

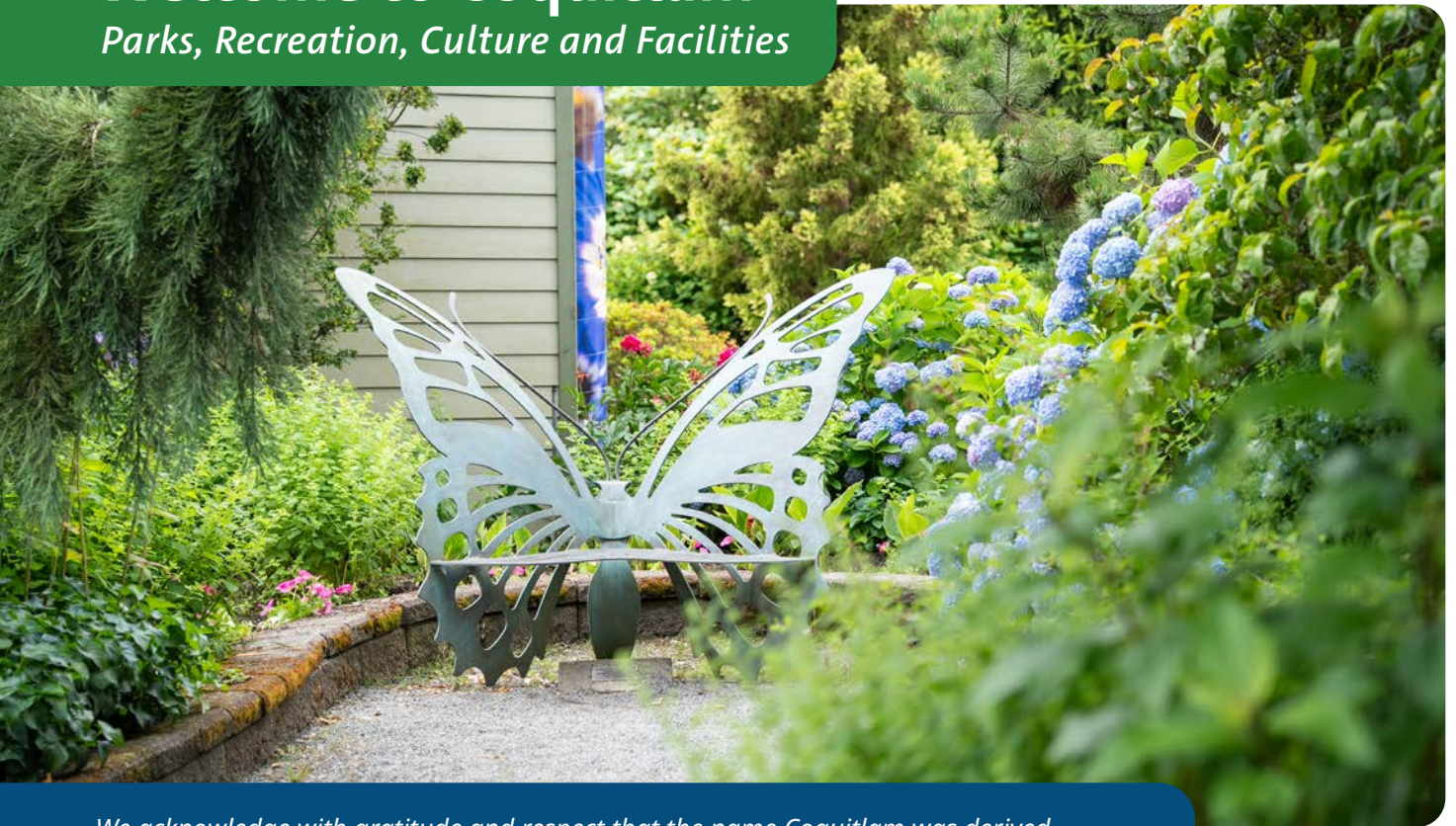
Senior's *Guide*

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 hən̓q̓əmi̓n̓əm̓ (HUN-kuh-MEE-num) word kʷikwə́ləm (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the kʷikwə́ləm traditional and ancestral lands, including those parts that were historically shared with the ǵíɕáɣ̓ (kat-zee), and other Coast Salish Peoples.

How to Use This Guide

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

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

at Poirier Community Centre ← **Location**

F Oct 21 1–3 p.m.


1/\$37.30

98661

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

Number of sessions/price

Course ID

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

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

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

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Coquitlam's Commitment to Equity, Diversity, Inclusion and Accessibility

As an organization, Coquitlam is on a journey to better serve our vibrant and diverse community. Coquitlam is committing to the progression of equity, diversity and inclusion (EDI) and accessibility by incorporating this lens into our services, spaces and programs.

The City has adopted its first-ever Accessibility and Inclusion Plan, advancing ongoing efforts to make everyday life in Coquitlam more welcoming, accessible and inclusive for residents and visitors. The Plan formalizes the City's historical prioritization of accessibility and inclusion and acts as a guide to continue to reduce and remove barriers.

Learn more at coquitlam.ca/EDI and coquitlam.ca/accessibility.

Coquitlam



Accessibility Awareness

We strive to make community recreation experiences accessible and inclusive for everyone. See a program you like but need some help to get involved? Email Community Access and Support and we'll work with you to find ways to help you participate: CommunityAccess@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 ³	30-Day Pass	Monthly Cont. Pass ²	365-Day Pass
Child	(0 – 12 yrs)	\$3.43	\$27.50	\$31.60	\$22.10	\$248
Youth / Student ¹	(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	—	—	—

¹ Students 19 – 25 yrs must present valid full time student ID ² A minimum three month commitment is required

³ May not be shared with family or friends in the same age bracket for drop-in programs that do not require pre-registration. 10 visit passes will expire 2 years from date of purchase.

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.

SCHOOL'S OUT PASS

Only \$25

Get unlimited drop-in access to Coquitlam pools, gyms, and rinks during summer, winter, and spring breaks for just \$25 with the School's Out Pass!

coquitlam.ca/SchoolsOut

Summer 2026:
June 26 to Sept 7

Winter 2026-2027:
Dec 19 to Jan 3

Spring 2027:
March 13 to 29

Parks

Park program registration opens at 8:30 a.m. on May 19 for Coquitlam residents and at 8:30 a.m. on May 21 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

Intro to: Bad Seeds (All Ages) **FREE**

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

at Town Centre Park Community Centre

Sa	Jul 11	2 – 3 p.m.	228506
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Restore-a-Habitat: How to Approach Ecological Restoration (All Ages) **FREE**

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 local plants to restore your space. The workshop will include: A guided tour of invasive species, giving step-by-step instructions on proper invasive removal methods, and tips for selecting and planting local alternatives.

at Parks (Neighbourhood)

W	Jul 29	2 – 3:30 p.m.	228507
Tu	Aug 18	10 – 11:30 a.m.	228508

Inspiration Garden

Drop In Nature Music Storytelling in the Garden (All Ages) **FREE**

Tune in at the Inspiration Garden for this special evening of musical storytelling by The Well Worn Trail. Wander through the garden and learn about how the wonders of nature make this garden inspirational. All ages, family friendly. Drop-in welcome, performance time 7pm-8pm.

at Town Centre Park

F	Jul 10	6:30 – 8:30 p.m.	229135
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Drop In Nature Music Storytelling in the Garden (All Ages) **FREE**

Tune in at the Inspiration Garden for this special evening of musical storytelling by The Well Worn Trail. Wander through the garden and learn about how the wonders of nature make this garden inspirational. All ages, family friendly. Drop-in welcome, performance time 7 – 8:30 p.m.

at Town Centre Park

Su	Aug 23	6:30 – 9 p.m.	229136
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Family Garden Tour (All Ages) **FREE**

Join on a walking tour around the Inspiration Garden and the garden walk with the Park Spark Team! Say hello to blooming plants and flowers and explore the garden walk with the hummingbirds! Family Friendly, All Welcome!

at Town Centre Park

Th	Jul 9	1:30 – 2:30 p.m.	228145
Th	Jul 9	2:45 – 3:45 p.m.	228148
Th	Jul 16	1:30 – 2:30 p.m.	228151
Th	Jul 16	2:45 – 3:45 p.m.	228152
Th	Jul 30	1:30 – 2:30 p.m.	228154
Th	Jul 30	2:45 – 3:45 p.m.	228155
Th	Aug 6	1:30 – 2:30 p.m.	228191
Th	Aug 6	2:45 – 3:45 p.m.	228193
Th	Aug 13	1:30 – 2:30 p.m.	228200
Th	Aug 20	1:30 – 2:30 p.m.	228218
Th	Aug 20	2:45 – 3:45 p.m.	228219
Th	Aug 27	1:30 – 2:30 p.m.	228493
Th	Aug 27	2:45 – 3:45 p.m.	228494
Th	Sep 3	1:30 – 2:30 p.m.	228495
Th	Sep 3	2:45 – 3:45 p.m.	228496

Garden Basics: Compost Works Summer (All Ages) **FREE**

Learn why you should compost at your home, school, or work place! Find out about different types of composting methods and techniques and discover the many beneficial creatures that help turn your kitchen scraps into garden gold! All Ages Welcome! Family Friendly.

at Town Centre Park

Tu	Jul 28	3 – 4 p.m.	228485
Tu	Aug 25	1:30 – 2:30 p.m.	228174

at Town Centre Park Community Centre

W	Aug 26	6 – 7 p.m.	229228
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Garden Basics: Pollinator Power Summer (All Ages) **FREE**

Learn about beneficial insects and local pollinators and why they are so important for a healthy garden! We will also discuss how to attract and 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 Town Centre Park

Tu	Jul 7	1:30 – 2:30 p.m.	228072
Tu	Aug 11	1:30 – 2:30 p.m.	228173
W	Aug 12	5:30 – 6:30 p.m.	229227
Tu	Sep 1	1:30 – 2:30 p.m.	228491

at Town Centre Park Community Centre

W	Sep 2	6 – 7 p.m.	1/ FREE 229229
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All Abilities Welcome!

