Registration Information *on page 5*

January to March
WINTER 2027

Program *Guide*

Coquitlam Parks, Recreation and Culture



January to March
WINTER 2027

Welcome to Coquitlam

Parks, Recreation and Culture



We acknowledge with gratitude and respect that the name Coquitlam was derived from the həńqəmińəḿ (HUN-kuh-MEE-num) word kʷikʷəƛ̓əm (kwee-KWET-lum) meaning "Red Fish Up the River". The City is honoured to be located on the kʷikʷəƛ̓əm traditional and ancestral lands, including those parts that were historically shared with the q̓ićəy̓ (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

Course fees do not include applicable taxes. Details subject to change.

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Accessibility and Inclusion

The City of Coquitlam is working to make our services, spaces and programs more welcoming, accessible and inclusive for everyone.

To support this work, the City has adopted its first Accessibility and Inclusion Plan. The Plan builds on our ongoing commitment to equity, diversity, inclusion and accessibility, and provides a guide for reducing barriers so more people can fully participate in community life.

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

Course fees do not include applicable taxes. Details subject to change.

SignMeUp

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.

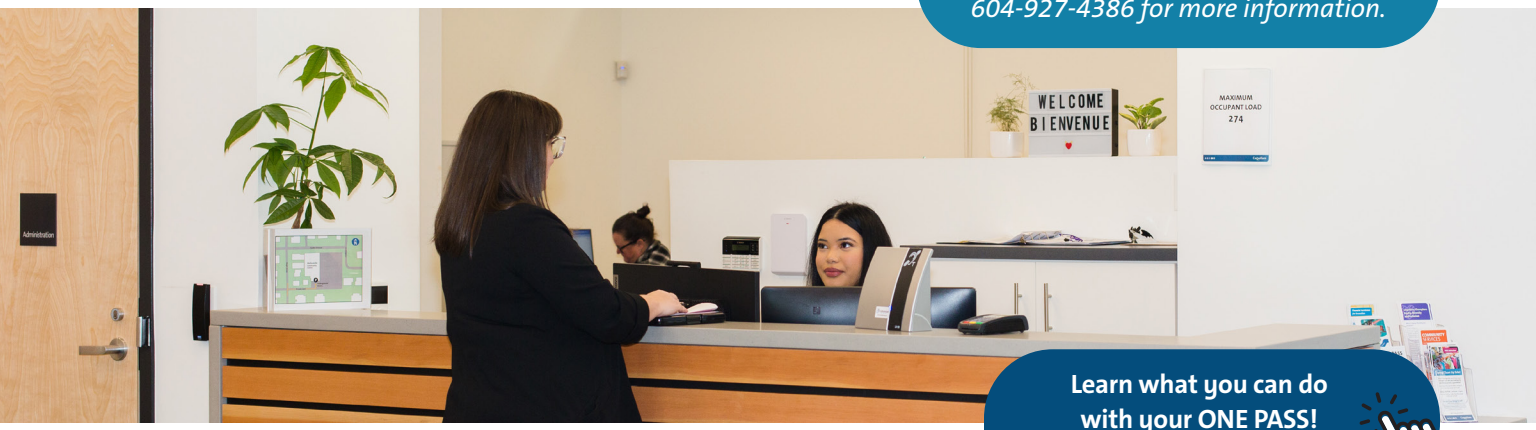
Admission Fees and Recreation Passes

Coquitlam 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 March 31, 2027.

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 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

Course fees do not include applicable taxes. Details subject to change.

Parks

Park program registration opens at 8:30 a.m. on November 24 for Coquitlam residents and at 8:30 a.m. on November 26 for non-residents.

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



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

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

Here are some ways to get involved:

Park Spark
Bringing Coquitlam Parks Alive

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

Bad Seed
Weed Out Invasive Plants

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

Inspiration Garden
Growing and Connecting Gardeners

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

Tree Spree
Supporting Trees in Coquitlam

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

Spotlight on Sport
Shining a Spotlight on Community Sport

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

Adopt-A-Park Programs
Help Keep Parks, Trails and Natural Spaces SPARKling

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

Bad Seed

Bad Seed Invasive Weed Pull (All Ages)

Come join the Bad Seed team and help us protect parks across Coquitlam from invasive plants! Join us to learn about invasive species like Himalayan blackberry, Morning glory, and English ivy including how to identify them, what the impacts of invasive species are, and have fun removing them to enhance the habitat value of our natural spaces!
No experience necessary – training, gloves, tools, and snacks are provided!

at Other Locations

Sa	Jan 16	9 – 11:30 a.m.	1/FREE	246670
W	Jan 27	3 – 5 p.m.	1/FREE	246678
Sa	Feb 13	9 – 11:30 a.m.	1/FREE	246671
F	Feb 26	9 – 11:30 a.m.	1/FREE	246672
W	Mar 3	3 – 5 p.m.	1/FREE	246679
W	Mar 17	9 – 11:30 a.m.	1/FREE	246674
F	Mar 19	9 – 11:30 a.m.	1/FREE	246676
W	Mar 24	9 – 11:30 a.m.	1/FREE	246677

Intro to: 'Bad Seeds' – Invasive Plants (All Ages)

Join the Bad Seed 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 Other Locations

Sa	Jan 30	1 – 2 p.m.	1/FREE	246682
Sa	Mar 13	1 – 2 p.m.	1/FREE	246683

Inspiration Garden

All About Mason Bees (All Ages)

Join this hands-on mason bee workshop with the Park Spark Team to learn about these native solitary bees. Find out how you can support pollination and the local natural ecosystem by setting up a mason bee friendly environment in your very own garden! We will talk about the mason bee life cycle and how to become a starter-mason bee keeper. All experiences, ages and abilities welcome!

at Dogwood Pavilion

Th	Jan 28	10 – 11:30 a.m.	1/$7	246506

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Garden Basics: Pollinator Power (All Ages)

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

at Town Centre Park

Tu	Mar 23	11 a.m. – 12 p.m.	1/FREE	246232
Sa	Mar 27	10 – 11 a.m.	1/FREE	246233
Sa	Mar 27	1 – 2 p.m.	1/FREE	246234

Garden Basics: Spring Garden Prep (All Ages)

Spring is on it's way to your garden! Join this informative workshop to learn the steps on preparing your garden spaces for the arrival of Spring. There will be demonstrations on starting indoor seeds and taking care of seedlings. Greenthumbs of all levels welcome!

at Dogwood Pavilion

M	Mar 15	7 – 8 p.m.	1/FREE	246503

Garden Basics: Winter Sowing (All Ages)

Start a winter garden by joining this workshop on winter sowing hosted with the Dogwood Garden Club. Learn hands-on of the methods for creating a winter wonderland of vegetables and ornamental plants whether in a DIY planter or directly in your garden beds. Attendees will learn of different winter seeds to start, care and maintenance during the winter months, everyone will be able to bring home their sown containers. All ages welcome!

at Town Centre Park

Su	Jan 3	2 – 3:15 p.m.	1/FREE	246220

at Town Centre Park Community Centre

W	Jan 20	7 – 8:15 p.m.	1/FREE	246229

Garden Tour: Spring Garden (All Ages)

Tour the Garden Walk at Town Centre Park this Spring break! This is a guided walking tour, we will be showcasing the Inspiration Garden and enjoy the vibrant colours of Spring all around us! All ages welcome, family friendly.

at Town Centre Park

F	Mar 19	10 – 10:45 a.m.	1/FREE	246238
F	Mar 19	2 – 2:45 p.m.	1/FREE	246239
M	Mar 22	10 – 10:45 a.m.	1/FREE	246236
M	Mar 22	2 – 2:45 p.m.	1/FREE	246237

Course fees do not include applicable taxes. Details subject to change.

Inspiration Garden Spring Exploration (All Ages)

Drop in on a Spring Scavenger Hunt at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Drop in anytime between 10 a.m. – 12 p.m.

at Town Centre Park

Tu	Mar 16	10 a.m. – 12 p.m.	1/FREE	246231

Inspiration Garden Spring Exploration (All Ages)

Drop in on a Spring Scavenger Hunt at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Drop in anytime between 3 – 5 p.m.

at Town Centre Park

F	Mar 26	3 – 5 p.m.	1/FREE	246235

Planter Workshop: Indoor Tropical (All Ages)

Join this fun indoor planter workshop where we will have a nice selection of tropical plants for you to craft into a warm and colourful creation. Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park Community Centre

W	Feb 3	7 – 8 p.m.	1/$40	246230

Planter Workshop: Spring Colourful Flowers (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park Community Centre

Su	Mar 14	5 – 6 p.m.	1/$40	246223

Planter Workshop: Spring Pollinators (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring pollinators! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park Community Centre

Th	Mar 18	5 – 6 p.m.	1/$40	246225

Planter Workshop: Spring Pollinators (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring pollinators! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park Community Centre

Su	Mar 21	4 – 5 p.m.	1/$40	246227

Planter Workshop: Spring Pollinators (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring pollinators! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park Community Centre

Th	Mar 25	4 – 5 p.m.	1/$40	246228

Pollinators in the Winter (All Ages)

What do you think pollinators are up to during the winter cold months? Join this informative seminar session to learn about the secret world of pollinators' lifecycle in the winter season. All ages welcome.

at Town Centre Park Community Centre

W	Jan 6	7 – 8 p.m.	1/FREE	246214

Waking up the Roses! (All Ages)

Join the Park Spark Team and the Fraser Pacific Rose Society on an introductory 101 workshop on waking up the roses! This is a hands on workshop and we welcome you to bring questions to this session. This workshop welcomes all garden experiences and all ages to attend. Location: The Centennial Rose Garden. Rain or shine.

at Dogwood Pavilion

Sa	Mar 20	9:30 – 11:30 a.m.	1/FREE	246224

Winter Wreaths Workshop (All Ages)

Join this hands-on workshop on creating your very own Winter Wreaths! The Well Worn Trail Artist will be leading this session step by step, with many fun decorations and eco-ideas to share with everyone. This is a family friendly workshop and each attendee will be bringing home their handmade wreath creations.

at Dogwood Pavilion

W	Jan 6	2 – 3:30 p.m.	1/$12	246502

Tree Spree

Intro to: Field Guide Apps (All Ages)

Want to improve your ID skills and learn more about the flora and fauna in Coquitlam? Join the City of Coquitlam's Urban Forestry Team get a crash course in the latest ID Apps that are available for free on your phone. Participants will learn how to use observation apps like Seek and Merlin and have the opportunity to learn and participate in citizen science using iNaturalist. Workshop is open to all levels of technology comfortability.

at Other Locations

Th	Mar 25	10 – 11:30 a.m.	1/FREE	246695

Intro To: Nature Photography (All Ages)

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

at Mundy Park

Sa	Mar 20	10 – 11:30 a.m.	1/FREE	246668



Get Involved in Lights at Lafarge

Join the Park Spark Light Brigade Team!

Volunteer in late February to help take down the Lights at Lafarge display. Opportunities are inclusive to people of all ages and abilities. Sessions run outdoors, rain or shine.

Email **ParkSpark@coquitlam.ca** with the email subject "Light Brigade" for more information.



Intro to: Pruning (All Ages)

Join us for a pruning workshop that will highlight some key principals, practices, and techniques to consider when pruning your trees. This workshop will cover some typical concerns seen in landscape trees, how to correct for form or prune for aesthetics while maintaining tree health, and how to prepare for extreme weather events.

at Other Locations

Th	Mar 18	2 – 3 p.m.	1/FREE	246700

Tree Spree Tours: Winter Wonderland (All Ages)

Join Coquitlam's Urban Forestry staff on some tree-rific walks! Explore Coquitlam's tree canopy and learn fun facts about all of the amazing types of trees and other flora and fauna that call Coquitlam home.

at Other Locations

W	Jan 13	10 – 11:30 a.m.	1/FREE	246656
Sa	Jan 23	10 – 11:30 a.m.	1/FREE	246657
Sa	Feb 6	10 – 11:30 a.m.	1/FREE	246658
W	Feb 10	10 – 11:30 a.m.	1/FREE	246659
Sa	Mar 6	10 – 11:30 a.m.	1/FREE	246660

Trees and Talons – Live Bird of Prey Presentation (All Ages)

See a live Raptor up close! Learn about the local birds of prey that make their homes in our Urban Forests and the important role that they play in our eco-system at this live bird presentation.

at Town Centre Park Community Centre

Sa	Mar 27	2 – 3 p.m.	1/FREE	246943

Course fees do not include applicable taxes. Details subject to change.

park spark
BRING COQUITLAM PARKS ALIVE!

