.m.	5/\$30	216180
Su	Apr 12 – May 3	9:30 – 10:15 a.m.	4/\$24	215067
M	Apr 13 – May 4	4:30 – 5:15 p.m.	4/\$24	215098
Su	May 10 – Jun 7	9:30 – 10:15 a.m.	5/\$30	215070
M	May 11 – Jun 8	4:30 – 5:15 p.m.	4/\$24	215099
F	May 15 – Jun 12	9 – 9:45 a.m.	5/\$30	216182

Little Bakers: Lemon Crinkle Cookies (3 – 5 yrs) 

Learn how to bake Lemon Crinkle Cookies. 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 Poirier Community Centre

M	Jun 15	4 – 5:30 p.m.	1/\$14.60	217378
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Little Bakers: Zucchini Chocolate Chip Muffins**(3 – 5 yrs)** 

Learn how to bake Zucchini Chocolate Chip Muffins. 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 Poirier Community Centre

M	Jun 22	4 – 5:30 p.m.	1/\$14.60	217740
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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	Apr 9 – May 7	4 – 4:45 p.m.	5/\$33	215883
Th	May 14 – Jun 11	4 – 4:45 p.m.	5/\$33	215884

Little Carpenters: Workshop (3 – 5 yrs) 

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

at Poirier Community Centre

Th	Jun 18	4 – 4:45 p.m.	1/\$6.60	217089
Th	Jun 25	4 – 4:45 p.m.	1/\$6.60	217090

**Tell us how we did!**coquitlam.ca/ProgramEvaluation**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	Apr 5 – May 3	9:30 – 10:30 a.m.	5/\$48.50	216083
Sa	Apr 11 – May 9	9:30 – 10:30 a.m.	5/\$48.50	217052
Su	May 10 – Jun 7	9:30 – 10:30 a.m.	5/\$48.50	216084
Sa	May 16 – Jun 13	9:30 – 10:30 a.m.	5/\$48.50	217055

at Poirier Community Centre

Tu	Apr 7 – May 5	1 – 2 p.m.	5/\$48.50	215679
M	Apr 13 – May 4	5 – 6 p.m.	4/\$38.80	215106
M	May 11 – Jun 8	5 – 6 p.m.	4/\$38.80	215108
Tu	May 12 – Jun 9	1 – 2 p.m.	5/\$48.50	215680

Mini Makers (1 – 2 yrs) 

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

at Poirier Community Centre

Su	Apr 12 – May 3	10:45 – 11:15 a.m.	4/\$18.40	215666
Su	May 10 – Jun 7	10:45 – 11:15 a.m.	5/\$23	215667

at Smiling Creek Activity Centre

Tu	Apr 7 – May 5	5:30 – 6 p.m.	5/\$23	218596
Tu	May 12 – Jun 9	5:30 – 6 p.m.	5/\$23	218600

at Town Centre Park Community Centre

Tu	Apr 7 – May 5	10:15 – 10:45 a.m.	5/\$23	218332
Tu	May 12 – Jun 9	10:15 – 10:45 a.m.	5/\$23	218817
Th	May 14 – Jun 11	10:15 – 10:45 a.m.	5/\$23	218829

Mini Makers Try It (1 – 2 yrs) 

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

at Town Centre Park Community Centre

Tu	Mar 31	10:15 – 10:45 a.m.	1/\$4.60	218899
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Mini Makers (2 – 3 yrs) 

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

at Poirier Community Centre

Su	Apr 12 – May 3	9:30 – 10:15 a.m.	4/\$24	215663
Su	May 10 – Jun 7	9:30 – 10:15 a.m.	5/\$30	215664

at Town Centre Park Community Centre

Tu	Apr 7 – May 5	11:15 a.m. – 12 p.m.	5/\$30	218335
Tu	May 12 – Jun 9	11:15 a.m. – 12 p.m.	5/\$30	218818



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.

Mini Makers Try It (2 – 3 yrs)

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

at Town Centre Park Community Centre

Tu	Mar 31	11:15 a.m. – 12 p.m.	1/\$6	218900
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Mother's Day Workshop: A Gift that Grows

(3 – 5 yrs) 

Celebrate Mother's Day by painting a pot and planting a seed with your child.

at Poirier Community Centre

Su	May 10	9:15 – 10 a.m.	1/\$6	216933
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Mother's Day Workshop: A Gift that Grows

(6 – 8 yrs) 

Celebrate Mother's Day by painting a pot and planting a seed with your child.

at Poirier Community Centre

Su	May 10	10:30 – 11:15 a.m.	1/\$6	216934
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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 Smiling Creek Activity Centre

W	Apr 8 – May 6	5:15 – 5:45 p.m.	5/\$23	218980
Sa	Apr 11 – May 9	9:15 – 9:45 a.m.	5/\$23	219017
W	May 13 – Jun 10	5:15 – 5:45 p.m.	5/\$23	218981
Sa	May 16 – Jun 13	9:15 – 9:45 a.m.	5/\$23	219018

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	Apr 9 – May 7	10:30 – 11 a.m.	5/\$23	215893
Th	May 14 – Jun 11	10:30 – 11 a.m.	5/\$23	215894

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	Apr 5 – May 3	9:15 – 9:45 a.m.	5/\$23	215078
Su	May 10 – Jun 7	9:15 – 9:45 a.m.	5/\$23	215079

at Maillardville Community Centre

Tu	Apr 7 – May 5	4:45 – 5:15 p.m.	5/\$23	219227
Sa	Apr 11 – May 9	9 – 9:30 a.m.	5/\$23	219204
M	Apr 13 – May 4	10:15 – 10:45 a.m.	4/\$18.40	219202
M	May 11 – Jun 8	10:15 – 10:45 a.m.	4/\$18.40	219203
Tu	May 12 – Jun 9	4:45 – 5:15 p.m.	5/\$23	219228
Sa	May 16 – Jun 13	9 – 9:30 a.m.	5/\$23	219205

at Pinetree Community Centre

Sa	Apr 11 – May 9	9 – 9:30 a.m.	4/\$18.40	218635
Sa	May 16 – Jun 13	9 – 9:30 a.m.	5/\$23	218650

at Poirier Community Centre

Th	Apr 9 – May 7	9:30 – 10 a.m.	5/\$23	215891
Th	May 14 – Jun 11	9:30 – 10 a.m.	5/\$23	215892

at Smiling Creek Activity Centre

M	Apr 13 – May 4	5:15 – 5:45 p.m.	4/\$18.40	218958
M	May 11 – Jun 8	5:15 – 5:45 p.m.	4/\$18.40	218959

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	Mar 31 – Apr 21	9:15 – 10 a.m.	4/\$27.20	216027
Tu	Apr 28 – May 26	9:15 – 10 a.m.	5/\$34	216028
Tu	Jun 2 – Jun 23	9:15 – 10 a.m.	4/\$27.20	216029

at Pinetree Community Centre

F	Apr 10 – May 1	11:15 a.m. – 12 p.m.	4/\$27.20	216019
M	Apr 13 – May 11	9:30 – 10:15 a.m.	5/\$34	216017
F	May 8 – May 29	11:15 a.m. – 12 p.m.	4/\$27.20	216020
M	May 25 – Jun 22	9:30 – 10:15 a.m.	5/\$34	216018
F	Jun 5 – Jun 26	11:15 a.m. – 12 p.m.	4/\$27.20	216021

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.

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

Th	Apr 9 – May 7	7:15 – 8 p.m.	5/\$30	216610
Th	May 14 – Jun 11	7:15 – 8 p.m.	5/\$30	216612

at Poirier Community Centre

Su	Apr 12 – May 3	11:45 a.m. – 12:30 p.m.	4/\$24	215668
Su	May 10 – Jun 7	11:45 a.m. – 12:30 p.m.	5/\$30	215669

at Town Centre Park Community Centre

W	Apr 8 – May 6	4:30 – 5:15 p.m.	5/\$30	218349
Sa	Apr 11 – May 9	10 – 10:45 a.m.	5/\$30	218497
Su	May 10 – Jun 7	10:15 – 11 a.m.	5/\$30	218813
W	May 13 – Jun 10	4:45 – 5:30 p.m.	5/\$30	218827

Adventures in Art Try It (3 – 5 yrs)

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

at Town Centre Park Community Centre

W	Apr 1	4:30 – 5:15 p.m.	1/\$6	218903
Sa	Apr 4	10 – 10:45 a.m.	1/\$6	218905

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.

at Town Centre Park Community Centre

Father's Day	F	Jun 12	11:15 a.m. – 12 p.m.	1/\$12	218838
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Garden Life

Garden Life	F	May 22	11:15 a.m. – 12 p.m.	1/\$12	218836
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Mother's Day 3-5 yrs (3 – 5 yrs)

Mother's Day 3-5 yrs (3 – 5 yrs)	F	May 8	11:15 a.m. – 12 p.m.	1/\$12	218410
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Spring Craft Creations

Spring Craft Creations	F	Apr 17	11:15 a.m. – 12 p.m.	1/\$12	218408
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Creative Crafts: Easter (3 – 5 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Sa	Apr 4	10 – 10:45 a.m.	1/\$6	218907
Su	Apr 5	10 – 10:45 a.m.	1/\$6	218276

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

Beach Bound

Tu	May 19	6:15 – 7 p.m.	1/\$6	217402
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Dinosaurs

Tu	Jun 9	6:15 – 7 p.m.	1/\$6	217405
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Dragons and Castles

Tu	May 26	6:15 – 7 p.m.	1/\$6	217403
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Farm Animals

Tu	Jun 2	6:15 – 7 p.m.	1/\$6	217404
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Little Gardeners

Tu	Apr 14	6:15 – 7 p.m.	1/\$6	215694
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Magical Meadows

Tu	May 12	6:15 – 7 p.m.	1/\$6	217401
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Picnic Playtime

Tu	Apr 28	6:15 – 7 p.m.	1/\$6	215696
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Rainbows and Raindrops

Tu	Apr 7	6:15 – 7 p.m.	1/\$6	215693
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Rainforest Adventure

Tu	May 5	6:15 – 7 p.m.	1/\$6	215697
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Spring Time Animals

Tu	Apr 21	6:15 – 7 p.m.	1/\$6	215695
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Nature Art (3 – 5 yrs)

Connect with nature and the outdoors through art inspired creations.

at Centennial Activity Centre

Sa	May 16 – Jun 13	11 – 11:45 a.m.	5/\$30	216910
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at Pinetree Community Centre

Sa	Apr 11 – May 9	10:45 – 11:30 a.m.	5/\$30	218576
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Sa	May 16 – Jun 13	10:45 – 11:30 a.m.	5/\$30	218580
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at Smiling Creek Activity Centre

Tu	Apr 7 – May 5	6:30 – 7:15 p.m.	5/\$30	218585
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Tu	May 12 – Jun 9	6:30 – 7:15 p.m.	5/\$30	218589
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

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 spring is "Home and Family." We will learn how to describe family relationships and introduce our households. We will also discuss dwellings, housework and common objects in our living space. Each student may bring one parent or caregiver along to learn with them. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Apr 11 – Jun 27	10:05 – 11 a.m.	11/\$275	218052
Sa	Apr 11 – Jun 27	11:05 a.m. – 12 p.m.	11/\$275	218053
Su	Apr 12 – Jun 28	10:05 – 11 a.m.	11/\$275	218046
Su	Apr 12 – Jun 28	11:05 a.m. – 12 p.m.	11/\$275	218047

Little Scientists (3 – 5 yrs)

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

at Maillardville Community Centre

Sa	Apr 11 – May 9	11:15 a.m. – 12 p.m.	5/\$30	217050
Sa	May 16 – Jun 13	11:15 a.m. – 12 p.m.	5/\$30	217051

at Pinetree Community Centre

Sa	Apr 11 – May 9	9:30 – 10:15 a.m.	5/\$30	218602
Sa	May 16 – Jun 13	9:30 – 10:15 a.m.	5/\$30	218611

at Poirier Community Centre

Sa	Apr 11 – May 9	10:30 – 11:15 a.m.	5/\$30	216779
Sa	May 16 – Jun 13	10:30 – 11:15 a.m.	5/\$30	216780

at Town Centre Park Community Centre

Th	Apr 9 – May 7	11:15 a.m. – 12 p.m.	5/\$30	218564
M	Apr 13 – May 4	4 – 4:45 p.m.	4/\$24	218329
Sa	May 16 – Jun 13	10:15 – 11 a.m.	5/\$30	218853

Little Scientists Try It (3 – 5 yrs)

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

at Town Centre Park Community Centre

M	Mar 30	4 – 4:45 p.m.	1/\$6	218897
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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.

Mini Builders (3 – 5 yrs)

Explore building through play. Children will learn to stack, sort, and create through hands on activities using a variety of materials.

at Pinetree Community Centre

Sa	Apr 11 – May 9	12 – 12:45 p.m.	5/\$30	218624
Sa	May 16 – Jun 13	12 – 12:45 p.m.	5/\$30	218627

at Poirier Community Centre

Sa	Apr 11 – May 9	9:15 – 10 a.m.	5/\$30	216777
Sa	May 16 – Jun 13	9:15 – 10 a.m.	5/\$30	216778

at Town Centre Park Community Centre

Su	Apr 5 – May 3	10:15 – 11 a.m.	5/\$30	218290
Th	May 14 – Jun 11	11:15 a.m. – 12 p.m.	5/\$30	218830

Mini Builders Try It (3 – 5 yrs)

Explore building through play. Children will learn to stack, sort, and create through hands on activities using a variety of materials.

at Town Centre Park Community Centre

Su	Mar 29	10:15 – 11 a.m.	1/\$6	218895
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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

Th	Apr 9 – May 7	11:30 a.m. – 12:15 p.m.	5/\$30	215895
Th	May 14 – Jun 11	11:30 a.m. – 12:15 p.m.	5/\$30	215896

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

M/W/F	Apr 8 – Jun 12	9:30 – 11:30 a.m.	28/\$397.60	216150
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at Pinetree Community Centre

M/W/F	Apr 8 – May 8	9:30 – 11:30 a.m.	14/\$198.80	218218
M/W/F	May 11 – Jun 12	9:30 – 11:30 a.m.	14/\$198.80	218220

at Town Centre Park Community Centre

Monday third day option available (Course 218298).

Tu/Th	Apr 7 – Jun 11	10 a.m. – 12 p.m.	20/\$284	218305
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at Town Centre Park Community Centre

For three day option add to (Course 218305).

M	Apr 13 – Jun 8	10 a.m. – 12 p.m.	8/\$113.60	218298
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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 Town Centre Park Community Centre

Tu	Apr 7 – Jun 9	12 – 1 p.m.	10/\$71	218320
Th	Apr 9 – Jun 11	12 – 1 p.m.	10/\$71	218328
M	Apr 13 – Jun 8	12 – 1 p.m.	8/\$56.80	218310

at Pinetree Community Centre

W	Apr 8 – May 6	11:30 a.m. – 12:30 p.m.	5/\$35.50	218225
F	Apr 10 – May 8	11:30 a.m. – 12:30 p.m.	5/\$35.50	218226
M	Apr 13 – May 4	11:30 a.m. – 12:30 p.m.	4/\$28.40	218222
M	May 11 – Jun 8	11:30 a.m. – 12:30 p.m.	4/\$28.40	218223
W	May 13 – Jun 10	11:30 a.m. – 12:30 p.m.	5/\$35.50	218227
F	May 15 – Jun 12	11:30 a.m. – 12:30 p.m.	5/\$35.50	218228

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 Summit Community Centre

W	Apr 8 – May 6	5:30 – 6:15 p.m.	5/\$30	218948
W	May 13 – Jun 10	5:30 – 6:15 p.m.	5/\$30	218949

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

Sa	Apr 11 – May 9	10:45 – 11:30 a.m.	5/\$30	218306
Sa	Apr 11 – May 9	11:45 a.m. – 12:30 p.m.	5/\$30	218326
Sa	May 16 – Jun 13	10:45 – 11:30 a.m.	5/\$30	218314
Sa	May 16 – Jun 13	11:45 a.m. – 12:30 p.m.	5/\$30	218327

at Pinetree Community Centre

Sa	Apr 11 – May 9	10 – 10:45 a.m.	5/\$30	218461
Sa	Apr 11 – May 9	12 – 12:45 p.m.	5/\$30	218464
Sa	May 16 – Jun 13	10 – 10:45 a.m.	5/\$30	218463
Sa	May 16 – Jun 13	12 – 12:45 p.m.	5/\$30	218465

at Poirier Community Centre

Th	Apr 9 – May 7	6:30 – 7:15 p.m.	5/\$30	217688
Th	May 14 – Jun 11	6:30 – 7:15 p.m.	5/\$30	217693

at Town Centre Park Community Centre

Su	Apr 5 – May 3	11 – 11:45 a.m.	5/\$30	218269
Su	Apr 5 – May 3	1 – 1:45 p.m.	5/\$30	218271
Tu	Apr 7 – May 5	6:30 – 7:15 p.m.	5/\$30	218348
Su	May 10 – Jun 7	10:15 – 11 a.m.	5/\$30	218806
Su	May 10 – Jun 7	11:45 a.m. – 12:30 p.m.	5/\$30	218808
Tu	May 12 – Jun 9	6:30 – 7:15 p.m.	5/\$30	218826

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	Apr 5 – May 3	10:15 – 11 a.m.	5/\$30	217608
Su	May 10 – Jun 7	10:15 – 11 a.m.	5/\$30	217609

at Town Centre Park Community Centre

Tu	Apr 7 – May 5	4:30 – 5:15 p.m.	5/\$30	218340
Tu	May 12 – Jun 9	4:30 – 5:15 p.m.	5/\$30	218824

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	Apr 5 – May 3	3:30 – 4:15 p.m.	5/\$30	216143
Su	Apr 5 – May 3	4:30 – 5:15 p.m.	5/\$30	216144
Su	May 10 – Jun 7	3:30 – 4:15 p.m.	5/\$30	216145
Su	May 10 – Jun 7	4:30 – 5:15 p.m.	5/\$30	216146

at Poirier Community Centre

Th	Apr 9 – May 7	4:30 – 5:15 p.m.	5/\$30	217612
Th	May 14 – Jun 11	4:30 – 5:15 p.m.	5/\$30	217616

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

W	Apr 29 – Jun 3	5:15 – 6:15 p.m.	5/\$71	217727
F	May 1 – Jun 5	11:15 a.m. – 12:15 p.m.	6/\$85	217763

at Poirier Community Centre

Th	Apr 30 – Jun 4	6:15 – 7:15 p.m.	6/\$85	216926
Sa	May 2 – Jun 6	9 – 10 a.m.	6/\$85	216927

Mini Performers (4 – 5 yrs)

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

at Maillardville Community Centre

W	Apr 8 – May 6	4:30 – 5 p.m.	5/\$23	216280
W	Apr 8 – May 6	6:15 – 7 p.m.	5/\$30	216301
W	May 13 – Jun 10	4:30 – 5 p.m.	5/\$23	216293
W	May 13 – Jun 10	6:15 – 7 p.m.	5/\$30	216314

Sports and Active Play**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	Apr 5 – May 3	10 – 10:30 a.m.	5/\$23	219206
Su	May 10 – Jun 7	10 – 10:30 a.m.	5/\$23	219207

Basketball (3 – 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. 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 Smiling Creek Activity Centre

Th	Apr 9 – May 7	5:15 – 5:45 p.m.	5/\$23	218999
Sa	Apr 11 – May 9	11:30 a.m. – 12 p.m.	5/\$23	219025
Th	May 14 – Jun 11	5:15 – 5:45 p.m.	5/\$23	219012
Sa	May 16 – Jun 13	11:30 a.m. – 12 p.m.	5/\$23	219026

All Abilities Welcome!

Visit page 4 for details

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 Pinetree Community Centre

M	Apr 13 – May 4	4:30 – 5 p.m.	4/\$18.40	218231
M	May 11 – Jun 8	4:30 – 5 p.m.	4/\$18.40	218233

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	Apr 11 – May 9	10:45 – 11:15 a.m.	5/\$23	216793
Sa	May 16 – Jun 13	10:45 – 11:15 a.m.	5/\$23	216794

at Maillardville Community Centre

Su	Apr 5 – May 3	9 – 9:30 a.m.	5/\$23	219208
Su	May 10 – Jun 7	9 – 9:30 a.m.	5/\$23	219209

at Smiling Creek Activity Centre

Th	Apr 9 – May 7	6 – 6:30 p.m.	5/\$23	219013
Th	May 14 – Jun 11	6 – 6:30 p.m.	5/\$23	219014



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 16 years old

Find details and register at coquitlam.ca/PartyWithUs



Tell us how we did!
coquitlam.ca/ProgramEvaluation

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	Apr 5 – May 3	10:15 – 11 a.m.	5/\$44.75	219220
Tu	Apr 7 – May 5	5:15 – 6 p.m.	5/\$44.75	219222
Su	May 10 – Jun 7	10:15 – 11 a.m.	5/\$44.75	219221
Tu	May 12 – Jun 9	5:15 – 6 p.m.	5/\$44.75	219223

at Pinetree Community Centre

Sa	Apr 11 – May 9	10:30 – 11:15 a.m.	5/\$44.75	218778
Sa	May 16 – Jun 13	10:30 – 11:15 a.m.	5/\$44.75	218779

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	Apr 5 – May 3	2:30 – 3:15 p.m.	5/\$44.75	219224
Tu	Apr 7 – May 5	6:15 – 7 p.m.	5/\$44.75	219226
Su	May 10 – Jun 7	2:30 – 3:15 p.m.	5/\$44.75	219225
Tu	May 12 – Jun 9	6:15 – 7 p.m.	5/\$44.75	219263

at Pinetree Community Centre

Su	Apr 5 – May 3	9:15 – 10 a.m.	5/\$44.75	218085
F	Apr 10 – May 8	5:15 – 6 p.m.	5/\$44.75	218418
Sa	Apr 11 – May 9	11:30 a.m. – 12:15 p.m.	5/\$44.75	218780
Su	May 10 – Jun 7	9:15 – 10 a.m.	5/\$44.75	218086
F	May 15 – Jun 12	5:15 – 6 p.m.	5/\$44.75	218420
Sa	May 16 – Jun 13	11:30 a.m. – 12:15 p.m.	5/\$44.75	218781

I Can Run, Jump and Throw (3 – 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. 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 Smiling Creek Activity Centre

Sa	Apr 11 – May 9	11:30 a.m. – 12 p.m.	5/\$23	219023
Sa	May 16 – Jun 13	11:30 a.m. – 12 p.m.	5/\$23	219024

Jump, Tuck and Roll! (3 – 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

F	Apr 10 – May 8	10 – 10:45 a.m.	5/\$30	216183
F	May 15 – Jun 12	10 – 10:45 a.m.	5/\$30	216184

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	Apr 12 – May 3	10:30 – 11:15 a.m.	4/\$24	215073
M	Apr 13 – May 4	5:30 – 6:15 p.m.	4/\$24	215101
Su	May 10 – Jun 7	10:30 – 11:15 a.m.	5/\$30	215074
M	May 11 – Jun 8	5:30 – 6:15 p.m.	4/\$24	215102

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	Apr 12 – May 3	11:30 a.m. – 12:15 p.m.	4/\$24	215075
M	Apr 13 – May 4	6:30 – 7:15 p.m.	4/\$24	215103
Su	May 10 – Jun 7	11:30 a.m. – 12:15 p.m.	5/\$30	215077
M	May 11 – Jun 8	6:30 – 7:15 p.m.	4/\$24	215104

Multi-Ball (3 – 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 Pinetree Community Centre

Sa	Apr 11 – May 9	10:30 – 11 a.m.	4/\$18.40	218665
Sa	May 16 – Jun 13	10:30 – 11 a.m.	5/\$23	218666

at Smiling Creek Activity Centre

W	Apr 8 – May 6	6 – 6:30 p.m.	5/\$23	218989
Sa	Apr 11 – May 9	10 – 10:30 a.m.	5/\$23	219019
W	May 13 – Jun 10	6 – 6:30 p.m.	5/\$23	218995
Sa	May 16 – Jun 13	10 – 10:30 a.m.	5/\$23	219020

All Abilities Welcome!