Visit page 4 for details

Garden Basics: Starting from Seed (All Ages) **FREE**

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

Tu	Jul 14	1:30 – 2:30 p.m.	228142
Tu	Aug 18	1:30 – 2:30 p.m.	228160

Inspiration Garden Exploration (All Ages) **FREE**

Come to the Inspiration Garden for a summer adventure! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Registration required, drop in anytime during listed program times.

at Town Centre Park

Sa	Jul 18	1:30 – 3:30 p.m.	228063
Sa	Aug 1	1:30 – 3:30 p.m.	228064
M	Aug 10	9:30 – 11:30 a.m.	228188
M	Aug 17	9:30 – 11:30 a.m.	228190
M	Aug 24	9:30 – 11:30 a.m.	228489
M	Aug 31	9:30 – 11:30 a.m.	228490

Planter Workshop: Glamorous Grasses (All Ages)

Glam up your patio with this special planter workshop! Design and create your very own summer grass planter. Perfect for all garden spaces. Green thumbs of all ages and abilities are welcome. All supplies included.

at Dogwood Pavilion

W	Aug 19	3:30 – 4:30 p.m.	1/\$40	228158
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at Town Centre Park Community Centre

Su	Aug 16	3:30 – 4:30 p.m.	1/\$40	227898
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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.

at Dogwood Pavilion

W	Jul 29	3:30 – 4:30 p.m.	1/\$40	228134
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at Inspiration Garden

Su	Jul 26	4:30 – 5:30 p.m.	1/\$40	227891
Su	Aug 9	4 – 5 p.m.	1/\$40	228171

Planter Workshop: Stunning Succulents (All Ages)

Create a stunning succulent planter, a perfect summer addition to your outdoor or indoor space! Green thumbs of all ages and abilities are welcome. All supplies included, you will be bringing home your creation with you.

at Inspiration Garden

Su	Jul 19	2:30 – 3:30 p.m.	1/\$40	227881
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Planter Workshop: Summer Flower Planter (All Ages)

Plant and bring home a colourful flower planter to be placed on your patio, balcony, or frontage to celebrate summer! This is a hands-on workshop with all materials and supplies included. Family Friendly.

at Town Centre Park

W	Jul 8	5 – 6 p.m.	1/\$40	228141
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at Inspiration Garden

Su	Jul 5	2:30 – 3:30 p.m.	1/\$40	227880
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Planter Workshop: Summer Hanging Basket (All Ages)

Create a summer hanging basket perfect for your patio or balcony! Green thumbs of all ages and abilities are welcome. All supplies included.

at Dogwood Pavilion

W	Jul 15	4:30 – 5:30 p.m.	1/\$40	228094
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at Inspiration Garden

Su	Jul 12	3:30 – 4:30 p.m.	1/\$40	227878
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Tea in the Garden (All Ages) **FREE**

Enjoy a warm cup of tea while embarking on a guided walking tour in the Inspiration Garden! Explore Coquitlam's horticultural wonders and say hello to the garden's creatures! All ages, family friendly. Registration required, drop in anytime during listed program times. You are welcome to bring your own cup!

at Town Centre Park

M	Jul 6	9:30 – 11:30 a.m.		228066
M	Jul 13	9:30 – 11:30 a.m.		228144
M	Jul 20	9:30 – 11:30 a.m.		228157
M	Jul 27	9:30 – 11:30 a.m.		228068
Sa	Aug 8	9:30 – 11:30 a.m.		228175
Sa	Aug 22	9:30 – 11:30 a.m.		228177

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.



Park Spark

Adopt-A-Park Program Open House (All Ages) FREE

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	Jul 12	2 – 3 p.m.	225739
Su	Aug 16	2 – 3 p.m.	225744

Park Flag Painting (All Ages) FREE

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 involves transforming blank flag templates 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	Jul 9	4:30 – 6 p.m.	226561
Su	Aug 9	2 – 3:30 p.m.	226597

Park Spark Open House (All Ages) FREE

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

Th	Jul 16	4:30 – 5:30 p.m.	225741
Th	Aug 13	4:30 – 5:30 p.m.	225743

All Abilities Welcome!

Visit page 4 for details

Tree Spree

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	Jul 3	8:30 – 10 p.m.	1/\$2	228502
F	Jul 24	9 – 10:30 p.m.	1/\$2	228131

Forest Foundations: Build your Forest (All Ages)

In this hands-on workshop, participants will construct and take home their own detailed forest diorama featuring local trails, rivers, and riparian vegetation to discover the essential components of a thriving forest. This interactive experience fosters environmental stewardship by demonstrating how healthy forests support the vitality of surrounding wildlife and communities.

at Coquitlam River Park

Su	Jul 12	2 – 3:30 p.m.	1/\$2	228112
Su	Aug 9	2:30 – 4 p.m.	1/\$2	228504

Forest Foundations: Exploring Lichen and Moss (All Ages)

Join us in the exploration of the vital roles lichens and mosses play in forest ecosystems. Participants learn to identify these organisms, understand their ecological importance, and discover how they contribute to biodiversity and environmental health, as well as their role as a primary succession species.

at Parks (Neighbourhood)

Su	Jul 26	10:30 a.m. – 12 p.m.	1/\$2	228133
Su	Aug 23	12 – 1:30 p.m.	1/\$2	228501

Outdoor Recreation

Mixed Ages

Camp registration opens at 8:30 a.m. on May 19 for Coquitlam residents and at 8:30 a.m. on May 21 for non-residents.



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 Jun 30 – Jul 28 10 – 11:30 a.m. 4/\$18.40 227890

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 Jul 2 – Jul 30 10 a.m. – 12 p.m. 4/\$24.60 227892

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 Backpacking Skills (16+ yrs)

Learn how to plan and execute your first backcountry backpacking trip. This course will cover options on where to go, what to pack, camping skills, nutrition, and special considerations such as managing wildlife risks. This hands-on workshop will practice various camping/backcountry skills such as tarp deployment, tent-site selection, food hanging, efficient packing, water treatment, cooking and responsible camping practices.

Su Jun 28 9 a.m. – 2 p.m. 1/\$15.50 227908

Beginner Bike Skills (16+ yrs)

Having trouble balancing, starting, or stopping on your bike? Beginner Bike Skills is a StreetWise course for adults who have not yet learned to ride a bike or lack the basic handling skills or confidence to cycle for urban transportation. This course occurs completely off-road, in a safe and comfortable environment for new riders. Under the guidance of our experienced instructors, participants will practice fundamental bike handling skills such as balance, braking, steering, and pedaling. Bicycles and helmets will be provided for participants who need them. In partnership with HUB Cycling.

at City Hall Staff Parking Lot

Su Jul 12 11 a.m. – 1 p.m. 1/\$15 227910
Sa Aug 8 11 a.m. – 1 p.m. 1/\$15 227917

Beginner E-Scooter Skills (16+ yrs)

Interested in learning more about e-scooters and staying safe on the road? Learn to use an e-scooter safely with HUB Cycling! Join us for a two hour, small group, immersive course on how to safely and legally use an e-scooter across BC. This course includes an introductory discussion, an exploratory skill session, and a guided ride around local streets. There will be free e-scooters and helmets for use by any participants who need them. In partnership with HUB Cycling.

at City Hall Staff Parking Lot

Su	Jul 12	2 – 4 p.m.	1/\$15	227911
Sa	Jul 18	2 – 4 p.m.	1/\$15	227916
W	Jul 29	6 – 8 p.m.	1/\$15	227913
Sa	Aug 8	2 – 4 p.m.	1/\$15	227918

Beginner Hike: Fraser River Sunset (16+ yrs)

This evening hike will utilize the new PoCo Climb Trail and take in 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.

W	Aug 26	6 – 8:30 p.m.	1/\$7.70	227906
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Canoeing 101 (5+ yrs)

Get outdoors and learn to canoe! Build your canoeing skills and get comfortable out on the water. Learn about the parts of a canoe, basic paddling and safety skills. No paddling experience required. Participants under the age of 16 yrs will require adult participation. All participants must register.

at Lafarge Lake

Tu	Jul 7	10 – 11:30 a.m.	1/\$11	227686
Th	Jul 9	10 – 11:30 a.m.	1/\$11	227691
Tu	Jul 14	10 – 11:30 a.m.	1/\$11	227689
Th	Jul 16	10 – 11:30 a.m.	1/\$11	227692
Tu	Jul 21	10 – 11:30 a.m.	1/\$11	227690
Th	Jul 23	10 – 11:30 a.m.	1/\$11	227693
Tu	Jul 28	10 – 11:30 a.m.	1/\$11	229036
Th	Jul 30	10 – 11:30 a.m.	1/\$11	229037
Tu	Aug 4	10 – 11:30 a.m.	1/\$11	227694
Th	Aug 6	10 – 11:30 a.m.	1/\$11	227698
Tu	Aug 11	10 – 11:30 a.m.	1/\$11	227695
Th	Aug 13	10 – 11:30 a.m.	1/\$11	227701
Tu	Aug 18	10 – 11:30 a.m.	1/\$11	227696
Th	Aug 20	10 – 11:30 a.m.	1/\$11	227703
Tu	Aug 25	10 – 11:30 a.m.	1/\$11	227697
Th	Aug 27	10 – 11:30 a.m.	1/\$11	227705

Como Lake Learn to Fish (5 – 15 yrs) **FREE**

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	Jul 2	6 – 8 p.m.	226730
Th	Jul 30	6 – 8 p.m.	226732

Intermediate Bike Skills (16+ yrs)

Want to take your cycling experience to the next level? Intermediate Bike Skills is a course for people who have mastered the basics of riding a bike and are looking to become more confident riding on city streets and pathways. Start with a refresher skills session and progress to a Road Ride in the local community. When riding on the road our courses maintain a 1:6 instructor-to-participant ratio to ensure optimum safety and plenty of instructor attention. Bicycles and helmets will be provided for participants who need them. In partnership with HUB Cycling

at City Hall Staff Parking Lot

Sa	Jul 18	11 a.m. – 1 p.m.	1/\$15	227914
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Intermediate Hiking Program: Munro and Dennett Lakes (16+ yrs)

This four step program will give intermediate hikers the opportunity to gain trail experience and the chance to end with an advanced hike. Take in High Knoll, Woodland Walk, Saw Blade Falls and finish with Munro and Dennett lakes. The hikes will start moderate and get progressively more challenging in terrain and steepness. There will be stream crossings on rocks and hands might be needed on steep sections. The final hike will be 10 km with an elevation gain of 850m.

Sa	Jul 4 – Jul 25	9 a.m. – 12 p.m.	4/\$55.80	227905
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Lafarge Lake Learn to Fish (5 – 15 yrs) **FREE**

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

Th	Jul 16	6 – 8 p.m.	226731
Th	Aug 13	6 – 8 p.m.	226733
Th	Aug 20	6 – 8 p.m.	226734

Tell us how we did!
coquitlam.ca/ProgramEvaluation

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.

Summer Fun at the Pavilions!