Join in the Magic during Lights at Lafarge

Enhance your experience while visiting Lights at Lafarge. We'll be hosting activities throughout January and February, rain or shine.

Visit **coquitlam.ca/ParkSpark** to view the full schedule. Check back often, as activities are still being added!

Saturday, Jan. 9 – Light up the Lake!
Join us for a beautiful evening on the water as we light up the lake with a floating lantern release.

Saturday, Jan. 16 – Fairytale Fun Night
Step into a fairytale for a night of magical activities, whimsical fun, and enchanting surprises.

Friday, Jan. 22 – Superhero Action Night
Suit up for a night of superhero fun with exciting activities, action-packed entertainment, and your favourite heroes!

Saturday, Feb. 13 – Love-Out-Loud!
Share the love with heartfelt messages, family fun, and a chance to celebrate the people who mean the most to you!



Stay Healthy and Active Outdoors!

Make it part of your New Year's Resolution to walk the 1.6 km lake loop and enjoy the lights. They'll remain on until Family Day in February!



Thank You Light Brigade Volunteers!

A big thank you to all our Light Brigade volunteers who help bring the Lights at Lafarge to life each year! From supporting fabrication and installation of our light displays to welcoming the community as Light Hosts at special events, your time and creativity make it all possible. Want to get involved? We'd love to have you on the team!

Email **ParkSpark@coquitlam.ca** to learn more.

Aquatics

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

Mixed Ages



Learn to Swim

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

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

Swim for Life – Preschool (3 – 5 yrs)

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

Swim for Life – Swimmer (6 – 16 yrs)

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

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

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

Swim Workshop (6 – 16 yrs)

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

FUNdamentals (6 – 12 yrs)

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

Course fees do not include applicable taxes. Details subject to change.

Youth Learn to Swim Program (12 – 16 yrs)

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

Adult Learn to Swim Program (16+ yrs)

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



Certifications

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

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

National Lifeguard Pool Option (15+ yrs)

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

National Lifeguard Waterpark Option (15+ yrs)

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

Swim Instructor (15+ yrs)

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

Lifesaving Instructor and Examiner (15+ yrs)

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

Camps

Pro-D Day Camp registration opens at 8:30 a.m. on November 17 for Coquitlam residents and at 8:30 a.m. on November 19 for non-residents.

Mixed Ages



We offer camp options in most of Coquitlam's facilities!





Find Your Perfect Pro-D Day and Spring Break Camps!

For Pro-D Days and Spring Break, there's camp options to cover most of Coquitlam's neighbourhoods We're offering camps at Maillardville Community Centre, Mundy Park Field House, Pinetree Community Centre, Poirier Community Centre, Town Centre Park Community Centre and Victoria Hall!

Explore all the options at:

coquitlam.ca/registration →
Camps Section *(Pro D Day, Spring Break)*

Course fees do not include applicable taxes. Details subject to change.

Outdoor Recreation

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

Mixed Ages



Baby and Me Beginner Hike (0 – 1.5 yrs)

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

Tu	Jan 12 – Feb 2	10 – 11:30 a.m.	4/$18.40	244375
Tu	Feb 9 – Mar 9	10 – 11:30 a.m.	5/$23	244380

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 2 hours over changing terrain. Trail and meet up locations will be emailed prior to start of program. Program will run rain or shine.

Th	Jan 14 – Feb 4	10 a.m. – 12 p.m.	4/$24.60	244376
Th	Feb 11 – Mar 11	10 a.m. – 12 p.m.	5/$30.75	244387

Beginner Hike: Mundy Park and Riverview Forest (16+ yrs)

This hike will go through the forest, lake, and wetland areas of the well known Mundy Park and the not so well known narrow trails of Riverview Forest. There are a couple of steep sections. Time will be taken to enjoy nature as we hike along. Roundtrip distance is 10 km with some elevation change.

W	Mar 3	9 a.m. – 12:30 p.m.	1/$10.85	244384

Eco Trekkers (2 – 5 yrs)

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

Sa	Feb 13 – Mar 13	9 – 10 a.m.	5/$15.40	244399
Sa	Feb 13 – Mar 13	10:30 – 11:30 a.m.	5/$15.40	246793



Intermediate Hike: Buntzen Lake Loop (16+ yrs)

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

W	**Mar 10**	**9 a.m. – 1 p.m.**	**1/$12.40**	**244385**

Intermediate Hike: Winter Hikes and Skills (16+ yrs)

This four week progressive hiking programs is geared towards intermediate hikers. Explore local trails on Burke Mountain, Eagle Mountain, and other nearby trails. Each hike also includes hands-on skills, such as packing for winter hikes, potential hazards, survivor skills which will give participants the confidence to navigate cold-weather environments. Hiking locations will be sent prior to start of the programs.

Su	**Feb 21 – Mar 21**	**9 a.m. – 2:30 p.m.**	**5/$85.25**	**244379**

Presentation: Hiking Safety and Techniques (16+ yrs)

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

at Town Centre Park Community Centre

Th	**Feb 25**	**6:30 – 8:30 p.m.**	**1/$6.25**	**244395**

Presentation: Where to Hike in the Tri-Cities (16+ yrs)

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

at Town Centre Park Community Centre

Th	**Feb 18**	**6:30 – 8:30 p.m.**	**1/$6.25**	**244391**

Early Years

0 – 5 yrs

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



Adult Participation

Baby and Me: Embroidery (0 – 1.5 yrs)

Discover a new hobby while spending time with your little one and socializing with others. This instructor lead course is designed for parents and caregivers to enjoy painting, crafting and other creative activities while your baby plays, naps or sits in their carrier. Coffee included in partnership with the Praguery.

at Town Centre Park Community Centre

F	Feb 19	10 – 11:30 a.m.	1/$20	244922

Baby and Me: Watercolour (0 – 1.5 yrs)

Discover a new hobby while spending time with your little one and socializing with others. This instructor lead course is designed for parents and caregivers to enjoy painting, crafting and other creative activities while your baby plays, naps or sits in their carrier. Coffee included in partnership with the Praguery.

at Town Centre Park Community Centre

F	Jan 15	10 – 11:30 a.m.	1/$16	244921

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

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

at Town Centre Park Community Centre

Arctic Animals

Th	Jan 21	10 – 10:45 a.m.	1/$6	244858

Construction

Th	Jan 28	10 – 10:45 a.m.	1/$6	244859

On The Farm

Th	Feb 4	10 – 10:45 a.m.	1/$6	244857

Welcome Winter

Th	Jan 14	10 – 10:45 a.m.	1/$6	244856

Programs marked with are for kids and adults together!

Ball Hockey (1.5 – 2 yrs)

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

at Poirier Community Centre

Tu	Jan 12 – Feb 2	10 – 10:30 a.m.	4/$18.40	244200
Tu	Feb 9 – Mar 9	10 – 10:30 a.m.	5/$23	244202

Ballet (2 – 3 yrs)

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

at Maillardville Community Centre

M	Jan 11 – Feb 1	3:30 – 4 p.m.	4/$18.40	243933
M	Feb 8 – Mar 8	3:30 – 4 p.m.	4/$18.40	243935

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	9:15 – 9:45 a.m.	4/$18.40	244104
Sa	Feb 13 – Mar 13	9:15 – 9:45 a.m.	5/$23	244105

at Poirier Community Centre

W	Jan 13 – Feb 3	5:30 – 6 p.m.	4/$18.40	244367
W	Feb 10 – Mar 10	5:30 – 6 p.m.	5/$23	244368

at Town Centre Park Community Centre

Su	Jan 10 – Jan 31	10:15 – 10:45 a.m.	4/$18.40	244498
Th	Jan 14 – Feb 4	4:30 – 5 p.m.	4/$18.40	244538
Su	Feb 7 – Mar 7	10:15 – 10:45 a.m.	5/$23	244883
Tu	Feb 9 – Mar 9	10 – 10:30 a.m.	5/$23	244894

Bollywood Dance Adult Participation (2 – 3 yrs)

Explore Bollywood dance through movement, rhythm and self-expression.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	4:30 – 5 p.m.	4/$18.40	245932
Su	Feb 7 – Mar 7	4:30 – 5 p.m.	5/$23	245934

Crafts: St. Patrick's Day (2 – 3 yrs)

Unleash your imagination in this single session workshop as you create a unique craft.

at Town Centre Park Community Centre

Su	Mar 14	10:30 – 11 a.m.	1/$4.60	244936
Tu	Mar 16	10:30 – 11 a.m.	1/$4.60	244938

Crafts: Valentine's Day (1 – 2 yrs)

Unleash your imagination in this single session workshop as you create a unique craft.

at Poirier Community Centre

Su	Feb 14	2:45 – 3:15 p.m.	1/$4.60	246032

Programs marked with are for kids and adults together!

Discover Dance (2 – 3 yrs)

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

at Centennial Activity Centre

Su	Jan 10 – Jan 31	9:30 – 10 a.m.	4/$18.40	244016
Su	Feb 7 – Mar 7	9:30 – 10 a.m.	5/$23	244017

at Town Centre Park Community Centre

Th	Feb 11 – Mar 11	4:30 – 5 p.m.	5/$23	244898

Gymnastics (1.5 – 2 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	9:15 – 10 a.m.	4/$37.60	244797
Tu	Jan 12 – Feb 2	3:45 – 4:30 p.m.	4/$37.60	246179
Su	Feb 7 – Mar 7	9:15 – 10 a.m.	5/$47	244799
Tu	Feb 9 – Mar 9	3:45 – 4:30 p.m.	5/$47	246180

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	9:30 – 10:15 a.m.	4/$37.60	244085
Sa	Feb 13 – Mar 13	9:30 – 10:15 a.m.	5/$47	244116

I Can Run, Jump and Throw (1.5 – 2 yrs)

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

at Centennial Activity Centre

Sa	Jan 16 – Jan 30	9:15 – 9:45 a.m.	3/$13.80	245428
Sa	Feb 13 – Mar 13	9:15 – 9:45 a.m.	5/$23	245429

at Maillardville Community Centre

M	Jan 11 – Feb 1	9:30 – 10 a.m.	4/$18.40	246156
M	Feb 22 – Mar 15	9:30 – 10 a.m.	4/$18.40	246157

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.

Course fees do not include applicable taxes. Details subject to change.

Jump Start: Jollyjumpers (1 – 18 months)

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

at Pinetree Community Centre

Tu	Jan 5 – Apr 20	9:15 – 10 a.m.	14/$175	244704
Tu	Jan 5 – Apr 20	11:15 a.m. – 12 p.m.	14/$175	244712
F	Jan 8 – Apr 23	10:15 – 11 a.m.	14/$175	244717

at Poirier Community Centre

W	Jan 6 – Apr 21	9:15 – 10 a.m.	14/$175	245275
W	Jan 6 – Apr 21	11:15 a.m. – 12 p.m.	14/$175	245279
Th	Jan 7 – Apr 22	10:15 – 11 a.m.	14/$175	245940
Sa	Jan 9 – Apr 24	10:30 – 11:15 a.m.	14/$175	245364

Jump Start: Puddlejumpers (16 – 42 months)

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

at Pinetree Community Centre

Tu	Jan 5 – Apr 20	10:15 – 11 a.m.	14/$175	244706
W	Jan 6 – Apr 21	6:30 – 7:15 p.m.	14/$175	244714
F	Jan 8 – Apr 23	9:15 – 10 a.m.	14/$175	244715

at Poirier Community Centre

W	Jan 6 – Apr 21	10:15 – 11 a.m.	14/$175	245282
Th	Jan 7 – Apr 22	9:15 – 10 a.m.	14/$175	245938
Th	Jan 7 – Apr 22	11:15 a.m. – 12 p.m.	14/$175	245939
Th	Jan 7 – Apr 22	5:15 – 6 p.m.	14/$175	245303
Sa	Jan 9 – Apr 24	11:30 a.m. – 12:15 p.m.	14/$175	245365

Jump, Tuck and Roll! (1.5 – 2 yrs)

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

at Poirier Community Centre

Su	Jan 10 – Jan 31	9:30 – 10:15 a.m.	4/$24	243782
M	Jan 11 – Feb 1	4:30 – 5:15 p.m.	4/$24	244037
F	Jan 15 – Feb 5	10 – 10:45 a.m.	4/$24	245306
Su	Feb 7 – Mar 7	9:30 – 10:15 a.m.	5/$30	243783
M	Feb 8 – Mar 8	4:30 – 5:15 p.m.	4/$24	244038
F	Feb 12 – Mar 12	10 – 10:45 a.m.	5/$30	245311

Did you know?