Visit page 4 for details

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 (3 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	Apr 11 – May 9	10 – 10:30 a.m.	5/\$23	216791
Sa	May 16 – Jun 13	10 – 10:30 a.m.	5/\$23	216792

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	Apr 11 – May 9	10:45 – 11:30 a.m.	5/\$34	216000
Sa	May 23 – Jun 27	10:45 – 11:30 a.m.	6/\$40.80	216001

at Pinetree Community Centre

M	Apr 13 – May 11	5:15 – 6 p.m.	5/\$34	216002
M	May 25 – Jun 22	5:15 – 6 p.m.	5/\$34	216003

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	Apr 5 – May 3	10 – 10:30 a.m.	5/\$23	215080
Su	May 10 – Jun 7	10 – 10:30 a.m.	5/\$23	215081

at Maillardville Community Centre

Sa	Apr 11 – May 9	9:45 – 10:15 a.m.	5/\$23	219210
M	Apr 13 – May 4	11 – 11:30 a.m.	4/\$18.40	219218
M	May 11 – Jun 8	11 – 11:30 a.m.	4/\$18.40	219219
Sa	May 16 – Jun 13	9:45 – 10:15 a.m.	5/\$23	219211

at Pinetree Community Centre

Sa	Apr 11 – May 9	9:45 – 10:15 a.m.	4/\$18.40	218659
Sa	May 16 – Jun 13	9:45 – 10:15 a.m.	5/\$23	218664

at Smiling Creek Activity Centre

M	Apr 13 – May 4	6 – 6:30 p.m.	4/\$18.40	218960
M	May 11 – Jun 8	6 – 6:30 p.m.	4/\$18.40	218972

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	Apr 5 – May 3	10:45 – 11:15 a.m.	5/\$23	215082
Su	May 10 – Jun 7	10:45 – 11:15 a.m.	5/\$23	215083

at Maillardville Community Centre

Tu	Apr 7 – May 5	5:30 – 6 p.m.	5/\$23	219212
Sa	Apr 11 – May 9	10:30 – 11 a.m.	5/\$23	219214

Tu	May 12 – Jun 9	5:30 – 6 p.m.	5/\$23	219213
Sa	May 16 – Jun 13	10:30 – 11 a.m.	5/\$23	219215

at Pinetree Community Centre

Su	Apr 5 – May 3	9 – 9:30 a.m.	5/\$23	218079
Su	May 10 – Jun 7	9 – 9:30 a.m.	5/\$23	218080

at Smiling Creek Activity Centre

M	Apr 13 – May 4	6:45 – 7:15 p.m.	4/\$18.40	219032
M	May 11 – Jun 8	6:45 – 7:15 p.m.	4/\$18.40	219037

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	Apr 13 – May 4	5:15 – 5:45 p.m.	4/\$18.40	218235
M	May 11 – Jun 8	5:15 – 5:45 p.m.	4/\$18.40	218237



Child

6 – 12 yrs

Registration opens at 8:30 a.m. on February 24 for Coquitlam residents and at 8:30 a.m. on February 26 for non-residents.



Learn and Discover

Building Imaginations (5 – 7 yrs)

Unleash your creative side! Build, play, and explore with Stellar Play's Imagination Playground. Children will work collaboratively to create structures and play facilitated games and challenges. With a focus on problem solving, focus, creativity, and fine and gross motor skills, children will be challenged to create and communicate! In partnership with Stellar Play.

at Victoria Community Hall

Th	Apr 9 – Apr 30	5:15 – 6:15 p.m.	4/\$60	218947
Th	May 7 – May 28	5:15 – 6:15 p.m.	4/\$60	218946

Chess Club (8 – 11 yrs)

Learn what you need to know to begin playing chess. Includes rules, fundamentals and introduction to analytical skills. Lots of play time with new friends!

at Maillardville Community Centre

M	Apr 13 – May 4	5 – 6 p.m.	4/\$29.20	216187
M	May 11 – Jun 8	5 – 6 p.m.	4/\$29.20	216189

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	Apr 13 – May 4	4 – 4:45 p.m.	4/\$24	216179
M	May 11 – Jun 15	4 – 4:45 p.m.	5/\$30	216181

at Pinetree Community Centre

Tu	Apr 7 – May 5	4:30 – 5:15 p.m.	5/\$30	219113
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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	Apr 7 – May 5	5:30 – 6:15 p.m.	5/\$30	219114
Tu	May 12 – Jun 9	6:30 – 7:15 p.m.	5/\$30	219115

Chess: Intermediate (5 – 7 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 Pinetree Community Centre

Tu	May 12 – Jun 9	4:30 – 5:15 p.m.	5/\$30	219119
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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 Pinetree Community Centre

Tu	Apr 7 – May 5	6:30 – 7:15 p.m.	5/\$30	219116
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Tu	May 12 – Jun 9	5:30 – 6:15 p.m.	5/\$30	219117
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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	Apr 10 – May 8	4 – 5:30 p.m.	5/\$73	217044
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F	May 15 – Jun 12	4 – 5:30 p.m.	5/\$73	217045
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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	Apr 10 – May 8	6 – 7:30 p.m.	5/\$73	217046
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F	May 15 – Jun 12	6 – 7:30 p.m.	5/\$73	217047
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Creative Bakers: Lemon Crinkle Cookies (6 – 8 yrs)

Roll, knead, and bake! Learn how to bake Lemon Crinkle Cookies. Closed toe shoes are required for all participants.

at Poirier Community Centre

M	Jun 15	6 – 7:30 p.m.	1/\$14.60	217374
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Tu	Jun 16	4 – 5:30 p.m.	1/\$14.60	217375
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**Creative Bakers: Lemon Crinkle Cookies (9 – 11 yrs)**

Roll, knead, and bake! Learn how to bake Lemon Crinkle Cookies. Closed toe shoes are required for all participants.

at Poirier Community Centre

Tu	Jun 16	6 – 7:30 p.m.	1/\$14.60	217376
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Creative Bakers: Zucchini Chocolate Chip Muffins (6 – 8 yrs)

Roll, knead, and bake! Learn how to bake Zucchini Chocolate Chip Muffins. Closed toe shoes are required for all participants.

at Poirier Community Centre

M	Jun 22	6 – 7:30 p.m.	1/\$14.60	217775
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Tu	Jun 23	4 – 5:30 p.m.	1/\$14.60	217777
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Creative Bakers: Zucchini Chocolate Chip Muffins (9 – 11 yrs)

Roll, knead, and bake! Learn how to bake Zucchini Chocolate Chip Muffins. Closed toe shoes are required for all participants.

at Poirier Community Centre

Tu	Jun 23	6 – 7:30 p.m.	1/\$14.60	217782
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Creative Cooks (6 – 8 yrs)

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

at Maillardville Community Centre

Th	Apr 9 – May 7	4:30 – 5:30 p.m.	5/\$48.50	217037
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Sa	Apr 11 – May 9	11 a.m. – 12 p.m.	5/\$48.50	217056
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Th	May 14 – Jun 11	4:30 – 5:30 p.m.	5/\$48.50	217038
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Sa	May 16 – Jun 13	11 a.m. – 12 p.m.	5/\$48.50	217057
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at Poirier Community Centre

M	Apr 13 – May 4	6:30 – 7:30 p.m.	4/\$38.80	215109
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M	May 11 – Jun 8	6:30 – 7:30 p.m.	4/\$38.80	215110
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Creative Cooks (9 – 11 yrs)

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

at Maillardville Community Centre

Su	Apr 5 – May 3	11 a.m. – 12 p.m.	5/\$48.50	216087
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Su	May 10 – Jun 7	11 a.m. – 12 p.m.	5/\$48.50	216090
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at Poirier Community Centre

Tu	Apr 7 – May 5	5 – 6 p.m.	5/\$48.50	215681
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Tu	May 12 – Jun 9	5 – 6 p.m.	5/\$48.50	215683
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Tell us how we did!
coquitlam.ca/ProgramEvaluation

Crocodile Mandarin: "A" Class 5-10 yrs (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 spring is "Home and Family." We will learn how to describe family relationships and introduce our households. We will also discuss dwellings, housework and common objects in our living space. Each student may bring one parent or caregiver along to learn with them. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Apr 11 – Jun 27	12:05 – 1 p.m.	11/\$275	218054
Su	Apr 12 – Jun 28	9:05 – 10 a.m.	11/\$275	218045

Crocodile Mandarin: Junior Academic Class (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	Apr 11 – Jun 27	9:05 – 10 a.m.	11/\$275	218051
Su	Apr 12 – Jun 28	12:05 – 1 p.m.	11/\$275	218048

Engkidz: Bio-Chem Explorers (7 – 12 yrs)

Explore Biology and Chemistry! Kids will build cool take home projects and participate in hands-on STEM challenges.

at Pinetree Community Centre

Su	Apr 5 – May 3	11 a.m. – 12:30 p.m.	5/\$175	219091
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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	May 10 – Jun 7	11 a.m. – 12:30 p.m.	5/\$175	219093
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Father's Day Workshop: Blueberry Pancakes

(6 – 8 yrs)

Celebrate Father's Day with some Blueberry Pancakes. Closed toe shoes are required for all participants and parents. Parent participation is encouraged.

at Poirier Community Centre

Su	Jun 21	11 a.m. – 12 p.m.	1/\$9.70	216932
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Friday Night Bites (8 – 11 yrs)

Enjoy your Friday night knowing your kids are having a blast. Children will make a bite to eat and play games together.

at Poirier Community Centre

Apple Pancakes

F	May 22	5:30 – 7:30 p.m.	1/\$19.40	216203
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Burgers and Fries

F	Apr 10	5:30 – 7:30 p.m.	1/\$19.40	216199
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Chilli

F	May 8	5:30 – 7:30 p.m.	1/\$19.40	216202
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Icecream and Cupacakes

F	Jun 5	5:30 – 7:30 p.m.	1/\$19.40	216204
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Quesadilla

F	Apr 24	5:30 – 7:30 p.m.	1/\$19.40	216201
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Junior Architects (5 – 7 yrs)

This hands on program will encourage young builders to use their curiosity and creativity to plan, design and create small projects using a variety of materials.

at Maillardville Community Centre

M	Apr 6 – May 4	6:30 – 7:15 p.m.	4/\$24	218128
M	May 11 – Jun 8	6:30 – 7:15 p.m.	4/\$24	218130

Junior Architects 8-11 yrs (8 – 11 yrs)

This hands on program will encourage young builders to use their curiosity and creativity to plan, design and create small projects using a variety of materials.

at Pinetree Community Centre

Th	Apr 9 – May 7	5:30 – 6:30 p.m.	5/\$36.50	219134
Su	May 10 – Jun 7	11 a.m. – 12 p.m.	5/\$36.50	219146

at Town Centre Park Community Centre

Th	May 14 – Jun 11	6 – 7 p.m.	5/\$36.50	218832
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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.

Cheaper by the Dozen

Movie: Cheaper by the Dozen (2003)

at Maillardville Community Centre

Sa May 30 5:30 – 8:30 p.m. 1/\$21.90 216608

Critter Quest

Movie: The Nut Job 2: Nutty by Nature (2017)

at Maillardville Community Centre

F Jun 19 5:30 – 8:30 p.m. 1/\$21.90 216601

Gnomeo and Juliet

Movie: Gnomeo and Juliet

at Poirier Community Centre

F May 15 5:30 – 8:30 p.m. 1/\$21.90 216772

It's Raining Cats and Dogs

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

at Maillardville Community Centre

Sa May 16 5:30 – 8:30 p.m. 1/\$21.90 216605

It's Showtime

Movie: The Greatest Showman (2017)

at Maillardville Community Centre

Sa May 2 5:30 – 8:30 p.m. 1/\$21.90 216604

Minecraft

Movie: Minecraft (2025)

at Maillardville Community Centre

F Apr 10 5:30 – 8:30 p.m. 1/\$21.90 216596

Nemo

Movie: Nemo

at Poirier Community Centre

F May 1 5:30 – 8:30 p.m. 1/\$21.90 216771

at Town Centre Park Community Centre

F May 29 5:30 – 8:30 p.m. 1/\$21.90 218844

Ninja Turtle Night

Movie: Teenage Mutant Ninja Turtles: Mutant Mayhem (2023)

at Maillardville Community Centre

F Jun 5 5:30 – 8:30 p.m. 1/\$21.90 216600

Out of This World

Movie: Space Jam (1996)

at Maillardville Community Centre

F Apr 24 5:30 – 8:30 p.m. 1/\$21.90 216597

Paddington (2014)

Movie: Paddington (2014)

at Poirier Community Centre

F Jun 12 5:30 – 8:30 p.m. 1/\$21.90 216774

at Town Centre Park Community Centre

Sa Jun 6 5:30 – 8:30 p.m. 1/\$21.90 218850

Paddington 2 (2018)

Movie: Paddington 2 (2018)

at Poirier Community Centre

F Jun 19 5:30 – 8:30 p.m. 1/\$21.90 216775

School's Almost Out For Summer

Movie: School of Rock (2003)

at Maillardville Community Centre

Sa Jun 13 5:30 – 8:30 p.m. 1/\$21.90 216606

Shrek (2001)

Movie: Shrek (2001)

at Poirier Community Centre

F Apr 17 5:30 – 8:30 p.m. 1/\$21.90 216770

at Town Centre Park Community Centre

Sa May 2 5:30 – 8:30 p.m. 1/\$21.90 218481

Sonic 2 Night

Movie: Sonic the Hedgehog 2 (2022)

at Maillardville Community Centre

F May 8 5:30 – 8:30 p.m. 1/\$21.90 216598

The LEGO Batman

Movie: The LEGO Batman

at Poirier Community Centre

F May 29 5:30 – 8:30 p.m. 1/\$21.90 216773

at Town Centre Park Community Centre

F Apr 10 5:30 – 8:30 p.m. 1/\$21.90 218470

What Does the Fox Say

Movie: Fantastic Mr. Fox (2009)

at Maillardville Community Centre

Sa Apr 18 5:30 – 8:30 p.m. 1/\$21.90 216602

Little Carpenters: Workshop (5 – 7 yrs)

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

at Poirier Community Centre

Th	Jun 18	5:15 – 6 p.m.	1/\$6.60	217091
Th	Jun 25	5:15 – 6 p.m.	1/\$6.60	217093

Little Carpenters: Workshop (8 – 11 yrs)

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

at Poirier Community Centre

Th	Jun 18	6:30 – 7:15 p.m.	1/\$6.60	217096
Th	Jun 25	6:30 – 7:15 p.m.	1/\$6.60	217098

Young Builders (5 – 7 yrs)

Imagine, design and build. This hands on program will encourage creativity, team work and problem solving through learning the basics of structure, balance and experimentation.

at Pinetree Community Centre

Th	Apr 9 – May 7	4 – 5 p.m.	5/\$36.50	219133
Su	May 10 – Jun 7	9:30 – 10:30 a.m.	5/\$36.50	219145

at Town Centre Park Community Centre

Su	Apr 5 – May 3	11:30 a.m. – 12:30 p.m.	5/\$36.50	218293
Th	May 14 – Jun 11	4:30 – 5:30 p.m.	5/\$36.50	218831

Young Builders Try It (5 – 7 yrs)

Imagine, design and build. This hands on workshop will encourage creativity, team work and problem solving through learning the basics of structure, balance and experimentation.

at Town Centre Park Community Centre

Su	Mar 29	11:30 a.m. – 12:30 p.m.	1/\$7.30	218896
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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	Apr 9 – May 7	5:15 – 6 p.m.	5/\$33	215886
Th	May 14 – Jun 11	5:15 – 6 p.m.	5/\$33	215888

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	Apr 9 – May 7	6:30 – 7:15 p.m.	5/\$33	215889
Th	May 14 – Jun 11	6:30 – 7:15 p.m.	5/\$33	215890

Young Scientists (5 – 7 yrs)

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

at Maillardville Community Centre

Th	Apr 9 – May 7	4 – 4:45 p.m.	5/\$30	217033
Th	May 14 – Jun 11	4 – 4:45 p.m.	5/\$30	217034

at Pinetree Community Centre

Th	Apr 9 – May 7	5:30 – 6:15 p.m.	5/\$30	219103
Th	May 14 – Jun 11	4:15 – 5 p.m.	5/\$30	219104

at Poirier Community Centre

Sa	Apr 11 – May 9	11:45 a.m. – 12:30 p.m.	5/\$30	216781
Sa	May 16 – Jun 13	11:45 a.m. – 12:30 p.m.	5/\$30	216782

at Town Centre Park Community Centre

Sa	Apr 11 – May 9	11:30 a.m. – 12:15 p.m.	5/\$30	218509
M	Apr 13 – May 4	5:15 – 6 p.m.	4/\$24	218330
M	May 11 – Jun 8	5:15 – 6 p.m.	4/\$24	218816
Sa	May 16 – Jun 13	11:30 a.m. – 12:15 p.m.	5/\$30	218854

Young Scientists Try It (5 – 7 yrs)

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

at Town Centre Park Community Centre

M	Mar 30	5:15 – 6 p.m.	1/\$6	218898
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Young Scientists (8 – 11 yrs)

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

at Maillardville Community Centre

Th	Apr 9 – May 7	5 – 5:45 p.m.	5/\$30	217035
Th	May 14 – Jun 11	5 – 5:45 p.m.	5/\$30	217036

at Pinetree Community Centre

Th	Apr 9 – May 7	4:15 – 5 p.m.	5/\$30	219105
Th	May 14 – Jun 11	5:30 – 6:15 p.m.	5/\$30	219106

at Town Centre Park Community Centre

Sa	Apr 11 – May 9	10:15 – 11 a.m.	5/\$30	218506
M	May 11 – Jun 8	4 – 4:45 p.m.	4/\$24	218815

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 Summit Community Centre

W	Apr 8 – May 6	6:30 – 7:15 p.m.	5/\$30	218950
W	May 13 – Jun 10	6:30 – 7:15 p.m.	5/\$30	218951

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 Summit Community Centre

W	Apr 8 – May 6	7:30 – 8:30 p.m.	5/\$36.50	218952
W	May 13 – Jun 10	7:30 – 8:30 p.m.	5/\$36.50	218953

**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 Centennial Activity Centre

Su	Apr 5 – May 3	11:15 a.m. – 12 p.m.	5/\$30	217610
Su	May 10 – Jun 7	11:15 a.m. – 12 p.m.	5/\$30	217611

at Maillardville Community Centre

Sa	Apr 11 – May 9	12:45 – 1:30 p.m.	5/\$29.25	220426
Sa	May 16 – Jun 13	12:45 – 1:30 p.m.	5/\$29.25	220427

at Town Centre Park Community Centre

Su	Apr 5 – May 3	12 – 12:45 p.m.	5/\$30	218270
Tu	Apr 7 – May 5	5:30 – 6:15 p.m.	5/\$30	218343
Su	May 10 – Jun 7	12:45 – 1:30 p.m.	5/\$30	218809
Tu	May 12 – Jun 9	5:30 – 6:15 p.m.	5/\$30	218825

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 Poirier Community Centre

F	Apr 10 – May 8	6 – 6:45 p.m.	5/\$30	216197
F	May 15 – Jun 12	6 – 6:45 p.m.	5/\$30	216198

Dance Mix (5 – 7 yrs)

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

at Pinetree Community Centre

Sa	Apr 11 – May 9	1 – 1:45 p.m.	5/\$30	218551
Sa	May 16 – Jun 13	1 – 1:45 p.m.	5/\$30	218552

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.