July 6

Performance on the Patio with Brian Zalo

Join us for a fun summer evening in the Rose Garden with live entertainment by Brian Zalo. Light refreshments will be served.

at *Dogwood Pavilion*

M	July 6	6:45 – 8 p.m.	\$10.50	228067
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July 7

An Afternoon with Elvis **FREE**

The Glen Pine 50plus Society and the Community Response Network (CRN) presents An Afternoon with Elvis! From Las Vegas to Vancouver, Iconic Tributes' Ronnie Scott brings legendary performers to life with this special tribute to Elvis Presley. With powerful live vocals, a sleek stage presence, electrifying moves, and undeniable charisma, the event recaptures the timeless magic and nostalgia of entertainment's golden era. Light refreshments included.

at *Glen Pine Pavilion*

Tu	July 7	2 – 4 p.m.		225316
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July 16

Summer BBQ Luncheon

Join us for the fun summer special barbecue events with live entertainment.

Menu: BBQ Pork Ribs, Salad and Rice (possible corn) and Dessert.

at *Glen Pine Pavilion*

Th	July 16	11:30 a.m. – 1 p.m.	\$25.70	225308
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July 24

Those Were the Days!

Stroll down memory lane and reminisce about the good old days. The live performance will feature celebrity impersonations, comedy and lively music. Stay for refreshments and socializing afterwards.

at *Dogwood Pavilion*

F	July 24	1:30 – 3:30 p.m.	\$15.00	228041
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July 30

Summer BBQ Luncheon

Join us for the fun summer special barbecue events with live entertainment.

Menu: Pineapple Teriyaki Chicken Kebobs and Salad and Roasted Potatoes.

at *Glen Pine Pavilion*

Th	July 30	11:30 a.m. – 1 p.m.	\$25.70	225309
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Aug 6

Summer Brunch on the Patio with the Collage Singers

Join us for a light brunch in the Rose Garden with live entertainment by the Collage Singers.

at Dogwood Pavilion

Th	Aug 6	1:30 – 3:30 p.m.	\$18.50	228071
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Aug 19

Performance on the Patio with The Shoe Shakers Course

Join us for a fun summer evening in the Rose Garden with live entertainment by The Shoe Shakers. Light refreshments will be served.

at Dogwood Pavilion

W	Aug 19	6:45 – 8 p.m.	\$10.50	228075
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Aug 13

Summer BBQ Luncheon

Join us for the fun summer special barbecue events with live entertainment.

Menu: Beef Hot Dog Bar with Salad and Corn

at Glen Pine Pavilion

Th	Aug 13	11:30 a.m. – 1 p.m.	\$25.70	225311
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Aug 27

Summer BBQ Luncheon Course

Join us for the fun summer special barbecue events with live entertainment.

Menu: Raspberry Cream Cheese French Toast Sandwiches with Sausages and Fresh Fruit.

at Glen Pine Pavilion

Th	Aug 27	11:30 a.m. – 1 p.m.	\$25.70	225312
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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 ³	30-Day Pass	Monthly Cont. Pass ²	365-Day Pass
Child	(0 – 12 yrs)	\$3.43	\$27.50	\$31.60	\$22.10	\$248
Youth / Student ¹	(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	—	—	—

¹ Students 19 – 25 yrs must present valid full time student ID ² A minimum three month commitment is required

³ May not be shared with family or friends in the same age bracket for drop-in programs that do not require pre-registration. 10 visit passes will expire 2 years from date of purchase.

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.	Closed	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. – 4:30 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. – 8 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. – 4:30 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. – 8 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.

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.



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

Zumba Sentao® ●●

Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. International rhythms and easy-to-follow moves create a one-of-a kind fitness experience.

Zumba Toning® ●●

Spice up your fitness routine with Zumba Toning®, a Latin rhythm infused dance cardio class with added light weights to help tone and sculpt your muscles. The perfect class to add to your routine—it's so fun that it's exercise in disguise!

Strength/Resistance

Body Basics ●●

Build muscular strength and endurance, with less emphasis on cardio. Use a variety of equipment for a full-body workout.

Iron and HIIT ●●●

A mix of dynamic, multi-muscle compound movements in a boot camp style format for a full-body workout.

Specialty Classes

Active 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.
- 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 May 19 for Coquitlam residents and at 8:30 a.m. on May 21 for non-residents.



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

Su	Jun 28 – Jul 26	10:45 – 11:45 a.m.	5/\$55	224597
Th	Jul 2 – Jul 30	5:45 – 6:45 p.m.	4/\$44	224595
Th	Aug 6 – Sep 3	5:45 – 6:45 p.m.	4/\$44	231580
Su	Aug 9 – Aug 30	10:45 – 11:45 a.m.	4/\$44	224598

at Poirier Sport and Leisure Complex

Tu	Jun 30 – Jul 28	7:15 – 8:15 p.m.	5/\$55	224572
Tu	Aug 4 – Sep 1	7:15 – 8:15 p.m.	5/\$55	224573

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	Jul 8 – Aug 12	1 – 2 p.m.	6/\$66	224574
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Chair Yoga (19+ yrs)

Designed to achieve mental and physical fitness, learn yoga postures, breathing techniques and meditation. Poses are practiced sitting in a chair.

at Centennial Pavilion

M	Jun 29 – Jul 27	11 a.m. – 12:15 p.m.	5/\$68.75	224585
F	Jul 3 – Jul 31	11:15 a.m. – 12:30 p.m.	5/\$68.75	224587
F	Aug 7 – Sep 4	11:15 a.m. – 12:30 p.m.	5/\$68.75	224588
M	Aug 10 – Aug 31	11 a.m. – 12:15 p.m.	4/\$55	224586

at Glen Pine Pavilion

F	Jul 3 – Jul 31	11:45 a.m. – 1 p.m.	5/\$68.75	224936
F	Aug 7 – Sep 4	11:45 a.m. – 1 p.m.	5/\$68.75	224937

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 nonintimidating and welcoming atmosphere.

at Pinetree Community Centre

W	Jul 8 – Jul 29	9:30 – 11 a.m.	4/\$66.20	231583
W	Aug 5 – Sep 2	9:30 – 11 a.m.	5/\$82.75	231584

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

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	Jun 30 – Jul 30	12 – 1 p.m.	8/\$88	224593
Tu/Th	Aug 4 – Sep 3	12 – 1 p.m.	10/\$110	224594

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	Jun 29 – Jul 27	6 – 7:30 p.m.	5/\$82.75	224576
M	Aug 10 – Aug 31	6 – 7:30 p.m.	4/\$66.20	224578

Kickboxing (19+ yrs)

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

at Pinetree Community Centre

M	Jul 6 – Jul 27	8 – 9 p.m.	4/\$41.40	225799
M	Aug 10 – Aug 24	8 – 9 p.m.	3/\$31.05	225800

Killer Kettlebells (19+ 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

W	Jul 8 – Jul 29	6:45 – 7:45 p.m.	4/\$44	230938
W	Aug 5 – Sep 2	6:45 – 7:45 p.m.	5/\$55	230939

Learn 2 Yoga (13+ yrs)

Are you intimidated by the level of stretch-ability in a regular Drop-in Yoga class? Start your Yoga journey off right and build confidence slowly over time. Poses will be broken down step by step before linking together in sequences.

at Poirier Sport and Leisure Complex

Th	Aug 6 – Sep 3	10:45 – 11:30 a.m.	5/\$41.25	224577
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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	Jul 2 – Jul 30	2:15 – 3:45 p.m.	4/\$32	224589
Th	Aug 13 – Sep 3	2:15 – 3:45 p.m.	4/\$32	224590

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	Jul 2 – Jul 23	5:50 – 6:50 p.m.	4/\$44	229114
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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	Jul 8 – Aug 19	7 – 8 p.m.	6/\$66	228752
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Look out for upcoming Specialty Fitness Workshops on facility posters, on socials and in online registration.

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	Jun 28 – Jul 26	5:45 – 7 p.m.	5/\$68.75	224611
Su	Aug 9 – Aug 30	5:45 – 7 p.m.	4/\$55	224612

at Maillardville Community Centre

M	Jun 29 – Jul 27	7:30 – 8:45 p.m.	5/\$68.75	224934
M	Aug 10 – Aug 31	7:30 – 8:45 p.m.	4/\$55	224935

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	Jul 2 – Jul 30	7:45 – 8:45 p.m.	4/\$44	224583
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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	Jul 2 – Jul 23	10 – 11 a.m.	4/\$44	224607
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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	Jun 29 – Jul 29	1:30 – 2:30 p.m.	9/\$117	224620
M/W	Aug 5 – Sep 2	1:30 – 2:30 p.m.	9/\$117	224621

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	Jun 30 – Jul 30	1 – 2 p.m.	10/\$130	224591
Tu/Th	Aug 4 – Sep 3	1 – 2 p.m.	10/\$130	224592

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 Pinetree Community Centre

M	Jun 29 – Jul 27	10:45 a.m. – 12 p.m.	5/\$68.75	224618
M	Aug 10 – Aug 31	10:45 a.m. – 12 p.m.	4/\$55	224619

Zumba + Lift™ (13+ yrs)

Zumba + Lift™ – where rhythm meets results. This science-based, music-driven workout fuses the high-energy fun of the Zumba® program with the muscle-sculpting power of strength training. Help burn fat, build strength, and boost endurance with alternating intervals of dancing and weightlifting set to an electrifying playlist.

at Pinetree Community Centre

Th	Jul 2 – Jul 30	7:15 – 8:15 p.m.	5/\$55	229464
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Adult

Registration opens at 8:30 a.m. on May 19 for Coquitlam residents and at 8:30 a.m. on May 21 for non-residents.

19 yrs +

(unless otherwise noted)



Cards and Games

Dungeons and Dragons Campaign Play (19+ yrs)

Dungeons and Dragons (D and D) is a Tabletop Role Playing Game where players create their characters, create fantasy worlds and embark on quests together. A Dungeon Master will be on hand to lead the game play for this campaign.

at Glen Pine Pavilion

Tu	Jul 7 – Jul 28	6 – 7:45 p.m.	4/\$20	225333
Tu	Aug 4 – Sep 1	6 – 7:45 p.m.	5/\$25	225334

Lifelong Learning

Cooking: Curry Quinoa Salad (19+ yrs)

Learn to make a vegan high protein salad, with a delicious combination of quinoa, chickpeas, roasted almonds, fresh vegetables and a curry dressing.

at Dogwood Pavilion

Sa	Aug 22	9:30 – 11:30 a.m.	1/\$28.90	226497
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Cooking: Fresh Corn Tortilla Tacos (16+ yrs)

Master the art of pressing and searing fresh corn tortillas from scratch using simple ingredients. You'll learn the technique for the perfect puff, creating a delicious, gluten-free base for any taco filling.

at Maillardville Community Centre

Th	Aug 6	6 – 8 p.m.	1/\$28.90	227332
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Cooking: Green Papaya Salad and Vegetarian Spring Rolls (19+ yrs)

Join us to learn to make these classic Southeast Asian dishes with refreshing, zesty flavours and satisfying crunchy textures.

at Dogwood Pavilion

Sa	Sep 5	9:30 a.m. – 12:30 p.m.	1/\$43.35	226501
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No experience necessary and all cooking supplies provided.