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

Little Bakers (3 – 5 yrs)

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

at Poirier Community Centre

Su	Jan 10 – Jan 31	9 – 10:30 a.m.	4/$61.40	243794
Su	Feb 7 – Mar 7	9 – 10:30 a.m.	5/$76.75	243796

Little Carpenters (3 – 5 yrs)

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

at Poirier Community Centre

Th	Jan 14 – Feb 4	4 – 4:45 p.m.	4/$26.40	245291
Th	Feb 11 – Mar 11	4 – 4:45 p.m.	5/$33	245292

Little Chefs (3 – 5 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	9:30 – 10:30 a.m.	4/$40.80	240240
Sa	Jan 16 – Feb 6	9:30 – 10:30 a.m.	4/$40.80	245035
Su	Feb 7 – Mar 7	9:30 – 10:30 a.m.	5/$51	240241
Sa	Feb 13 – Mar 13	9:30 – 10:30 a.m.	5/$51	245036

at Poirier Community Centre

M	Jan 11 – Feb 1	5:45 – 6:45 p.m.	4/$40.80	244047
Tu	Jan 12 – Feb 2	5 – 6 p.m.	4/$40.80	244207
M	Feb 8 – Mar 8	5:45 – 6:45 p.m.	4/$40.80	244048
Tu	Feb 9 – Mar 9	5 – 6 p.m.	5/$51	244209

Programs marked with are for kids and adults together!

Mini Makers (1 – 2 yrs)

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

at Poirier Community Centre

Su	Jan 10 – Jan 31	10:45 – 11:15 a.m.	4/$18.40	243790
W	Jan 13 – Feb 3	10:30 – 11 a.m.	4/$18.40	244244
Su	Feb 7 – Mar 7	10:45 – 11:15 a.m.	5/$23	243791
W	Feb 10 – Mar 10	10:30 – 11 a.m.	5/$23	244247

at Town Centre Park Community Centre

Tu	Jan 12 – Feb 2	10:15 – 10:45 a.m.	4/$18.40	244525

Mini Makers (2 – 3 yrs)

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

at Poirier Community Centre

Su	Jan 10 – Jan 31	9:30 – 10:15 a.m.	4/$24	243788
Su	Feb 7 – Mar 7	9:30 – 10:15 a.m.	5/$30	243789

at Town Centre Park Community Centre

Tu	Jan 12 – Feb 2	11:15 a.m. – 12 p.m.	4/$24	244526
Th	Feb 11 – Mar 11	10 – 10:45 a.m.	5/$30	244903

Mini Makers Workshop (1 – 2 yrs)

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

at Town Centre Park Community Centre

Tu	Jan 5	10:15 – 10:45 a.m.	1/$4.60	244433

Mini Makers Workshop (2 – 3 yrs)

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

at Town Centre Park Community Centre

Tu	Jan 5	11:15 a.m. – 12 p.m.	1/$6	244434

Multi-Ball (1.5 – 2 yrs)

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

at Smiling Creek Activity Centre

W	Jan 13 – Feb 3	5:15 – 5:45 p.m.	4/$18.40	244257
Sa	Jan 16 – Feb 6	9:15 – 9:45 a.m.	4/$18.40	245454
W	Feb 10 – Mar 10	5:15 – 5:45 p.m.	5/$23	244259
Sa	Feb 13 – Mar 13	9:15 – 9:45 a.m.	5/$23	245455

All Abilities Welcome!
Visit page **4** for details



Soccer (1.5 – 2 yrs)

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

at Centennial Activity Centre

Su	Jan 10 – Jan 31	9:15 – 9:45 a.m.	4/$18.40	244002
Su	Feb 7 – Mar 7	9:15 – 9:45 a.m.	5/$23	244003

at Maillardville Community Centre

M	Jan 11 – Feb 1	10:15 – 10:45 a.m.	4/$18.40	246158
Tu	Jan 12 – Feb 2	4:45 – 5:15 p.m.	4/$18.40	246169
Sa	Jan 16 – Feb 6	9 – 9:30 a.m.	4/$18.40	244832
M	Feb 22 – Mar 15	10:15 – 10:45 a.m.	4/$18.40	246159
Tu	Feb 9 – Mar 9	4:45 – 5:15 p.m.	5/$23	246170
Sa	Feb 13 – Mar 13	9 – 9:30 a.m.	5/$23	244843

at Pinetree Community Centre

Sa	Jan 30 – Mar 13	9 – 9:30 a.m.	6/$27.60	244097

at Poirier Community Centre

Th	Jan 14 – Feb 4	10:15 – 10:45 a.m.	4/$18.40	245289
Th	Feb 11 – Mar 11	10:15 – 10:45 a.m.	5/$23	245290

at Smiling Creek Activity Centre

M	Jan 11 – Feb 1	5:15 – 5:45 p.m.	4/$18.40	244227
M	Feb 8 – Mar 8	5:15 – 5:45 p.m.	4/$18.40	244229

Zumbini® (0 – 4 yrs)

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

at Maillardville Community Centre

Th	Jan 7 – Feb 11	2 – 2:45 p.m.	6/$42.60	246119
Th	Feb 18 – Mar 25	2 – 2:45 p.m.	6/$42.60	246120

at Pinetree Community Centre

M	Jan 4 – Feb 8	9:30 – 10:15 a.m.	6/$42.60	243343
F	Jan 8 – Feb 12	1:15 – 2 p.m.	6/$42.60	243355
F	Feb 19 – Mar 19	1:15 – 2 p.m.	5/$35.50	243356
M	Feb 22 – Mar 22	9:30 – 10:15 a.m.	5/$35.50	243351

Course fees do not include applicable taxes. Details subject to change.

Arts and Crafts

Adventures in Art (3 – 5 yrs)

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

at Poirier Community Centre

W	Jan 13 – Feb 3	9:15 – 10 a.m.	4/$24	244361
W	Feb 10 – Mar 10	9:15 – 10 a.m.	5/$30	244362

at Town Centre Park Community Centre

Su	Feb 7 – Mar 7	10:15 – 11 a.m.	5/$30	244887

Adventures in Art Workshop (3 – 5 yrs)

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

at Town Centre Park Community Centre

Sa	Jan 9	10 – 10:45 a.m.	1/$6	244460

Crafts (3 – 5 yrs)

Unleash your imagination in this single session workshop as you create a unique craft.

Arctic Adventure

at Town Centre Park Community Centre

W	Jan 27	6 – 6:45 p.m.	1/$6	245003

Dinosaur Discovery

at Town Centre Park Community Centre

Tu	Mar 23	4:30 – 5:15 p.m.	1/$6	244941

Easter

at Town Centre Park Community Centre

Sa	Mar 27	10 – 10:45 a.m.	1/$6	244961

Space Explorers

at Town Centre Park Community Centre

Su	Jan 17	10 – 10:45 a.m.	1/$6	244999

St. Patrick's Day

at Town Centre Park Community Centre

Tu	Mar 16	11:30 a.m. – 12:15 p.m.	1/$6	244939
W	Mar 17	4:30 – 5:15 p.m.	1/$6	244947

Valentine's Day

at Poirier Community Centre

Su	Feb 14	1:30 – 2:15 p.m.	1/$6	246030

at Town Centre Park Community Centre

F	Feb 12	4:30 – 5:15 p.m.	1/$6	246563
Sa	Feb 13	11:45 a.m. – 12:30 p.m.	1/$6	245029

Learn and Discover

Crocodile Mandarin: Toddlers (2 – 5 yrs)

This non-academic, play-based language class uses Crocodile's original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. The theme this winter is "Planes, Trains, and Automobiles." We will learn the different types of transportation, different destinations, and a little bit about giving directions. One parent or caregiver may attend. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Jan 9 – Mar 13	10:05 – 11 a.m.	10/$240	245359
Sa	Jan 9 – Mar 13	11:05 a.m. – 12 p.m.	10/$240	245361
Su	Jan 10 – Mar 14	10:05 – 11 a.m.	10/$240	245385
Su	Jan 10 – Mar 14	11:05 a.m. – 12 p.m.	10/$240	245386

Explore the World of (3 – 5 yrs)

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

at Town Centre Park Community Centre

Th	Feb 11 – Mar 11	11:15 a.m. – 12 p.m.	5/$30	244905

Little Scientists (3 – 5 yrs)

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

at Maillardville Community Centre

Sa	Jan 16 – Feb 6	9:15 – 10 a.m.	4/$24	245039
Sa	Feb 13 – Mar 13	9:15 – 10 a.m.	5/$30	245040

at Poirier Community Centre

Su	Jan 10 – Jan 31	11:45 a.m. – 12:30 p.m.	4/$24	243792
Sa	Jan 16 – Feb 6	10:30 – 11:15 a.m.	4/$24	245370
Su	Feb 7 – Mar 7	11:45 a.m. – 12:30 p.m.	5/$30	243793
Sa	Feb 13 – Mar 13	10:30 – 11:15 a.m.	5/$30	245371

at Town Centre Park Community Centre

M	Jan 11 – Feb 1	4 – 4:45 p.m.	4/$24	244512
Th	Jan 14 – Feb 4	4:30 – 5:15 p.m.	4/$24	244861
Sa	Jan 16 – Feb 6	10 – 10:45 a.m.	4/$24	246604
Th	Feb 11 – Mar 11	4:30 – 5:15 p.m.	5/$30	244906

Little Scientists Workshop (3 – 5 yrs)

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

at Town Centre Park Community Centre

M	Jan 4	4 – 4:45 p.m.	1/$6	244431
Th	Jan 7	4:30 – 5:15 p.m.	1/$6	244454

Mini Builders (3 – 5 yrs)

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

at Poirier Community Centre

Sa	Jan 16 – Feb 6	9:15 – 10 a.m.	4/$24	245368
Sa	Feb 13 – Mar 13	9:15 – 10 a.m.	5/$30	245369

at Town Centre Park Community Centre

Su	Jan 10 – Jan 31	10:15 – 11 a.m.	4/$24	244507
Th	Jan 14 – Feb 4	11:15 a.m. – 12 p.m.	4/$24	244860
W	Feb 10 – Mar 10	4:45 – 5:30 p.m.	5/$30	246581

Mini Builders Workshop (3 – 5 yrs)

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

at Town Centre Park Community Centre

Su	Jan 3	10:15 – 11 a.m.	1/$6	244429

Play and Learn (3 – 5 yrs)

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

at Maillardville Community Centre

M/W/F	Jan 11 – Mar 12	9:30 – 11:30 a.m.	25/$355	243942

at Town Centre Park Community Centre

M	Dec 31 – Dec 31	10 a.m. – 12 p.m.	8/$113.60	246494
Tu	Jan 12 – Mar 9	10 a.m. – 12 p.m.	9/$127.80	244964
W	Jan 13 – Mar 10	10 a.m. – 12 p.m.	9/$127.80	244965
Th	Jan 14 – Mar 11	10 a.m. – 12 p.m.	9/$127.80	246497

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

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

at Maillardville Community Centre

M	Jan 11 – Mar 8	11:30 a.m. – 12:30 p.m.	8/$56.80	243943
W	Jan 13 – Mar 10	11:30 a.m. – 12:30 p.m.	9/$63.90	243944
F	Jan 15 – Mar 12	11:30 a.m. – 12:30 p.m.	8/$56.80	243945

at Town Centre Park Community Centre

M	Dec 31 – Dec 31	12 – 1 p.m.	8/$56.80	246495
Tu	Jan 12 – Mar 9	12 – 1 p.m.	9/$63.90	244966
W	Jan 13 – Mar 10	12 – 1 p.m.	9/$63.90	244967
Th	Jan 14 – Mar 11	12 – 1 p.m.	9/$63.90	244968

Performing Arts

Acro (4 – 5 yrs)

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

at Maillardville Community Centre

M	Jan 11 – Feb 1	5 – 5:45 p.m.	4/$24	240683
M	Feb 8 – Mar 8	5 – 5:45 p.m.	4/$24	240684

at Pinetree Community Centre

M	Jan 11 – Feb 1	6:15 – 7 p.m.	4/$24	244070
M	Feb 8 – Mar 8	6:15 – 7 p.m.	4/$24	244075

Ballet (3 – 5 yrs)

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

at Maillardville Community Centre

M	Jan 11 – Feb 1	4:15 – 5 p.m.	4/$24	243936
Sa	Jan 16 – Feb 6	12:30 – 1 p.m.	4/$18.40	245110
M	Feb 8 – Mar 8	4:15 – 5 p.m.	4/$24	243937
Sa	Feb 13 – Mar 13	12:30 – 1 p.m.	5/$23	245111

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	10 – 10:45 a.m.	4/$24	244107
Sa	Jan 16 – Feb 6	11 – 11:45 a.m.	4/$24	244112
Sa	Feb 13 – Mar 13	10 – 10:45 a.m.	5/$30	244111
Sa	Feb 13 – Mar 13	11 – 11:45 a.m.	5/$30	244113

at Poirier Community Centre

W	Jan 13 – Feb 3	4:30 – 5:15 p.m.	4/$24	244365
Th	Jan 14 – Feb 4	6:30 – 7:15 p.m.	4/$24	245301
W	Feb 10 – Mar 10	4:30 – 5:15 p.m.	5/$30	244366
Th	Feb 11 – Mar 11	6:30 – 7:15 p.m.	5/$30	245302

at Town Centre Park Community Centre

Su	Jan 10 – Jan 31	11 – 11:45 a.m.	4/$24	244499
Th	Jan 14 – Feb 4	5:15 – 6 p.m.	4/$24	244539
Su	Feb 7 – Mar 7	11 – 11:45 a.m.	5/$30	244884
Su	Feb 7 – Mar 7	1 – 1:45 p.m.	5/$30	244886
Tu	Feb 9 – Mar 9	10:45 – 11:30 a.m.	5/$30	244895
Th	Feb 11 – Mar 11	5:15 – 6 p.m.	5/$30	244899

Bollywood Dance (3 – 5 yrs)

Explore Bollywood dance through movement, rhythm and self-expression.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	5:15 – 6 p.m.	4/$24	245933
Su	Feb 7 – Mar 7	5:15 – 6 p.m.	5/$30	245935

Course fees do not include applicable taxes. Details subject to change.