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	Apr 8 – May 6	4 – 5 p.m.	5/\$36.50	219086
W	May 13 – Jun 10	5:15 – 6:15 p.m.	5/\$36.50	219088

at Town Centre Park Community Centre

Th	May 14 – Jun 11	6:15 – 7:15 p.m.	5/\$36.50	218833
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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	Apr 5 – May 3	2:30 – 3:15 p.m.	5/\$30	216140
Su	May 10 – Jun 7	2:30 – 3:15 p.m.	5/\$30	216149

at Pinetree Community Centre

F	Apr 10 – May 8	5:15 – 6 p.m.	5/\$30	218254
F	May 15 – Jun 12	5:15 – 6 p.m.	5/\$30	218255

at Poirier Community Centre

Th	Apr 9 – May 7	5:30 – 6:15 p.m.	5/\$30	217675
Th	May 14 – Jun 11	5:30 – 6:15 p.m.	5/\$30	217682

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	Apr 10 – May 8	6:15 – 7:15 p.m.	5/\$36.50	218387
F	May 15 – Jun 12	6:15 – 7:15 p.m.	5/\$36.50	218392

Improv (8 – 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 Pinetree Community Centre

Th	May 14 – Jun 11	4:30 – 5:30 p.m.	5/\$36.50	219135
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at Poirier Community Centre

F	Apr 10 – May 8	4:45 – 5:45 p.m.	5/\$36.50	216194
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F	May 15 – Jun 12	4:45 – 5:45 p.m.	5/\$36.50	216196
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at Town Centre Park Community Centre

Th	Apr 9 – May 7	5:45 – 6:45 p.m.	5/\$36.50	218358
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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	Apr 8 – May 6	5:15 – 6 p.m.	5/\$30	216323
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W	May 13 – Jun 10	5:15 – 6 p.m.	5/\$30	216331
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at Pinetree Community Centre

Th	May 14 – Jun 11	5:45 – 6:45 p.m.	5/\$36.50	219136
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at Town Centre Park Community Centre

Th	Apr 9 – May 7	4:30 – 5:30 p.m.	5/\$36.50	218356
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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	Apr 12 – May 10	9:30 – 10:15 a.m.	5/\$34	216025
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Su	May 24 – Jun 21	9:30 – 10:15 a.m.	5/\$34	216026
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**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	Apr 10 – May 8	3:30 – 4:30 p.m.	5/\$36.50	219257
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F	May 15 – Jun 12	3:30 – 4:30 p.m.	5/\$36.50	219258
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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	Apr 8 – May 6	3:15 – 4:15 p.m.	5/\$36.50	219255
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W	May 13 – Jun 10	3:15 – 4:15 p.m.	5/\$36.50	219256
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at Pinetree Community Centre

Su	Apr 5 – May 3	12 – 12:45 p.m.	5/\$30	218212
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Su	May 10 – Jun 7	12 – 12:45 p.m.	4/\$24	218213
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Ball Hockey (6 – 8 yrs)

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

at Maillardville Community Centre

Su	Apr 5 – May 3	9 – 9:45 a.m.	5/\$30	219232
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Su	May 10 – Jun 7	9 – 9:45 a.m.	5/\$30	219233
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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	Apr 11 – May 9	11:30 a.m. – 12:15 p.m.	5/\$30	216795
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Sa	May 16 – Jun 13	11:30 a.m. – 12:15 p.m.	5/\$30	216796
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at Maillardville Community Centre

Su	Apr 5 – May 3	9:45 – 10:30 a.m.	5/\$30	219234
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Su	May 10 – Jun 7	9:45 – 10:30 a.m.	5/\$30	219235
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at Pinetree Community Centre

Sa	Apr 11 – May 9	11:30 a.m. – 12:15 p.m.	4/\$24	218670
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M	Apr 13 – May 4	6 – 6:45 p.m.	4/\$24	218238
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M	May 11 – Jun 8	6 – 6:45 p.m.	4/\$24	218240
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Sa	May 16 – Jun 13	11:30 a.m. – 12:15 p.m.	5/\$30	218764
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at Smiling Creek Activity Centre

W	Apr 8 – May 6	6:45 – 7:30 p.m.	5/\$30	218996
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Sa	Apr 11 – May 9	10:30 – 11:15 a.m.	5/\$30	219029
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W	May 13 – Jun 10	6:45 – 7:30 p.m.	5/\$30	218997
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Sa	May 16 – Jun 13	10:30 – 11:15 a.m.	5/\$30	219030
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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	Apr 11 – May 9	12:30 – 1:30 p.m.	5/\$36.50	216797
Sa	May 16 – Jun 13	12:30 – 1:30 p.m.	5/\$36.50	216798

at Maillardville Community Centre

Su	Apr 5 – May 3	10:45 – 11:45 a.m.	5/\$36.50	219239
Tu	Apr 7 – May 5	4:30 – 5:30 p.m.	5/\$36.50	219237
Su	May 10 – Jun 7	10:45 – 11:45 a.m.	5/\$36.50	219240
Tu	May 12 – Jun 9	4:30 – 5:30 p.m.	5/\$36.50	219238

at Pinetree Community Centre

Sa	Apr 11 – May 9	12:30 – 1:30 p.m.	4/\$29.20	218765
Sa	May 16 – Jun 13	12:30 – 1:30 p.m.	5/\$36.50	218767

at Smiling Creek Activity Centre

Th	Apr 9 – May 7	6:45 – 7:45 p.m.	5/\$36.50	219015
Sa	Apr 11 – May 9	9:15 – 10:15 a.m.	5/\$36.50	219027
Th	May 14 – Jun 11	6:45 – 7:45 p.m.	5/\$36.50	219016
Sa	May 16 – Jun 13	9:15 – 10:15 a.m.	5/\$36.50	219028

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	Apr 8 – May 6	6:15 – 7:15 p.m.	5/\$36.50	215781
W	May 13 – Jun 10	6:15 – 7:15 p.m.	5/\$36.50	215782

at Maillardville Community Centre

Su	Apr 5 – May 3	12 – 1 p.m.	5/\$36.50	219243
Su	May 10 – Jun 7	12 – 1 p.m.	5/\$36.50	219244

Battle Archery (8 – 10 yrs)

Take aim and develop your archery skills outdoors 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 Field

Tu	Apr 7 – May 5	5:30 – 6:30 p.m.	5/\$75	218788
Tu	May 12 – Jun 9	5:30 – 6:30 p.m.	5/\$75	218789

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.

**Bubble Ball (8 – 10 yrs)**

Get active outdoors and have fun in an exciting new way. Suitable for all skill levels, bubble ball is a great way to improve your fitness level and have fun at the same time. You will get a chance to play games like soccer, british bulldog, and red rover inside a giant, inflatable bubble. Run, bump, and roll into your friends! This program takes place outdoors on the field behind Smiling Creek Elementary School. In partnership with Stellar Play.

at Smiling Creek Activity Centre

W	Apr 8 – May 6	6 – 7 p.m.	5/\$80	218977
W	May 13 – Jun 10	6 – 7 p.m.	5/\$80	218979

Family Archery (10+ yrs)

For families wanting to learn how to shoot targets with a bow and arrow. Program includes rules, safety and proper technique. Each family member must register individually. Adult participation is required. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Apr 5 – May 3	11:30 a.m. – 12:30 p.m.	5/\$75	218063
Su	May 10 – Jun 7	11:30 a.m. – 12:30 p.m.	5/\$75	218064

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	Apr 13 – May 4	6:30 – 7:30 p.m.	4/\$41.40	218244
M	May 11 – Jun 8	6:30 – 7:30 p.m.	4/\$41.40	218247

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	Apr 8 – Apr 29	6 – 7 p.m.	4/\$50	218073
W	May 6 – May 27	6 – 7 p.m.	4/\$50	218074
W	Jun 3 – Jun 24	6 – 7 p.m.	4/\$50	218075

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	Apr 8 – Apr 29	7 – 8 p.m.	4/\$55	218076
W	May 6 – May 27	7 – 8 p.m.	4/\$55	218077
W	Jun 3 – Jun 24	7 – 8 p.m.	4/\$55	218078

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	Apr 5 – May 3	3:30 – 4:15 p.m.	5/\$44.75	219259
Tu	Apr 7 – May 5	7:15 – 8 p.m.	5/\$44.75	219261
Su	May 10 – Jun 7	3:30 – 4:15 p.m.	5/\$44.75	219260
Tu	May 12 – Jun 9	7:15 – 8 p.m.	5/\$44.75	219262

at Pinetree Community Centre

Su	Apr 5 – May 3	10:15 – 11 a.m.	5/\$44.75	218087
Su	Apr 5 – May 3	11:15 a.m. – 12 p.m.	5/\$44.75	218089
F	Apr 10 – May 8	6:15 – 7 p.m.	5/\$44.75	218425
F	Apr 10 – May 8	7:15 – 8 p.m.	5/\$44.75	218435
Su	May 10 – Jun 7	10:15 – 11 a.m.	5/\$44.75	218088
Su	May 10 – Jun 7	11:15 a.m. – 12 p.m.	5/\$44.75	218090
F	May 15 – Jun 12	6:15 – 7 p.m.	5/\$44.75	218429
F	May 15 – Jun 12	7:15 – 8 p.m.	5/\$44.75	218439

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	Apr 5 – May 3	10:45 – 11:30 a.m.	5/\$30	219245
Su	May 10 – Jun 7	10:45 – 11:30 a.m.	5/\$30	219246

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	May 1 – Jun 12	4:30 – 6 p.m.	6/\$110	216776
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**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**

All Abilities Welcome!

Visit page 4 for details

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 Apr 7 – Jun 9 6:30 – 7:25 p.m. 10/\$240 218056

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 Apr 7 – Jun 9 5:30 – 6:25 p.m. 10/\$240 218055

Outdoor Tennis: Blue (4 – 5 yrs)

Learn the FUNDamental movement skills required to play tennis. From tracking and catching to throwing and controlling the ball, this program will introduce children to the foundations of tennis. In partnership with Tennis For Life.

at Eagle Ridge Outdoor Pool

Tu May 5 – Jun 23 3:30 – 4:25 p.m. 8/\$184 219148
Th May 7 – Jun 25 3:30 – 4:25 p.m. 8/\$184 219149

Outdoor Tennis: Orange (9 – 11 yrs)

Children will be introduced to the basic skills and rules of tennis to be able to play singles and doubles, learning to serve, rally and score on an Orange size (3/4) court. In partnership with Tennis For Life.

at Eagle Ridge Outdoor Pool

Tu May 5 – Jun 23 5:30 – 6:25 p.m. 8/\$184 219153
Th May 7 – Jun 25 5:30 – 6:25 p.m. 8/\$184 219154

Outdoor Tennis: Red (6 – 8 yrs)

Learn the FUNDamental movement skills required to play tennis. Children will be introduced to the basic foundations of tennis from learning tracking and catching to throwing and controlling the ball on a RED size (1/4) court. In partnership with Tennis For Life.

at Eagle Ridge Outdoor Pool

Th May 7 – Jun 25 4:30 – 5:25 p.m. 8/\$184 219152
Tu May 5 – Jun 23 4:30 – 5:25 p.m. 8/\$184 219150

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	Apr 5 – May 3	12:45 – 1:45 p.m.	5/\$36.50	215091
Su	May 10 – Jun 7	12:45 – 1:45 p.m.	5/\$36.50	215092

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	Apr 5 – May 3	11:30 a.m. – 12:15 p.m.	5/\$30	215086
Su	May 10 – Jun 7	11:30 a.m. – 12:15 p.m.	5/\$30	215088

at Maillardville Community Centre

Tu	Apr 7 – May 5	6:15 – 7 p.m.	5/\$30	219247
Sa	Apr 11 – May 9	11:15 a.m. – 12 p.m.	5/\$30	219249
Tu	May 12 – Jun 9	6:15 – 7 p.m.	5/\$30	219248
Sa	May 16 – Jun 13	11:15 a.m. – 12 p.m.	5/\$30	219250

at Pinetree Community Centre

Su	Apr 5 – May 3	9:45 – 10:30 a.m.	5/\$30	218081
Su	May 10 – Jun 7	9:45 – 10:30 a.m.	5/\$30	218082

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	Apr 5 – May 3	11:45 a.m. – 12:45 p.m.	5/\$36.50	219251
Su	May 10 – Jun 7	11:45 a.m. – 12:45 p.m.	5/\$36.50	219252

at Pinetree Community Centre

Su	Apr 5 – May 3	10:45 – 11:45 a.m.	5/\$36.50	218083
Su	May 10 – Jun 7	10:45 – 11:45 a.m.	5/\$36.50	218084

Volleyball Learn to Play 9-11 yrs (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	Apr 9 – May 7	3:30 – 4:30 p.m.	5/\$36.50	219253
Th	May 14 – Jun 11	3:30 – 4:30 p.m.	5/\$36.50	219254

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.

Visual Arts**Anime Drawing (5 – 7 yrs)**

Learn to draw anime-style characters while exploring expressions, poses, and dynamic poses. Young artists will build drawing skills and bring their favorite characters to life in a fun, supportive environment.

at Pinetree Community Centre

Sa May 16 – Jun 13 9:30 – 10:30 a.m. 5/\$36.50 220325

Anime Drawing (8 – 11 yrs)

Learn to draw anime-style characters while exploring expressions, poses, and dynamic poses. Young artists will build drawing skills and bring their favorite characters to life in a fun, supportive environment.

at Pinetree Community Centre

Sa May 16 – Jun 13 11 a.m. – 12 p.m. 5/\$36.50 220324

Art Explorations (5 – 7 yrs)

Young artists will dive into the exciting world of visual arts through mediums such as painting, drawing, pastels and clay using a wide range of materials and techniques.

at Pinetree Community Centre

Sa Apr 11 – May 9 9:30 – 10:30 a.m. 5/\$36.50 219137

at Poirier Community Centre

W Apr 8 – May 6 3:15 – 4:15 p.m. 5/\$36.50 215777

W May 13 – Jun 10 3:15 – 4:15 p.m. 5/\$36.50 215778

at Town Centre Park Community Centre

Sa Apr 11 – May 9 11:15 a.m. – 12:15 p.m. 5/\$36.50 218502

Art Explorations Try It (5 – 7 yrs)

Young artists will dive into the exciting world of visual arts through mediums such as painting, drawing, pastels and clay using a wide range of materials and techniques.

at Town Centre Park Community Centre

Sa Apr 4 11:15 a.m. – 12:15 p.m. 1/\$7.30 218906

Art Explorations (8 – 11 yrs)

Artists will explore the exciting world of visual arts and mixed media through a variety of materials and tools such as watercolour, clay, pencil work and collage.

at Poirier Community Centre

W Apr 8 – May 6 4:45 – 5:45 p.m. 5/\$36.50 215779

W May 13 – Jun 10 4:45 – 5:45 p.m. 5/\$36.50 215780

Art Explorations: Acrylic Painting (5 – 7 yrs)

Young artists will dive into the exciting world of visual arts through a new medium using various techniques.

at Town Centre Park Community Centre

Sa Jun 6 10 – 11 a.m. 1/\$7.30 218858

Art Explorations: Clay (5 – 7 yrs)

Young artists will dive into the exciting world of visual arts through a new medium using various techniques.

at Town Centre Park Community Centre

Sa May 30 10 – 11 a.m. 1/\$7.30 218857

Art Explorations: Collages (5 – 7 yrs)

Young artists will dive into the exciting world of visual arts through a new medium using various techniques.

at Town Centre Park Community Centre

Sa Jun 13 10 – 11 a.m. 1/\$7.30 218859

Art Explorations: Pastels (5 – 7 yrs)

Young artists will dive into the exciting world of visual arts through a new medium using various techniques.

at Town Centre Park Community Centre

Sa May 16 10 – 11 a.m. 1/\$7.30 218855

Art Explorations: Summer Workshop (5 – 7 yrs)

In this workshop, young artists will dive into the exciting world of visual arts through mediums such as painting, drawing, pastels and clay using a wide range of materials and techniques.

at Poirier Community Centre

W Jun 17 3:15 – 4:15 p.m. 1/\$7.30 217789

W Jun 24 3:15 – 4:15 p.m. 1/\$7.30 217790

Art Explorations: Summer Workshop (8 – 11 yrs)

Artists will explore the exciting world of visual arts and mixed media through a variety of materials and tools such as watercolour, clay, pencil work and collage.

at Poirier Community Centre

W Jun 17 4:45 – 5:45 p.m. 1/\$7.30 217791

W Jun 24 4:45 – 5:45 p.m. 1/\$7.30 217793

Art Explorations: Watercolour (5 – 7 yrs)

Young artists will dive into the exciting world of visual arts through a new medium using various techniques.

at Town Centre Park Community Centre

Sa May 23 10 – 11 a.m. 1/\$7.30 218856



Tell us how we did!

coquitlam.ca/ProgramEvaluation



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

M	Apr 6 – May 4	5:30 – 6:30 p.m.	5/\$36.50	219141
M	May 11 – Jun 8	4 – 5 p.m.	4/\$29.20	219143

at Poirier Community Centre

F	Apr 10 – May 8	5:30 – 6:30 p.m.	5/\$36.50	216192
F	May 15 – Jun 12	5:30 – 6:30 p.m.	5/\$36.50	216193

at Town Centre Park Community Centre

Tu	Apr 7 – May 5	6 – 7 p.m.	5/\$36.50	218686
Tu	May 12 – Jun 9	4:30 – 5:30 p.m.	5/\$36.50	218821

Clay Works Try It (5 – 7 yrs)

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

at Town Centre Park Community Centre

Tu	Mar 31	6 – 7 p.m.	1/\$7.30	218902
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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

Su	Apr 5 – May 3	11 a.m. – 12 p.m.	5/\$36.50	219151
M	Apr 6 – May 4	4 – 5 p.m.	5/\$36.50	219142
M	May 11 – Jun 8	5:30 – 6:30 p.m.	4/\$29.20	219144

at Poirier Community Centre

F	May 15 – Jun 12	4 – 5 p.m.	5/\$36.50	219490
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at Town Centre Park Community Centre

Tu	May 12 – Jun 9	6 – 7 p.m.	5/\$36.50	218822
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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 Pinetree Community Centre

M	May 11 – Jun 8	6 – 7 p.m.	4/\$29.20	219139
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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 Pinetree Community Centre

M	May 11 – Jun 8	4:30 – 5:30 p.m.	4/\$29.20	219140
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at Town Centre Park Community Centre

Tu	Apr 7 – May 5	4:30 – 5:30 p.m.	5/\$36.50	218685
Sa	May 16 – Jun 13	11:30 a.m. – 12:30 p.m.	5/\$36.50	218860

Comic Creations Try It (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 class!

at Town Centre Park Community Centre

Tu	Mar 31	4:30 – 5:30 p.m.	1/\$7.30	218901
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Craft and Create (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. Each class focuses on a different medium of creation.

at Pinetree Community Centre

Su	Apr 5 – May 3	9:30 – 10:30 a.m.	5/\$36.50	219147
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Creative Crafts: Airdry Foam Clay (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Maillardville Community Centre

M	Apr 13	4 – 5 p.m.	1/\$7.30	220617
M	May 11	4 – 5 p.m.	1/\$7.30	220619

Creative Crafts: Bubble Art (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Maillardville Community Centre

M	May 4	4 – 5 p.m.	1/\$7.30	220626
M	Jun 8	4 – 5 p.m.	1/\$7.30	220627

Creative Crafts: Button Making (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

Tu	Apr 28	3:45 – 4:45 p.m.	1/\$7.30	215702
Tu	Jun 2	3:45 – 4:45 p.m.	1/\$7.30	215707

Creative Crafts: Button Making (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

F	May 1	4 – 5 p.m.	1/\$7.30	216787
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Creative Crafts: Clay (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

Tu	Apr 21	3:45 – 4:45 p.m.	1/\$7.30	215701
Tu	May 26	3:45 – 4:45 p.m.	1/\$7.30	215706

Creative Crafts: Clay (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

F	Apr 24	4 – 5 p.m.	1/\$7.30	216786
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Creative Crafts: Easter (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Town Centre Park Community Centre

Sa	Apr 4	11:15 a.m. – 12:15 p.m.	1/\$7.30	218908
Su	Apr 5	11:15 a.m. – 12:15 p.m.	1/\$7.30	218279

Creative Crafts: Melty Beads (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

Tu	Apr 14	3:45 – 4:45 p.m.	1/\$7.30	215700
Tu	May 19	3:45 – 4:45 p.m.	1/\$7.30	215705

Creative Crafts: Melty Beads (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

F	Apr 17	4 – 5 p.m.	1/\$7.30	216785
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All Abilities Welcome!

Visit page 4 for details

Creative Crafts: Ooey Gooey Slime (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Maillardville Community Centre

M	Apr 27	4 – 5 p.m.	1/\$7.30	220622
M	Jun 1	4 – 5 p.m.	1/\$7.30	220623

at Poirier Community Centre

Tu	Apr 7	3:45 – 4:45 p.m.	1/\$7.30	215699
Tu	May 12	3:45 – 4:45 p.m.	1/\$7.30	215704

at Town Centre Park Community Centre

Th	Apr 2	4:30 – 5:30 p.m.	1/\$7.30	218921
Su	Apr 19	10 – 11 a.m.	1/\$7.30	218284
Tu	Jun 2	4:30 – 5:30 p.m.	1/\$7.30	218819

Creative Crafts: Slime Lab (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

F	Apr 10	4 – 5 p.m.	1/\$7.30	216784
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at Town Centre Park Community Centre

Th	Apr 2	6 – 7 p.m.	1/\$7.30	218922
Su	Apr 19	11:30 a.m. – 12:30 p.m.	1/\$7.30	218286
Tu	Jun 2	6 – 7 p.m.	1/\$7.30	218820

Creative Crafts: Terrariums (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

Tu	May 5	3:45 – 4:45 p.m.	1/\$7.30	215703
Tu	Jun 9	3:45 – 4:45 p.m.	1/\$7.30	215708

at Town Centre Park Community Centre

Su	May 31	10 – 11 a.m.	1/\$7.30	218811
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Creative Crafts: Terrariums (8 – 11 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

F	May 8	4 – 5 p.m.	1/\$7.30	216788
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at Town Centre Park Community Centre

Su	May 31	11:30 a.m. – 12:30 p.m.	1/\$7.30	218812
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Creative Crafts: Watercolour Painting (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Maillardville Community Centre

M	Apr 20	4 – 5 p.m.	1/\$7.30	220620
M	May 25	4 – 5 p.m.	1/\$7.30	220621



Drawing (5 – 7 yrs)

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

at Town Centre Park Community Centre

W	Apr 8 – May 6	5:45 – 6:45 p.m.	5/\$36.50	218353
Su	May 10 – Jun 7	11:30 a.m. – 12:30 p.m.	5/\$36.50	218814

Drawing Try It (5 – 7 yrs)

Participants will be introduced to a new drawing technique in this class. Creativity, fun, and self-expression are encouraged!

at Town Centre Park Community Centre

W	Apr 1	5:45 – 6:45 p.m.	1/\$7.30	218904
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Drawing and Mixed Media (5 – 7 yrs)

Combining drawing, painting, collage and mark-making techniques, this course encourages exploration and experimentation. Using various traditional and unconventional materials and surfaces, learn to create mixed media works.

at Maillardville Community Centre

W	Apr 8 – May 6	4 – 4:45 p.m.	5/\$30	216157
W	May 13 – Jun 10	4 – 4:45 p.m.	4/\$30	216161

Drawing and Mixed Media (8 – 11 yrs)

Combining drawing, painting, collage and mark-making techniques, this course encourages exploration and experimentation. Using various traditional and unconventional materials and surfaces, learn to create mixed media works.

at Maillardville Community Centre

W	Apr 8 – May 6	5 – 6 p.m.	5/\$36.50	216166
W	May 13 – Jun 10	5 – 6 p.m.	4/\$36.50	216171

Nature Art (5 – 7 yrs)

Connect with nature and the outdoors through art inspired creations.

at Centennial Activity Centre

Sa	May 16 – Jun 13	9:30 – 10:30 a.m.	5/\$36.50	219537
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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	Apr 11 – May 9	11 a.m. – 12 p.m.	5/\$36.50	219138
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Sewing: Fashion (8 – 11 yrs)

This program will provide participants with the fundamentals of sewing. Create fashion items, 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	May 3 – Jun 7	12:30 – 2 p.m.	6/\$245	219876
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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 Pinetree Community Centre

M	Apr 6 – May 4	4:30 – 5:30 p.m.	5/\$36.50	219164
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at Town Centre Park Community Centre

W	May 13 – Jun 10	6 – 7 p.m.	5/\$36.50	218828
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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	Apr 6 – May 4	6 – 7 p.m.	5/\$36.50	219166
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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.

Registration opens at 8:30 a.m. on February 24 for Coquitlam residents and at 8:30 a.m. on February 26 for non-residents.



Just for Youth

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



Discover What's Next This Spring!

Looking for ways to keep youth active, learning, and having fun this spring? From creative cooking and visual arts to leadership training, music, science, and high-energy sports, there's something for every interest and ability.

Youth can build real-world skills with Babysitting, Home Alone, First Aid and CPR, explore creativity through art, cooking, music, improv and design, or get moving with basketball, badminton, archery, fencing, volleyball, pickleball and more. Programs are designed to boost confidence, encourage teamwork, and spark curiosity—while having a great time.

Whether your youth wants to try something new or level up a favourite activity, spring is the perfect season to jump in.

Explore all the options at:
coquitlam.ca/registration → Youth Programs (Spring)



Certifications

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

Standard First Aid is equivalent to WorkSafeBC/CSA Z1210-17 Intermediate and can be used by First Aid Attendants in the workplace. Standard First Aid with CPR-C and AED is a prerequisite to the Lifesaving Society's National Lifeguard Awards. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence.

Valid for three years. 100% attendance is mandatory to be certified.

at Pinetree Community Centre

Sa/Su	Apr 11 – Apr 12	8:30 a.m. – 5:30 p.m.	2/\$195	219064
Sa/Su	Apr 25 – Apr 26	8:30 a.m. – 5:30 p.m.	2/\$195	219065
Sa/Su	May 9 – May 10	8:30 a.m. – 5:30 p.m.	2/\$195	219066
Sa/Su	May 30 – May 31	8:30 a.m. – 5:30 p.m.	2/\$195	219067
Sa/Su	Jun 13 – Jun 14	8:30 a.m. – 5:30 p.m.	2/\$195	219068

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	Apr 25	9:30 a.m. – 4:30 p.m.	1/\$51.10	219177
Sa	May 30	9:30 a.m. – 4:30 p.m.	1/\$51.10	219180

at Pinetree Community Centre

Sa	May 2	9:30 a.m. – 4:30 p.m.	1/\$51.10	219071
Sa	Jun 6	9:30 a.m. – 4:30 p.m.	1/\$51.10	219072

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.	Wed, 3:45 – 4:45 p.m.
Wed, 7:15 – 8:15 p.m.	Thurs, 5:45 – 6:45 p.m.
Sat, 10 – 11 a.m., 7 – 8 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.