Cooking: Around the World (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

Cambodia – Cha Kroeung

W	Jul 15	6 – 8 p.m.	1/\$28.90	226412
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Greece – Kreatopitakia

at Dogwood Pavilion

W	Aug 12	6 – 8 p.m.	1/\$28.90	226417
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Italy – Panzanella

W	Jul 22	6 – 8 p.m.	1/\$28.90	226413
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Japan – Kushiyaki and Sunomono Salad

W	Jul 29	6 – 8 p.m.	1/\$28.90	226414
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Korea – Quick Kimchi and Oi Michim

W	Aug 19	6 – 8 p.m.	1/\$28.90	226421
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Mexico – Tamales with Roasted Corn Salad

W	Sep 2	6 – 8 p.m.	1/\$28.90	226426
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Southwest – Salad with Lime Dressing and Corn Bread Croutons

W	Aug 26	6 – 8 p.m.	1/\$28.90	226425
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Turkey – Gozleme

W	Jul 8	6 – 8 p.m.	1/\$28.90	226411
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Vietnam – Fresh Salad Rolls

W	Aug 5	6 – 8 p.m.	1/\$28.90	226415
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Cooking: Key Lime Tarts (19+ yrs)

Learn to make classic key lime tarts featuring a buttery crust filled with a creamy, tangy custard filling.

at Dogwood Pavilion

Sa	Jul 18	9:30 – 11:30 a.m.	1/\$28.90	226484
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Cooking: Knife Skills and Crunchy Ramen Noodle Coleslaw (19+ yrs)

Sharpen your knife skills in this hands-on class as you chop, slice, dice, and mince fresh cabbage, carrots, and more. Create a crunchy, crowd-pleasing salad with smashed ramen noodles, toasted almonds, sunflower seeds, and a sweet tangy vinaigrette. This salad is perfect for potlucks and picnics. Bring your favorite knife if you like.

at Dogwood Pavilion

Sa	Jul 4	9:30 – 11:30 a.m.	1/\$28.90	226455
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Cooking: Lemon Herb Marry-me Orzo (16+ yrs)

Join us in this relaxed, hands-on workshop to cook up a creamy, zesty Lemon Herb Marry-Me Orzo that's as easy to make as it is to love. You'll learn how to transform simple, budget-friendly ingredients into a bright and comforting one-pot meal.

at Maillardville Community Centre

Th	Jul 9	6 – 8 p.m.	1/\$28.90	227326
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Cooking: Potato Latkes and Cheese Blintz (19+ yrs)

Join us to make crispy potato pancakes and cheese filled crepes, classic comfort foods.

at Dogwood Pavilion

Sa	Aug 29	9:30 a.m. – 12:30 p.m.	1/\$43.35	226500
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Cooking: Singapore Laksa with Chicken Satay (19+ yrs)

This iconic duo pairs rich, fragrant noodle soup with skewered marinated chicken, served alongside the signature spicy peanut dipping sauce.

at Dogwood Pavilion

Sa	Jul 25	9:30 a.m. – 12:30 p.m.	1/\$43.35	226487
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Cooking: Strawberry Crème Puffs (16+ yrs)

Discover the art of light, airy choux pastry as you bake and fill delicate cream puffs with fresh strawberries and sweet cream. You'll perfect the techniques for achieving a golden rise and a professional presentation for this classic dessert.

at Maillardville Community Centre

Th	Aug 20	6 – 8 p.m.	1/\$28.90	227337
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Cooking: Hand Pies (19+ yrs)

Learn to make flaky, buttery pastry and turn it into single-serving hand pies filled with seasonal berries. This hands-on class covers mixing, rolling, filling, and shaping techniques, so you can enjoy fresh, homemade pies and take your skills home for future baking fun.

at Dogwood Pavilion

Sa	Aug 15	9:30 a.m. – 12:30 p.m.	1/\$43.35	226495
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Cooking: Handmade Italian Style Pasta (16+ yrs)

Discover the timeless art of crafting fresh Italian-style pasta from scratch using simple, authentic ingredients. You'll master the fundamentals of kneading, rolling, and shaping dough to create a versatile, handmade meal.

at Maillardville Community Centre

Th	Jul 23	6 – 8 p.m.	1/\$28.90	227331
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Cooking: Strawberry Pretzel Mini Pies (19+ yrs)

Learn to make this retro dessert with a salty pretzel crust, smooth creamy layer with a fresh strawberry topping.

at Dogwood Pavilion

Sa Jul 11 9:30 – 11:30 a.m. 1/\$28.90 226482

Cooking: Sun Choy Bow (19+ yrs)

Learn to make this fresh and flavourful Asian classic! Savoury minced meat and crunchy vegetables in a delicious sauce served in crisp lettuce cups.

at Dogwood Pavilion

Sa Aug 1 9:30 – 11:30 a.m. 1/\$28.90 226542

Cooking: Zucchini Fun (19+ yrs)

Are your neighbors leaving zucchinis on your doorstep at night? Turn them into zucchini pasta and delicious zucchini noodles. Explore simple techniques to transform this humble veggie into flavourful, creative meals.

at Dogwood Pavilion

Sa Aug 8 9:30 – 11:30 a.m. 1/\$28.90 226489

Finance: Building Wealth in Canada (19+ yrs)

Learn ways and options to effectively manage money by creating a realistic budget, understanding cash flow and define a financial plan. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Glen Pine Pavilion

Th Aug 27 9:30 – 11 a.m. 1/FREE 228473

Finance: Managing Your Money (19+ yrs)

Learn how to create a budget and develop a savings plan, understand credit lenders, and apply financial knowledge to make informed decisions about money. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Glen Pine Pavilion

Th Jul 23 9:30 – 11 a.m. 1/FREE 228470

Finance: Planning for Retirement (19+ yrs)

How to effectively plan for the kind of retirement you desire.

at Dogwood Pavilion

Su Jul 12 10 – 11:30 a.m. 1/FREE 227452

Finance: Protect Your Assets while Planning Ahead (19+ yrs)

Learn why every adult should have an estate plan. Learn how to create a plan to distribute assets, during life and upon death.

at Dogwood Pavilion

Su Aug 9 10 – 11:30 a.m. 1/FREE 227453

General: Accessible Reading Options for People with Vision Loss (19+ yrs)

Do you love to read but struggling vision loss and with regular print books? Learn about the many ways you can get accessible reading material through Coquitlam Public Library. Library staff will introduce eAudiobooks, DAISY players, large print and Braille books, and home delivery options.

at Glen Pine Pavilion

Th Aug 6 10 – 11:30 a.m. 1/FREE 229501

General: Advance Care Planning (19+ yrs)

British Columbia has legislation that allows individuals to express their wishes, usually in writing, regarding the care they want to receive or reject. The first steps include conversations with family and/or friends to draft a written summary of your values and instructions. This workshop outlines why planning is important and what your options are for preparing written documents for your future care.

at Glen Pine Pavilion

Th Aug 13 9:30 – 11 a.m. 1/FREE 229176

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 Jul 9 – Jul 30 2 – 4 p.m. 4/\$40 225355

All Abilities Welcome!
Visit page 4 for details

Health and Safety: Falls Prevention Mobile Clinic (19+ yrs)

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have a fall risk assessment as well as a one on one consult with various health professionals, Kinesiologist/Pharmacist/Physiotherapist, for 45 minutes, totaling two hours. Registration is required! To register please call 604-374-2273. Presented by Fraser Health.

at Dogwood Pavilion

F Aug 21 8:30 a.m. – 4:30 p.m. 1/**FREE** 229214

Health and Safety: Frauds and Scams (19+ yrs)

We investigate the ways in which fraudsters take in people to rob them of their money and possessions. Seniors are frequent victims and need to be aware of how to protect themselves.

at Dogwood Pavilion

Tu Jul 21 10 – 11:30 a.m. 1/**FREE** 228176

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 Glen Pine Pavilion

Sa Jul 11 – Aug 15 9:30 a.m. – 12 p.m. 6/**FREE** 225358

Health: Frailty – Self Management of BC (19+ yrs)

Learn about Frailty and about a new program, the Self-Management Frailty Coaching Program. This is a free, telephone-based program that supports adults in BC who wish to prevent and/or slow down the progression of frailty.

at Dogwood Pavilion

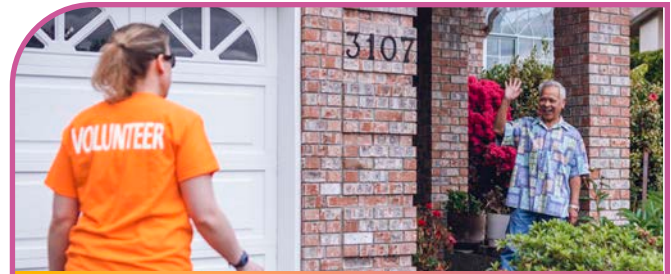
Tu Jul 14 10 – 11:30 a.m. 1/**FREE** 228034

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 Glen Pine Pavilion

Th Jul 9 10 – 11:30 a.m. 1/**FREE** 225900



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

Health: Knowing Your Bladder (19+ yrs)

How the bladder functions and the causes of bladder incontinence, infection and irritation are explained. Possible remedies and lifestyle changes that can help to reduce incontinence problems are presented.

at Glen Pine Pavilion

Th Jul 16 9:30 – 11 a.m. 1/**FREE** 229175

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 Glen Pine Pavilion

Th Aug 20 10 – 11:30 a.m. 1/**FREE** 226118

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 (or families of loved ones with dementia caring for them).

at Glen Pine Pavilion

F Jul 3 10 – 11:30 a.m. 1/**FREE** 226237

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

Tu Aug 25 10 – 11:30 a.m. 1/**FREE** 225898

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 Jul 11 – Aug 1 1 – 2:30 p.m. 4/\$40.60 225361

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

Sa Jul 11 – Aug 1 10 – 11:30 a.m. 4/\$40.60 225359

Sa Aug 8 – Sep 5 10 – 11:30 a.m. 5/\$50.75 225360

Life Skills: Emergency Preparedness (19+ yrs)

Learn how to identify hazards and best prepare yourself and your loved ones in the case of an emergency.

at Dogwood Pavilion

Tu Aug 11 10 – 11 a.m. 1/**FREE** 228178

Wellness: QiGong Foundations Workshop (All Ages)

An introduction to the ancient Chinese concept of Qi which is the energy of your body and Gong which is the cultivation of Qi within your body. Through breathing and movement exercises learn how to move in ways that may improve balance, coordination, and flexibility as well as work with reducing stress and calming the busy mind.