Discover Dance (3 – 5 yrs)

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

at Centennial Activity Centre

Su	Jan 10 – Jan 31	11:15 a.m. – 12 p.m.	4/$24	244020
Su	Feb 7 – Mar 7	11:15 a.m. – 12 p.m.	5/$30	244021

at Town Centre Park Community Centre

Su	Jan 10 – Jan 31	12 – 12:45 p.m.	4/$24	244500
Th	Jan 14 – Feb 4	6:15 – 7 p.m.	4/$24	244541

Hip Hop (3 – 5 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	2:45 – 3:30 p.m.	4/$24	240281
Su	Feb 7 – Mar 7	2:45 – 3:30 p.m.	5/$30	240671

at Poirier Community Centre

Th	Jan 14 – Feb 4	4:30 – 5:15 p.m.	4/$24	245297
Th	Feb 11 – Mar 11	4:30 – 5:15 p.m.	5/$30	245298

at Town Centre Park Community Centre

Tu	Jan 12 – Feb 2	5:30 – 6:15 p.m.	4/$24	244517
Tu	Feb 9 – Mar 9	4:30 – 5:15 p.m.	5/$30	244891

Jazz (3 – 5 yrs)

Children will learn the basics of jazz dance while developing develop coordination, rhythm, and confidence on the dance floor.

at Maillardville Community Centre

Sa	Jan 16 – Feb 6	10:45 – 11:15 a.m.	4/$18.40	245105
Sa	Feb 13 – Mar 13	10:45 – 11:15 a.m.	5/$23	245106

at Town Centre Park Community Centre

Tu	Jan 12 – Feb 2	4:30 – 5:15 p.m.	4/$24	244516
Tu	Feb 9 – Mar 9	5:30 – 6:15 p.m.	5/$30	244892

Jump Start: Cycle of Seasons (3 – 5 yrs)

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

at Pinetree Community Centre

W	Jan 6 – Apr 21	5:15 – 6:15 p.m.	14/$196	244713
F	Jan 8 – Apr 23	11:15 a.m. – 12:15 p.m.	14/$196	244718

at Poirier Community Centre

Th	Jan 7 – Apr 22	6:15 – 7:15 p.m.	14/$196	245305
Sa	Jan 9 – Apr 24	9:15 – 10:15 a.m.	14/$196	245362

Mini Performers (4 – 5 yrs)

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

at Centennial Activity Centre

Su	Jan 10 – Jan 31	10:15 – 11 a.m.	4/$24	244018
Su	Feb 7 – Mar 7	10:15 – 11 a.m.	5/$30	244019

at Maillardville Community Centre

W	Jan 13 – Feb 3	3:30 – 4 p.m.	4/$24	244296
W	Feb 10 – Mar 10	3:30 – 4 p.m.	5/$30	244297

Sports and Active Play

Ball Hockey (3 – 5 yrs)

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

at Poirier Community Centre

Tu	Jan 12 – Feb 2	9:15 – 9:45 a.m.	4/$18.40	244194
Tu	Feb 9 – Mar 9	9:15 – 9:45 a.m.	5/$23	244196

Ball Hockey (4 – 5 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	10 – 10:30 a.m.	4/$18.40	244763
Su	Feb 7 – Mar 7	10 – 10:30 a.m.	5/$23	244764

Basketball (3 – 5 yrs)

Give your child an early start playing basketball, learning skills through FUNdamental movements and inclusive play. This is a gradual independent participation program.

at Smiling Creek Activity Centre

Th	Jan 14 – Feb 4	5:15 – 5:45 p.m.	4/$18.40	244265
Th	Feb 11 – Mar 11	5:15 – 5:45 p.m.	5/$23	244266

Basketball (3 yrs)

Give your child an early start playing basketball, learning skills through FUNdamental movements and inclusive play. This is a gradual independent participation program.

at Centennial Activity Centre

Sa	Jan 16 – Jan 30	10 – 10:30 a.m.	3/$13.80	245433
Sa	Feb 13 – Mar 13	10 – 10:30 a.m.	5/$23	245435

at Pinetree Community Centre

M	Jan 11 – Feb 1	4:30 – 5 p.m.	4/$18.40	245118
M	Feb 8 – Mar 8	4:30 – 5 p.m.	4/$18.40	245119

Basketball (4 – 5 yrs)

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

at Centennial Activity Centre

Sa	Jan 16 – Jan 30	10:45 – 11:15 a.m.	3/$13.80	245437
Sa	Feb 13 – Mar 13	10:45 – 11:15 a.m.	5/$23	245438

at Maillardville Community Centre

Su	Jan 10 – Jan 31	9 – 9:30 a.m.	4/$18.40	240170
Su	Feb 7 – Mar 7	9 – 9:30 a.m.	5/$23	240171

at Smiling Creek Activity Centre

Th	Jan 14 – Feb 4	6 – 6:30 p.m.	4/$18.40	244267
Th	Feb 11 – Mar 11	6 – 6:30 p.m.	5/$23	244268

Gymnastics (3 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	10:15 – 11 a.m.	4/$37.60	244805
Tu	Jan 12 – Feb 2	4:45 – 5:30 p.m.	4/$37.60	246181
Su	Feb 7 – Mar 7	10:15 – 11 a.m.	5/$47	244806
Tu	Feb 9 – Mar 9	4:45 – 5:30 p.m.	5/$47	246182

at Pinetree Community Centre

F	Jan 15 – Feb 5	5:15 – 6 p.m.	4/$37.60	244086
Sa	Jan 16 – Feb 6	10:30 – 11:15 a.m.	4/$37.60	244117
F	Feb 12 – Mar 12	5:15 – 6 p.m.	5/$47	244087
Sa	Feb 13 – Mar 13	10:30 – 11:15 a.m.	5/$47	244118

Gymnastics (4 – 5 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	2:30 – 3:15 p.m.	4/$37.60	244809
Tu	Jan 12 – Feb 2	5:45 – 6:30 p.m.	4/$37.60	246183
Su	Feb 7 – Mar 7	2:30 – 3:15 p.m.	5/$47	244811
Tu	Feb 9 – Mar 9	5:45 – 6:30 p.m.	5/$47	246184

at Pinetree Community Centre

Su	Jan 10 – Jan 31	9:15 – 10 a.m.	4/$37.60	244062
F	Jan 15 – Feb 5	6:15 – 7 p.m.	4/$37.60	244088
Sa	Jan 16 – Feb 6	11:30 a.m. – 12:15 p.m.	4/$37.60	244119
Su	Feb 7 – Mar 7	9:15 – 10 a.m.	5/$47	244063
F	Feb 12 – Mar 12	6:15 – 7 p.m.	5/$47	244090
Sa	Feb 13 – Mar 13	11:30 a.m. – 12:15 p.m.	5/$47	244120



Jump, Tuck and Roll! (3 – 5 yrs)

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

at Poirier Community Centre

M	Jan 11 – Feb 1	5:30 – 6:15 p.m.	4/$24	244039
F	Jan 15 – Feb 5	9 – 9:45 a.m.	4/$24	245307
M	Feb 8 – Mar 8	5:30 – 6:15 p.m.	4/$24	244042
F	Feb 12 – Mar 12	9 – 9:45 a.m.	5/$30	245310

Jump, Tuck and Roll! (3 yrs)

This class is designed to introduce your child to the basics of tumbling and the FUNdamental movements that are the building blocks of gymnastics! This is a gradual independent participation program.

at Poirier Community Centre

Su	Jan 10 – Jan 31	10:30 – 11:15 a.m.	4/$24	243784
Su	Feb 7 – Mar 7	10:30 – 11:15 a.m.	5/$30	243785

Jump, Tuck and Roll! (4 – 5 yrs)

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

at Poirier Community Centre

Su	Jan 10 – Jan 31	11:30 a.m. – 12:15 p.m.	4/$24	243787
Su	Feb 7 – Mar 7	11:30 a.m. – 12:15 p.m.	5/$30	243786

Course fees do not include applicable taxes. Details subject to change.

Multi-Ball (3 – 5 yrs)

Receive a solid introduction to a variety of ball sports using the FUNdamental movement skills throwing, catching, kicking and striking as a base. This is a gradual independent participation program.

at Pinetree Community Centre

Sa	Jan 30 – Mar 13	10:30 – 11 a.m.	6/$27.60	244100

at Smiling Creek Activity Centre

W	Jan 13 – Feb 3	6 – 6:30 p.m.	4/$18.40	244260
Sa	Jan 16 – Feb 6	10 – 10:30 a.m.	4/$18.40	245456
W	Feb 10 – Mar 10	6 – 6:30 p.m.	5/$23	244262
Sa	Feb 13 – Mar 13	10 – 10:30 a.m.	5/$23	245457

Preschool Yoga (4 – 6 yrs)

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

at City Centre Aquatic Complex

Sa	Jan 9 – Feb 13	10:45 – 11:30 a.m.	6/$42.60	243323
Sa	Feb 20 – Mar 20	10:45 – 11:30 a.m.	5/$35.50	243326

at Pinetree Community Centre

M	Jan 4 – Feb 8	5:15 – 6 p.m.	6/$42.60	243331
M	Feb 22 – Mar 22	5:15 – 6 p.m.	5/$35.50	243332

Soccer (3 – 5 yrs)

Give your child an early start playing soccer, learning skills through FUNdamental movements and inclusive play. This is a gradual independent participation program.

at Poirier Community Centre

Th	Jan 14 – Feb 4	9:30 – 10 a.m.	4/$18.40	245287
Th	Feb 11 – Mar 11	9:30 – 10 a.m.	5/$23	245288

Soccer (3 yrs)

Give your child an early start playing soccer, learning skills through FUNdamental movements and inclusive play. This is a gradual independent participation program.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	10 – 10:30 a.m.	4/$18.40	244004
Su	Feb 7 – Mar 7	10 – 10:30 a.m.	5/$23	244005

at Maillardville Community Centre

M	Jan 11 – Feb 1	11 – 11:30 a.m.	4/$18.40	246160
Sa	Jan 16 – Feb 6	9:45 – 10:15 a.m.	4/$18.40	246208
M	Feb 8 – Mar 8	11 – 11:30 a.m.	5/$23	246161
Sa	Feb 13 – Mar 13	9:45 – 10:15 a.m.	5/$23	246209

at Pinetree Community Centre

Sa	Jan 30 – Mar 13	9:45 – 10:15 a.m.	6/$27.60	244099

at Smiling Creek Activity Centre

M	Jan 11 – Feb 1	6 – 6:30 p.m.	4/$18.40	244232
M	Feb 8 – Mar 8	6 – 6:30 p.m.	4/$18.40	244234

Soccer (4 – 5 yrs)

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

at Centennial Activity Centre

Su	Jan 10 – Jan 31	10:45 – 11:15 a.m.	4/$18.40	244006
Su	Feb 7 – Mar 7	10:45 – 11:15 a.m.	5/$23	244007

at Maillardville Community Centre

Tu	Jan 12 – Feb 2	5:30 – 6 p.m.	4/$18.40	246171
Sa	Jan 16 – Feb 6	10:30 – 11 a.m.	4/$18.40	246210
Tu	Feb 9 – Mar 9	5:30 – 6 p.m.	5/$23	246172
Sa	Feb 13 – Mar 13	10:30 – 11 a.m.	5/$23	246211

at Pinetree Community Centre

Su	Jan 31 – Mar 7	9 – 9:30 a.m.	6/$27.60	244059

at Smiling Creek Activity Centre

M	Jan 11 – Feb 1	6:45 – 7:15 p.m.	4/$18.40	244235
Sa	Jan 16 – Feb 6	11 – 11:30 a.m.	4/$18.40	245458
M	Feb 8 – Mar 8	6:45 – 7:15 p.m.	4/$18.40	244237
Sa	Feb 13 – Mar 13	11 – 11:30 a.m.	5/$23	245459

Sport and Games (3 yrs)

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

at Smiling Creek Activity Centre

Tu	Jan 12 – Feb 2	5:15 – 5:45 p.m.	4/$18.40	245502
Tu	Feb 9 – Mar 9	5:15 – 5:45 p.m.	5/$23	245503

Sport and Games (4 – 5 yrs)

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

at Pinetree Community Centre

M	Jan 11 – Feb 1	5:15 – 5:45 p.m.	4/$18.40	245120
M	Feb 8 – Mar 8	5:15 – 5:45 p.m.	4/$18.40	245121

at Smiling Creek Activity Centre

Tu	Jan 12 – Feb 2	6 – 6:30 p.m.	4/$18.40	244243
Tu	Feb 9 – Mar 9	6 – 6:30 p.m.	5/$23	244246

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.