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	Apr 11	10 a.m. – 2 p.m.	1/\$29.20	219171
Sa	May 9	10 a.m. – 2 p.m.	1/\$29.20	219663
Sa	Jun 13	10 a.m. – 2 p.m.	1/\$29.20	219173

at Pinetree Community Centre

Sa	Apr 18	10 a.m. – 2 p.m.	1/\$29.20	219069
Sa	May 23	10 a.m. – 2 p.m.	1/\$29.20	219070

Fitness

Yoga 4 Youth 13-18 yrs (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	Apr 2 – Apr 23	6 – 7 p.m.	4/\$36	216015
Th	Apr 30 – May 28	6 – 7 p.m.	5/\$45	216016



Lifelong Learning

Chess: Intermediate+ (10 – 15 yrs)

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

at **Pinetree Community Centre**

W Apr 8 – May 6 7:15 – 8:15 p.m. 5/\$36.50 220326

Creative Cooks (11 – 14 yrs)

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

at **Poirier Community Centre**

Tu Apr 7 – May 5 6:30 – 7:30 p.m. 5/\$48.50 215682

Tu May 12 – Jun 9 6:30 – 7:30 p.m. 5/\$48.50 215684

at **Maillardville Community Centre**

Artisan Pizza

Sa May 30 5:30 – 7:30 p.m. 1/\$19.40 218267

Breakfast for Dinner

Sa Apr 18 5:30 – 7:30 p.m. 1/\$19.40 218275

Cinnamon Buns

Sa May 16 5:30 – 7:30 p.m. 1/\$19.40 218272

Homemade Chicken Strips and Fries

Sa May 2 5:30 – 7:30 p.m. 1/\$19.40 218273

Mini Apple Pie

Sa Jun 13 5:30 – 7:30 p.m. 1/\$19.40 218277

Girls Night In: Paint, Craft and Movie Night (10 – 13 yrs)

Come hang out with your friends and meet others! Create a colourful masterpiece. Evening will also include snacks and other crafty options.

at **Town Centre Park Community Centre**

F May 8 6 – 8 p.m. 1/\$14.60 218475

F May 22 6 – 8 p.m. 1/\$14.60 218851

Science Discovery Lab (11 – 15 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 May 14 – Jun 11 6:45 – 7:30 p.m. 5/\$30 219108

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 Apr 7 – Jun 9 4:30 – 6:30 p.m. 10/\$143 219085

Youth Night In: Paint and Movie Night (13 – 15 yrs)

Come hang out with your friends and meet others! Create a colourful masterpiece. Evening will also include snacks and a movie.

at **Town Centre Park Community Centre**

F Apr 24 6 – 8 p.m. 1/\$14.60 218480

F Jun 12 6 – 8 p.m. 1/\$14.60 218852

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 **Pinetree Community Centre**

W Apr 8 – May 6 5:15 – 6:15 p.m. 5/\$36.50 219097

W May 13 – Jun 10 4 – 5 p.m. 5/\$36.50 219101

at **Town Centre Park Community Centre**

Th May 14 – Jun 11 7:30 – 8:30 p.m. 5/\$36.50 218834

Improv League (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. No experience needed, just a willingness to try, laugh, and have fun!

at **Summit Community Centre**

Tu Apr 7 – May 5 6:30 – 8 p.m. 5/\$30 218790

Tu May 12 – Jun 9 6:30 – 8 p.m. 5/\$30 218791



Sports and Active Play

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	Apr 8 – May 6	4:30 – 5:30 p.m.	5/\$36.50	219194
W	May 13 – Jun 10	4:30 – 5:30 p.m.	5/\$36.50	219195

Badminton Skill Development (11 – 18 yrs)

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

at Pinetree Community Centre

Su	Apr 5 – May 3	1 – 2 p.m.	5/\$36.50	218214
Su	May 10 – Jun 7	1 – 2 p.m.	4/\$29.20	218215

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! All levels welcome!

at Summit Community Centre

W	Apr 8 – May 6	5:30 – 7 p.m.	4/\$24	218784
W	May 13 – Jun 10	5:30 – 7 p.m.	5/\$30	218785

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	Apr 11 – Jun 13	2:15 – 5:15 p.m.	10/\$60	217664
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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 Centennial Activity Centre

W	Apr 8 – May 6	7:30 – 8:30 p.m.	5/\$36.50	215784
W	May 13 – Jun 10	7:30 – 8:30 p.m.	5/\$36.50	215786

at Maillardville Community Centre

Tu	Apr 7 – May 5	5:45 – 6:45 p.m.	5/\$36.50	219192
Tu	May 12 – Jun 9	5:45 – 6:45 p.m.	5/\$36.50	219193

Basketball Youth Junior League (11 – 15 yrs)

Have you been wanting to play on a basketball team or would you like more time to play? Come join Summit's all-levels-welcome youth basketball junior league! All levels welcome!

at Summit Community Centre

M	Apr 13 – May 4	5:30 – 7 p.m.	4/\$24	218782
M	May 11 – Jun 8	5:30 – 7 p.m.	4/\$24	218783



Tell us how we did!

coquitlam.ca/ProgramEvaluation

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	Apr 11 – Jun 13	2:15 – 5:15 p.m.	9/\$54	217662
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Battle Archery (11 – 15 yrs)

Take aim and develop your archery skills outdoors 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

Tu	Apr 7 – May 5	6:30 – 7:30 p.m.	5/\$80	218786
Tu	May 12 – Jun 9	6:30 – 7:30 p.m.	5/\$80	218787

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	Apr 13 – Apr 27	6:30 – 7:30 p.m.	3/\$45	218065
M	May 4 – Jun 1	6:30 – 7:30 p.m.	4/\$60	218066
M	Jun 8 – Jun 29	6:30 – 7:30 p.m.	4/\$60	218067

at Poirier Sport and Leisure Complex

F	Apr 10 – May 1	7 – 8 p.m.	4/\$60	217386
F	May 8 – May 29	7 – 8 p.m.	4/\$60	217388
F	Jun 5 – Jun 26	7 – 8 p.m.	4/\$60	217389

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.

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	Apr 13 – Apr 27	7:30 – 8:30 p.m.	3/\$48.75	218068
M	May 4 – Jun 1	7:30 – 8:30 p.m.	4/\$65	218069
M	Jun 8 – Jun 29	7:30 – 8:30 p.m.	4/\$65	218070

at Poirier Sport and Leisure Complex

F	Apr 10 – May 1	8 – 9 p.m.	4/\$65	217390
F	May 8 – May 29	8 – 9 p.m.	4/\$65	217391
F	Jun 5 – Jun 26	8 – 9 p.m.	4/\$65	217392

Outdoor Tennis: Green (12 – 17 yrs)

Youth will be introduced to the basic skills and rules of tennis and experience both singles and doubles play on a Green size (full) court. In partnership with Tennis For Life.

at Eagle Ridge Outdoor Pool

Tu	May 5 – Jun 23	6:30 – 7:25 p.m.	8/\$184	219155
Th	May 7 – Jun 25	6:30 – 7:25 p.m.	8/\$184	219156

Pickleball Skills and Drills (11 – 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	Apr 5 – May 3	2 – 3 p.m.	5/\$36.50	215094
Su	May 10 – Jun 7	2 – 3 p.m.	5/\$36.50	215095

Soccer Youth Junior League (11 – 15 yrs)

Have you been wanting to play on a soccer team or would you like more time to play? Come join Summit's all-levels-welcome youth soccer junior league! All levels welcome!

at Summit Community Centre

Th	Apr 9 – May 7	5:15 – 6:45 p.m.	5/\$30	218792
Th	May 14 – Jun 11	5:15 – 6:45 p.m.	5/\$30	218793

Volleyball Skill Development (11 – 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 Summit Community Centre

Th	Apr 9 – May 7	6:30 – 7:30 p.m.	5/\$36.50	218956
Th	May 14 – Jun 11	6:30 – 7:30 p.m.	5/\$36.50	218957



Volleyball Skill Development (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	Apr 9 – May 7	4:45 – 5:45 p.m.	5/\$36.50	219188
Th	Apr 9 – May 7	6 – 7 p.m.	5/\$36.50	219190
Th	May 14 – Jun 11	4:45 – 5:45 p.m.	5/\$36.50	219189
Th	May 14 – Jun 11	6 – 7 p.m.	5/\$36.50	219191

Volleyball Skills and Drills for Girls (11 – 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	Apr 5 – May 3	4 – 5 p.m.	5/\$36.50	215096
Su	May 10 – Jun 7	4 – 5 p.m.	5/\$36.50	215097

at Summit Community Centre

Th	Apr 9 – May 7	5:15 – 6:15 p.m.	5/\$36.50	218954
Th	May 14 – Jun 11	5:15 – 6:15 p.m.	5/\$36.50	218955

Volleyball Youth League (11 – 16 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	Apr 9 – Jun 11	7:30 – 9 p.m.	10/\$60	219185
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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	Apr 7 – Jun 9	7 – 9:30 p.m.	10/\$60	217724
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Visual Arts

Painting and Design (11 – 14 yrs)

Turn your creative ideas into finished works of art! This course invites participants to experiment with paint and mixed media techniques while building confidence and artistic skills.

at Pinetree Community Centre

M	May 11 – Jun 8	7:30 – 8:30 p.m.	4/\$29.20	219170
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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	Apr 6 – May 4	7:30 – 8:30 p.m.	5/\$36.50	219167
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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.

Drop-In Fitness



ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2027.

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)	\$3.43	\$27.50	\$31.60	\$22.10	\$248
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5.10	\$40.80	\$47.30	\$33.20	\$373
Adult	(19 – 64 yrs)	\$6.81	\$54.50	\$63.20	\$44.20	\$496
Senior	(65 – 79 yrs)	\$5.10	\$40.80	\$47.30	\$33.20	\$373
Super Senior	(80 yrs +)	\$3.43	\$27.50	\$31.60	\$22.10	\$248
Adult and Tot	(per person)	\$3.43	\$27.50	—	—	—

* 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*	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

Tuesday: 7 – 8 a.m. | **Tuesday:** 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): \$81.80

Assessment session is mandatory for first-time clients.

3 Sessions

(1-hour per):
\$196.25

5 Sessions

(1-hour per):
\$311.75

10 sessions

(1-hour per):
\$587.65

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.



View drop-in group fitness schedules at coquitlam.ca/drop-in

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

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.

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 Joints ●

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 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.

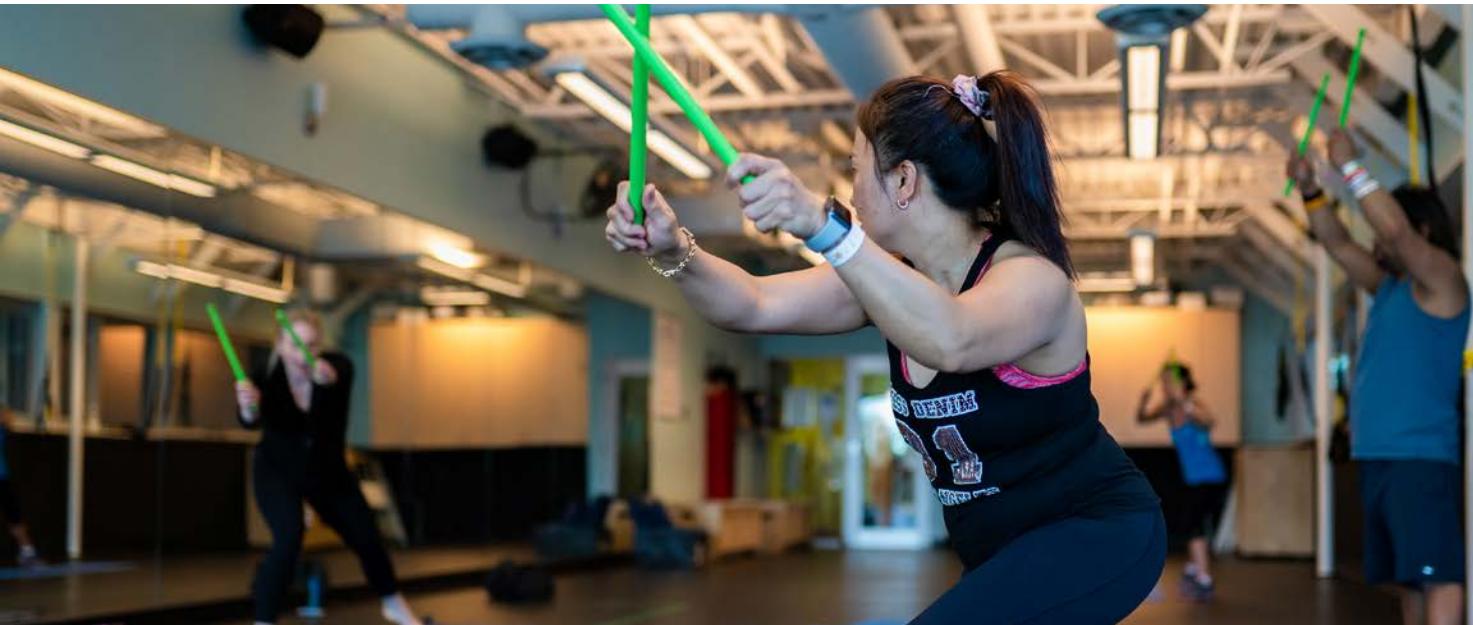
Wristbands

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 February 24 for Coquitlam residents and at 8:30 a.m. on February 26 for non-residents.



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	Mar 31 – Apr 21	11 a.m. – 12 p.m.	4/\$44	215334
Tu	Apr 28 – May 26	11 a.m. – 12 p.m.	5/\$55	215335
Tu	Jun 2 – Jun 23	11 a.m. – 12 p.m.	4/\$44	215336

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. Please ask the front desk staff for additional options.

at Glen Pine Pavilion

F	Apr 10 – May 1	11 a.m. – 12 p.m.	4/\$44	216035
F	May 22 – Jun 12	11 a.m. – 12 p.m.	4/\$44	216036

Don't miss other fitness opportunities in the child, youth and early years sections!

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	Apr 2 – Apr 23	5:45 – 6:45 p.m.	4/\$44	215495
Su	Apr 12 – May 10	10:45 – 11:45 a.m.	5/\$55	215498
Th	Apr 30 – May 28	5:45 – 6:45 p.m.	5/\$55	215496
Su	May 24 – Jun 21	10:45 – 11:45 a.m.	5/\$55	215499
Th	Jun 4 – Jun 25	5:45 – 6:45 p.m.	4/\$44	215497

at Poirier Sport and Leisure Complex

Tu	Mar 31 – Apr 21	7:15 – 8:15 p.m.	4/\$44	215318
Tu	Apr 28 – May 19	7:15 – 8:15 p.m.	4/\$44	215319
Tu	May 26 – Jun 23	7:15 – 8:15 p.m.	4/\$44	215320

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	Apr 1 – Apr 22	1 – 2 p.m.	4/\$44	215321
W	Apr 29 – May 20	1 – 2 p.m.	4/\$44	215322
W	May 27 – Jun 24	1 – 2 p.m.	4/\$44	215323

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	Mar 31 – Apr 21	7:45 – 8:45 p.m.	4/\$44	216009
Tu	Apr 28 – May 26	7:45 – 8:45 p.m.	5/\$55	216010
Tu	Jun 2 – Jun 23	7:45 – 8:45 p.m.	4/\$44	216011

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

F	Apr 10 – May 1	11:15 a.m. – 12:30 p.m.	4/\$55	215341
M	Apr 13 – May 11	11 a.m. – 12:15 p.m.	5/\$68.75	215340
F	May 8 – May 29	11:15 a.m. – 12:30 p.m.	4/\$55	215343
M	May 25 – Jun 22	11 a.m. – 12:15 p.m.	5/\$68.75	215342
F	Jun 5 – Jun 26	11:15 a.m. – 12:30 p.m.	4/\$55	215344

at Glen Pine Pavilion

F	Apr 17 – May 15	11:45 a.m. – 1 p.m.	5/\$68.75	216032
F	May 22 – Jun 26	11:45 a.m. – 1 p.m.	6/\$82.50	216033

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	Apr 1 – Apr 22	9:30 – 11 a.m.	4/\$66.20	216037
W	Apr 29 – May 27	9:30 – 11 a.m.	5/\$82.75	216038
W	Jun 3 – Jun 24	9:30 – 11 a.m.	4/\$66.20	216039

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	Mar 31 – Apr 23	12 – 1 p.m.	8/\$88	215351
Tu/Th	Apr 28 – May 28	12 – 1 p.m.	10/\$110	215353
Tu/Th	Jun 2 – Jun 25	12 – 1 p.m.	8/\$88	215354

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

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	Apr 1 – Apr 22	6:45 – 7:45 p.m.	4/\$44	215995
W	Apr 29 – May 27	6:45 – 7:45 p.m.	5/\$55	215996
W	Jun 3 – Jun 24	6:45 – 7:45 p.m.	4/\$44	215997

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 Poirier Sport and Leisure Complex

M	Apr 13 – May 11	6 – 7:30 p.m.	5/\$82.75	215324
M	May 25 – Jun 22	6 – 7:30 p.m.	4/\$66.20	215328

Kickboxing (19+ yrs)

Learn the techniques behind punching and kicking using plyometric and cardio exercises. Equipment is provided.

at Pinetree Community Centre

M	Apr 13 – May 4	7:45 – 8:45 p.m.	4/\$41.40	218249
M	May 11 – Jun 8	7:45 – 8:45 p.m.	4/\$41.40	218252

Look out for upcoming Specialty Fitness Workshops on facility posters, on socials and in online registration.

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	Mar 31 – Apr 21	6 – 7 p.m.	4/\$44	215981
M	Apr 13 – May 11	6:45 – 7:45 p.m.	5/\$55	222044
Tu	Apr 28 – May 26	6 – 7 p.m.	5/\$55	215982
M	May 25 – Jun 22	6:45 – 7:45 p.m.	4/\$44	222049
Tu	Jun 2 – Jun 23	6 – 7 p.m.	4/\$44	215983

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	Apr 2 – Apr 23	2:15 – 3:45 p.m.	4/\$32	215345
Th	Apr 30 – May 28	2:15 – 3:45 p.m.	5/\$40	215347
Th	Jun 4 – Jun 25	2:15 – 3:45 p.m.	4/\$32	215348

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	Apr 2 – Apr 23	5:50 – 6:50 p.m.	4/\$44	215985
Th	Apr 30 – May 28	5:50 – 6:50 p.m.	5/\$55	215988
Th	Jun 4 – Jun 25	5:50 – 6:50 p.m.	4/\$44	215989

at Poirier Sport and Leisure Complex

Su	Apr 12 – May 10	6 – 7 p.m.	5/\$55	215329
Su	May 24 – Jun 21	6 – 7 p.m.	4/\$44	215331

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 Pinetree Community Centre

W	Apr 1 – Apr 22	7 – 8 p.m.	4/\$44	216012
W	Apr 29 – May 27	7 – 8 p.m.	5/\$55	216013
W	Jun 3 – Jun 24	7 – 8 p.m.	4/\$44	216014

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	Apr 12 – May 10	5:45 – 7 p.m.	5/\$68.75	215990
Su	May 24 – Jun 21	5:45 – 7 p.m.	5/\$68.75	215992

at Maillardville Community Centre

M	Apr 13 – May 11	7:30 – 8:45 p.m.	5/\$68.75	216030
M	May 25 – Jun 22	7:30 – 8:45 p.m.	5/\$68.75	216031

Sound Healing Yoga and Meditation (13+ yrs)

Come and experience the therapeutic benefits of a sound healing journey. This class combines some gentle yoga with the soothing vibrations of sound, helping reduce stress and restore balance. In today's chaotic world, sound healing offers a powerful way to calm the mind and support overall wellbeing. Breathe, stretch, and let the sound guide you towards inner peace and relaxation.

at Poirier Sport and Leisure Complex

Th	Apr 2 – May 7	7:45 – 8:45 p.m.	5/\$55	215330
Th	May 14 – Jun 25	7:45 – 8:45 p.m.	6/\$66	215332

Start 2 B Strong (13+ yrs)

Start strong and learn the basics of lifting in a supportive small-group setting that helps you move better and feel stronger. This circuit style class progressively becomes more challenging to improve your fitness level. The class will incorporate the spin bikes, TRX, kettlebells, weights, dumbbells and resistance bands.

at City Centre Aquatic Complex

Th	Apr 2 – Apr 23	10 – 11 a.m.	4/\$44	215984
Th	Apr 30 – May 28	10 – 11 a.m.	5/\$55	215986
Th	Jun 4 – Jun 25	10 – 11 a.m.	4/\$44	215987

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

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	Apr 13 – May 13	1:30 – 2:30 p.m.	10/\$130	215352
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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	Mar 31 – Apr 23	1 – 2 p.m.	8/\$104	215346
Tu/Th	Apr 28 – May 28	1 – 2 p.m.	10/\$130	215349
Tu/Th	Jun 2 – Jun 25	1 – 2 p.m.	8/\$104	215350

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	Apr 13 – May 11	9:30 – 10:45 a.m.	5/\$68.75	216040
M	May 25 – Jun 22	9:30 – 10:45 a.m.	5/\$68.75	216041

Workshop: Align and Refine Yoga (19+ yrs)

This workshop takes a mindful, approach to Hatha Yoga with a focus on alignment, posture integrity, and intentional movement. We will break down foundational asanas at slower pacing with longer holds to explore how the body is meant to move and hold shape. You'll build strength, body awareness, and confidence through mindful adjustments and clear alignment cues. We will close with a long, restful savasana to integrate the practice and allow the body and nervous system to fully absorb the work. Suitable for all levels.

at City Centre Aquatic Complex

Sa	May 30	1 – 4 p.m.	1/\$35	220359
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Workshop: Mental Resilience, Self Care and Breath Work (19+ yrs)

A recharge workshop which is based on mindfulness and healing by recharging and refreshing participants yoga poses, movements, journaling and mindful conversation. Workshop is led by an experienced facilitator with the goal of helping participants reduce stress, increase self-awareness, and find a deeper sense of inner peace and well-being.

at City Centre Aquatic Complex

Su	Apr 26	2 – 4 p.m.	1/\$22	220358
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Yoga Meditation and Breath (13+ yrs)

Beginning with gentle yoga designed to improve mobility, ease tension, and support mindful movement at a relaxed pace. The class then transitions into guided meditation and breathwork, promoting deep relaxation, stress reduction, and mental clarity. Suitable for all levels, this class offers a calming reset for both body and mind.

at Poirier Sport and Leisure Complex

Tu	Mar 31 – Apr 21	7:30 – 8:30 p.m.	4/\$44	215325
Tu	Apr 28 – May 19	7:30 – 8:30 p.m.	4/\$44	215326
Tu	May 26 – Jun 23	7:30 – 8:30 p.m.	4/\$44	215327

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	Mar 31 – Apr 21	8:15 – 9:15 p.m.	4/\$44	216004
Tu	Apr 28 – May 26	8:15 – 9:15 p.m.	5/\$55	216005
Tu	Jun 2 – Jun 23	8:15 – 9:15 p.m.	4/\$44	216006

at Maillardville Community Centre

Su	Apr 12 – May 10	7:45 – 8:45 p.m.	5/\$55	216007
Su	May 24 – Jun 21	7:45 – 8:45 p.m.	5/\$55	216008

Adult

Registration opens at 8:30 a.m. on February 24 for Coquitlam residents and at 8:30 a.m. on February 26 for non-residents.