at Glen Pine Pavilion

M Jul 27 – Aug 10 2:30 – 3:30 p.m. 2/\$19.90 229350

Wellness: Tai Chi Foundations Workshop (All Ages)

An introduction Basic TaiChi movements and the Simplified 24 Posture Form. Get an idea of the theory of TaiChi and how it works with whole body integrated movement. Through practice it is possible to improve your body’s balance, coordination, and energy and stimulate your connection between mind and movement.

at Glen Pine Pavilion

Th Jul 23 – Aug 6 11 a.m. – 12 p.m. 3/\$29.85 229351

Performing Arts

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 Jul 8 – Jul 29 5 – 6 p.m. 4/\$39.80 227983

W Aug 5 – Sep 2 5 – 6 p.m. 5/\$49.75 227984

Dance: Bellydance Choreographed (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 Jul 7 – Jul 28 6:45 – 7:45 p.m. 4/\$39.80 225326

Tu Aug 4 – Sep 1 6:45 – 7:45 p.m. 5/\$49.75 225327

Dance: Broadway Jazz All Levels (19+ yrs)

Step in and bring the stage to life with Broadway Jazz. This rhythmic class blends classic jazz technique with musical theatre style, big expressions, and powerful performance. Build confidence, timing, and stage presence while dancing to catchy tunes.

at Dogwood Pavilion

Su Jul 5 – Jul 26 10:15 – 11:15 a.m. 4/\$39.80 229118

Su Aug 9 – Aug 30 10:15 – 11:15 a.m. 4/\$39.80 229119

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 Jul 6 – Jul 20 2:30 – 3:30 p.m. 3/\$29.85 225305

M Aug 17 – Aug 31 2:30 – 3:30 p.m. 3/\$29.85 225306

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: 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	Jul 10 – Jul 31	7:30 – 8:30 p.m.	4/\$41.40	225089
F	Aug 7 – Aug 28	7:30 – 8:30 p.m.	4/\$41.40	225091

Dance: Hustle Foundations Workshop (19+ yrs)

Hustle dancing for two! Experience the rhythm and flow of this iconic 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	Jul 18	1:30 – 3:30 p.m.	1/\$19.90	227979
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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	Jul 9 – Jul 16	11 a.m. – 12 p.m.	2/\$19.90	225353
Th	Aug 13 – Sep 3	11 a.m. – 12 p.m.	4/\$39.80	225354

Dance: Milonga Foundations Workshop (19+ yrs)

Step into the passionate and rhythmic world of Milonga, a lively style closely connected to Argentine Tango. This introductory social dance program will teach you the foundational steps, musicality, and dynamic connection between lead and follow in a welcoming and supportive environment. Must register with a partner to learn lead and follow.

at *Dogwood Pavilion*

M	Jul 13	6 – 8 p.m.	1/\$19.90	229026
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Dance: Rumba Foundations Workshop (19+ yrs)

Rumba dancing for two! This classic dance will surely liven your afternoon. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants is depends on volunteer availability.

at *Dogwood Pavilion*

Sa	Aug 15	1:30 – 3:30 p.m.	1/\$19.90	227980
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Dance: Tango Vals Foundations Workshop (19+ yrs)

Experience the smooth, flowing elegance of Tango Vals, a beautiful variation of Argentine Tango danced in a waltz rhythm. This introductory social dance program will guide you through foundational steps, circular movement, and the connection between lead and follow in a supportive and welcoming environment. Must register with a partner to learn lead and follow.

at *Dogwood Pavilion*

M	Aug 10	6 – 8 p.m.	1/\$19.90	229027
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Music: K-Pop Music and Korean Culture (16+ yrs)

With the return of the popular BTS as a global phenomenon, understanding K-Pop as the gateway to Korean culture is interesting and exciting! Learn how to understand Korean lyrics, popular Korean phrases and look into the K-pop idol culture and trends.

at *Glen Pine Pavilion*

W	Aug 5 – Sep 2	10:30 – 11:30 a.m.	5/\$42.25	229042
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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	Jul 7 – Jul 28	6:45 – 7:45 p.m.	4/\$33.80	225331
Tu	Aug 4 – Sep 1	6:45 – 7:45 p.m.	5/\$42.25	225332

Music: Ukulele Beginner (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at *Glen Pine Pavilion*

Tu	Jul 7 – Jul 28	5:30 – 6:30 p.m.	4/\$33.80	225328
Tu	Aug 4 – Sep 1	5:30 – 6:30 p.m.	5/\$42.25	225329



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Sports and Active Play

Pickleball: Foundations (16+ yrs)

Learn the fastest growing sport in North America. Lessons include game knowledge and skill development for beginner players.

at Maillardville Community Centre

F	Jul 10 – Jul 31	1:15 – 2:45 p.m.	4/\$62.40	227894
F	Aug 7 – Aug 28	1:15 – 2:45 p.m.	4/\$62.40	227895

Pickleball: Dominating the Non-Volley Zone Clinic (16+ yrs)

Master the most crucial area of the court! Through focused drills and situational play, you'll improve your dinking, volleys and decision-making at the kitchen line to gain control and put pressure on your opponents.

at Maillardville Community Centre

M	Aug 10	3 – 5 p.m.	1/\$20.70	227902
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Pickleball: Drops, Drives and Blocks Clinic (16+ yrs)

Refine your shot-making and strategy! Practice the essential drop, drive and block shots to improve your control, decision-making and ability to stay on the attack during every rally.

at Maillardville Community Centre

M	Jul 6	3 – 5 p.m.	1/\$20.70	227896
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Pickleball: Rally Clinic (16+ yrs)

Sharpen your rally skills! Build consistency, control, and confidence through targeted drills and coached play.

at Maillardville Community Centre

M	Jul 27	3 – 5 p.m.	1/\$26	227903
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Pickleball: Round Robin Play (16+ yrs)

Single-day round robin play for players at all levels, facilitated by city staff.

at Maillardville Community Centre

M	Jul 13	3 – 6 p.m.	1/\$26	227897
M	Aug 24	3 – 6 p.m.	1/\$26	227904

Pickleball: Skills and Drills (16+ yrs)

Build on your pickleball foundations in this skill-focused class. Refine your technique, improve consistency and develop stronger gameplay strategies through guided instruction and practice. Ideal for players with some experience who are ready to elevate their game.

at Maillardville Community Centre

F	Jul 10 – Jul 31	2:45 – 4:15 p.m.	4/\$62.40	227882
F	Aug 7 – Aug 28	2:45 – 4:15 p.m.	4/\$62.40	227883

Adapted Aqua Movement

(19+ years)



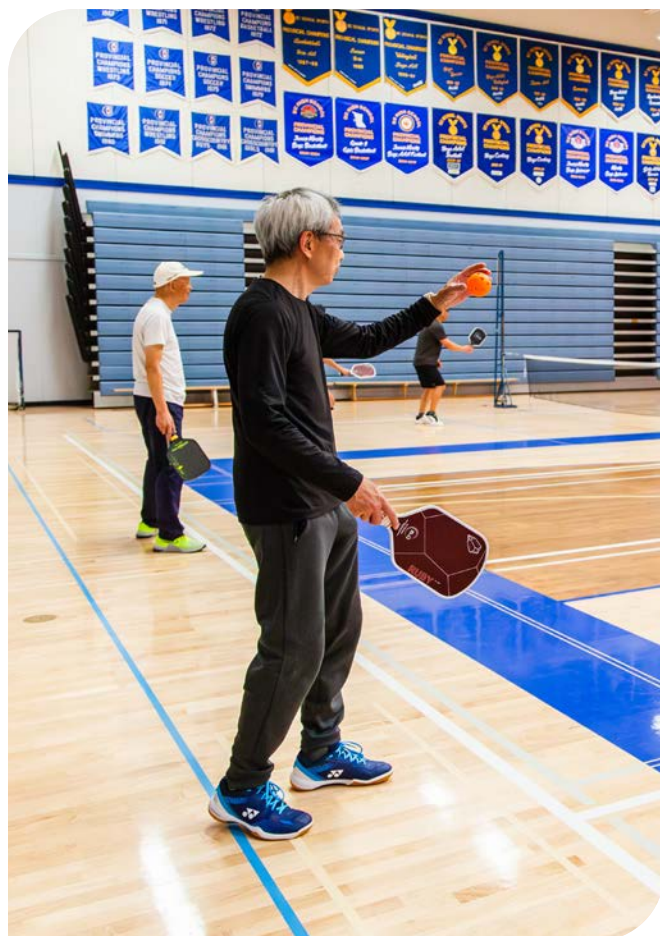
Low-impact exercise class for people with cognitive impairments and/or physical disabilities.

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 CommunityAccess@coquitlam.ca.



Visual Arts

Crafts: Cross Stitch (19+ yrs) ● ▲ ◆

Learn the basics of cross-stitch, from reading patterns and preparing fabric to stitching and finishing in a hoop.

at *Dogwood Pavilion*

Th	Jul 9	9:30 – 11:30 a.m.	1/\$13	229013
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Crafts: Needle Felting (19+ yrs) ● ▲ ◆

Learn the basics of needle while creating a charming seagull in this beginner-friendly class. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

at *Dogwood Pavilion*

M	Jun 29	10 a.m. – 12 p.m.	1/\$23.70	228950
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Drawing: All Levels (19+ yrs) ● ▲ ◆

All skill levels are welcome in this supportive drawing course, where you'll explore techniques in pencil and pen while building confidence in line, shapes and composition. Beginners will learn the fundamentals, while more experienced artists refine depth, texture, and personal style.

at *Dogwood Pavilion*

Sa	Jul 4 – Jul 25	1 – 3 p.m.	4/\$53.60	226764
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M	Aug 10 – Aug 31	9:30 – 11:30 a.m.	4/\$53.60	227412
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at *Glen Pine Pavilion*

Tu	Jul 7 – Jul 28	9 – 11 a.m.	4/\$53.60	226463
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Tu	Aug 4 – Sep 1	9 – 11 a.m.	5/\$67	226465
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F	Aug 7 – Sep 4	11:30 a.m. – 1:30 p.m.	5/\$67	226479
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Drawing: Beginner (19+ yrs) ▲

Discover the art of drawing with an emphasis on black-and-white techniques. Develop your skills in shading, contrast, and composition while gaining confidence in creating dynamic and balanced pieces.

at *Dogwood Pavilion*

M	Jul 6 – Jul 27	10 a.m. – 12 p.m.	4/\$53.60	226574
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Drawing: Coloured Pencils (19+ yrs) ●

Learn the tips and tricks that go into creating 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*

W	Jul 8 – Jul 29	6 – 8 p.m.	4/\$53.60	224546
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W	Aug 5 – Sep 2	6 – 8 p.m.	5/\$67	224547
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at *Glen Pine Pavilion*

Tu	Jul 7 – Jul 28	11:30 a.m. – 1 p.m.	4/\$39.40	226466
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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.