Child

6 – 12 yrs

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



Learn and Discover

Chess Club (8 – 12 yrs)

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

at Maillardville Community Centre

W	Jan 13 – Feb 3	4:30 – 5:30 p.m.	4/$29.20	243960
W	Feb 10 – Mar 10	4:30 – 5:30 p.m.	5/$36.50	243961

Chess: Beginner

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

5 – 7 yrs

at Maillardville Community Centre

W	Jan 13 – Feb 3	3:30 – 4:15 p.m.	4/$24	243957
W	Feb 10 – Mar 10	3:30 – 4:15 p.m.	5/$30	243959

at Pinetree Community Centre

Tu	Jan 12 – Feb 2	4:30 – 5:15 p.m.	4/$24	245971
Tu	Feb 9 – Mar 9	4:30 – 5:15 p.m.	5/$30	245978

8 – 11 yrs

at Pinetree Community Centre

Tu	Jan 12 – Feb 2	5:30 – 6:15 p.m.	4/$24	245972

Chess: Intermediate

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

5 – 7 yrs

at Pinetree Community Centre

Tu	Feb 9 – Mar 9	5:30 – 6:15 p.m.	5/$30	246015

8 – 11 yrs

at Pinetree Community Centre

Tu	Jan 12 – Feb 2	6:30 – 7:15 p.m.	4/$24	245976
Tu	Feb 9 – Mar 9	6:30 – 7:15 p.m.	5/$30	246011

Creative Bakers (6 – 8 yrs)

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

at Maillardville Community Centre

F	Jan 15 – Feb 5	4 – 5:30 p.m.	4/$61.40	244314
F	Feb 12 – Mar 12	4 – 5:30 p.m.	5/$76.75	244315

at Poirier Community Centre

Su	Jan 10 – Jan 31	11 a.m. – 12:30 p.m.	4/$61.40	243795
Su	Feb 7 – Mar 7	11 a.m. – 12:30 p.m.	5/$76.75	243797

Course fees do not include applicable taxes. Details subject to change.

Kids Night In (5 – 11 yrs)

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

DC League of Super Pets

at Poirier Community Centre

F	Feb 12	5:30 – 8:30 p.m.	1/$21.90	245335

Detective Pikachu

at Maillardville Community Centre

Sa	Feb 27	5:30 – 8:30 p.m.	1/$21.90	244345

Happy Feet

at Town Centre Park Community Centre

F	Jan 22	5:30 – 8:30 p.m.	1/$21.90	244866

Ice Age

at Town Centre Park Community Centre

Sa	Jan 16	5:30 – 8:30 p.m.	1/$21.90	244873

at Poirier Community Centre

F	Feb 26	5:30 – 8:30 p.m.	1/$21.90	245337

Ice Age: The Meltdown

at Town Centre Park Community Centre

Sa	Jan 30	5:30 – 8:30 p.m.	1/$21.90	244874

Night at the Museum (2006)

at Town Centre Park Community Centre

F	Feb 26	5:30 – 8:30 p.m.	1/$21.90	244908

Nutjob

at Maillardville Community Centre

F	Mar 19	5:30 – 8:30 p.m.	1/$21.90	244324

Paw Patrol

at Maillardville Community Centre

Sa	Mar 13	5:30 – 8:30 p.m.	1/$21.90	244346

Rio

at Maillardville Community Centre

F	Feb 5	5:30 – 8:30 p.m.	1/$21.90	244320

Robots

at Poirier Community Centre

F	Feb 26	5:30 – 8:30 p.m.	1/$21.90	245338

Smallfoot

at Maillardville Community Centre

F	Jan 22	5:30 – 8:30 p.m.	1/$21.90	244319

at Town Centre Park Community Centre

F	Feb 5	5:30 – 8:30 p.m.	1/$21.90	244867

Sonic 2

at Maillardville Community Centre

F	Feb 19	5:30 – 8:30 p.m.	1/$21.90	244321

Sonic 3

at Maillardville Community Centre

F	Mar 5	5:30 – 8:30 p.m.	1/$21.90	244323

Space Jam

at Poirier Community Centre

F	Jan 29	5:30 – 8:30 p.m.	1/$21.90	245334

Spies in Disguise

at Maillardville Community Centre

Sa	Jan 30	5:30 – 8:30 p.m.	1/$21.90	244336

The Greatest Showman

at Poirier Community Centre

F	Jan 15	5:30 – 8:30 p.m.	1/$21.90	245333

The LEGO Movie

at Town Centre Park Community Centre

F	Mar 12	5:30 – 8:30 p.m.	1/$21.90	244909

The Minecraft Movie

at Town Centre Park Community Centre

Sa	Mar 6	5:30 – 8:30 p.m.	1/$21.90	244916

Valentine's Edition

at Maillardville Community Centre

Sa	Feb 13	5:30 – 8:30 p.m.	1/$21.90	244338

Wonder Park

at Town Centre Park Community Centre

Sa	Feb 20	5:30 – 8:30 p.m.	1/$21.90	244915

Creative Bakers (9 – 12 yrs)

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

at Maillardville Community Centre

F	Jan 15 – Feb 5	6 – 7:30 p.m.	4/$61.40	244316
F	Feb 12 – Mar 12	6 – 7:30 p.m.	5/$76.75	244317

Creative Cooks

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

6 – 8 yrs

at Maillardville Community Centre

Sa	Jan 16 – Feb 6	11 a.m. – 12 p.m.	4/$40.80	245037
Sa	Feb 13 – Mar 13	11 a.m. – 12 p.m.	5/$51	245038

at Poirier Community Centre

Tu	Jan 12 – Feb 2	6:30 – 7:30 p.m.	4/$40.80	244213
Tu	Feb 9 – Mar 9	6:30 – 7:30 p.m.	5/$51	244219

9 – 12 yrs

at Maillardville Community Centre

Su	Jan 10 – Jan 31	11 a.m. – 12 p.m.	4/$40.80	240242
Su	Feb 7 – Mar 7	11 a.m. – 12 p.m.	5/$51	240262

at Poirier Community Centre

M	Jan 11 – Feb 1	4:15 – 5:15 p.m.	4/$40.80	244044
M	Feb 8 – Mar 8	4:15 – 5:15 p.m.	4/$40.80	244045

Crocodile Mandarin: "A" Class (5 – 10 yrs)

This non-academic, play-based language class uses Crocodile's original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. There is no writing. This class focuses on spoken Mandarin only. The theme this winter is "Planes, Trains, and Automobiles." We will learn the different types of transportation, different destinations, and a little bit about giving directions. One parent or caregiver may attend. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Jan 9 – Mar 13	9:05 – 10 a.m.	10/$240	245358

***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.

Crocodile Mandarin: Academic Level 1 (7+ yrs)

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

at Pinetree Community Centre

Su	Jan 10 – Mar 14	12:05 – 1 p.m.	10/$240	245387

Crocodile Mandarin: Junior Academic Class (5 – 10 yrs)

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

at Pinetree Community Centre

Sa	Jan 9 – Mar 13	12:05 – 1 p.m.	10/$240	245363
Su	Jan 10 – Mar 14	9:05 – 10 a.m.	10/$240	245384

EngKidz: Artsy Engineers (7 – 12 yrs)

Participants combine engineering and art to create amazing take-home projects and solve engineering challenges. Interactive demos and team activities are incorporated into each class. Offered in partnership with EngKidz.

at Pinetree Community Centre

Su	Jan 10 – Feb 7	11 a.m. – 12:30 p.m.	5/$175	245206

Engkidz: BioChem Explorers (7 – 12 yrs)

Explore Biology and Chemistry! Kids will build cool take home projects and participate in hands-on STEM challenges. This program is in partnership with Engkidz.

at Town Centre Park Community Centre

Sa	Jan 9 – Feb 6	10 – 11:30 a.m.	5/$175	244462

EngKidz: Budding Engineers (7 – 12 yrs)

Participants build cool take-home STEM projects and participate in engineering challenges. Each day will be an exploration of a new STEM concept with interactive demonstrations, team activities, and fun polls. Offered in partnership with EngKidz.

at Pinetree Community Centre

Su	Feb 14 – Mar 14	11 a.m. – 12:30 p.m.	5/$175	245207

Course fees do not include applicable taxes. Details subject to change.

Film Camp in a Box Afterschool Program: Stopmotion Animation (7 – 12 yrs)

Fill your evenings with action, adventure and a lot of comedy with Film Camp in A Box. Mentored by master filmmakers, participants will engage in hands-on exploration of the stop motion animation process, including production, and pre and post production. Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Participants will then create their own stop motion animation and movie trailer using our Macbooks, 4K cameras and more. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre. Offered in partnership with Film Camp in a Box.

at Pinetree Community Centre

Th	Jan 14 – Feb 11	5 – 6 p.m.	5/$125	245873
Th	Feb 18 – Mar 18	5 – 6 p.m.	5/$125	245874

Friday Night Bites (8 – 11 yrs)

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

at Poirier Community Centre

Apple Crumble and Icecream

F	Mar 5	5:30 – 7:30 p.m.	1/$20.40	245946

Icecream and Cupacakes

F	Feb 5	5:30 – 7:30 p.m.	1/$20.40	245943

Loaded Baked Potatos

F	Feb 19	5:30 – 7:30 p.m.	1/$20.40	245945

Mini Chicken Pot Pies

F	Jan 22	5:30 – 7:30 p.m.	1/$20.40	245944

Learn to Board Game: Catan (8 – 11 yrs)

Join us each week and learn a new board game. Develop problem solving and strategy skills while having fun with others.

at Town Centre Park Community Centre

W	Mar 10	4:30 – 5:30 p.m.	1/$7.30	245011

Learn to Board Game: Outfoxed! (5 – 7 yrs)

Join us each week and learn a new board game. Develop problem solving and strategy skills while having fun with others.

at Town Centre Park Community Centre

W	Feb 10	5:45 – 6:45 p.m.	1/$7.30	245014



Learn to Board Game: Ticket to Ride (8 – 11 yrs)

Join us each week and learn a new board game. Develop problem solving and strategy skills while having fun with others.

at Town Centre Park Community Centre

W	Feb 10	4:30 – 5:30 p.m.	1/$7.30	245012

Learn to Board Game: Ticket to Ride: First Journey (5 – 7 yrs)

Join us each week and learn a new board game. Develop problem solving and strategy skills while having fun with others.

at Town Centre Park Community Centre

W	Mar 10	5:45 – 6:45 p.m.	1/$7.30	245013

Young Builders (5 – 7 yrs)

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

at Town Centre Park Community Centre

W	Feb 10 – Mar 10	6 – 7 p.m.	5/$36.50	246582

Young Carpenters (5 – 7 yrs)

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

at Poirier Community Centre

Th	Jan 14 – Feb 4	5:15 – 6 p.m.	4/$26.40	245293
Th	Feb 11 – Mar 11	5:15 – 6 p.m.	5/$33	245294

Young Carpenters (8 – 11 yrs)