19 yrs +

(unless otherwise noted)



Cards and Games

Bridge Foundations (19+ yrs)

Learn how to get started with the basics of bridge. Topics that will be covered include opening bids, responding to your partner, no trump strategies, and play of the hand. Join us for the next set to build on these skills and learn even more.

at Dogwood Pavilion

F Apr 24 – May 22 10 a.m. – 12 p.m. 5/\$14.25 219782

Bridge Foundations (19+ yrs)

Continue learning the basics of bridge with scoring, demand bids and their purpose, doubles and redoubles, stink bids, and slam bidding.

at Dogwood Pavilion

F May 29 – Jun 26 10 a.m. – 12 p.m. 5/\$14.25 219783

Chess: Adult Beginner (16+ yrs)

New to chess? Learn the basics of chess in a relaxed, supportive environment. This course covers the rules, strategies, and tips to help new players build confidence and enjoy the game. Previous experience is not necessary.

at Pinetree Community Centre

W Apr 8 – May 6 6 – 6:30 p.m. 5/\$51.75 220327

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 Apr 7 – May 12 7 – 8:45 p.m. 6/\$30 215596

W Apr 8 – May 13 2 – 5 p.m. 6/\$30 215605

Tu May 19 – Jun 23 7 – 8:45 p.m. 6/\$30 215597

W May 20 – Jun 24 2 – 5 p.m. 6/\$30 215606

All Abilities Welcome!

Visit page 4 for details

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 a volunteer Impossible Puzzler who has researched and compiled centuries of global puzzles.

at Glen Pine Pavilion

W	Apr 8	7:15 – 8:45 p.m.	1/\$5	215613
W	Apr 15	7:15 – 8:45 p.m.	1/\$5	215614
W	Apr 22	7:15 – 8:45 p.m.	1/\$5	215615
W	Apr 29	7:15 – 8:45 p.m.	1/\$5	215616
W	May 6	7:15 – 8:45 p.m.	1/\$5	215617
W	May 13	7:15 – 8:45 p.m.	1/\$5	215618
W	May 20	7:15 – 8:45 p.m.	1/\$5	215619
W	May 27	7:15 – 8:45 p.m.	1/\$5	215620
W	Jun 3	7:15 – 8:45 p.m.	1/\$5	215621
W	Jun 10	7:15 – 8:45 p.m.	1/\$5	215622
W	Jun 17	7:15 – 8:45 p.m.	1/\$5	215623
W	Jun 24	7:15 – 8:45 p.m.	1/\$5	215624

Lifelong Learning**Cooking: All About Mushrooms (19+ yrs)**

Explore the wonderful world of mushrooms. Learn about different mushroom varieties, their flavours and uses, and what makes them unique in the kitchen. We'll finish by cooking classic mushroom dishes, including comforting mushroom soup and a hearty mushroom stroganoff.

at Dogwood Pavilion

Sa	May 23	9:30 a.m. – 12:30 p.m.	1/\$43.35	216743
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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. Bring a jar to take home some starter!

at Maillardville Community Centre

Th	Apr 9	6 – 8 p.m.	1/\$28.90	218108
Th	May 7	6 – 8 p.m.	1/\$28.90	218110
Th	Jun 11	6 – 8 p.m.	1/\$28.90	218111

Cooking: Around the World Series (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

*at Dogwood Pavilion***Vietnam – Bun Cha**

W	Apr 1	6 – 8 p.m.	1/\$28.90	214403
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Italy – Calzone

W	Apr 8	6 – 8 p.m.	1/\$28.90	214404
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Middle East – Mujadara and Baba Ganoush

W	Apr 15	6 – 8 p.m.	1/\$28.90	214406
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Argentina – Pascualina

W	Apr 22	6 – 8 p.m.	1/\$28.90	214408
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Peru – Fish in Banana Leaves, Rice Chaufa

W	Apr 29	6 – 8 p.m.	1/\$28.90	214409
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Brazilian Cheese Bread and Columbian Cheese**Arepas**

W	May 6	6 – 8 p.m.	1/\$28.90	214410
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India – Lentil Creamy Stew, Homemade Naan

W	May 13	6 – 8 p.m.	1/\$28.90	214411
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Philippines – Chicken Adobo with Garlic Rice

W	May 20	6 – 8 p.m.	1/\$28.90	214418
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Greece – Pork Souvlaki, Tzatziki, Lemon Herb Rice

W	May 27	6 – 8 p.m.	1/\$28.90	214420
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India – Baked Samosas with Homemade Mango**Chutney**

W	Jun 3	6 – 8 p.m.	1/\$28.90	214421
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Japan – Gyoza

W	Jun 10	6 – 8 p.m.	1/\$28.90	214423
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United Kingdom – Grilled Spatchcock Chicken with Cola BBQ Sauce

W	Jun 17	6 – 8 p.m.	1/\$28.90	214445
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South Africa – Bobotie with Rice and Sambals

W	Jun 24	6 – 8 p.m.	1/\$28.90	214438
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**No experience necessary and
all cooking supplies provided.**

Cooking: British Victorian Sponge Cake (19+ yrs)

Learn to make Victorian sponge cake, a light, airy British classic made of two soft sponge layers sandwiched with sweet strawberry jam and whipped cream. It's delicate, buttery, and beautifully simple.

at Dogwood Pavilion

Sa May 16 9:30 – 11:30 a.m. 1/\$28.90 215175

Cooking: Caldo Verde (19+ yrs)

Caldo verde is a simple and comforting Portuguese soup considered by many to be the country's unofficial national dish. It is a hearty soup featuring a creamy, puréed potato base with thinly sliced greens and smoky sausage.

at Dogwood Pavilion

Sa Apr 18 9:30 – 11:30 a.m. 1/\$28.90 215163

Cooking: Chicken Pot Pie (19+ yrs)

Join us to make individual Chicken pot pies, a warm, comforting dish made with tender chicken, vegetables, and a creamy savory sauce, all baked inside a flaky, golden crust.

at Dogwood Pavilion

Sa May 30 9:30 – 11:30 a.m. 1/\$28.90 215178

Cooking: Classic Chicken Velouté (19+ yrs)

Join us for a classic French cooking class inspired by Thomas Keller of The French Laundry. Learn to master Chicken Velouté, one of the five French mother sauces, paired with perfectly roasted chicken and seasonal root vegetables.

at Dogwood Pavilion

Sa Jun 6 9:30 a.m. – 12:30 p.m. 1/\$43.35 216705

Cooking: Creamy Cajun Style Chicken Alfredo Pasta (19+ yrs)

A little spicy, a touch sweet and incredibly delicious chicken pasta is a modern take on chicken Alfredo inspired by the bold flavors of Cajun cuisine, from the best of New York Times recipes.

at Dogwood Pavilion

Sa Apr 25 9:30 – 11:30 a.m. 1/\$28.90 216703

Cooking: Dim Sum Classics (19+ yrs)

Learn the art of dim sum with this hands-on class where you'll make two classic favourites: soft, steamed BBQ pork buns and savoury Sui Mai dumplings.

at Dogwood Pavilion

Sa Apr 11 9:30 a.m. – 12:30 p.m. 1/\$43.35 214903

Cooking: Global Spice Blends (19+ yrs)

New series exploring the elements of spice blends from around the world. In-depth review of all the individual spices, combining the ingredients into a mix to be used in a signature specialty dish each week. Learn how to prepare, photograph and enjoy a taste of a flavourful creation.

at Glen Pine Pavilion

Cajun (USA) – Classic Cajun Jambalaya with Jalepeno Cheddar Corn Bread Muffins

Su Apr 12 10:30 a.m. – 1:30 p.m. 1/\$43.35 217012

Shichimi Togarashi (Japan) – Shichimi Togarashi Infused Tonkatsu and Japanese-spiced pumpkin.

Su Apr 19 10:30 a.m. – 1:30 p.m. 1/\$43.35 217013

Sambal Bajjak (Indonesia) – Sambal Bajjak Infused Vegetarian Mie Goreng with Sambal Beans.

Su Apr 26 10:30 a.m. – 1:30 p.m. 1/\$43.35 217015

5 Spice (China) – Five-Spice Crispy Tofu Stir-Fry with Dan Dan Noodles.

Su May 3 10:30 a.m. – 1:30 p.m. 1/\$43.35 217017

Nam Prik Pao (Thailand) – Thai Chili Sauce Chicken with Coconut Rice and Green Papaya Salad.

Su May 17 10:30 a.m. – 1:30 p.m. 1/\$43.35 217058

Dukkah (Egypt) – North African Dukkah Chicken Satay With Grilled Zucchini Ribbons and Dukkah Roasted Carrots.

Su May 10 10:30 a.m. – 1:30 p.m. 1/\$43.35 217053

Jerk (Jamaica) – Jerk Chicken with Mango Salsa and Caribbean Coleslaw.

Su May 24 10:30 a.m. – 1:30 p.m. 1/\$43.35 217059

Curry Powder (Sri Lanka) – Sri Lankan Chicken Curry and Caramelized Onion Flat Bread.

Su May 31 10:30 a.m. – 1:30 p.m. 1/\$43.35 217060

Sazón (Puerto Rico) – Pork Pinchos (Kebabs) with Arroz con Gandules (Rice with Pigeon Peas).

Su Jun 7 10:30 a.m. – 1:30 p.m. 1/\$43.35 217063

Za'atar (Iran) – Za'atar Hummus, Classic Fattoush salad with Queso Fresco and Whole Roasted Cauliflower Head.

Su Jun 14 10:30 a.m. – 1:30 p.m. 1/\$43.35 217064

Berbere (Ethiopia) – Ethiopian Berbere Spiced Lentils (Misir Wot) with Salata (Ethiopian Tomato Salad).

Su Jun 21 10:30 a.m. – 1:30 p.m. 1/\$43.35 217066

Cooking: Filipino Lumpia Spring Rolls (16+ yrs)

Hand-roll authentic Filipino spring rolls with savory fillings and learn the secrets to achieving a perfectly golden, crispy crunch.

at Maillardville Community Centre

Th May 28 6 – 8 p.m. 1/\$28.90 218125

Cooking: Global Cookie Tour (19+ yrs)

Take a cookie tour around the world with a collection of recipes that will satisfy all sweet tooth cravings.

at Glen Pine Pavilion

M May 25 – Jun 22 7 – 8:30 p.m. 5/\$108.50 215588

Cooking: Hot Cross Buns (19+ yrs)

Learn to make Hot Cross Buns; the soft, lightly spiced sweet rolls with dried fruit with a flour-paste cross on top. They're finished with a sweet glaze for a shiny, fragrant seasonal treat.

at Dogwood Pavilion

Sa Apr 4 9:30 a.m. – 12:30 p.m. 1/\$43.35 214904

Cooking: Jalapeno Cheddar Scones With Roasted Garlic Butter (16+ yrs)

Bake spicy, cheesy scones from scratch and whip up a decadent roasted garlic butter. It's the ultimate savory pairing.

at Maillardville Community Centre

Th Apr 23 6 – 8 p.m. 1/\$28.90 218126

Cooking: Japanese Cotton Cream Cheese Cupcakes (19+ yrs)

Learn the secrets of Japanese cotton cream cheese cupcakes, the ultra-light cheesecake with a soft, fluffy texture that melts in your mouth. They're mildly sweet, creamy, and irresistibly airy.

at Dogwood Pavilion

Sa Jun 13 9:30 – 11:30 a.m. 1/\$28.90 215183

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 Apr 16 6 – 8 p.m. 1/\$28.90 218113

Th May 14 6 – 8 p.m. 1/\$28.90 218115



No experience necessary and all cooking supplies provided.

Cooking: Japanese Souffle Pancakes (19+ yrs)

Learn to make these extra-fluffy, cloud-like Japanese souffle pancakes that wobble and jiggle when you touch them. They're soft, airy, and lightly sweet, with a melt-in-your-mouth texture.

at Dogwood Pavilion

Sa May 2 9:30 – 11:30 a.m. 1/\$28.90 215170

Cooking: Japanese Strawberry and Mango Mochi (16+ yrs)

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

at Maillardville Community Centre

Th Apr 30 6 – 8 p.m. 1/\$28.90 218117

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 Apr 9 – Apr 30 7 – 8:30 p.m. 4/\$86.80 215759

Th May 7 – May 28 7 – 8:30 p.m. 4/\$86.80 220559

Th Jun 4 – Jun 25 7 – 8:30 p.m. 4/\$86.80 215762

Cooking: Pavlova Cake (16+ yrs)

Bake elegant, airy meringues topped with luscious cream and fresh fruit. This hands-on class masters the iconic, crispy-light dessert.

at Maillardville Community Centre

Th Jun 4 6 – 8 p.m. 1/\$28.90 218124

Cooking: Phenomenal Meals Using Basic Ingredients (19+ yrs)

Meals using basic ingredients often focus on comfort foods that turn out being family favourites. Learn to cook amazing food with minimal effort.

at Glen Pine Pavilion

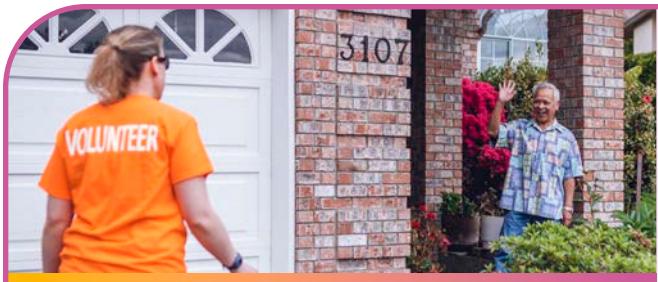
M Apr 13 – May 11 7 – 8:30 p.m. 5/\$108.50 215587

Cooking: Pizza (19+ yrs)

Create and bake classic marinara pizza from scratch in this hands-on cooking class and enjoy it together while socializing.

at Dogwood Pavilion

Sa Jun 27 9:30 – 11:30 a.m. 1/\$28.90 215190



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: 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

Th May 21 6 – 8 p.m. 1/\$28.90 218121

Cooking: Savoury Soufflé (19+ yrs)

Learn the secrets to a perfectly light and flavorful savory soufflé in this hands-on class. Master essential French techniques, from béchamel to egg handling, and bake a beautifully risen, impressive dish with confidence.

at Dogwood Pavilion

Sa May 9 9:30 a.m. – 12:30 p.m. 1/\$43.35 216745

Earth Week: Garbage, Recycling and Green Waste

(19+ yrs)

This Earth Week presentation describes and provides sorting tips for different waste streams – garbage, recycling, and green waste. City goals and programs aimed at reducing waste and maximizing recycling, reuse and composting will be highlighted. Presented by the City of Coquitlam Environment Division.

at Dogwood Pavilion

M Apr 20 1 – 1:30 p.m. 1/ FREE 220121

Earth Week: Urban Wildlife (19+ yrs)

Learn about the wildlife found in Coquitlam and ways we can safely coexist with them. Do you know what to do if you encounter a bear? Join Coquitlam's Urban Wildlife team to learn about bear behavior, safety tips and how to be Bear Smart in Coquitlam. Presented by the City of Coquitlam Environmental Division.

at Dogwood Pavilion

F Apr 24 1 – 2 p.m. 1/ FREE 220106

Earth Week: Water Conservation (19+ yrs)

Learn where Coquitlam drinking water comes from, how it is distributed and tips on how to conserve this precious resource in and around your home and garden. Presented by the City of Coquitlam Environmental Division.

at Dogwood Pavilion

Tu Apr 21 10 – 11 a.m. 1/ FREE 220088

Finance: Fraud Protection (19+ yrs)

Understand fraud and how to protect yourself from being a victim. Identify the signs of fraud and how to act on suspicions, learn about the top three scams and why vulnerable people are targeted and what to do if you are a victim of fraud.

at Dogwood Pavilion

Su Apr 19 10 – 11:30 a.m. 1/ FREE 214340

at Glen Pine Pavilion

Th May 21 9:30 – 11 a.m. 1/ FREE 217315

Finance: Managing Your Money (19+ yrs)

Learn how to save more and spend less.

at Dogwood Pavilion

Su May 24 10 – 11:30 a.m. 1/ FREE 214342

Finance: Planning for Retirement (19+ yrs)

How to effectively plan for the kind of retirement you desire understanding that government payments are not enough to fund this next phase in life. Be proactive with the tools and resources available for retirement strategies.

at Glen Pine Pavilion

Th Jun 25 9:30 – 11 a.m. 1/ FREE 217323

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: 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.

at Dogwood Pavilion

April – Benefits and Programs for Seniors

May – Pre-Retirement Planning

June – Disability and Caregiver Benefits

Th	Apr 16	10 – 11:30 a.m.	1/	FREE	218138
Th	May 14	6:30 – 8 p.m.	1/	FREE	218139
Th	Jun 25	11 a.m. – 12 p.m.	1/	FREE	218140

at Glen Pine Pavilion

April – Seniors Benefits

May – Newcomers to Canada

June – Benefits for Persons with Disabilities

M	Apr 13	11:30 a.m. – 12:45 p.m.	1/	FREE	218259
M	May 25	11:30 a.m. – 12:45 p.m.	1/	FREE	218260
Th	Jun 11	10 – 11:15 a.m.	1/	FREE	218258

Finance: Ten Healthy Habits of Financial Management (19+ yrs)

How to become a better money manager.

at Dogwood Pavilion

Su	Jun 14	10 – 11:30 a.m.	1/	FREE	214341
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Finance: The Self-worth in Net Worth (19+ yrs)

Your relationship with money is essential in understanding how and why you manage your finances the way you do. Understanding how your sense of self relates to your views on money can go a long way towards shaking things up and forming strong financial attitudes and habits.

at Glen Pine Pavilion

Th	Apr 23	9:30 – 11 a.m.	1/	FREE	217314
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General: Advance Directive (19+ yrs)

Creating an advance directive ensures legal standing for very specific wishes about some aspects of your potential healthcare. Complementary but separate legal documents are also discussed within the context of how they link to overall care in medically extreme situations.

at Glen Pine Pavilion

Th	May 7	9:30 – 11 a.m.	1/	FREE	217369
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**Coquitlam Income Tax Clinic Appointments**

Appointments are free of charge and taxes are prepared with a Canada Revenue Agency trained volunteer with the Community Volunteer Income Tax Program (CVITP).

If you are unable to attend an appointment in person, there is an option to file your 2025 Income Tax Returns over the phone. Volunteers will pick up all supporting documents and help file the Income Tax Return. *For more information about this service, contact Kim Bortolin, Community Services Coordinator at 604-927-6093.*

General: Cricut and Other Library Fun to Borrow (19+ yrs)

Discover the cool things you can borrow from the Coquitlam Public Library! Staff will demo items like the Cricut Joy, GoPro, and Nintendo Classic Mini, show you how they work, answer questions, and help you place holds. You'll also learn about apps for movie streaming.

at Dogwood Pavilion

Th	Apr 9	10:30 – 11:30 a.m.	1/	FREE	217054
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General: Emergency Preparedness (19+ yrs)

When disaster strikes, people need to be ready. The preparation of emergency kits, safety procedures in dangerous situations and information about when and how to seek help are explored.

at Glen Pine Pavilion

F	Apr 10	12:15 – 1:45 p.m.	1/	FREE	217373
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

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.

April – Touring from Coquitlam to Lake Louise
 May – Touring from Lake Louise to Vernon
 June – Vancouver Island: Tofino, Ucluelet and Victoria
at Glen Pine Pavilion

F	Apr 24	11 a.m. – 12:30 p.m.	1/ FREE	217394
F	May 29	11 a.m. – 12:30 p.m.	1/ FREE	217395
F	Jun 19	11 a.m. – 12:30 p.m.	1/ FREE	217396

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	Apr 9 – May 14	2 – 4 p.m.	6/\$60	216071
Th	May 21 – Jun 25	2 – 4 p.m.	6/\$60	216074

General: Lifesizing – Strata Living Workshop (19+ yrs)

Two session workshop discussing the motivations, challenges and benefits to consider when thinking about transitioning from a conventional, single-family home to strata. Get a clear picture of “what’s in it for you” focusing on the costs of strata living as well as information on strata depreciation reports and opportunity to ask all the questions you may have.

at Glen Pine Pavilion

Tu	Apr 14 – Apr 21	3:30 – 5:45 p.m.	2/ FREE	220360
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General: Wills (19+ yrs)

Whether you already have a will or not, the legal rules for preparing wills in BC are reviewed as well as the duties of an executor, legal terminology and pitfalls to avoid.

at Glen Pine Pavilion

Th	Jun 18	9:30 – 11 a.m.	1/ FREE	217372
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Health: Advance Care Planning (19+ yrs)

Advance care planning is personal planning for your health care. It can be done at any age or stage of your life and health care journey and helps prepare others if you are unable to speak for yourself.

at Dogwood Pavilion

Th	Jun 4	10 – 11:30 a.m.	1/ FREE	217455
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All Abilities Welcome!