Drawing: Coloured Pencils Workshop (19+ yrs) ●

This workshop will give you a crash course in using coloured pencils. Layering and blending the colours gives more effective definition to your drawings or colouring book pages.

at *Glen Pine Pavilion*

Th	Sep 3	5:30 – 7:30 p.m.	1/\$23.70	226483
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Drawing: 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 *Glen Pine Pavilion*

F	Jul 10 – Jul 31	11:30 a.m. – 1:30 p.m.	4/\$53.60	226478
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Drawing: Exploring Oil 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 *Glen Pine Pavilion*

W	Jul 8 – Jul 29	2:15 – 4:15 p.m.	4/\$53.60	226472
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Drawing: Portraits Foundations (19+ yrs) ●

Enjoy drawing portraits using basic tools of pencils and pens.

at *Glen Pine Pavilion*

M Jul 6 – Jul 27 11:15 a.m. – 12:45 p.m. 4/\$40.20 225085

Drawing: Summer Sketching (19+ yrs) ● ▲ ◆

Capture the feeling of summer in this relaxed and fun class. Explore drawing inspired by sunny days, nature and everyday summer moments. Experiment with a variety of techniques from quick sketches to more developed pieces, enjoying the creative process.

at *Dogwood Pavilion*

Th Aug 13 – Sep 3 1 – 3 p.m. 4/\$53.60 226531

at *Glen Pine Pavilion*

Tu Aug 11 – Sep 1 11:30 a.m. – 1 p.m. 4/\$39.40 225532

Drawing: Sunday Studio – Oil Pastels Workshop – Tropical Sunset (19+ yrs) ● ▲ ◆

Join us for Sunday Art Studio and discover the fun of working with oil pastels. In this guided class, you'll explore bold colours, soft blending, and creative layering techniques to create a tropical sunset.

at *Dogwood Pavilion*

Su Jul 26 9:30 – 11:30 a.m. 1/\$23.70 228047

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*

W Aug 12 – Sep 2 2:15 – 4:15 p.m. 4/\$53.60 225534

Mixed Media: Art Explorations Summer Theme (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 summer themes.

at *Dogwood Pavilion*

Sa Jul 4 – Jul 25 9:30 a.m. – 12 p.m. 4/\$67 226388

Sa Aug 8 – Aug 29 9:30 a.m. – 12 p.m. 4/\$67 226390

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

Mixed Media: Creative Collage Workshop (19+ yrs) ●

Using a variety of colours, textures, shapes and materials to create something new and unique in this fun playful workshop on collage.

at *Glen Pine Pavilion*

Th Jul 30 5:30 – 7:30 p.m. 1/\$23.70 226033

Mixed Media: Layering and Texture Magic (19+ yrs) ● ▲ ◆

Learn different techniques and how to layer materials such as watercolour, coloured pencils, ink and oil pastels to create magical effects and textures in your artwork.

at *Dogwood Pavilion*

Tu Jul 14 – Jul 28 1 – 3 p.m. 3/\$42.90 226605

Mixed Media: Learning from the Masters (19+ yrs) ● ▲ ◆

Join this creative class and be inspired by the great masters. We will explore a variety of drawing, watercolour and water soluble painting techniques while creating beautiful summer themed work.

at *Dogwood Pavilion*

M Aug 10 – Aug 31 1 – 3 p.m. 4/\$53.60 226519

Mixed Media: Mono Printing (19+ yrs) ● ▲ ◆

Explore the fun of mono printing in this class. Using soft printing surfaces and simple tools, you will create one-of-a-kind layered prints with color, texture, and pattern.

at *Dogwood Pavilion*

Tu Jul 7 9:30 – 11:30 a.m. 1/\$23.70 229028

Tu Jul 28 9:30 – 11:30 a.m. 1/\$23.70 229029

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 Jul 8 – Jul 29 12:30 – 3 p.m. 4/\$67 224542

W Aug 5 – Sep 2 12:30 – 3 p.m. 5/\$83.75 224545

at *Glen Pine Pavilion*

Tu Jul 7 – Jul 28 9 – 11:30 a.m. 4/\$67 225208

Tu Aug 4 – Sep 1 9 – 11:30 a.m. 5/\$83.75 225209



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	Jul 2 – Jul 30	9:30 – 11:30 a.m.	5/\$67	224549
Th	Aug 6 – Sep 3	9:30 – 11:30 a.m.	5/\$67	224550

at Glen Pine Pavilion

Tu	Jul 7 – Jul 28	5:30 – 7:30 p.m.	4/\$53.60	226019
Sa	Jul 11 – Aug 1	9:30 – 11:30 a.m.	4/\$53.60	225210
Sa	Aug 8 – Sep 5	9:30 – 11:30 a.m.	5/\$67	225211

Painting: Acrylic Composition Workshop (19+ yrs) ●

Composition is a critical part of painting with acrylics. This workshop will assist with establishing clear focal points, purposeful arrangement of shapes, and balancing elements to create a balanced canvas.

at Glen Pine Pavilion

Th	Aug 20	5:30 – 7:30 p.m.	1/\$23.70	225248
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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

M	Jul 13 – Jul 27	6 – 8 p.m.	3/\$40.20	226595
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Painting: Acrylic Paint Night – Billowy Clouds

(19+ yrs) ● ▲ ◆

Painting clouds is a fundamental skill for landscape art and this workshop will provide technique and practice to capture the billowy effects on a canvas.

at Glen Pine Pavilion

Th	Jul 9	5:30 – 7:30 p.m.	1/\$23.70	225218
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Painting: Acrylic Paint Night – Summer Sunflowers

(19+ yrs) ● ▲ ◆

Sunflowers swaying with the summer breeze is a bright and cheerful focus on a canvas.

at Glen Pine Pavilion

Th	Aug 13	5:30 – 7:30 p.m.	1/\$23.70	226036
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Painting: Acrylic Paint Night – Summer Themed Wooden Plank Workshop (19+ yrs) ● ▲ ◆

Create a lovely wooden plank sign for to decorate your patio or to gift this Summer season.

at Glen Pine Pavilion

Th	Jul 16	5:30 – 7:30 p.m.	1/\$23.70	226029
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Painting: Expressive Roses in Acrylics (19+ yrs) ● ▲ ◆

Expressive Roses focuses on the composition and the colours used to capture the beauty of this flower using acrylic paint.

at Glen Pine Pavilion

M	Aug 24 – Aug 31	9 – 11 a.m.	2/\$47.40	225207
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Painting: Floral Still Life in Acrylics (19+ yrs) ●

Floral Still Life painting focuses on the composition and the colours used to capture the beauty of an arrangement of flowers.

at *Glen Pine Pavilion*

M Jul 20 – Jul 27 9 – 11 a.m. 2/\$47.40 225093

Painting: Gouache Foundations (19+ yrs) ●

Perfect for absolute beginners, this course covers basic skills and techniques to start gouache painting. Learn how to choose the right materials and explore essential skills such as layering, colour mixing, brush control, and combining opaque and transparent effects.

at *Dogwood Pavilion*

W Jul 8 – Jul 29 9:30 – 11:30 a.m. 4/\$53.60 226559

Painting: Gouache Tropical Blooms (19+ yrs) ●

Bring tropical flowers to life with gouache! Explore colour, layering, and texture while creating lush blooms and exotic foliage. Learn techniques for both opaque and transparent effects and develop your own expressive style.

at *Dogwood Pavilion*

W Aug 5 – Sep 2 9:30 – 11:30 a.m. 5/\$67 226563

Painting: Impressionism in Acrylics (19+ yrs) ●▲◆

Impressionism in acrylics focuses on capturing light and movement using fast-drying, vibrant, and thick paint applications. Be your own Monet and capture this style with your personal touches.

at *Glen Pine Pavilion*

Tu Aug 4 – Aug 18 5:30 – 7:30 p.m. 3/\$40.20 226022

Painting: Ink Wash Florals Workshop (19+ yrs) ●▲◆

An introductory workshop on Asian-style ink wash painting focusing on summer florals. This step-by-step class will guide you through essential skills such as color mixing, proportion, and composition.

at *Dogwood Pavilion*

Th Aug 6 1 – 3 p.m. 1/\$23.70 227450

Painting: Nature Sketching and Journaling

(19+ yrs) ●▲◆

Learn to look closely at the spaces surrounding us and find the inspiration to sketch nature and the beauty of what we see this season using various art tools of choice to create a sketchbook journal.

at *Glen Pine Pavilion*

Th Aug 6 – Sep 3 11:30 a.m. – 1:30 p.m. 5/\$67 225350

Painting: Oil Pastels Paint Night (19+ yrs) ●▲◆

A new paint night using oil pastels to create something fun and colourful to display this summer.

at *Glen Pine Pavilion*

Th Jul 23 5:30 – 7:30 p.m. 1/\$23.70 226480

Painting: Painting on Glass with Acrylics (19+ yrs) ●

Acrylic paint, made from pigment suspended in an acrylic polymer emulsion becomes water-resistant when dry making it an excellent choice for painting on glass, which is a non-porous surface. Paint a couple of items to learn this technique.

at *Glen Pine Pavilion*

M Aug 10 – Aug 17 9 – 11 a.m. 2/\$47.40 225175

Painting: Portraits in Acrylics All Levels

(19+ yrs) ●▲◆

Suitable for artists with prior experience and continuing skills to paint portraits using acrylic paint focusing on brush strokes, colour tones and values to capture shadow and light.

at *Glen Pine Pavilion*

M Aug 10 – Aug 31 11:15 a.m. – 12:45 p.m. 4/\$40.20 225198

**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

Painting: Sparrows (Birds) in Acrylics (19+ yrs) ● ▲ ◆

Painting little sparrows uses different brushes and colours to capture texture of feathers and features on birds in nature.

at *Glen Pine Pavilion*

M	Jul 6 – Jul 13	9 – 11 a.m.	2/\$47.40	225082
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Painting: Sumi Ink Drawing and Watercolour Workshop (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 *Glen Pine Pavilion*

Th	Aug 27	5:30 – 7:30 p.m.	1/\$23.70	226481
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Painting: Sunday Studio – Palm Tree Sunset – Acrylic Workshop (19+ yrs) ● ▲ ◆

Join us Sunday Art Studio with a guided step-by-step class to create an acrylic painting scene complete with palm tree silhouettes and evening skies. Learn how to blend colours, build layers, and add depth.