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

at Poirier Community Centre

Th	Jan 14 – Feb 4	6:30 – 7:15 p.m.	4/$26.40	245295
Th	Feb 11 – Mar 11	6:30 – 7:15 p.m.	5/$33	245296

Young Scientists (5 – 7 yrs)

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

at Maillardville Community Centre

Th	Jan 14 – Feb 4	3:30 – 4:15 p.m.	4/$24	244306
Th	Feb 11 – Mar 11	3:30 – 4:15 p.m.	5/$30	244308

at Poirier Community Centre

Sa	Jan 16 – Feb 6	11:45 a.m. – 12:30 p.m.	4/$24	245372
Tu	Feb 9 – Mar 9	4:15 – 5 p.m.	5/$30	244223
Sa	Feb 13 – Mar 13	11:45 a.m. – 12:30 p.m.	5/$30	245373

at Town Centre Park Community Centre

M	Jan 11 – Feb 1	5:15 – 6 p.m.	4/$24	244514
Sa	Jan 16 – Feb 6	11:15 a.m. – 12 p.m.	4/$24	246605
M	Feb 8 – Mar 8	4 – 4:45 p.m.	4/$24	244889
Th	Feb 11 – Mar 11	5:45 – 6:30 p.m.	5/$30	244907

Young Scientists (8 – 11 yrs)

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

at Maillardville Community Centre

Th	Jan 14 – Feb 4	4:30 – 5:15 p.m.	4/$24	244311
Th	Feb 11 – Mar 11	4:30 – 5:15 p.m.	5/$30	244313

at Town Centre Park Community Centre

Th	Jan 14 – Feb 4	5:45 – 6:30 p.m.	4/$24	244862
Sa	Jan 16 – Feb 6	12:30 – 1:15 p.m.	4/$24	246606
M	Feb 8 – Mar 8	5:15 – 6 p.m.	4/$24	244890

Young Scientists Workshop (5 – 7 yrs)

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

at Town Centre Park Community Centre

M	Jan 4	5:15 – 6 p.m.	1/$6	244432

Young Scientists Workshop (8 – 11 yrs)

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

at Town Centre Park Community Centre

Th	Jan 7	5:45 – 6:30 p.m.	1/$6	244455

All Abilities Welcome!
Visit page **4** for details

Performing Arts

Acro (5 – 7 yrs)

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

at Maillardville Community Centre

M	Jan 11 – Feb 1	6 – 6:45 p.m.	4/$24	240689
M	Feb 8 – Mar 8	6 – 6:45 p.m.	4/$24	240690

at Pinetree Community Centre

M	Jan 11 – Feb 1	7:15 – 8 p.m.	4/$24	244076
M	Feb 8 – Mar 8	7:15 – 8 p.m.	4/$24	244077

Acro (8 – 11 yrs)

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

at Maillardville Community Centre

M	Jan 11 – Feb 1	7 – 8 p.m.	4/$29.20	240691
M	Feb 8 – Mar 8	7 – 8 p.m.	4/$29.20	240693

Ballet (5 – 7 yrs)

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

at Maillardville Community Centre

M	Jan 11 – Feb 1	5:15 – 6 p.m.	4/$24	243939
M	Feb 8 – Mar 8	5:15 – 6 p.m.	4/$24	243940

Ballet (5 – 7 yrs)

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

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	12 – 12:45 p.m.	4/$24	246472
Sa	Feb 13 – Mar 13	12 – 12:45 p.m.	5/$30	246473

at Poirier Community Centre

W	Jan 13 – Feb 3	6:15 – 7 p.m.	4/$24	244369
W	Feb 10 – Mar 10	6:15 – 7 p.m.	5/$30	244370

at Summit Community Centre

W	Jan 13 – Feb 3	5:15 – 6 p.m.	4/$24	244188
W	Feb 10 – Mar 10	5:15 – 6 p.m.	5/$30	244191

at Town Centre Park Community Centre

Su	Jan 10 – Jan 31	1 – 1:45 p.m.	4/$24	244501
Su	Feb 7 – Mar 7	12 – 12:45 p.m.	5/$30	244885
Th	Feb 11 – Mar 11	6:15 – 7 p.m.	5/$30	244900

Course fees do not include applicable taxes. Details subject to change.

Choir (5 – 7 yrs)

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

at Centennial Activity Centre

F	Jan 15 – Feb 5	6:15 – 7 p.m.	4/$24	245339
F	Feb 12 – Mar 12	6:15 – 7 p.m.	5/$30	245340

Contemporary Beginner (8 – 11 yrs)

An introduction to the fundamentals of contemporary dance, taught through creative movement and age-appropriate choreography. Skills taught include balance, coordination, expressive movement, floor work, and basic contemporary dance techniques.

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	4 – 5 p.m.	4/$29.20	244125
Sa	Feb 13 – Mar 13	4 – 5 p.m.	5/$36.50	244126

Dance Mix (5 – 7 yrs)

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

at Maillardville Community Centre

Sa	Jan 16 – Feb 6	11:30 a.m. – 12:15 p.m.	4/$24	245108
Sa	Feb 13 – Mar 13	11:30 a.m. – 12:15 p.m.	5/$30	245109

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	1 – 1:45 p.m.	4/$24	244114
Sa	Feb 13 – Mar 13	1 – 1:45 p.m.	5/$30	244115

Dance Mix (8 – 11 yrs)

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

at Summit Community Centre

W	Jan 13 – Feb 3	6:15 – 7:15 p.m.	4/$29.20	244193
W	Feb 10 – Mar 10	6:15 – 7:15 p.m.	5/$36.50	244197

Drama (5 – 7 yrs)

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

at Town Centre Park Community Centre

Sa	Feb 13 – Mar 13	10 – 11 a.m.	5/$36.50	245020

***Oops!* We cancelled it...**

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

Guitar Beginner (7 – 10 yrs)

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

at Pinetree Community Centre

Su	Jan 10 – Jan 31	2:45 – 3:30 p.m.	4/$24	246024
Su	Feb 7 – Mar 7	2:45 – 3:30 p.m.	5/$30	246620

at Town Centre Park Community Centre

Th	Jan 14 – Feb 4	6:30 – 7:15 p.m.	4/$24	246546
Th	Feb 11 – Mar 11	6:30 – 7:15 p.m.	5/$30	246553

Hip Hop

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

5 – 7 yrs

at Maillardville Community Centre

Su	Jan 10 – Jan 31	1:30 – 2:30 p.m.	4/$29.20	246148
Su	Feb 7 – Mar 7	1:30 – 2:30 p.m.	5/$36.50	246149

at Pinetree Community Centre

F	Jan 15 – Feb 5	5:15 – 6 p.m.	4/$24	244079
F	Feb 12 – Mar 12	5:15 – 6 p.m.	5/$30	244080

at Poirier Community Centre

Th	Jan 14 – Feb 4	5:30 – 6:15 p.m.	4/$24	245299
Th	Feb 11 – Mar 11	5:30 – 6:15 p.m.	5/$30	245300

at Town Centre Park Community Centre

Tu	Jan 12 – Feb 2	6:30 – 7:15 p.m.	4/$24	244519

8 – 11 yrs

at Pinetree Community Centre

F	Jan 15 – Feb 5	6:15 – 7:15 p.m.	4/$29.20	244081
F	Feb 12 – Mar 12	6:15 – 7:15 p.m.	5/$36.50	244082

Improv (8 – 11 yrs)

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

at Pinetree Community Centre

Th	Feb 11 – Mar 11	4:30 – 5:30 p.m.	5/$36.50	246029

at Town Centre Park Community Centre

Th	Jan 14 – Feb 4	5:45 – 6:45 p.m.	4/$29.20	244545

Improv Workshop (8 – 11 yrs)

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

at Town Centre Park Community Centre

Th	Jan 7	5:45 – 6:45 p.m.	1/$7.30	244457

Jazz (5 – 7 yrs)

Children will learn the basics of jazz dance while developing develop coordination, rhythm, and confidence on the dance floor.

at Town Centre Park Community Centre

Tu	Feb 9 – Mar 9	6:30 – 7:15 p.m.	5/$30	244893

Jazz (8 – 12 yrs)

A high-energy jazz dance class that builds foundational technique, flexibility, and rhythm through fun, age-appropriate choreography. Dancers will boost their confidence and stage presence while learning popular jazz leaps, turns, and stylized movement.

at Maillardville Community Centre

Sa	Jan 16 – Feb 6	1:15 – 2:15 p.m.	4/$29.20	246583
Sa	Feb 13 – Mar 13	1:15 – 2:15 p.m.	5/$36.50	246584

Musical Theatre (5 – 7 yrs)

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

at Pinetree Community Centre

Th	Feb 11 – Mar 11	5:45 – 6:45 p.m.	5/$36.50	246033

at Town Centre Park Community Centre

Th	Jan 14 – Feb 4	4:30 – 5:30 p.m.	4/$29.20	244543

Musical Theatre (8 – 11 yrs)

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

at Centennial Activity Centre

F	Jan 15 – Feb 5	7:15 – 8:15 p.m.	4/$29.20	245341
F	Feb 12 – Mar 12	7:15 – 8:15 p.m.	5/$36.50	245342

at Town Centre Park Community Centre

Sa	Feb 13 – Mar 13	11:15 a.m. – 12:15 p.m.	5/$36.50	245019

Musical Theatre Workshop (5 – 7 yrs)

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

at Town Centre Park Community Centre

Th	Jan 7	4:30 – 5:30 p.m.	1/$7.30	244456

Tell us how we did!
coquitlam.ca/ProgramEvaluation



Zumba® Kids Jr (4 – 6 yrs)

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

at Pinetree Community Centre

Su	Jan 3 – Feb 7	9:30 – 10:15 a.m.	6/$42.60	243444
Su	Feb 14 – Mar 21	9:30 – 10:15 a.m.	6/$42.60	243445

Zumba® Kids (7 – 11 yrs)

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

at Poirier Sport and Leisure Complex

Sa	Jan 9 – Feb 13	8:30 – 9:15 a.m.	6/$42.60	243470
Sa	Feb 20 – Mar 20	8:30 – 9:15 a.m.	5/$35.50	243471

Sports and Active Play

Active Quest (8 – 10 yrs)

Take on the challenge with action-packed sports and gym games! Participants will stay active, build skills, and enjoy working together through a mix of structured play and exciting group activities. Please wear running shoes and bring a water bottle and small snack.

at Maillardville Community Centre

M-F	Mar 15 – Mar 19	9 – 11 a.m.	5/$73	246250
M-Th	Mar 22 – Mar 25	9 – 11 a.m.	4/$58.40	246251

Afternoon Sports (6 – 10 yrs)

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

at Maillardville Community Centre

F	Jan 15 – Feb 5	3:30 – 4:30 p.m.	4/$29.20	246206
F	Feb 12 – Mar 12	3:30 – 4:30 p.m.	5/$36.50	246207

Course fees do not include applicable taxes. Details subject to change.