Visit page 4 for details

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

Th	Apr 16 – May 21	9:30 a.m. – 12 p.m.	6/ FREE	216128
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at Glen Pine Pavilion

Sa	May 23 – Jun 27	9:30 a.m. – 12 p.m.	6/ FREE	215113
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Health: Creating a Safe Home Environment (19+ yrs)

The home is an important place for everyone. For the person with dementia, a familiar environment can help connect with the past and maintain a sense of self. When modifying a home environment, keep it familiar, striking a balance between safety and independence. Tips for creating a safe home environment will be presented.

at Glen Pine Pavilion

Th	Apr 30	10 a.m. – 12 p.m.	1/ FREE	214905
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Health: Creating Engaging Activities for Warm Weather (19+ yrs)

Be inspired by meaningful activities created specifically for people living with dementia and learn to adapt activities as the disease progresses and incorporate them into a daily routine for improved health and well-being.

at Glen Pine Pavilion

F	May 15	2 – 3:30 p.m.	1/ FREE	214906
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Health: Delusions, Hallucinations and Visual Mistakes (19+ yrs)

Learn about the causes and triggers of delusions, hallucinations and visual mistakes, then explore strategies for responding to these behaviours to best support people living with dementia.

at Glen Pine Pavilion

F	Jun 5	2 – 3:30 p.m.	1/ FREE	214908
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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	Apr 11 – May 16	9:30 a.m. – 12 p.m.	6/ FREE	215112
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Tell us how we did!
coquitlam.ca/ProgramEvaluation

Health: Driving and Dementia (19+ yrs)

Does a diagnosis of dementia mean you have to stop driving? Learn how to manage one of the toughest decisions you may face as a person living with dementia in the early stage.

at Dogwood Pavilion

Tu Jun 16 10 – 11:30 a.m. 1/**FREE** 217840

at Glen Pine Pavilion

F May 22 2 – 3:30 p.m. 1/**FREE** 214911

Health: Family and Caregivers of People Living with Dementia Series (19+ yrs)

An education series for family members who are caring for a person living with dementia that covers understanding dementia, communication and behaviour, as well as planning for the future and self-care for caregivers.

at Poirier Community Centre

W Apr 1 – Apr 22 10 a.m. – 12 p.m. 4/**FREE** 217827

Health: Introduction to Brain Health (19+ yrs)

It is never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.

at Dogwood Pavilion

Th Jun 11 10 – 11:30 a.m. 1/**FREE** 217842

Health: Introduction to Brain Health (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.

at Glen Pine Pavilion

Th Apr 16 10 a.m. – 12 p.m. 1/**FREE** 214907

Health: Mapping the Dementia Journey (19+ yrs)

While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen.

at Dogwood Pavilion

M Apr 20 10 – 11:30 a.m. 1/**FREE** 217825

at Glen Pine Pavilion

F Jun 19 2 – 3:30 p.m. 1/**FREE** 215030

Health: Mental Health (19+ yrs)

Are you concerned about your mental health? An overview of mental disorders and ways individuals can contribute to their own mental health are discussed.

at Dogwood Pavilion

M May 25 10 – 11:30 a.m. 1/**FREE** 218129

Health: Understanding and Adapting to Communication on the Dementia Journey (19+ yrs)

Learn practical strategies to better understand communication with those with dementia. Presented by the Alzheimer's Society of BC. Suitable for caregivers and people living with dementia.

at Glen Pine Pavilion

F Apr 24 2 – 3:30 p.m. 1/**FREE** 214910

Health: Understanding Dementia-Related Behaviour (19+ yrs)

Learn practical strategies to better understand changes in behaviour, including paranoia, anxiety, and denial, and how to respond in supportive ways.

at Dogwood Pavilion

Th May 14 2 – 3:30 p.m. 1/**FREE** 217833

Health: What is Dementia? (19+ yrs)

The term “dementia” does not actually refer to one, specific disease. Rather, it’s an overall term for a set of symptoms that are caused by disorders affecting the brain. Learn more and come to ask the questions.

at Glen Pine Pavilion

Th Apr 9 10 – 11:30 a.m. 1/**FREE** 214909

Language: Creative Writing All Levels (19+ yrs)

Discover the joy of storytelling in this engaging creative writing class designed for all levels. Through instructor prompts and guided activities, engage your imagination, develop writing skills, and share ideas in a supportive environment. Perfect for expressing yourself and bringing your stories to life.

at Dogwood Pavilion

Sa Apr 11 – May 16 10:15 – 11:45 a.m. 6/\$60.90 217068

Sa May 23 – Jun 27 10:15 – 11:45 a.m. 5/\$50.75 217069

at Glen Pine Pavilion

Th Apr 9 – May 14 7 – 8:30 p.m. 6/\$60.90 215750

Th May 21 – Jun 25 7 – 8:30 p.m. 6/\$60.90 215751

All Abilities Welcome!

Visit page 4 for details

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	Apr 9 – May 7	12:30 – 2 p.m.	5/\$14	220521
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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	Apr 9 – May 14	9:30 – 11 a.m.	6/\$17.10	215710
Th	May 21 – Jun 25	9:30 – 11 a.m.	6/\$17.10	215711

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	Apr 9 – May 14	1 – 2:30 p.m.	6/\$17.10	215712
Th	May 21 – Jun 25	1 – 2:30 p.m.	6/\$17.10	215713

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	Apr 7 – May 12	9:30 – 11 a.m.	6/\$17.10	215589
Tu	May 19 – Jun 23	9:30 – 11 a.m.	6/\$17.10	215590

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	Apr 9 – May 14	11:30 a.m. – 12:30 p.m.	6/\$17.10	215738
Th	May 21 – Jun 25	11:30 a.m. – 12:30 p.m.	6/\$17.10	215739

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 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	Apr 17 – May 15	11:30 a.m. – 12:30 p.m.	5/\$14.25	215774
F	May 22 – Jun 26	11:30 a.m. – 12:30 p.m.	6/\$17.10	215775

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	Apr 7 – May 12	1:30 – 3 p.m.	6/\$60.90	215591
Tu	May 19 – Jun 23	1:30 – 3 p.m.	6/\$60.90	215593

Language: Japanese Beginner (19+ yrs)

Discover the beauty of the Japanese language and culture in this fun and interactive beginner friendly course learning basic words and phrases for business, travel or pleasure. This program is designed for a beginner with no previous experience.

at Glen Pine Pavilion

Sa	May 23 – Jun 27	1 – 2:30 p.m.	6/\$60.90	215773
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Language: Japanese Intermediate (19+ yrs)

For those who have some basic knowledge of the Japanese language, continue building your skills with a strong focus on practical conversation and cultural understanding. Taught at a lower intermediate level.

at Glen Pine Pavilion

Sa	Apr 11 – May 16	1 – 2:30 p.m.	6/\$60.90	215772
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Language: Korean Beginner (19+ yrs)

Annyeonghaseyo! Learn basic words, phrases and sentences in Korean to be able to converse and to write Hangul which is the writing system of the Korean language.

at Glen Pine Pavilion

W	Apr 8 – May 13	7 – 8:30 p.m.	6/\$60.90	215603
Su	Apr 12 – May 10	10:15 – 11:45 a.m.	5/\$50.75	215566
W	May 20 – Jun 24	7 – 8:30 p.m.	6/\$60.90	215604

Language: Korean Intermediate (19+ yrs)

For those who have some basic knowledge of the Korean language, continue building your skills with a strong focus on practical conversation and cultural understanding. Taught at a lower intermediate level.

at Glen Pine Pavilion

Su	May 17 – Jun 21	10:15 – 11:45 a.m.	6/\$60.90	215567
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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	Apr 11 – May 16	2 – 3:30 p.m.	6/\$60.90	217076
Sa	May 23 – Jun 27	2 – 3:30 p.m.	5/\$50.75	217079

at Glen Pine Pavilion

W	Apr 8 – May 13	9:30 – 11 a.m.	6/\$60.90	215601
M	Apr 13 – May 11	7 – 8:30 p.m.	5/\$50.75	215582
M	May 25 – Jun 22	7 – 8:30 p.m.	5/\$50.75	215584

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	Apr 11 – May 16	12:30 – 2 p.m.	6/\$60.90	217075
Sa	May 23 – Jun 27	12:30 – 2 p.m.	5/\$50.75	217077

Language: Spanish Intermediate (19+ yrs)

Further your skills and understanding of the Spanish language both written and spoken.

at Glen Pine Pavilion

W	May 20 – Jun 24	9:30 – 11 a.m.	6/\$60.90	215602
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Life Long Learning for Adults (19+)



Learn Something New!

- Cooking
- Languages
- Technology
- Health
- Life skills
- Travel

Locations: Maillardville Community Centre, Dogwood Pavilion and Glen Pine Pavilion

Register

coquitlam.ca/registration | 604-927-4386
Stay up to date: coquitlam.ca/enews

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.

at Dogwood Pavilion

Tu	May 5	10 – 11:30 a.m.	1/ FREE	217829
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Life Skills: Personal Planning Overview (19+ yrs)

This introductory session emphasizes the wisdom of planning. It outlines legal, personal, and financial plans you may wish to put in place to ensure that your loved ones follow your wishes and needs.

at Dogwood Pavilion

M	Jun 22	10 – 11:30 a.m.	1/ FREE	218132
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Photography: Smartphone Photography (19+ yrs)

Use your smartphone to capture photos and save special memories. Learn tips and tricks to enhance your photos or videos. Please bring own device for more hands on support.

at Town Centre Park Community Centre

Th	May 14 – Jun 11	10 – 11:30 a.m.	5/\$50.25	218892
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

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 Jun 11 1–2:45 p.m. 1/\$2.85 217295

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 May 14 1–2:45 p.m. 1/\$2.85 217287

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 Apr 23 1–2:45 p.m. 1/\$2.85 217285

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 May 28 1–2:45 p.m. 1/\$2.85 217292

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 Apr 9 1–2:45 p.m. 1/\$2.85 217274

Wellness: Good Fats, Bad Fats and Cholesterol (19+ yrs)

Not all fats are created equal. In this session, we will bust the myths around cholesterol, explore which fats support your health and help you make informed food choices for your heart health.

at Glen Pine Pavilion

Tu Jun 2 3:30 – 5 p.m. 1/\$12.85 216044

Wellness: Gut Health and Whole Body Wellness (19+ yrs)

Your gut does so much more than digest food. It impacts your energy, hormones and immunity. Learn why your gut might be calling for attention and how to support it with simple, powerful lifestyle shifts in this interactive session.

at Glen Pine Pavilion

Tu Apr 7 3:30 – 5 p.m. 1/\$12.85 216042

Wellness: Inflammation 101 (16+ yrs)

Inflammation is at the root of many modern health conditions, from joint pain and fatigue to digestive health and autoimmune flares. In this session, learn how everyday foods, stress and lifestyle habits may be triggering inflammation and what you can do to reduce it naturally.

at Dogwood Pavilion

Tu Jun 9 4 – 5:30 p.m. 1/\$12.85 216049

Wellness: Laughter Therapy (19+ yrs)

Join us for an uplifting session on Laughter Therapy! This unique workshop combines voluntary laughter exercises with gentle breathing techniques, promoting joy and relaxation. Discover the physical and mental benefits of laughter designed to boost your mood and reduce your stress.

at Dogwood Pavilion

M May 25 9:30 – 11 a.m. 1/\$12.85 216591

Spring Clean-Up Sale at Glen Pine (19+ yrs)



Sell or shop for gently used clothes, housewares, books, toys or other pre-loved treasures at the Spring Clean-Up Sale at GlenPine. Tables assigned 10 days before the event.

at Glen Pine Pavilion

Saturday, May 16 | 9:30 a.m. – 2:30 p.m.

1/\$34.65 218116

Wellness: Microbiome, Probiotics and Prebiotics

(16+ yrs)

Your gut is home to trillions of microbes that influence digestion, immunity, mood and more. In this session we will explore the role of probiotics, prebiotics and how to nourish your inner ecosystem for better health from the inside out.

at Dogwood Pavilion

Tu May 12 4 – 5:30 p.m. 1/\$12.85 216048

Wellness: Perimenopause/Menopause and the Mind Body Shift (19+ yrs)

Menopause is more than just hot flashes! In this intimate session, we will talk about how to navigate this life stage with wisdom, nourishment and grace – and what your symptoms are really trying to tell you.

at Glen Pine Pavilion

Tu May 5 3:30 – 5 p.m. 1/\$12.85 216043

Wellness: Strong Joints, Strong Life (16+ yrs)

Discover the foundational role of nutrition, movement and lifestyle in keeping your joints strong and bones resilient, naturally. Learn what weakens them and what you can do to stay active and pain-free for years to come.

at Dogwood Pavilion

Tu Apr 14 4 – 5:30 p.m. 1/\$12.85 216047

Wellness: Tools to Quiet a Busy Mind (19+ yrs)

Learn gentle wellness practices to reduce overthinking and mental fatigue through mindful doodling and simple creative exercises. This session supports relaxation, focus, and a sense of calm in a quiet, welcoming setting.

at Dogwood Pavilion

M Apr 20 9:30 – 11 a.m. 1/\$12.85 216590

Workshop: Align and Refine Yoga (19+ yrs)

This workshop takes a mindful, approach to Hatha Yoga with a focus on alignment, posture integrity, and intentional movement. We will break down foundational asanas at slower pacing with longer holds to explore how the body is meant to move and hold shape. You'll build strength, body awareness, and confidence through mindful adjustments and clear alignment cues. We will close with a long, restful savasana to integrate the practice and allow the body and nervous system to fully absorb the work. Suitable for all levels.

at City Centre Aquatic Complex

Sa May 30 1 – 4 p.m. 1/\$35 220359

Workshop: Mental Resilience, Self Care and Breath Work (19+ yrs)

A recharge workshop which is based on mindfulness and healing by recharging and refreshing participants yoga poses, movements, journaling and mindful conversation. Workshop is led by an experienced facilitator with the goal of helping participants reduce stress, increase self-awareness, and find a deeper sense of inner peace and well-being.

at City Centre Aquatic Complex

Su Apr 26 2 – 4 p.m. 1/\$22 220358

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 Apr 7 – May 12 12:45 – 1:45 p.m. 6/\$59.70 216963

Tu May 19 – Jun 23 12:45 – 1:45 p.m. 6/\$59.70 216964

Dance: Argentine Tango Beginner (19+ yrs)

Have fun learning Argentine Tango! Continue to build your skills in the beginner 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 Jun 8 – Jun 29 7:15 – 8:15 p.m. 4/\$39.80 216956

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 Apr 13 – May 4 7:15 – 8:15 p.m. 4/\$39.80 216957

**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.

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 May 21 – Jun 25 6:45 – 7:30 p.m. 6/\$46.50 215565

Dance: Ballroom for One Foundations (19+ yrs)

Learn the fundamentals of ballroom dance—no partner required! Focus on rhythm, posture, and footwork for a variety of ballroom styles, helping you build confidence and grace on the dance floor.

at *Dogwood Pavilion*

Su Apr 12 – May 10 10:15 – 11:15 a.m. 5/\$49.75 220685
Su May 17 – Jun 14 10:15 – 11:15 a.m. 5/\$49.75 220686

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 Apr 9 – May 14 6:45 – 7:30 p.m. 6/\$46.50 215564

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 Apr 8 – May 13 5 – 6 p.m. 6/\$59.70 217014
W May 20 – Jun 24 5 – 6 p.m. 6/\$59.70 217016

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 Apr 7 – May 12 5:15 – 6:15 p.m. 6/\$59.70 215557
Tu May 19 – Jun 23 5:15 – 6:15 p.m. 6/\$59.70 215558

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	Apr 8 – May 13	7:45 – 8:45 p.m.	6/\$59.70	215561
W	May 20 – Jun 24	7:45 – 8:45 p.m.	6/\$59.70	215562

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	Apr 7 – May 12	7:45 – 8:45 p.m.	6/\$59.70	215559
Tu	May 19 – Jun 23	7:45 – 8:45 p.m.	6/\$59.70	215560

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	Apr 13 – May 11	2:30 – 3:30 p.m.	5/\$49.75	217078
M	May 25 – Jun 22	2:30 – 3:30 p.m.	5/\$49.75	217080

Dance: Foxtrot Foundations (19+ yrs)

Dive into this introductory social dance program to learn 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	Jun 8 – Jun 29	6 – 7 p.m.	4/\$39.80	216955
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Dance: Hip Hop (16+ yrs)

This dynamic course is designed for adults of all skill levels. You will explore the foundational moves of Hip Hop while building rhythm, coordination, and personal style in a supportive and fun environment.

at Pinetree Community Centre

F	Apr 10 – May 8	7:30 – 8:30 p.m.	5/\$51.75	218405
F	May 15 – Jun 12	7:30 – 8:30 p.m.	5/\$51.75	218406

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	Apr 9 – May 14	11 a.m. – 12 p.m.	5/\$49.75	215740
Th	May 21 – Jun 25	11 a.m. – 12 p.m.	6/\$59.70	215741

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

Tu	Apr 7 – May 12	3:15 – 4:15 p.m.	6/\$59.70	216960
F	Apr 10 – May 15	2:15 – 3:15 p.m.	6/\$59.70	217061
Tu	May 19 – Jun 23	3:15 – 4:15 p.m.	6/\$59.70	216962
F	May 22 – Jun 26	2:15 – 3:15 p.m.	5/\$49.75	217067

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 Glen Pine Pavilion

M	Apr 13 – May 11	6:15 – 7:15 p.m.	5/\$49.75	217087
M	May 25 – Jun 22	6:15 – 7:15 p.m.	5/\$49.75	217088

Dance: Line Dance Foundations (19+ yrs)

Jump into this introductory line dance program designed for absolute beginners. Dance to 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	Apr 7 – May 12	2 – 3 p.m.	6/\$59.70	216959
Tu	May 19 – Jun 23	2 – 3 p.m.	6/\$59.70	216961

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	May 9	1:30 – 3:30 p.m.	1/\$19.90	217202
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Dance: Persian Dance All Levels (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	Apr 13 – May 11	5 – 6 p.m.	5/\$49.75	217085
M	May 25 – Jun 22	5 – 6 p.m.	5/\$49.75	217086

Dance: Rumba Foundations (19+ yrs)

Dive into this introductory social dance program to learn Rumba! 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	Apr 13 – May 4	6 – 7 p.m.	4/\$39.80	216954
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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 is depends on volunteer availability.

at Dogwood Pavilion

Sa	Apr 11	1:30 – 3:30 p.m.	1/\$19.90	217200
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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 is depends on volunteer availability.

at Dogwood Pavilion

Sa	Jun 13	1:30 – 3:30 p.m.	1/\$19.90	217207
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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	Apr 13 – May 11	5 – 6:30 p.m.	5/\$78	215580
M	May 25 – Jun 22	5 – 6:30 p.m.	5/\$78	215581

Drama: Improv Theatre Workshop (19+ yrs)

Learn the basics of improvisational acting! Improv is all about saying 'yes, and,' accepting offers, and expressing yourself while working as a team through fun and entertaining games. No scripts and no rehearsals.

at Glen Pine Pavilion

W	Apr 8	7 – 8:30 p.m.	1/\$15.60	215607
W	Apr 22	7 – 8:30 p.m.	1/\$15.60	215608
W	May 13	7 – 8:30 p.m.	1/\$15.60	215609
W	May 27	7 – 8:30 p.m.	1/\$15.60	215610
W	Jun 10	7 – 8:30 p.m.	1/\$15.60	215611
W	Jun 24	7 – 8:30 p.m.	1/\$15.60	215612

at Town Centre Park Community Centre

W	Apr 1	7 – 8:30 p.m.	1/\$15.60	218753
W	May 6	7 – 8:30 p.m.	1/\$15.60	218756
W	Jun 3	7:30 – 9 p.m.	1/\$15.60	218757

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

Tu	Apr 7 – May 12	7:30 – 8:30 p.m.	6/\$50.70	215598
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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

Tu	May 19 – Jun 23	7:30 – 8:30 p.m.	6/\$50.70	215599
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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 Glen Pine Pavilion

Su	Apr 12 – May 10	12:15 – 1:45 p.m.	5/\$63.50	215573
Su	May 17 – Jun 21	12:15 – 1:45 p.m.	6/\$76.20	215575

Music: Themed Group Singing (19+ yrs)

Develop vocal techniques, harmony, and musical expression through group singing and song interpretation. Songs will cover different themes and genres of music.

at Glen Pine Pavilion

Tu	Apr 7 – May 12	6:15 – 7:15 p.m.	6/\$50.70	215594
Tu	May 19 – Jun 23	6:15 – 7:15 p.m.	6/\$50.70	215595

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

Su	Apr 12 – May 10	11 a.m. – 12 p.m.	5/\$42.25	215570
M	May 25 – Jun 22	7 – 8 p.m.	5/\$42.25	215579

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

M	Apr 13 – May 11	7 – 8 p.m.	5/\$42.25	215578
Su	May 17 – Jun 21	11 a.m. – 12 p.m.	6/\$50.70	215572



Tell us how we did!

coquitlam.ca/ProgramEvaluation

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	Apr 5 – May 3	9 – 10 a.m.	5/\$75	218057
Su	May 10 – Jun 7	9 – 10 a.m.	5/\$75	218058

Archery 16 yrs+ (16+ 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	Apr 5 – May 3	10:15 – 11:15 a.m.	5/\$75	218059
Su	May 10 – Jun 7	10:15 – 11:15 a.m.	5/\$75	218060

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	Apr 8 – May 6	5:30 – 6:45 p.m.	5/\$65	219161
W	May 13 – Jun 10	5:30 – 6:45 p.m.	5/\$65	219162

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	Apr 5 – May 3	2:15 – 3:45 p.m.	5/\$78	218216
Su	May 10 – Jun 7	2:15 – 3:45 p.m.	4/\$62.40	218217

Pickleball Clinic: Improve Your Returns (16+ yrs)

Make your return shot work for you. Learn strategies and techniques to place strong, consistent returns that apply pressure, improve positioning and give you an early advantage in every rally.

at Maillardville Community Centre

F	Jun 5	1:15 – 3:15 p.m.	1/\$20.70	219124
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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

Pickleball Clinic: Make, Defend and Win Lob Shots (16+ yrs)

Learn how to use the lob with purpose and confidence. Participants will practice hitting accurate offensive and defensive lobs, defending against lobs and making smart decisions to win rallies using this versatile shot.

at Maillardville Community Centre

F	May 22	1:15 – 3:15 p.m.	1/\$20.70	219102
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Pickleball Clinic: Serves, Returns and Blocks (16+ yrs)

Elevate your fundamentals and gain a competitive edge! Learn a variety of serve styles to keep opponents guessing, sharpen your return game, and develop reliable blocks that reset play with control and confidence.

at Maillardville Community Centre

F	May 8	1:15 – 3:15 p.m.	1/\$20.70	219090
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Pickleball Clinic: Transition Zone Play (16+ yrs)

Learn how to master the mid-court! This clinic focuses on smart positioning, shot selection and movement through the transition zone. Build confidence taking control between the baseline and kitchen to turn defense into offense.

at Maillardville Community Centre

F	May 15	1:15 – 3:15 p.m.	1/\$20.70	219092
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Pickleball Clinic: Volley Shots and Fast Hands (16+ yrs)

Speed up your reactions at the net! Sharpen hand speed while building consistency and control through effective resets, blocks, and roll and punch volleys. Gain confidence handling fast-paced exchanges and winning points up close.

at Maillardville Community Centre

F	Apr 17	1:15 – 3:15 p.m.	1/\$20.70	219084
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Pickleball Clinics: Attacks and Counter Attacks (16+ yrs)

Stay aggressive and stay in the point. Learn how to react faster, counter attack with confidence, and create stronger more effective attack shots to keep pressure on your opponents.

at Maillardville Community Centre

F	Jun 12	1:15 – 3:15 p.m.	1/\$20.70	219126
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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	Apr 13 – May 4	3:30 – 5 p.m.	4/\$62.40	219157
M	May 11 – Jun 8	3:30 – 5 p.m.	4/\$62.40	219158

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	Apr 7 – May 12	11 a.m. – 12:30 p.m.	6/\$93.60	216984
W	Apr 8 – May 13	11 a.m. – 12:30 p.m.	6/\$93.60	217007
Th	Apr 9 – May 14	11 a.m. – 12:30 p.m.	6/\$93.60	217021
Tu	May 19 – Jun 23	11 a.m. – 12:30 p.m.	6/\$93.60	216985
W	May 20 – Jun 24	11 a.m. – 12:30 p.m.	6/\$93.60	217011
Th	May 21 – Jun 25	11 a.m. – 12:30 p.m.	6/\$93.60	217023

Pickleball: Round Robin Play (16+ yrs)

Single-day round robin play for players at all levels, facilitated by city staff.

at Maillardville Community Centre

F	Apr 10	1:30 – 4:30 p.m.	1/\$20.70	219074
F	May 1	1:30 – 4:30 p.m.	1/\$20.70	219087
F	Jun 19	1:30 – 4:30 p.m.	1/\$20.70	219127

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 Centennial Activity Centre

Su	Apr 12 – May 3	11 a.m. – 12:30 p.m.	4/\$62.40	217226
Su	May 10 – Jun 7	11 a.m. – 12:30 p.m.	5/\$78	217228

at Maillardville Community Centre

M	Apr 13 – May 4	5:15 – 6:45 p.m.	4/\$62.40	219159
M	May 11 – Jun 8	5:15 – 6:45 p.m.	4/\$62.40	219160

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 Poirier Forum

W	Apr 8 – May 13	12:45 – 2:15 p.m.	6/\$93.60	216997
W	May 20 – Jun 24	12:45 – 2:15 p.m.	6/\$93.60	217005

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.

at Maillardville Community Centre

Tu	Apr 7 – Jun 9	10 – 11 a.m.	10/\$10	219229
Tu	Apr 7 – Jun 9	11:15 a.m. – 12:15 p.m.	10/\$10	219230
Tu	Apr 7 – Jun 9	1 – 2 p.m.	10/\$10	219231

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	Apr 12 – May 3	5:15 – 6:15 p.m.	4/\$41.40	217227
Su	May 10 – Jun 7	5:15 – 6:15 p.m.	5/\$51.75	217229

at Maillardville Community Centre

Th	Apr 9 – May 7	6 – 7 p.m.	5/\$51.75	219163
Th	May 14 – Jun 11	6 – 7 p.m.	5/\$51.75	219165

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.