at *Dogwood Pavilion*

Su	Jul 19	9:30 – 11:30 a.m.	1/\$23.70	228044
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Painting: Sunday Studio – Sumi Inkwash Workshop – Bamboo, Birds and Lotus (19+ yrs) ● ▲ ◆

Join us for Sunday Art Studio with a guided Sumi Inkwash class to explore traditional brush techniques, learning to create expressive lines, soft washes and balanced composition.

at *Dogwood Pavilion*

Su	Aug 23	9:30 – 11:30 a.m.	1/\$23.70	228046
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Painting: Sunday Studio – Summer Drink – Acrylic Workshop (19+ yrs) ● ▲ ◆

Join us for Sunday Art Studio with a guided step-by-step class to capture a fun summer drink scene. Learn how to blend colours, build layers, and add depth with acrylic paint.

at *Dogwood Pavilion*

Su	Aug 9	9:30 – 11:30 a.m.	1/\$23.70	228045
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Painting: Urban Sketching Animals (19+ yrs) ● ▲ ◆

Learn to sketch quickly and simply animals in ink and watercolour.

at *Glen Pine Pavilion*

Th	Aug 6 – Sep 3	9 – 11 a.m.	5/\$67	225348
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Painting: Urban Sketching Summer Vacation

(19+ yrs) ● ▲ ◆

Learn to sketch quickly beaches, tropical trees, and other summer vacation subjects or themes in ink and watercolour.

at *Glen Pine Pavilion*

Th	Jul 9 – Jul 30	9 – 11 a.m.	4/\$53.60	225346
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Painting: Using Acrylic Glazing Medium Workshop

(19+ yrs) ● ▲ ◆

This workshop is about using a glazing medium, a transparent liquid-to-gel binder added to acrylic paint to increase transparency, flow, enabling thin, luminous layers (glazes) without breaking down the paint to increase depth of colours.

at *Glen Pine Pavilion*

Th	Aug 6	5:30 – 7:30 p.m.	1/\$23.70	225228
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Painting: Watercolour All Levels (19+ yrs) ● ▲ ◆

All skill levels are welcome in this watercolour class, where you'll learn essential techniques like washes, colour mixing, and brush control while building confidence through guided practice. Beginners develop strong foundations, while more experienced painters refine composition, texture, and personal style to create expressive, dynamic work.

at *Dogwood Pavilion*

M	Jun 29 – Jul 27	12:30 – 2:30 p.m.	5/\$67	226592
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M	Aug 10 – Aug 31	6 – 8 p.m.	4/\$53.60	226673
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Painting: Watercolour Beginner (19+ yrs) ▲

Discover the joys of watercolour through hands-on practice and guided demonstrations. Build your skills in composition, depth, and contrast while gaining confidence in colour mixing, brushwork, and layering techniques.

at *Dogwood Pavilion*

Th	Jul 2 – Jul 30	1 – 3 p.m.	5/\$67	226606
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Tu	Aug 11 – Sep 1	2 – 4 p.m.	4/\$53.60	227451
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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.



Summer BBQ Luncheon (19+ yrs)

Join us for the fun summer special barbecue events with live entertainment. Event is outside if weather permits in Spirit Square.

at *Glen Pine Pavilion*

Th	Jul 16	11:30 a.m. – 1 p.m.	1/\$25.70	225308
Th	Jul 30	11:30 a.m. – 1 p.m.	1/\$25.70	225309
Th	Aug 13	11:30 a.m. – 1 p.m.	1/\$25.70	225311
Th	Aug 27	11:30 a.m. – 1 p.m.	1/\$25.70	225312

Painting: Watercolour Trees and Nature

(19+ yrs) ○ ▲ ◆

Trees come in many shapes, sizes and a crucial part of the natural eco-system so learning to paint them in watercolours is a good learning opportunity. Play with shadow, reflection and brushwork to create trees as a focal point, part of a background of your scene.

at *Glen Pine Pavilion*

Tu	Jul 7 – Jul 28	1:30 – 3:30 p.m.	4/\$53.60	225594
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Painting: Watercolour/Gouache Landscapes

(19+ yrs) ○ ▲ ◆

Using either watercolour mixed with some white gouache or gouache itself, learn to draw and paint landscapes.

at *Glen Pine Pavilion*

Tu	Aug 4 – Sep 1	1:30 – 3:30 p.m.	5/\$67	225597
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Painting: Watercolour/Gouache Tropical Flowers

(19+ yrs) ○ ▲ ◆

Using either watercolour mixed with some white gouache or gouache itself, learn to draw and paint simplified tropical flowers.

at *Glen Pine Pavilion*

Th	Jul 9 – Jul 30	11:30 a.m. – 1:30 p.m.	4/\$53.60	225347
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Painting: Watercolours and Ink Sketching

(19+ yrs) ○ ▲ ◆

Using ink and watercolours to bring your summer sketches alive.

at *Glen Pine Pavilion*

F	Aug 14 – Sep 4	2 – 4 p.m.	4/\$53.60	225536
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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	Aug 1 – Sep 5	1 – 3 p.m.	6/\$80.40	226773
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Painting: Watercolour Themed (19+ yrs) ○ ▲ ◆

Using watercolour paints this class is for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods.

at *Glen Pine Pavilion*

W	Jul 8 – Jul 29	12 – 2 p.m.	4/\$53.60	226469
F	Jul 10 – Jul 31	9 – 11 a.m.	4/\$53.60	226476
W	Aug 5 – Sep 2	12 – 2 p.m.	5/\$67	226470
F	Aug 7 – Sep 4	9 – 11 a.m.	5/\$67	226477

All Abilities Welcome!

Visit page 4 for details

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

Monday 1 – 3:30 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 10:30 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.

Snooker

The snooker group has access to the snooker room at Dogwood Pavilion during facility hours.

Monday through Thursday 8:30 a.m. – 8:15 p.m.

Friday, Saturday 8:30 a.m. – 4:15 p.m.

Sunday 9 a.m. – 1:45 p.m.

Social Dance

Social dance meets weekly to enjoy ballroom and latin dancing.

Thursday 6:30 – 8:15 p.m.

Songsters

This choir meets weekly to sing together and learn new songs. Occasionally this group performs at social functions and events in the community.

Tuesday 1:45 – 4:15 p.m.

South Asian Group

This is a social and support group for the South Asian community.

Fourth Wednesday of the month 6:30 – 8:15 p.m.

First and third Thursday of the month 10 a.m. – 12 p.m.

Table Tennis

Table tennis is a sport in which two to four players hit a lightweight ball back and forth across a table using small solid racquets.

Sunday 9:15 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.

Wire Wrapping

Members share ideas and techniques in wrapping stones for jewelry making.

Friday 12:30 – 3 p.m.

Women Helping Others

The WHO group—a safe comfortable place where camaraderie and understanding awaits you.

Wednesday 10 a.m. – 12 p.m.

Woodcarving

Members work on individual projects and must bring their own tools and materials.

Monday 1 – 3 p.m.

Thursday 1 – 3:30 p.m.

Woodworking

Members work on individual projects and bring their own materials. The volunteer leader provides assistance with safety, tips and techniques.

Monday through Friday 8:30 a.m. – 1 p.m.



Glen Pine Pavilion Activity Groups **LOW COST**

The Glen Pine 50 Plus Society is a non-profit organization that promotes low-cost, year-round activities to satisfy the cultural, physical, educational and social needs of senior adults through support of activity groups and programs at Glen Pine Pavilion. Register for Glen Pine Activity Group programs in-person at any recreation facility, by calling **604-927-4386**, or by visiting coquitlam.ca/registration.

\$1

Activity Groups and Clubs now Drop-in.

Pre-registration recommended.

American Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by 4 people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

Friday 12 – 3 p.m.

Art Group (50+ yrs)

Glen Pine Art Group gives you the time and place to draw and paint with other artists. Bring your materials or subject to work on or join others painting from a still set.

Wednesday 9 – 11:30 a.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 1:30 – 3:30 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 in 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 11:45 a.m. – 12:45 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 3 – 6 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 – 3 p.m. | 3 – 4:30 p.m.

Saturday 12:30 – 1:45 p.m. | 1:45 – 3 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



\$5 temporary fuel surcharge effective April 27 – September 7 is reflected in the price for these bus trips.

Galiano Island (50+ yrs)

Experience the magic of BC's Wild West Coast featuring stunning views, marine park trails where local artisans await you on Galiano Island.

Leave Glen Pine at 8 a.m. Estimated return at 7:45 p.m.
Leave Dogwood at 8:15 a.m. Estimated return at 7:30 p.m.

Level: Moderate

Additional \$36 ferry fee for 65 years and under (Please bring Verifiable ID)

- Montague Harbour Marine Park
- Gray Peninsula Escorted Walk
- Lunch The Hummingbird Pub
- Galiano Soap Works
- Galiano Shops

Th	Jul 2	1/\$164	224133
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Ladner Village Market (50+ yrs)

Grab your shopping bags for this one! Browse the stalls for all things artisanal and local at the Ladner Village Market's 29th season, a real community fair. Purchase your lunch at the Market or one of the many cafes in Historic Ladner Village. Stop at Richmond Country Farms before heading home. Funded in part by the Dogwood Seniors Society.

Leave Glen Pine at 8:45 a.m. Estimated return at 3:45 p.m.
Leave Dogwood at 9 a.m. Estimated return at 3:30 p.m.

Level: Easy

- 4 hours Ladner Village Free Time
- Professional Driver
- Convenient Drop Off / Pick Up Area
- Richmond Country Farms

Su	Jul 5	1/\$74	224135
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Summer Sightseeing Cruise (50+ yrs)

Set sail aboard Vancity Cruises' 40-seat double-decker catamaran for a fun, narrated tour with a live guide sharing Vancouver's stories and sights. Then savour lunch at The Teahouse in Stanley Park and visit the Nature House at Lost Lagoon.

Leave Glen Pine at 8:45 a.m. Estimated return at 5:30 p.m.
Leave Dogwood at 9 a.m. Estimated return at 5:15 p.m.

Level: Easy

- 90 Minute Narrated Cruise
- Lunch Teahouse Stanley Park
- Nature House Lost Lagoon
- Main Street Coffee Stop

Tu	Jul 21	1/\$194	224134
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A day in Spain with Ciro Vivancos (50+ yrs)

Spend a day with Spaniard National Ciro Vivancos, a talented vocalist and trumpet player. Savour a Spanish lunch at Bodega on Main then continue to Spanish Banks for Ciro's special afternoon trumpet and vocal performance, complete with seaside picnic table dessert and refreshments.

Leave Glen Pine at 9 a.m. Estimated return at 4:45 p.m.
Leave Dogwood at 9:15 a.m. Estimated return at 4:30 p.m.