Badminton (7 – 10 yrs)

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

at Maillardville Community Centre

W	Jan 13 – Feb 3	3:30 – 4:30 p.m.	4/$24	246191
W	Feb 10 – Mar 10	3:30 – 4:30 p.m.	5/$30	246192

at Pinetree Community Centre

Su	Jan 31 – Mar 7	12:15 – 1 p.m.	6/$36	245167

Ball Hockey (6 – 8 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	9 – 9:45 a.m.	4/$24	240199
Su	Feb 7 – Mar 7	9 – 9:45 a.m.	5/$30	240200

Ball Hockey Skills, Drills and Game Time (8 – 12 yrs)

Our Ball Hockey Skills, Drills, and Game Time program is cater to children aged 8 to 12 yrs, providing a dynamic and engaging introduction to the exciting sport of ball hockey. Focused on developing fundamental skills, fostering teamwork, and promoting a love for the game. Required equipment: CSA approved hockey helmet with face cage, stick, gloves, water bottle and running shoes.

at Poirier Forum

Sa	Jan 9 – Mar 6	1:30 – 2:25 p.m.	9/$63.45	244749

Basketball (6 – 8 yrs)

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

at Centennial Activity Centre

Sa	Jan 16 – Jan 30	11:30 a.m. – 12:15 p.m.	3/$18	245439
Sa	Feb 13 – Mar 13	11:30 a.m. – 12:15 p.m.	5/$30	245440

at Maillardville Community Centre

Su	Jan 10 – Jan 31	9:45 – 10:30 a.m.	4/$24	240172
Su	Feb 7 – Mar 7	9:45 – 10:30 a.m.	5/$30	240173

at Pinetree Community Centre

M	Jan 11 – Feb 1	6 – 6:45 p.m.	4/$24	245122
Sa	Jan 30 – Mar 13	11:30 a.m. – 12:15 p.m.	6/$36	244101
M	Feb 8 – Mar 8	6 – 6:45 p.m.	4/$24	245123

at Smiling Creek Activity Centre

W	Jan 13 – Feb 3	6:45 – 7:30 p.m.	4/$24	244263
W	Feb 10 – Mar 10	6:45 – 7:30 p.m.	5/$30	244264

Basketball (9 – 11 yrs)

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

at Centennial Activity Centre

Sa	Jan 16 – Jan 30	12:30 – 1:30 p.m.	3/$21.90	245441
Sa	Feb 13 – Mar 13	12:30 – 1:30 p.m.	5/$36.50	245442

at Maillardville Community Centre

Su	Jan 10 – Jan 31	10:45 – 11:45 a.m.	4/$29.20	240174
Tu	Jan 12 – Feb 2	4:30 – 5:30 p.m.	4/$29.20	246175
Su	Feb 7 – Mar 7	10:45 – 11:45 a.m.	5/$36.50	240178
Tu	Feb 9 – Mar 9	4:30 – 5:30 p.m.	5/$36.50	246176

at Pinetree Community Centre

Sa	Jan 30 – Mar 13	12:30 – 1:30 p.m.	6/$43.80	244102

at Smiling Creek Activity Centre

Th	Jan 14 – Feb 4	6:45 – 7:45 p.m.	4/$29.20	244269
Th	Feb 11 – Mar 11	6:45 – 7:45 p.m.	5/$36.50	244270

Basketball for Girls (9 – 11 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	12 – 1 p.m.	4/$29.20	240197
Su	Feb 7 – Mar 7	12 – 1 p.m.	5/$36.50	240198

Is your child in Grade 5 or 6 in the 2026/27 school year?

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

Passes are valid from September 8, 2026 – September 6, 2027.

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

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.

Family Kickboxing (6+ yrs)

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

at Pinetree Community Centre

Th	Jan 7 – Jan 28	6:30 – 7:30 p.m.	4/$41.40	244820
Th	Feb 4 – Feb 25	6:30 – 7:30 p.m.	4/$41.40	244823
Th	Mar 4 – Mar 25	6:30 – 7:30 p.m.	4/$41.40	244824

Gymnastics (6 – 8 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	3:30 – 4:15 p.m.	4/$37.60	244821
Tu	Jan 12 – Feb 2	6:45 – 7:30 p.m.	4/$37.60	246185
Su	Feb 7 – Mar 7	3:30 – 4:15 p.m.	5/$47	244822
Tu	Feb 9 – Mar 9	6:45 – 7:30 p.m.	5/$47	246186

at Pinetree Community Centre

Su	Jan 10 – Jan 31	10:15 – 11 a.m.	4/$37.60	244064
Su	Jan 10 – Jan 31	11:15 a.m. – 12 p.m.	4/$37.60	244066
F	Jan 15 – Feb 5	7:15 – 8 p.m.	4/$37.60	244092
Su	Feb 7 – Mar 7	10:15 – 11 a.m.	5/$47	244065
Su	Feb 7 – Mar 7	11:15 a.m. – 12 p.m.	5/$47	244067
F	Feb 12 – Mar 12	7:15 – 8 p.m.	5/$47	244093

Handball (6 – 8 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	10:45 – 11:30 a.m.	4/$24	244765
Su	Feb 7 – Mar 7	10:45 – 11:30 a.m.	5/$30	244767

Pickleball (6 – 10 yrs)

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

at Centennial Activity Centre

Su	Jan 10 – Jan 31	12:45 – 1:45 p.m.	4/$29.20	244010
Su	Feb 7 – Mar 7	12:45 – 1:45 p.m.	5/$36.50	244011

Soccer (6 – 8 yrs)

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

at Centennial Activity Centre

Su	Jan 10 – Jan 31	11:30 a.m. – 12:15 p.m.	4/$24	244008
Su	Feb 7 – Mar 7	11:30 a.m. – 12:15 p.m.	5/$30	244009

at Maillardville Community Centre

Tu	Jan 12 – Feb 2	6:15 – 7 p.m.	4/$24	246173
Sa	Jan 16 – Feb 6	11:15 a.m. – 12 p.m.	4/$24	246212
Tu	Feb 9 – Mar 9	6:15 – 7 p.m.	5/$30	246174
Sa	Feb 13 – Mar 13	11:15 a.m. – 12 p.m.	5/$30	246213

at Pinetree Community Centre

Su	Jan 31 – Mar 7	9:45 – 10:30 a.m.	6/$36	244060

at Smiling Creek Activity Centre

Tu	Jan 12 – Feb 2	6:45 – 7:30 p.m.	4/$24	244250
Sa	Jan 16 – Feb 6	11:45 a.m. – 12:30 p.m.	4/$24	245460
Tu	Feb 9 – Mar 9	6:45 – 7:30 p.m.	5/$30	244251
Sa	Feb 13 – Mar 13	11:45 a.m. – 12:30 p.m.	5/$30	245461

Soccer (9 – 11 yrs)

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

at Maillardville Community Centre

Su	Jan 10 – Jan 31	11:45 a.m. – 12:45 p.m.	4/$29.20	244753
Su	Feb 7 – Mar 7	11:45 a.m. – 12:45 p.m.	5/$36.50	244760

at Pinetree Community Centre

Su	Jan 31 – Mar 7	10:45 – 11:45 a.m.	6/$43.80	244061

at Smiling Creek Activity Centre

Sa	Jan 16 – Feb 6	12:45 – 1:45 p.m.	4/$29.20	245462
Sa	Feb 13 – Mar 13	12:45 – 1:45 p.m.	5/$36.50	245463

Sports Explorers (6 – 8 yrs)

A fun and welcoming introduction to movement and play! Kids will explore a variety of sports and activities each day while building confidence, coordination and teamwork in a supportive environment. Please wear running shoes and bring a water bottle and small snack.

at Maillardville Community Centre

M-F	Mar 15 – Mar 19	9 – 11 a.m.	5/$73	246252
M-Th	Mar 22 – Mar 25	9 – 11 a.m.	4/$58.40	246253

Stellar Play: Battle Archery (8 – 10 yrs)

Learn the exciting game of Battle Archery with foam tipped arrows! This game is a fun combination of archery, dodgeball, and nerf, which participants can test their archery skills playing fun games like Capture the Flag, king's court, and more! In partnership with Stellar Play.

at Summit Community Centre

M	Jan 4 – Feb 1	5:30 – 6:30 p.m.	5/$75	245157
M	Feb 8 – Mar 8	5:30 – 6:30 p.m.	4/$60	245158

Course fees do not include applicable taxes. Details subject to change.

Tennis For Life: Indoor Tennis: Orange (9 – 11 yrs)

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

at Summit Community Centre

Tu	Jan 5 – Mar 9	6:30 – 7:25 p.m.	10/$230	244831

Tennis For Life: Indoor Tennis: Red (6 – 8 yrs)

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

at Summit Community Centre

Tu	Jan 5 – Mar 9	5:30 – 6:25 p.m.	10/$230	244830

Tri-City Fencing Academy: Beginner (6 – 8 yrs)

Our children's program begins with participation in fencing training activities that are focused on fun, building fitness and enhancing coordination while introducing basic fencing skills using real equipment. All equipment is provided. In partnership with Tri-City Fencing Academy.

at Pinetree Community Centre

W	Jan 6 – Jan 27	6 – 7 p.m.	4/$50	244337
W	Feb 3 – Feb 24	6 – 7 p.m.	4/$50	244339
W	Mar 3 – Mar 24	6 – 7 p.m.	4/$50	244340

Tri-City Fencing Academy: Intermediate (6 – 9 yrs)

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

at Pinetree Community Centre

W	Jan 6 – Jan 27	7 – 8 p.m.	4/$55	244341
W	Feb 3 – Feb 24	7 – 8 p.m.	4/$55	244342
W	Mar 3 – Mar 31	7 – 8 p.m.	5/$68.75	244344

Volleyball Learn to Play (9 – 11 yrs)

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

at Maillardville Community Centre

Th	Jan 14 – Feb 4	3:30 – 4:30 p.m.	4/$29.20	246197
Th	Feb 11 – Mar 11	3:30 – 4:30 p.m.	5/$36.50	246198



Planning a birthday party?

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

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

Find details and register at **coquitlam.ca/PartyWithUs**

Visual Arts

Anime Drawing (5 – 7 yrs)

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

at Pinetree Community Centre

Sa	Feb 13 – Mar 13	9:30 – 10:30 a.m.	5/$36.50	246048

Anime Drawing (8 – 11 yrs)

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

at Pinetree Community Centre

Sa	Feb 13 – Mar 13	10:45 – 11:45 a.m.	5/$36.50	246049

Art Explorations Workshop (5 – 7 yrs)

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

at Town Centre Park Community Centre

Sa	Jan 9	11:15 a.m. – 12:15 p.m.	1/$7.30	244461

Art

Explore a variety of art techniques and materials while developing creativity, imagination and self expression through this hands-on art workshop.

at Town Centre Park Community Centre

5 – 7 yrs

Clay Animal Creations

Su	Feb 7	10 – 11 a.m.	1/$7.30	245023

Comic Creations

W	Jan 6	6 – 7 p.m.	1/$7.30	244450

Drawing

Tu	Jan 5	4:30 – 5:30 p.m.	1/$7.30	244436

Watercolour

Su	Jan 3	11:30 a.m. – 12:30 p.m.	1/$7.30	244430

8 – 11 yrs

Drawing

Tu	Jan 5	6 – 7 p.m.	1/$7.30	244437
Su	Feb 7	11:30 a.m. – 12:30 p.m.	1/$7.30	245024

Watercolour

W	Jan 6	4:30 – 5:30 p.m.	1/$7.30	244443
Su	Mar 7	11:30 a.m. – 12:30 p.m.	1/$7.30	245022

Clay Works

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

5 – 7 yrs

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	12:15 – 1:15 p.m.	4/$29.20	246046

at Poirier Community Centre

F	Jan 15 – Feb 5	5:30 – 6:30 p.m.	4/$29.20	245317
F	Feb 12 – Mar 12	5:30 – 6:30 p.m.	5/$36.50	245318

at Town Centre Park Community Centre

Tu	Feb 9 – Mar 9	4:30 – 5:30 p.m.	5/$36.50	244896

8 – 11 yrs

at Pinetree Community Centre

Sa	Feb 13 – Mar 13	12:15 – 1:15 p.m.	5/$36.50	246053

at Poirier Community Centre

F	Jan 15 – Feb 5	4 – 5 p.m.	4/$29.20	245315
F	Feb 12 – Mar 12	4 – 5 p.m.	5/$36.50	245316

at Town Centre Park Community Centre

Tu	Feb 9 – Mar 9	6 – 7 p.m.	5/$36.50	244897



Crafts

Unleash your imagination in this single session workshop as you create a unique craft.

at Town Centre Park Community Centre

5 – 7 yrs

Air Dry Clay

Th	Mar 25	4:15 – 5:15 p.m.	1/$7.30	244951

Arctic Adventure

W	Jan 27	4:30 – 5:30 p.m.	1/$7.30	245002

Easter

Sa	Mar 27	11:15 a.m. – 12:15 p.m.	1/$7.30	244962

Minecraft

Tu	Mar 23	5:45 – 6:45 p.m.	1/$7.30	244943

Ooey Gooey Slime

Sa	Mar 20	10 – 11 a.m.	1/$7.30	244958

Space Explorers

Su	Jan 17	11:15 a.m. – 12:15 p.m.	1/$7.30	245000

St. Patrick's Day

Su	Mar 14	11:30 a.m. – 12:30 p.m.	1/$7.30	244937
W	Mar 17	5:45 – 6:45 p.m.	1/$7.30	244950

Super Mario

Su	Mar 7	10 – 11 a.m.	1/$7.30	245021

Valentine's Day

F	Feb 12	5:45 – 6:45 p.m.	1/$7.30	245028
Sa	Feb 13	10:15 – 11:15 a.m.	1/$7.30	245025

8 – 11 yrs

Air Dry Clay

Th	Mar 25	5:45 – 6:45 p.m.	1/$7.30	244957

Slime Lab

Sa	Mar 20	11:30 a.m. – 12:30 p.m.	1/$7.30	244959

Course fees do not include applicable taxes. Details subject to change.