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.

Crafts: All Tied Up – Make Rope Jewelry

(19+ yrs) ● ▲ ♦

Create your own unique beautiful jewelry with just some pieces of rope and thread. You will learn to make bracelets and necklaces in two different designs by using tying, knotting and winding techniques that you can easily tweak and customize.

at Dogwood Pavilion

M May 25 – Jun 1 6 – 8 p.m. 2/\$47.40 216050

Crafts: Beginner Crochet (19+ yrs) ▲

In this hands-on beginner program, learn and apply basic crochet techniques.

at Town Centre Park Community Centre

Tu Apr 7 – May 5 6 – 8 p.m. 5/\$75.50 218893

Crafts: Crochet Intermediate (19+ yrs) ♦

In this hands-on intermediate program, build on basic crochet techniques and learn new skills such as working in the round, granny squares and ribbing.

at Town Centre Park Community Centre

Tu May 12 – Jun 9 6 – 8 p.m. 5/\$75.50 218894

Crafts: Needle Felting (19+ yrs) ● ▲ ♦

Learn the basics of needle felting while creating an adorable wool bumble bee in this beginner-friendly class. All materials are provided, and you'll leave with a handmade bee and the skills to keep felting at home.

at Dogwood Pavilion

W Apr 1 9:30 – 11:30 a.m. 1/\$23.70 219669

Crafts: Summer Wreath Workshop (19+ yrs) ● ▲ ♦

Create a Summer wreath to decorate your door or a wall in your home.

at Glen Pine Pavilion

Th Jun 11 6:30 – 8:30 p.m. 1/\$23.70 215238

Creating Smartphone Art Photography Workshop

(19+ yrs) ● ▲ ♦

Using your Smartphone to capture images that can be used to create art that is creative and personal.

at Glen Pine Pavilion

Th May 28 6:30 – 8:30 p.m. 1/\$23.70 217099

Drawing: Artful Architecture (19+ yrs) ● ▲ ♦

Explore different ways to draw buildings and related landscapes in inventive ways. This class blends perspective, composition, and creative interpretation to bring architectural and structural subjects to life.

at Dogwood Pavilion

Th May 21 – Jun 25 6 – 8 p.m. 6/\$80.40 218041

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 Apr 13 – May 11 11:45 a.m. – 1:45 p.m. 5/\$67 215460

Drawing: Charcoal Drawing (19+ yrs) ● ▲ ♦

Using Charcoal sticks to create images based on shading techniques and the value scale from dark to light in this four session workshop.

at Glen Pine Pavilion

M Apr 20 – May 11 11:15 a.m. – 12:45 p.m. 4/\$40.20 218261

M Jun 1 – Jun 22 11:15 a.m. – 12:45 p.m. 4/\$40.20 218263

All Abilities Welcome!

Visit page 4 for details

Drawing: Coloured Pencils (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	Apr 13 – May 11	9 – 11:30 a.m.	5/\$83.75	215458
M	May 25 – Jun 22	9 – 11:30 a.m.	5/\$83.75	215459

at Glen Pine Pavilion

F	May 22 – Jun 26	11:30 a.m. – 1:30 p.m.	6/\$80.40	216063
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Drawing: Coloured Pencils – Still Life (19+ yrs) ●▲◆

Learn to draw from a still life set up (no reference photos) using coloured pencils. Develop skills in colour layering, blending and using light and shadow while drawing fruit and other simple still life objects.

at Dogwood Pavilion

Tu	Apr 7 – May 12	9 – 11:30 a.m.	6/\$100.50	216251
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Drawing: Coloured Pencils – Still Life – Try It

(19+ yrs) ●▲◆

Try a single sample class to meet the instructor and learn more about the course. Learn to draw from a still life set up (no reference photos) using coloured pencils. Develop skills in colour layering, blending and using light and shadow while drawing fruit and other simple still life objects.

at Dogwood Pavilion

Tu	Mar 31	9 – 11:30 a.m.	1/\$16.75	217139
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Drawing: Coloured Pencils Beginner Workshop

(19+ yrs) ▲

Learn the tips and tricks that go into creating portrait drawings composed entirely from coloured pencils. Working with simple images, this workshop will teach you the basics about undertones, colour blocking, basic shape and form, colour blending, light and shadow.

at Town Centre Park Community Centre

Th	May 7	6:30 – 8:30 p.m.	1/\$17.10	218385
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Drawing: Drawing All Levels (19+ yrs) ●▲◆

Drawing is fundamental artistic technique using lines and marks (pencil, ink, digital) to create images, focusing on form, shape, and line rather than just color.

at Glen Pine Pavilion

Tu	Apr 7 – May 12	9 – 11 a.m.	6/\$80.40	215357
Th	Apr 9 – May 14	6:30 – 8:30 p.m.	6/\$80.40	215361
Tu	May 19 – Jun 23	9 – 11 a.m.	6/\$80.40	215358
Th	May 21 – Jun 25	6:30 – 8:30 p.m.	6/\$80.40	215362

Drawing: Drawing Fun (19+ yrs) ▲

Discover the joy of drawing for fun with free flowing positive class with no fear of “getting it right”. Playful, fast and success-guaranteed activities. No eraser needed! *at Dogwood Pavilion*

Th	Apr 2	6 – 8 p.m.	1/\$13.40	218180
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Drawing: Exploring Pastels (19+ yrs) ●▲◆

Explore the colourful 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

Tu	May 19 – Jun 23	9:30 – 11:30 a.m.	6/\$80.40	216253
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Drawing: Exploring Pastels Try It (19+ yrs) ●▲◆

Try a sample class to meet the instructor and learn more about the course. Explore the colourful 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

M	Mar 30	9:30 – 11:30 a.m.	1/\$13.40	217183
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Drawing: Expressive Faces (19+ yrs) ●▲◆

In this class, students will learn how to draw faces that show emotion, expression, and personality. Starting with basic facial structure and proportions, the class will explore how small changes in features can dramatically change an expression.

at Dogwood Pavilion

W	May 20 – Jun 24	9:30 – 11:30 a.m.	6/\$80.40	216125
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Drawing: Figure Drawing Beginner Workshop

(19+ yrs) ▲

This beginner workshop will provide skills to explore the fundamentals of drawing human form.

at Town Centre Park Community Centre

Th	Apr 9	6:30 – 8:30 p.m.	1/\$17.10	218381
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Drawing: Foundations (19+ yrs) ●

Perfect for beginners, this course introduces the basics of drawing with pencils, charcoal, and pen. Learn foundational skills such as line work, shading, perspective, and light and shadow techniques while exploring your creative potential.

at Dogwood Pavilion

Th	Apr 9 – May 14	6 – 8 p.m.	6/\$80.40	216433
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Drawing: Gesture Drawing and Anatomy Basics(19+ yrs)   

This class focuses on capturing the movement, energy, and flow of the human figure through gesture drawing. Basic anatomy concepts are introduced to support structure and proportion while keeping drawings loose, expressive, and dynamic.

at Dogwood Pavilion

W Apr 8 – May 13 9:30 – 11:30 a.m. 6/\$80.40 216123

Drawing: Intermediate (19+ yrs) 

Elevate your drawing abilities by refining advanced techniques in black and white art. Explore creating depth, texture and nuanced lighting effects while enhancing your personal artistic style.

at Dogwood Pavilion

M May 25 – Jun 22 11:45 a.m. – 1:45 p.m. 5/\$67 215461

Drawing: Landscapes (19+ yrs)   

This course focuses on drawing landscapes emphasizing the rendering of light, shadow, tones and more when drawing in black and white.

at Glen Pine Pavilion

F Apr 10 – May 15 11:30 a.m. – 1:30 p.m. 6/\$80.40 216057

Drawing: Loose Landscapes (19+ yrs)   

Enjoy drawing loose landscapes using basic tools of pencils and pens.

at Glen Pine Pavilion

W Apr 8 – May 13 3:30 – 5:30 p.m. 6/\$80.40 215547

Drawing: Pastel Workshop (19+ yrs)   

Learn all about the exciting world of pastels in this workshop. Basic approach, drawing, techniques, mixing and blending, materials, finishing and more will be covered.

at Glen Pine Pavilion

Th Jun 25 6:30 – 8:30 p.m. 1/\$23.70 217102

Drawing: Playing with Portraits (19+ yrs)   

Enjoy drawing portraits using basic tools of pencils and pens.

at Glen Pine Pavilion

W May 20 – Jun 24 3:30 – 5:30 p.m. 6/\$80.40 215548

All Abilities Welcome!

Visit page 4 for details

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: Plein Air Drawing in the Rose Garden(19+ yrs)   

Be inspired by the roses and structures in the Centennial Rose Garden at Dogwood Pavilion in this plein air drawing class. Build confidence in discovering the pleasures and restraints of drawing in the outdoors.

at Dogwood Pavilion

W Jun 17 6 – 8 p.m. 1/\$13.40 215977

Drawing: Sketching and Drawing Workshop(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 Town Centre Park Community Centre

Th Apr 23 6:30 – 8:30 p.m. 1/\$17.10 218383

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 Apr 7 – May 12 11:30 a.m. – 1 p.m. 6/\$60.30 215542

Mixed Media: Art Explorations (19+ yrs)   

Explore a variety of materials by drawing, painting and collage, using graphite, ink, pastels or water-soluble paint. You never know what we'll get up to in this fun class which will focus on spring themes of birds, buds, bugs and fresh colours.

at Dogwood Pavilion

Sa Apr 11 – May 16 9:30 – 11:30 a.m. 6/\$80.40 215870

Sa May 23 – Jun 27 9:30 – 11:30 a.m. 5/\$67 215873

Mixed Media: Creative Open Art Learning(19+ yrs)   

With guidance, learn how to use your imagination and whatever choice of art projects you have wanted to explore or already started and need some incentive to complete. The options are endless for painting, drawing, crafts, needlefelt, clay and more.

at Glen Pine Pavilion

Th May 21 – Jun 25 11:30 a.m. – 1:30 p.m. 6/\$80.40 215675

Mixed Media: Exploring Water Soluble Materials(19+ yrs) 

Graphite, pastels, pencil crayons, watercolours, inks ... so many materials dissolve with water. Water soluble materials can be used wet or dry, on their own or together, to create marvelous masterpieces. Learn techniques to help use these tools confidently and creatively. Themes of nature, clouds, sky and botanicals will be explored.

at Dogwood Pavilion

M	Apr 13 – May 11	2 – 4 p.m.	5/\$67	215462
M	May 25 – Jun 22	2 – 4 p.m.	5/\$67	215463

Mixed Media: Inks and Watercolours (19+ yrs) 

Using both inks and watercolour paints to create stunning drawings and designs in a mixed media composition class.

at Glen Pine Pavilion

Tu	May 19 – Jun 23	11:30 a.m. – 1 p.m.	6/\$60.30	215543
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Mixed Media: Magic in Motion – Water Soluble Art*Try it (19+ yrs) *

Try a single, sample class to meet the instructor and learn about the course, Exploring Water Soluble Materials. Have fun with the the magic of water soluble pencils. Experiment with soft lines, shading, and washes to create flowing, textured designs with depth and movement.

at Dogwood Pavilion

M	Mar 30	2 – 4 p.m.	1/\$13.40	217104
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Mixed Media: Persian Geometry and Symbolism(19+ yrs) 

Explore the rich visual language of Persian art through geometry, symbolism, and pattern in this mixed media class. Students will experiment with layered materials and traditional motifs to create an artwork inspired by Persian design.

at Dogwood Pavilion

Su	Apr 12 – May 10	11:30 a.m. – 1:30 p.m.	5/\$67	216216
Su	May 17 – Jun 14	11:30 a.m. – 1:30 p.m.	5/\$67	216220

Mixed Media: Persian Illustrations Workshop(19+ yrs) 

Explore the philosophy and symbolism of Persian art with chosen motifs, creating new imagery that engages with the timeless patterns into fresh, colourful pieces expressing your personal vision.

at Glen Pine Pavilion

Th	Apr 30	6:30 – 8:30 p.m.	1/\$23.70	217092
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Painting: Abstract Botanicals in Acrylics(19+ yrs) 

Abstract Botanicals is an art style that blends natural plant and flower forms with modern abstract techniques using simplified shapes, bold colors, or textured layers in acrylics.

at Glen Pine Pavilion

M	Apr 27 – May 4	9 – 11 a.m.	2/\$47.40	215232
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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 visual for each set. Practice colour mixing with different brushes to create paintings that showcase the versatility of the medium.

at Glen Pine Pavilion

F	Apr 10 – May 1	2 – 4 p.m.	4/\$53.60	216068
F	May 8 – May 29	2 – 4 p.m.	4/\$53.60	216069
F	Jun 5 – Jun 26	2 – 4 p.m.	4/\$53.60	216070

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	Apr 8 – May 13	12:30 – 3 p.m.	6/\$100.50	215491
W	May 20 – Jun 24	12:30 – 3 p.m.	6/\$100.50	215492

at Glen Pine Pavilion

Tu	Apr 7 – May 12	9 – 11:30 a.m.	6/\$100.50	215234
Tu	May 19 – Jun 23	9 – 11:30 a.m.	6/\$100.50	215235

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	Apr 9 – May 14	9:30 – 11:30 a.m.	6/\$80.40	215493
Th	May 21 – Jun 25	9:30 – 11:30 a.m.	6/\$80.40	215494

at Glen Pine Pavilion

Tu	Apr 7 – May 12	6:30 – 8:30 p.m.	6/\$80.40	216045
Tu	May 19 – Jun 23	6:30 – 8:30 p.m.	6/\$80.40	216046
Sa	May 23 – Jun 27	9:30 – 11:30 a.m.	6/\$80.40	215240

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: Acrylic Foundations (19+ yrs) ●

Perfect for those with no background in painting, this course covers basic techniques to start acrylic painting. Learn how to choose the right materials and explore essential skills such as paint layering, colour mixing, texture creation, and brush control.

at Dogwood Pavilion

Tu Apr 14 – May 5 6 – 8 p.m. 4/\$53.60 216051

at Glen Pine Pavilion

Sa Apr 11 – May 16 9:30 – 11:30 a.m. 6/\$80.40 215239

Painting: Acrylic Foundations Workshop

(19+ yrs) ● ▲ ♦

Learn the basics of acrylic painting. Explore skills and techniques that are necessary for a beginner to this medium of art.

at Town Centre Park Community Centre

Th Apr 16 6:30 – 8:30 p.m. 1/\$23.70 218382

Painting: Acrylic Mini Painting – Still Life

(19+ yrs) ● ▲ ♦

Create a small-scale acrylic painting inspired by a still life set while focusing on composition, color, and brushwork. Students will learn techniques for working in miniature format through guided observation and hands-on practice.

at Dogwood Pavilion

Tu Mar 31 1 – 3 p.m. 1/\$23.70 216052

Painting: Acrylic Paint Night – April Showers

(19+ yrs) ● ▲ ♦

An acrylic paint night based on the theme of April Showers.

at Glen Pine Pavilion

Th Apr 23 6:30 – 8:30 p.m. 1/\$23.70 217125

Painting: Acrylic Paint Night – Cherry Blossoms

(19+ yrs) ● ▲ ♦

Cherry Blossoms in Spring is a wonderful subject to create on canvas because the colours in acrylics are bright, fresh and pretty.

at Glen Pine Pavilion

Th Apr 9 6:30 – 8:30 p.m. 1/\$23.70 215050

Painting: Acrylic Paint Night – Floral Bouquet

(19+ yrs) ● ▲ ♦

A beautiful floral bouquet painted in acrylics will be a nice feature on a wall or a perfect Spring gift.

at Glen Pine Pavilion

Th May 7 6:30 – 8:30 p.m. 1/\$23.70 215051

Painting: Acrylic Paint Night – Seashells and Starfish (19+ yrs) ● ▲ ♦

Hear the waves and smell the ocean as you paint seashells and starfish in acrylics.

at Glen Pine Pavilion

Th Jun 4 6:30 – 8:30 p.m. 1/\$23.70 215054

Painting: Acrylic Paint Night – Wooden Plank Workshop (19+ yrs) ● ▲ ♦

Create a lovely wooden plank sign for to decorate your home or to gift this Spring season.

at Glen Pine Pavilion

Th May 14 6:30 – 8:30 p.m. 1/\$23.70 217128

Painting: Acrylic Paint Workshop – Bold and Bright Jellyfish (19+ yrs) ● ▲ ♦

Join us for an acrylic painting two session workshop and create your own vibrant jellyfish using bold, bright colors. Learn layering, blending, and flowing brush techniques to bring these glowing underwater creatures to life.

at Dogwood Pavilion

W Apr 29 – May 6 6 – 8 p.m. 2/\$47.40 215957

Painting: Acrylic Painting Workshop – Water Lilies

(19+ yrs) ● ▲ ♦

This beginner, step-by-step class is an excellent two-week introduction to acrylic painting. Inspired by Claude Monet's Water Lilies, students will explore light, color, and reflection while creating a peaceful, expressive pond scene.

at Dogwood Pavilion

Tu May 19 – May 26 6 – 8 p.m. 2/\$47.40 216126

Painting: Acrylic Techniques – Painting Expressive Eyes (19+ yrs) ● ▲ ♦

Eyes bring a painting to life. This acrylic workshop guides the process of painting expressive eyes, from basic structure to refined details, with personalized instruction for every skill level.

at Dogwood Pavilion

W Apr 1 12:30 – 3 p.m. 1/\$16.75 217041

Painting: Adding Texture to Acrylic Painting

(19+ yrs) ● ▲ ♦

Explore texture and a variety of acrylic mediums to add depth and visual interest. Students will experiment with four different mediums to create layered, tactile effects through demonstration and practice.

at Dogwood Pavilion

Th Apr 2 1 – 3 p.m. 1/\$23.70 217441

Painting: Captivating Scenery in Watercolour(19+ yrs)   

Wet On Dry, Wet On Wet, and Layering. Explore different painting effects with watercolour while focusing on composition and brushwork to create captivating scenery.

at Glen Pine Pavilion

W May 20 – Jun 24 1–3 p.m.

6/\$80.40 215037

Painting: Cascading Waterfalls in Acrylics(19+ yrs)   

Using acrylics to capture on canvas an image of a cascading waterfall. This involves layering darks, lights, and whites with varied brushstrokes to create movement, spray, and reflections.

at Glen Pine Pavilion

M Jun 8 – Jun 15 9 – 11 a.m.

2/\$47.40 215233

Painting: East Asian Techniques: Sumi Ink Drawing and Watercolour (19+ yrs)   

Explore the fusion of East Asian Ink and classic watercolour techniques through expressive line work, washes and layering using Eastern brush methods and materials.

at Poirier Community Centre

F May 1 – Jun 5 9:30 – 11:30 a.m.

6/\$80.40 219794

Painting: East Asian Techniques: Sumi Ink Drawing and Watercolour Workshop (19+ yrs)   

Try this workshop to meet the instructor and learn more about the course. Explore the fusion of East Asian Ink and classic watercolour techniques through expressive line work, washes and layering using Eastern brush methods and materials.

at Dogwood Pavilion

F Apr 10 – Apr 17 9:30 – 11:30 a.m.

2/\$47.40 217379

Painting: Intuitive Painting to Music Workshop(19+ yrs)   

This beginner step by step class is an excellent introduction to acrylic painting so you can focus on painting intuitively with the music in the background providing inspiration.

at Glen Pine Pavilion

Th May 21

6:30 – 8:30 p.m.

1/\$23.70 215237

All Abilities Welcome!

Visit page 4 for details

Painting: Plein Air Acrylic in the Rose Garden(19+ yrs)   

Join us for a unique plein air acrylic paint night in the Centennial Rose Garden. Build confidence in discovering the pleasures and restraints of painting outdoors.

at Dogwood Pavilion

W Jun 24

6 – 8 p.m.

1/\$23.70 215964

Painting: Spring Flowers Bottle Lantern(19+ yrs)   

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative Spring lantern with fairy lights inside to create a beautiful glow indoors or out.

at Glen Pine Pavilion

Th Apr 16

6:30 – 8:30 p.m.

1/\$23.70 215236

Painting: Spring Tulips in Acrylics (19+ yrs)   

Bright and cheerful Spring Tulips captured on a canvas in vibrant acrylics in a fun workshop.

at Glen Pine Pavilion

M Apr 13 – Apr 20

9 – 11 a.m.

2/\$47.40 215230

Painting: Summer Landscape in Acrylics(19+ yrs)   

Paint a Summer Landscape in acrylics in this two session workshop.

at Glen Pine Pavilion

M May 25 – Jun 1

9 – 11 a.m.

2/\$47.40 215231

Painting: Urban Sketching Title Pages and Layouts(19+ yrs)   

Learn how to layout your urban sketching pages in a way that brings the whole page together by drawing objects, scenes, and fun lettering using pens and colours.

at Glen Pine Pavilion

Th Apr 9 – May 14

11:30 a.m. – 1:30 p.m.

6/\$80.40 215670

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 Watercolours.

at Glen Pine Pavilion

Su Apr 12 – May 10

10:15 a.m. – 12:45 p.m.

5/\$83.75 215355

Su May 17 – Jun 21

10:15 a.m. – 12:45 p.m.