Level: Easy

- Ciro Vivancos Meet and Greet
- Trumpet and Vocal Performance
- Lunch Bodega on Main
- Afternoon Dessert and Refreshments
- Spanish Banks
- Main Street Coffee Stop

M	Jul 27	1/\$154	224136
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\$5 temporary fuel surcharge effective April 27 – September 7 is reflected in the price for these bus trips.

Alpine Meadows Wildflowers (50+ yrs)

Enjoy a breathtaking day among vibrant wildflowers at Manning Park’s unique Sub-Alpine Meadows. Stroll the Heather or Paintbrush Trails, enjoy a generous picnic lunch surrounded by mountain beauty, and soak up the fresh alpine air and stunning scenery.

Leave Glen Pine at 8:30 a.m. Estimated return at 6 p.m.
 Leave Dogwood at 8:45 a.m. Estimated return at 5:45 p.m.

Level: Moderate

- Sub-Alpine Meadow
- Alpine Wild Flowers
- Alpine Meadow Lookout
- Picnic Table Lunch
- Escorted Meadow Walk

Th Aug 6 1/\$114 224137

Richmond Sunflower Festival (50+ yrs)

Stroll through over 20 acres with 90 varieties of Sunflowers, Dahlias and other flowers. This tour includes a morning walk, a delicious lunch and a wine tasting at Country Vines Winery.

Leave Glen Pine at 8:45 a.m. Estimated return at 4:30 p.m.
 Leave Dogwood at 9 a.m. Estimated return at 4:15 p.m.

Level: Easy

- Flower Festival Admission
- Lunch Sharkey’s Seafood Grill
- Brunswick Trail Escorted Walk
- Country Vines Winery Tasting

W Aug 19 1/\$134 224138

Seniors Dragon Boat Experience (50+ yrs)

Enjoy a relaxed seniors’ dragon boating experience with Dragon Boat BC! Start with a classroom introduction, engaging stories and QandA. Continue on the water with two professional paddlers per boat (paddling optional) as you cruise False Creek, spotting sea otters, herons and incredible scenery.

Leave Glen Pine at 9 a.m. Estimated return at 4:45 p.m.
 Leave Dogwood at 9:15 a.m. Estimated return at 4:30 p.m.

Level: Moderate

- Dragon Boat BC Guides
- 30 Minute Classroom
- 60 Minute Dragon Boat Ride
- Paddling Optional
- Lunch Gusto A Taste of Italy
- Snack / Refreshment Tent

F Aug 28 1/\$164 224139

Saltspring Island Saturday Market (50+ yrs)

With over 140 artisans, this market has earned its reputation as a hotbed for world-class artisans and organic farmers. Vendors are joined by local entertainment, creating a fun and festive vibe.

Leave Glen Pine at 6:30 a.m. Estimated return at 7:15 p.m.
 Leave Dogwood at 6:45 a.m. Estimated return at 7 p.m.

Additional ferry fee for 65 years and under Please bring verifiable BC ID.

Level Easy

- Salt Spring Saturday Market – All Meals and Snacks on Own
- Scenic Gulf Islands Sail

Sa Aug 29 1/\$134 224140

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.



July

07

An Afternoon with Elvis (19+ yrs) **FREE**

The Glen Pine 50plus Society and the Community Response Network (CRN) presents An Afternoon with Elvis! From Las Vegas to Vancouver, Iconic Tributes' Ronnie Scott brings legendary performers to life with this special tribute to Elvis Presley. With powerful live vocals, a sleek stage presence, electrifying moves, and undeniable charisma, the event recaptures the timeless magic and nostalgia of entertainment's golden era. Light refreshments included.

at *Glen Pine Pavilion*

Tu	Jul 7	2 – 4 p.m.	225316
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06

Performance on the Patio with Brian Zalo (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment by Brian Zalo. Light refreshments will be served.

at *Dogwood Pavilion*

M	Jul 6	6:45 – 8 p.m.	1/\$10.50 228067
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16 and 30

Summer BBQ Luncheon (19+ yrs)

Join us for the fun summer special barbecue events with live entertainment. Event is outside if weather permits in Spirit Square.

at *Glen Pine Pavilion*

Th	Jul 16	11:30 a.m. – 1 p.m.	1/\$25.70 225308
Th	Jul 30	11:30 a.m. – 1 p.m.	1/\$25.70 225309

24

Those Were the Days! (19+ yrs)

Stroll down memory lane and reminisce about the good old days. The live performance will feature celebrity impersonations, comedy and lively music. Stay for refreshments and socializing afterwards.

at *Dogwood Pavilion*

F	Jul 24	1:30 – 3:30 p.m.	1/\$15 228041
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August

06

Summer Brunch on the Patio with the Collage Singers (All Ages)

Join us for a light brunch in the Rose Garden with live entertainment by the Collage Singers.

at Dogwood Pavilion

Th	Aug 6	1:30 – 3:30 p.m.	1/\$18.50	228071
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19

Performance on the Patio with The Shoe Shakers (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment by The Shoe Shakers. Light refreshments will be served.

at Dogwood Pavilion

W	Aug 19	6:45 – 8 p.m.	1/\$10.50	228075
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13 and 27

Summer BBQ Luncheon (19+ yrs)

Join us for the fun summer special barbecue events with live entertainment. Event is outside if weather permits in Spirit Square.

at Glen Pine Pavilion

Th	Aug 13	11:30 a.m. – 1 p.m.	1/\$25.70	225311
Th	Aug 27	11:30 a.m. – 1 p.m.	1/\$25.70	225312

Arts and Culture



See it! Learn it! Do it!

There are many opportunities to experience culture in your own back yard. Visit your local theatre, take an art class or pick up a book at the library. You can find it all here in Coquitlam.

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636

Coquitlam Public Libraries

City Centre Branch

1169 Pinetree Way | 604-554-7323

Poirier Branch

575 Poirier St. | 604-554-7323

Coquitlam Celebrates AccessAbility Week

May 24 – 30

Featured Event

AccessAbility Resource Fair

Sunday, May 24

1:30 to 4:30 p.m.

Pinetree Community Centre | 1260 Pinetree Way

Across from Lafarge Lake-Douglas SkyTrain Station, free parking onsite.

Discover Accessibility in Coquitlam!

Explore accessible programs and services at this community event featuring free workshops, demos and resources. Learn about the City's new Accessibility and Inclusion Plan and connect with 15+ local organizations.

Enjoy door prizes, concessions and more

AccessAbility Resource Fair Schedule and Other Activities

Scan to check out what's happening



f X @ | coquitlam.ca/AAW

Coquitlam



Shine On

**BettieAllard
YMCA.ca**



@BettieAllardYMCA

955 Emerson St.,
Coquitlam, BC

Coquitlam's Bettie Allard YMCA

Start Swim Lessons Today!

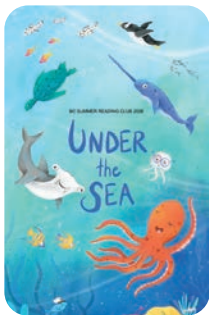
Get your child water safe at Coquitlam's Bettie Allard YMCA! Start immediately and your child's time slot is yours for as long as you wish.

We have tons of great programs for the whole family to be active. Visit our website or drop by today!



Summer Reading for All Ages!

Your home base for all summer reading clubs is coqlibrary.ca/summer-reading



BC Summer Reading Club

For kids ages 0 to grade 6

This year's Summer Reading Club theme is *Under the Sea*. Complete seven weeks of reading to earn a Summer Reading Club medal!

Pick up a Reading Record at the Help Desk at either branch or on the Library Link, beginning June 1st. Or, pick up a Reading Record at school. Kids can also participate online.

Middle School SRC (For kids in grades 6, 7, and 8)

Adult and Teen SRC (For everyone from grade 9 to age 99+)

Register online and tackle our Summer Reading Club challenges for a chance to win a prize.

We look forward to sharing a summer full of stories, prizes, and fun with you!

Try These Tech Tools!



ProSensor 710 Stud Finder

Use this stud finder to accurately detect metal or wood studs to a depth of 1.6 inches.

Advanced OBD2 Vehicle Diagnostic Scanner

Detect issues early to avoid costly repairs and save time!

- Determine why your check engine light is on, access repair solutions, and clear codes.
- Track battery health and get trip analytics.
- Check vehicle emissions and detect EVAP leaks.



See coqlibrary.ca/home-gadgets for details and to place a hold on one of these useful tools.

Contact Us

Phone: 604-554-7323

Email: ask@coqlibrary.ca

Locations:

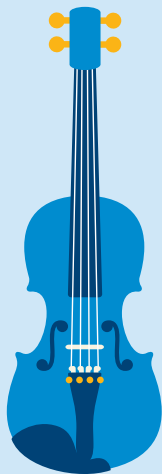
City Centre Branch
1169 Pinetree Way

Poirier Branch
575 Poirier Street

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to our arts
community



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ARTS COUNCIL

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COLUMBIA

Coquitlam

Supported by the Province of British Columbia

Summer 2026 at
**Mackin House
Museum**

Exhibits



At Mackin House

Childhood Moments | Jan - Jul

Our collection is home to dollhouses, toy cars and trucks, dolls, and many other treasures from generations past.

Construction of Mackin House Museum | Jul - Nov

A look into the history of Mackin House Museum's construction, and a short history on wallpaper

At Coquitlam Grill

Connecting with Coquitlam's Past | Ongoing

A new, permanent exhibit of archival photos & select artifacts, allowing patrons to connect with our city's history while dining at the iconic Coquitlam establishment.

Events



July

PJ Storytime

Summer Crafting

Walking Tours (for Historic Places
Days)

History of Communication Event

August

Summer Crafting

Vintage Comic Book Sale

Drop-In Post Card Making

Also find us at:

Canada Day

Tricities Pride

Caribbean Days

Find out more details and register for events at coquitlamheritage.ca



We Coquitlam

... and we think
you will too.

Join us and do
work that matters.

coquitlam.ca/careers



Connect with Coquitlam

Learn more about what's happening in your community



Coquitlam Current E-News

Bi-weekly emails on the latest City news and important resident information.

PRC E-News

Recreation registration details, program highlights, park events and more delivered straight to your inbox.



CoquitlamConnect App

Search City news, events, bike maps, park and facility info and more.



Public Notices

Find statutory notices published on the City's website or sign-up for email notifications.



Social Media

Follow @CityofCoquitlam on Facebook, X, Instagram, YouTube and LinkedIn.

Sign up now! coquitlam.ca/connect



Coquitlam

2026

Summer

concert series



save
the date!



FREE Friday night concerts

August 7

September 4



Explore flavourful food and drink options from our onsite food trucks.

coquitlam.ca/SummerConcerts



Coquitlam