6/\$100.50 215356



Tell us how we did!
coquitlam.ca/ProgramEvaluation

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	Apr 7 – May 12	12:30 – 3 p.m.	6/\$100.50	215487
Th	Apr 9 – May 14	12:30 – 3 p.m.	6/\$100.50	215489
Tu	May 26 – Jun 23	12:30 – 3 p.m.	5/\$83.75	215488
Th	May 28 – Jun 25	12:30 – 3 p.m.	5/\$83.75	215490

at Glen Pine Pavilion

F	Apr 10 – May 15	9 – 11 a.m.	6/\$80.40	216055
F	May 22 – Jun 26	9 – 11 a.m.	6/\$80.40	216056

Painting: Watercolour Beginner Workshop (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 Town Centre Park Community Centre

Th	Apr 30	6:30 – 8:30 p.m.	1/\$23.70	218384
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Painting: Watercolour Bright Patterns and Geometrics (19+ yrs) □ ▲ ♦

Bring the fun back into watercolour! In this approachable beginner-friendly class, explore bright rainbow colours and apply these into fun geometric forms and patterns. Step-by-step instructions including colour mixing and layering lessons.

at Glen Pine Pavilion

W	Apr 8 – May 13	1 – 3 p.m.	6/\$80.40	215047
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Painting: Watercolour Colour Theory (19+ yrs) □ ▲ ♦

Understanding colours and how they interact with each other plays an important role in painting. Learn to choose specific colours in your paintings to produce attractive, harmonious artwork. Colour hue, value and intensity as well as learning to mix paint to produce brights and neutrals will be included.

at Glen Pine Pavilion

Th	Apr 9 – May 14	9 – 11 a.m.	6/\$80.40	215665
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Painting: Watercolour for Urban Sketching Themes (19+ yrs) □ ▲ ♦

Focuses on casual urban sketching themes of streets and buildings using watercolour to bring your illustrations life.

at Glen Pine Pavilion

M	Apr 13 – May 11	6:30 – 8:30 p.m.	5/\$67	217121
M	May 25 – Jun 22	6:30 – 8:30 p.m.	5/\$67	217122

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	Apr 7 – May 12	9:30 a.m. – 12 p.m.	6/\$100.50	215485
Tu	May 26 – Jun 23	9:30 a.m. – 12 p.m.	5/\$83.75	215486

at Glen Pine Pavilion

W	Apr 8 – May 13	11:30 a.m. – 1:30 p.m.	6/\$80.40	215359
W	May 20 – Jun 24	11:30 a.m. – 1:30 p.m.	6/\$80.40	215360

Painting: Watercolour Paint Night – Lavender Fields (19+ yrs) □ ▲ ♦

Capture the beauty of spring with a guided paint class inspired by rolling lavender fields. Learn how to use colour, brushwork, and layering to create depth, movement, and atmosphere in a peaceful landscape.

at Dogwood Pavilion

W	May 27	6 – 8 p.m.	1/\$23.70	215961
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Painting: Watercolour Paint Night – Flower Garden (19+ yrs) □ ▲ ♦

Using pretty watercolours to create a painting of a flower garden of beautiful blooms.

at Glen Pine Pavilion

Th	Jun 18	6:30 – 8:30 p.m.	1/\$23.70	217129
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Painting: Watercolour Techniques (19+ yrs) □ ▲ ♦

Explore watercolor techniques through painting flowers, landscapes, urban scenes, and more. Learn to control water, color, and brushes to create expressive and confident artwork.

at Dogwood Pavilion

Sa	Apr 11 – May 16	1 – 3 p.m.	6/\$80.40	217288
Sa	May 23 – Jun 27	1 – 3 p.m.	5/\$67	217298

All Abilities Welcome!

Visit page 4 for details

Painting: Watercolour Techniques – Brushwork(19+ yrs)   

This watercolour workshop explores brushwork in more detail, including washes, blooms, and textures, using Easter lilies as inspiration. Learn how to control your brush to create petal shapes, depth, and expressive floral effects.

at Dogwood Pavilion

Th Apr 2 9:30 – 11:30 a.m. 1/\$13.40 217124

Painting: Watercolour/Gouache Whimsical Plants(19+ yrs)   

Using either watercolour mixed with some white gouache or gouache itself, learn to draw and paint simplified whimsical plants.

at Glen Pine Pavilion

Th May 21 – Jun 25 9 – 11 a.m. 6/\$80.40 215672

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 May 9 – Jun 6 12:30 – 2 p.m. 5/\$50.25 217081

Photography: Smartphone Camera Foundations(19+ yrs) 

Unlock the power of your smartphone camera in this hands-on program. Discover the art of dynamic shooting angles, composition, and harness the magic of light and colour to take stunning photos from your everyday device. We'll show you how to enhance your shots with useful editing resources to make your pictures truly pop!

at Dogwood Pavilion

Tu May 26 – Jun 16 6:30 – 8 p.m. 4/\$40.20 217435

Videography Foundations (19+ yrs) 

Learn the basics of videography with a focus on learning the basics of composition, lighting and audio along with editing. Please bring what gear you have (phone, tripod, etc).

at Dogwood Pavilion

Su Apr 12 – May 10 9:15 – 11:15 a.m. 5/\$67 216228

Su May 17 – Jun 14 9:15 – 11:15 a.m. 5/\$67 216233

Videography Workshop (19+ yrs)   

A workshop on basics of videography with a focus on learning the basics of composition, lighting and audio along with editing.

at Glen Pine Pavilion

Th Jun 11 6:30 – 8:30 p.m. 1/\$23.70 217100

Woodworking: Woodcarving Beginner (19+ yrs) 

Learn beginner wood carving skills such as safe tool handling, basic knife skills and understanding wood grain to carve simple projects like a bear, fox, cat or dog. Learn techniques such as cutting, gouging, and shaping, sometimes starting with a sample board to practice different cuts before moving on to a project.

at Dogwood Pavilion

W Apr 8 – May 13 6 – 8 p.m. 6/\$80.40 217301

W May 20 – Jun 24 6 – 8 p.m. 6/\$80.40 217383

Woodworking: Woodcarving Intermediate**Lighthouses (19+ yrs)** 

Refine your carving skills by creating a detailed lighthouse from basswood, inspired by reference photos. Learn techniques for shaping, texturing, and adding fine details such as shingles, windows, and stonework, with room for your own creative design.

at Dogwood Pavilion

W Apr 8 – May 13 1:30 – 3:30 p.m. 6/\$82.80 217299

Woodworking: Woodcarving Intermediate**Whimsical Houses (19+ yrs)** 

Build on your carving skills by learning to carve a whimsical house from basswood, inspired by reference photos. Learn techniques for shaping, texturing, and detailing features like shingles, doors, and windows while adding your own creative touches.

at Dogwood Pavilion

W May 20 – Jun 24 1:30 – 3:30 p.m. 6/\$82.80 217300

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 Apr 11 – May 16 9:30 – 11:30 a.m. 6/\$228 217224

Sa Apr 11 – May 16 12 – 2 p.m. 6/\$228 218936

Sa May 23 – Jun 27 9:30 – 11:30 a.m. 6/\$228 217225

Sa May 23 – Jun 27 12 – 2 p.m. 6/\$228 218937

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 and Friday **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 through Friday

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.

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.
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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.
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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.
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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	9:15 a.m. – 12:15 p.m.
Monday	4:15 – 6:15 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.
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Wire Wrapping

Members share ideas and techniques in wrapping stones for jewelry making.

Friday	12:30 – 3 p.m.
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Women Helping Others

The WHO group—a safe comfortable place where camaraderie and understanding awaits you.

Wednesday	10 a.m. – 12 p.m.
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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.
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Glen Pine Pavilion Activity Groups LOW COST

\$1

Activity Groups and Clubs now Drop-in.

Pre-registration recommended.

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.

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.

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 4 – 7 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.

Casual Bridge

A beginner-level bridge group focused on building on the basics, practicing and enjoying the game in a relaxed and supportive environment. Attending with a partner is not required. Some experience with bidding and play of the hand is recommended.

Thursday 4 – 6 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.

Current Events (50+ yrs)

With all that is going on the world right now, take this weekly opportunity to meet like-minded people and talk about concerns, opinions, and points-of-view in respectful discussions and debates. Activity will be facilitated with a working set of protocols based on confidentiality and the rule to “agree to disagree”.

Wednesday 11:15 a.m. – 12:15 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

1:30 – 3:30 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

A 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. Funded in part by the Dogwood Pavilion Seniors Society.

Leave Glen Pine at 8:30 a.m. Estimated return at 3:30 p.m.
Leave Dogwood at 8:45 a.m. Estimated return at 3:15 p.m.

Activity Level: Easy

- 4 hours Steveston Free Time – All Meals and Snacks on Own.
- Convenient Drop Off / Pick Up Area

F	May 1	8:30 a.m. – 3:30 p.m.	1/\$69	219498
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Afternoon in White Rock (50+ yrs)

A leisurely afternoon in picturesque White Rock. Bring a picnic lunch or lunch on your own at the many eateries, stroll out on to the pier or browse the interesting boutiques. Indulge and treat yourself to an ice-cream cone before heading home. Dress weather appropriately and wear good walking shoes.

Leave Glen Pine at 10 a.m. Estimated return at 4:15 p.m.
Leave Dogwood at 10:15 a.m. Estimated return at 4 p.m.

Activity Level: Easy

- 4 hours White Rock and Promenade Free Time – All Meals and Snacks on Own.
- Convenient Drop Off / Pick Up Area

Th	May 21	10 a.m. – 4:15 p.m.	1/\$69	219628
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Butchart Gardens and Sidney by the Sea (50+ yrs)

A beautiful, colourful garden with an interesting history and over 1000 varieties of plants. Browse the different gardens at your leisure. Visit Sidney by the sea for a waterfront stroll or shopping prior to escorted entry to Butchart Gardens.

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.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

- Admission Butchart Gardens
- 3.75 Hours Butchart Gardens
- Sidney Waterfront

Tu	Jun 2	7 a.m. – 8 p.m.	1/\$139	217259
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Harrison Tulip Festival 2026 (50+ yrs)

Tiptoe through designated pathways adorned with 10 million tulips and the new 2 1/2 acre show garden at the Harrison Tulip Festival. Includes lunch at River's Edge Restaurant and a stop at Golden Ears Cheesecrafters.

Leave Glen Pine at 8:15 a.m. Estimated return at 5 p.m.
Leave Dogwood at 8:30 a.m. Estimated return at 4:45 p.m.

Activity Level: Easy

- Harrison Tulip Festival Admission
- Rivers Edge Restaurant Lunch
- Golden Ears Cheesecrafters

F	Apr 24	8:15 a.m. – 5 p.m.	1/\$129	217255
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Majestic Mayne (50+ yrs)

Experience one of the most historic and beautiful of the Gulf Islands. Teeming with scenic vistas and stories of bygone days, this island is truly unique and worthy of exploration.

Leave Glen Pine at 8 a.m. Estimated return at 8 p.m.

Leave Dogwood at 8:15 a.m. Estimated return at 7:45 p.m.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

- Georgina Point Lighthouse
- Japanese Gardens
- Arbutus forest walk
- Lunch The Montrose Local
- Fernhill Shops

Th Jun 4 8 a.m. – 8 p.m. 1/\$149 217260

**Secret Cove Sunshine Cove (50+ yrs)**

Explore the Sunshine Coast aka the “Best Place on Earth”!

Visit Davis Bay, an Ancient Forest and five-star Rockwater Secret Cove Resort for lunch.

Leave Glen Pine at 10 a.m. Estimated return at 7:45 p.m.

Leave Dogwood at 10:15 a.m. Estimated return at 7:30 p.m.

Additional \$10 ferry fee for 64 years and under

Activity Level: Easy

- Boardwalk Rockwater Secret Cove Resort
- Lunch at Rockwater Secret Cove Resort
- Hidden Groves, Davis Bay, Gibson’s Landing

Tu May 5 10 a.m. – 7:45 p.m. 1/\$139 217256

Sooke Potholes with Drea Harrison (50+ yrs)

Local guide Drea to shares her knowledge of unique rock formations created by glaciers about 15,000 years ago. See striking geological features on scenic trails to amazing viewpoints. Mother Nature at its best!

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.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

- Sooke Potholes Local Guide
- 2 Hours Sooke Potholes Park
- Mile 17 House Pub Lunch

Tu Apr 7 7 a.m. – 8 p.m. 1/\$149 217253

Tourist in Your Own Town (50+ yrs)

Take the Aquabus on a narrated cruise of False Creek from Olympic Village to Yaletown, spend ample time exploring VanDusen Botanical Gardens before a delicious lunch at Steamworks Mount Pleasant. Finish with the immersive FlyOver Canada experience.

Leave Glen Pine at 7:15 a.m. Estimated return at 5:30 p.m.

Leave Dogwood at 7:30 a.m. Estimated return at 5:15 p.m.

Activity Level: Easy

- Flyover Canada
- VanDusen Botanical Garden
- Aqua Bus Narrated Tour
- Lunch Steamworks Mount Pleasant
- Main Street Coffee Stop

Th May 14 7:15 a.m. – 5:30 p.m. 1/\$149 217257

Vancouver Aquarium and The Teahouse in Stanley Park (50+ yrs)

Visit the Vancouver Aquarium to connect with 65,000 amazing animals, see 120 exhibits and the latest 4D Theatre Experience®. Before the Aquarium visit Kitsilano for a morning coffee stop and lunch at the Teahouse Stanley Park.

Leave Glen Pine at 9:45 a.m. Estimated return at 5:45 p.m.

Leave Dogwood at 10 a.m. Estimated return at 5:30 p.m.

Activity Level: Easy

- Vancouver Aquarium Admission
- Vancouver Aquarium 2.5 Hours
- Lunch Teahouse Stanley Park
- Kits Beach Coffee Stop
- Cornwall St / Kits Beach Free Time

Th May 28 9:45 a.m. – 5:45 p.m. 1/\$169 217258

Special Events

Registration opens at 8:30 a.m. on February 24 for Coquitlam residents and at 8:30 a.m. on February 26 for non-residents.



April

02

Easter Luncheon (19+ yrs)

Join us for a luncheon and entertainment to celebrate Easter. Menu: Ham, Scalloped Potatoes, Steamed Vegetables, Coleslaw and Dessert.

at *Glen Pine Pavilion*

M Apr 2 11:30 a.m. – 1 p.m. 1/\$25.40 215662

06

Easter: Craft and Create Art Workshop (5 – 7 yrs)

Explore your child's passion for art through this holiday themed workshop.

at *Pinetree Community Centre*

M Apr 6 12 – 1:30 p.m. 1/\$11 220329

06

Easter: Arts, Crafts and Games (3 – 7 yrs)

Come together as a family and join us for art creations, crafts, games and more. This workshop is geared towards those 3 – 7 yrs.

at *Town Centre Park Community Centre*

M Apr 6 10 a.m. – 12 p.m. 1/\$5 218331

at *Poirier Community Centre*

M Apr 6 1 – 3 p.m. 1/\$5 218357

Easter: Craft and Create Art Workshop (8 – 11 yrs)

Explore your child's passion for art through this holiday themed workshop.

at *Pinetree Community Centre*

M Apr 6 2 – 3:30 p.m. 1/\$11 220328



10

Carpet-Bowling Tournament 2026 (19+ yrs)

The Glen Pine Carpet-Bowling group hosts the 15th Annual Tournament on Friday, April 10. Catch some action in the Great Room as eight teams play-off to win the coveted trophy! Spectators are welcome to cheer the teams. Tournament begins at 9:15 a.m. Awards presented at the end of the tournament. Admission is free to watch. Price is for registered participants only.

at Glen Pine Pavilion

F Apr 10 9 a.m. – 4 p.m. 1/\$28 215246

Poirier Youth: Easter Eggstravaganza (11 – 18 yrs)

Join in the fun for a thrilling Easter-themed scavenger hunt, filled with hidden eggs, clues, and prizes. Get into the spring spirit with us!

at Centennial Pavilion

F Apr 10 5:30 – 7:30 p.m. 1/\$0 216986

15

National Canadian Film Day (19+ yrs)

CanFilmDay is a global event, on April 15 join us to celebrate Canadian cinema with a showing of a feature Canadian film.

at Dogwood Pavilion

W Apr 15 6 – 8 p.m. 1/ **FREE** 217794

at Glen Pine Pavilion

W Apr 15 6:30 – 8:30 p.m. 1/ **FREE** 215251

16

Glen Elementary Afternoon Performance (5+ yrs)

Join us for an afternoon of music and dance presented by Glen Elementary.

at Glen Pine Pavilion

Th Apr 16 1:30 – 2 p.m. 1/ **FREE** 215242

17

Dogwood Social Evening: Improv Night (19+ yrs)

Come enjoy a lively evening of drinks, dinner, and live entertainment at Improv Night at Dogwood. Sit back or join in, as a hilarious improv comedy show unfolds, engaging the audience in a playful and interactive experience. Please call the Dogwood Front Desk at 604-927-6098 after registering to select your seats.

at Dogwood Pavilion

F Apr 17 5:30 – 9:30 p.m. 1/\$35.75 218033

20

Earth Week Movie: Before the Flood (19+ yrs)

Movie: Before the Flood – A look at how climate change affects our environment and what society can do to prevent the demise of endangered species, ecosystems and native communities.

at Dogwood Pavilion

M Apr 20 1:30 – 3:30 p.m. 1/ **FREE** 220553

22

Earth Day Movie (19+ yrs)

Purchase a snack or lunch at the Lemon Tree Cafe to celebrate Earth Day with a free movie.

at Glen Pine Pavilion

W Apr 22 10:45 a.m. – 1 p.m. 1/ **FREE** 218257

Poirier Youth: Paint Night (11 – 18 yrs)

Enjoy a refreshment while painting on a canvas. Come with a friend or meet someone new!

at Centennial Pavilion

W Apr 22 5:30 – 6:30 p.m. 1/\$0 216987



May

02

Dogwood Society Garden Club Plant Sale (All Ages)

A wide variety of plants, including perennials, shrubs, trees, and grasses, will be available at very affordable prices. All proceeds from the sale go toward supporting demonstration workshops, horticulture scholarships for post-secondary students, guest speakers, field trips, and the care and maintenance of the Dogwood Pavilion Patio Garden. Please remember to bring your own bags or boxes. The sale will take place rain or shine. Cash only please.

at Dogwood Pavilion

Sa May 2

9 a.m. – 1 p.m.

1/ **FREE** 218684

05

Cinco de Mayo Movie and Luncheon (19+ yrs)

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 Book of Life (2014) Rated PG 1 hr 35 mins

Manolo, a young man who is torn between fulfilling the expectations of his family and following his heart, embarks on an adventure that spans three fantastic worlds where he must face his greatest fears.

Starring voices of Channing Tatum, Zoe Saldana, Ron Perlman, Danny Trejo, Christina Applegate, Ice Cube, Diego Luna, Ana de la Reguera.

at Glen Pine Pavilion

Tu May 5

10:45 a.m. – 1 p.m.

1/\$25.40 218256

07

Mother's Day Tea with Michelle Carlisle (19+ yrs)

Join us for afternoon tea and live entertainment by Michelle Carlisle to celebrate Mother's Day. Wear your hat or fascinator and bring your own tea cup if you like. Menu: tea, sandwiches, sweet and savoury baked goods and mini desserts. Catering by Centennial Culinary Program.

at Dogwood Pavilion

Th May 7 2 – 3:30 p.m. 1/\$19.40 217726

09

Mother's Day Tea (3 – 7 yrs)

Join your mom or special adult in your life for a Mother's Day tea party, crafts and games.

at Town Centre Park Community Centre

Sa May 9 10:30 a.m. – 12:30 p.m. 1/\$14.60 218810

Feature Weeks 2026

Looking for ways to engage, celebrate and connect with your community?

Join us for special weeks and events dedicated to learning, fun and meaningful connections for everyone.

Stay tuned to our website and social media channels this spring for details on planned activities.

Volunteer Week | April 19 – 25

Youth Week | May 1 – 7

AccessAbility Week | May 24 – 30

Seniors Week | May 31 – June 6

Pride Month | June 1 – 30

AccessAbility Resource Fair

May 24, 1:30 – 4:30 p.m.

Pinetree Community Centre

Hosted by the City of Coquitlam

Local organizations will be onsite with Information booths, free workshops and demonstrations.

More details coming soon!

16

Spring Clean-Up Sale at Glen Pine (19+ yrs)

Sell or shop for gently used clothes, housewares, books, toys or other pre-loved treasures at the Spring Clean-Up Sale at Glen Pine. Tables assigned 10 days before the event.

at Glen Pine Pavilion

Sa May 16 9:30 a.m. – 2:30 p.m. 1/\$34.65 218116

21

Victoria Day Tea Party (19+ yrs)

Honour Queen Victoria, May 24, 1819 – January 22, 1901, who is known as the “Mother of Confederation” with a British-inspired Victorian themed afternoon Tea complete with Finger Sandwiches, Sweet and Savoury Treats and Mini Desserts. Fascinators and hats welcomed!

at Glen Pine Pavilion

Th May 21 2:30 – 4 p.m. 1/\$25.40 215769

24 and 26

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-Tu May 24 – May 26 1:30 – 3 p.m. 2/\$10 219875

Tu May 26 2:30 – 4 p.m. 1/\$10 220007



June

05

Dogwood Social Evening: Disco Night with the Beauty Shop Dolls (19+ yrs)

Come enjoy a lively evening with drinks, dinner, and live DiscoBaby performance by the Beauty Shop Dolls. This high energy tribute to the 70s will feature all your favourite hits from Abba, The BeeGees, Donna Summer, Chic, The O'Jays and more. Please call Dogwood Front Desk at 604-927-6098 after registering for seat selection.

at Dogwood Pavilion

F Jun 5 5:30 – 9:30 p.m. 1/\$35.75 217747

20 and 21

Dogwood Visual Arts Show and Sale (All Ages)

Join us for the Dogwood Visual Arts Show and Sale. Dogwood Senior Society Visual Arts Activity groups will have items displayed and for sale.

at Dogwood Pavilion

Sa Jun 20	9 a.m. – 4 p.m.	1/ FREE	215515
Su Jun 21	9 a.m. – 3 p.m.	1/ FREE	215519

24

Glen Pine Social Dance – Beach Party (19+ yrs)

Beach Party Time! Come and join in an afternoon of good music, dancing and light refreshments.

at Glen Pine Pavilion

W Jun 24 2:15 – 3:45 p.m. 1/\$14.95 215241

25

BBQ Luncheon: Canada Day (19+ yrs)

Join us for a special BBQ celebrating Canada with entertainment. Wear Red and/or White to celebrate Canada. Event is outside if weather permits in Spirit Square.

at Glen Pine Pavilion

Th Jun 25 11:30 a.m. – 1 p.m. 1/\$25.40 215771

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



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Plan Your Book Club's Next Great Reads

Community book clubs can reserve book club sets up to 12 months in advance with LibCal. Your set will be ready on your selected pickup date, for a 7-week loan.

Questions? Scan the QR code to watch a short tutorial.



Contact Us

Phone: 604-554-7323

Email: ask@coqlibrary.ca

Locations:

City Centre Branch
1169 Pinetree Way

Poirier Branch
575 Poirier Street



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Summer 2026 at

Mackin House Museum

Exhibits



At Mackin House

"U There?" | Jan - May

This exhibit explores the history of communication—from early postcards, to telephones, party lines, and the revolutionary arrival of the home computer.

Childhood Moments | Jan - Jul

Our collection is home to dollhouses, toy cars and trucks, dolls, and many other treasures from generations past.

Dressed for the Occasion | Feb - Jun

A display of special-occasion clothing from the museum's collection, featuring attire for men, women, and children.

Construction Period Homes | Mar - Jul

At CPL

Objects That Travel With Us | Apr

Events



April

PJ Storytime

Easter Crafting

Drop-In Trading Card Making

Handsewing Workshop

May

Feasts of Coquitlam: Cooking Demo

Saturday Walking Tours

Exhibit Opening Talks

June

Feasts of Coquitlam: Cooking Demo

Summer Craft Saturdays

Vintage Pride Pin Making

Find out more details and register for events at coquitlamheritage.ca

Coquitlam
HERITAGE



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coquitlam.ca/careers



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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.



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