Comic Creations

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

5 – 7 yrs

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	9:30 – 10:30 a.m.	4/$29.20	246044
M	Feb 8 – Mar 8	6 – 7 p.m.	4/$29.20	245222

at Town Centre Park Community Centre

W	Jan 13 – Feb 3	6 – 7 p.m.	4/$29.20	244537

8 – 11 yrs

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	10:45 – 11:45 a.m.	4/$29.20	246045
M	Feb 8 – Mar 8	4:30 – 5:30 p.m.	4/$29.20	245219

at Town Centre Park Community Centre

Sa	Feb 13 – Mar 13	10 – 11 a.m.	5/$36.50	245017

Drawing

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

at Town Centre Park Community Centre

5 – 7 yrs

Tu	Jan 12 – Feb 2	4:30 – 5:30 p.m.	4/$29.20	244528
Su	Feb 7 – Mar 7	11:30 a.m. – 12:30 p.m.	5/$36.50	244888

8 – 11 yrs

Tu	Jan 12 – Feb 2	6 – 7 p.m.	4/$29.20	244529

Lunar New Year Workshop: Year of the Goat Crafts and Play (3 – 5 yrs)

Make goat themed crafts for the year of the Goat to celebrate Lunar New Year!

at Maillardville Community Centre

Sa	Feb 6	10:30 – 11:30 a.m.	1/$5	246338

Lunar New Year Workshop: Year of the Goat Crafts (5 – 7 yrs)

Make goat themed crafts for the year of the Goat to celebrate Lunar New Year!

at Maillardville Community Centre

Sa	Feb 6	11:30 a.m. – 12:30 p.m.	1/$7.30	246337

All Abilities Welcome!
Visit page **4** for details



Mae Studio: Sewing Fashion (8 – 11 yrs)

This program will provide participants with the fundamentals of sewing while create fashion items, choosing from a variety of exciting projects such as jogger pants, hoodies and t-shirts. Review the basics such as handling a sewing machine safely, using a sewing pattern, cutting fabric and the techniques of assembling garments. Express your creativity in a beginner friendly environment. In Partnership with Mae Studio.

at Town Centre Park Community Centre

Su	Jan 10 – Feb 14	2:30 – 4 p.m.	6/$250	245008

Watercolour

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

5 – 7 yrs

at Pinetree Community Centre

M	Jan 11 – Feb 1	4:30 – 5:30 p.m.	4/$29.20	245213

at Town Centre Park Community Centre

Su	Jan 10 – Jan 31	11:30 a.m. – 12:30 p.m.	4/$29.20	245001
Sa	Feb 13 – Mar 13	11:30 a.m. – 12:30 p.m.	5/$36.50	245018

8 – 11 yrs

at Pinetree Community Centre

M	Jan 11 – Feb 1	6 – 7 p.m.	4/$29.20	245214

at Poirier Community Centre

Tu	Feb 9 – Mar 9	5:30 – 6:30 p.m.	5/$36.50	246003

at Town Centre Park Community Centre

W	Jan 13 – Feb 3	4:30 – 5:30 p.m.	4/$29.20	244535

Youth

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

11 – 18 yrs



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

Just for **Youth**

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

Connections Youth Lounge
at Maillardville Community Centre

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

The Getaway Youth Centre
at Poirier Community Centre

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

The Landing Youth Centre
at Pinetree Community Centre

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

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

Coquitlam Youth Council

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

Tell Us What You Want!

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

Course fees do not include applicable taxes. Details subject to change.

Certifications

Babysitting Training (10 – 14 yrs)

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

at Maillardville Community Centre

Sa	Jan 23	9:30 a.m. – 4:30 p.m.	1/$51.10	246219
Sa	Feb 27	9:30 a.m. – 4:30 p.m.	1/$51.10	246221

at Pinetree Community Centre

Sa	Jan 16	9:30 a.m. – 4:30 p.m.	1/$51.10	246222
Sa	Feb 13	9:30 a.m. – 4:30 p.m.	1/$51.10	246226

Home Alone Training (10 – 13 yrs)

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

at Maillardville Community Centre

Sa	Feb 6	10 a.m. – 2 p.m.	1/$29.20	246217
Sa	Mar 6	10 a.m. – 2 p.m.	1/$29.20	246218

at Pinetree Community Centre

Sa	Jan 30	10 a.m. – 2 p.m.	1/$29.20	246215
Sa	Feb 20	10 a.m. – 2 p.m.	1/$29.20	246216

Fitness

Youth Mobility Training (13 – 18 yrs)

Improve flexibility, mobility, balance, and body awareness through guided stretching and movement exercises. A welcoming class for youth looking to move, feel, and recover better. No experience necessary.

at Pinetree Community Centre

Th	Jan 21 – Feb 25	6 – 7 p.m.	6/$57	243449

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Fitness: Youth Orientation

$2 (13 – 18 yrs) **LOW COST**

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

at City Centre Aquatic Complex
Tues, 3:30 – 4:30 p.m.
Wed, 7:15 – 8:15 p.m.
Sat, 10 – 11 a.m.,
7 – 8 p.m.

at Poirier Sport and Leisure Complex
Tue, 3:45 – 4:45 p.m.
Wed, 3:45 – 4:45 p.m.
Thurs, 5:45 – 6:45 p.m.
Sun, 11 a.m. – 12 p.m.

at Pinetree Community Centre, pending staff availability
Mon and Fri, 3:30 – 4:30 p.m.

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

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

Lifelong Learning

Creative Cooks: Carnival Soft Pretzels with Dip (11 – 14 yrs)

Learn how to mix, shape, and bake soft, pretzels with sprinkled thick salt and chocolate dip while making new friends! Enjoy the pretzels together at the end of the class with a recipe to take home.

at Maillardville Community Centre

Sa	Jan 23	5:30 – 7:30 p.m.	1/$19.40	245089

Creative Cooks: Loaded Sheet Pan Taco Boats (11 – 14 yrs)

Get ready to build the ultimate party-style feast by roasting seasoned ingredients and toppings all on a single baking sheet. Teens will learn essential kitchen prep and assembly skills while creating a customizable, crowd-pleasing taco spread.

at Maillardville Community Centre

Sa	Mar 6	5:30 – 7:30 p.m.	1/$19.40	245090

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

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

at Town Centre Park Community Centre

F	Jan 8	6 – 8 p.m.	1/$14.60	244459



Girls Night In: Valentine's Craft and Movie Night (10 – 13 yrs)

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

at Town Centre Park Community Centre

Sa	Feb 13	6 – 8 p.m.	1/$14.60	244917

Life Skills: Turning Your Goals Into Action (16 – 30 yrs)

Need help turning your goals into action but not sure where to start? This workshop is designed to help you gain clarity, build momentum, and leave with practical steps that you can start using right away. Through interactive activities and in-depth discussions, young adults will explore strategies to balance life in key areas, set realistic goals, and identify obstacles like mental health challenges or substance use that can get in the way. Participants will leave with clear insights, simple tools, a personalized action plan and a better understanding of the resources and community support that can help them move forward with confidence. Session is FREE of charge and pizza and refreshments will be included. Offered in partnership with Share Family and Community Services.

at Pinetree Community Centre

Th	Feb 25	7:15 – 8:45 p.m.	1/FREE	246350

Youth Night In: Movie and Game Night (11 – 14 yrs)

Come hang out with your friends for a fun evening of games, a movie, and snacks!

at Town Centre Park Community Centre

Sa	Jan 23	6 – 8 p.m.	1/$14.60	244875

Performing Arts

Dance Mix (11 – 15 yrs)

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

at Summit Community Centre

W	Jan 13 – Feb 3	7:30 – 8:30 p.m.	4/$29.20	244199
W	Feb 10 – Mar 10	7:30 – 8:30 p.m.	5/$36.50	244201

Dance: Chinese Classical (11 – 18 yrs)

An introduction to the graceful movements and techniques of Chinese classical dance, taught through age-appropriate choreography and creative movement. Skills taught include posture, flexibility, coordination, balance, and expressive storytelling through dance.

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	6:30 – 7:30 p.m.	4/$29.20	244129
Sa	Feb 13 – Mar 13	6:30 – 7:30 p.m.	5/$36.50	244130

Guitar Beginner

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

11– 14 yrs

at Town Centre Park Community Centre

Th	Jan 14 – Feb 4	7:30 – 8:30 p.m.	4/$29.20	246549
Th	Feb 11 – Mar 11	7:30 – 8:30 p.m.	5/$36.50	246554

12– 18 yrs

at Centennial Activity Centre

W	Jan 13 – Feb 3	6:15 – 7:15 p.m.	4/$29.20	245445
W	Feb 10 – Mar 10	6:15 – 7:15 p.m.	5/$36.50	245446

15– 18 yrs

at Pinetree Community Centre

Su	Jan 10 – Jan 31	3:45 – 4:45 p.m.	4/$29.20	246022
Su	Feb 7 – Mar 7	3:45 – 4:45 p.m.	5/$36.50	246630

Improv League (11 – 15 yrs)

Learn ways to express yourself while working as a team. Step out of your comfort zone while creating fun and unique characters through storytelling and activities in a fun and safe space. No experience needed, just a willingness to try, laugh, and have fun!

at Summit Community Centre

Tu	Jan 12 – Feb 2	6:30 – 8 p.m.	4/$24	244172
Tu	Feb 9 – Mar 9	6:30 – 8 p.m.	5/$30	244175

Course fees do not include applicable taxes. Details subject to change.

Sports and Active Play

Badminton Skill Development

Learn to play or improve your game. Skills, drills and game play will be the main focus. All levels are encouraged.

11 – 15 yrs

at Maillardville Community Centre

W	Jan 13 – Feb 3	4:30 – 5:30 p.m.	4/$29.20	246193
W	Feb 10 – Mar 10	4:30 – 5:30 p.m.	5/$36.50	246194

11 – 18 yrs

at Pinetree Community Centre

Su	Jan 31 – Mar 7	1:15 – 2:15 p.m.	6/$43.80	245168

Badminton Youth Junior League (11 – 15 yrs)

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

at Summit Community Centre

W	Jan 13 – Feb 3	5:30 – 7 p.m.	4/$24	244178
W	Feb 10 – Mar 10	5:30 – 7 p.m.	5/$30	244182

Badminton Youth League (12 – 18 yrs)

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

at Pinetree Community Centre

Sa	Jan 30 – Mar 13	2:15 – 5:15 p.m.	7/$42	244122

Basketball Skill Development (12 – 15 yrs)

Learn to play or improve your game. Skills, drills and game play will be the main focus. All levels are encouraged.

at Maillardville Community Centre

Tu	Jan 12 – Feb 2	5:45 – 6:45 p.m.	4/$29.20	246177
Tu	Feb 9 – Mar 9	5:45 – 6:45 p.m.	5/$36.50	246178

Basketball Youth Junior League (11 – 15 yrs)

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

at Summit Community Centre

M	Jan 11 – Feb 1	5:30 – 7 p.m.	4/$24	244170
M	Feb 8 – Mar 8	5:30 – 7 p.m.	4/$24	244171

Basketball Youth League (12 – 18 yrs)

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

at Pinetree Community Centre

Sa	Jan 30 – Mar 13	2:15 – 5:15 p.m.	6/$36	244124

Pickleball Skill Development (11 – 15 yrs)

Learn to play or improve your game. Skills, drills and game play will be the main focus. All levels are encouraged.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	2 – 3 p.m.	4/$29.20	244012
Su	Feb 7 – Mar 7	2 – 3 p.m.	5/$36.50	244013

Stellar Play: Battle Archery (10 – 14 yrs)

Learn the exciting game of Battle Archery with foam tipped arrows! This game is a fun combination of archery, dodgeball, and nerf, which participants can test their archery skills playing fun games like Capture the Flag, king's court, and more! In partnership with Stellar Play.

at Summit Community Centre

M	Jan 4 – Feb 1	6:30 – 7:30 p.m.	5/$75	245160
M	Feb 8 – Mar 8	6:30 – 7:30 p.m.	4/$60	245162

Tri-City Fencing Academy: Beginner (9 – 15 yrs)

Our youth program begins with a four-session introductory class, quickly teaching the basic actions of the sport, allowing students to progress in their skills in a short time. All equipment is provided. In partnership with Tri-City Fencing Academy.

at Pinetree Community Centre

M	Jan 4 – Jan 25	6:30 – 7:30 p.m.	4/$60	244325
M	Feb 1 – Feb 22	6:30 – 7:30 p.m.	3/$45	244326
M	Mar 1 – Mar 22	6:30 – 7:30 p.m.	4/$60	244327

at Poirier Sport and Leisure Complex

F	Jan 8 – Jan 29	7 – 8 p.m.	4/$60	245346
F	Feb 5 – Feb 26	7 – 8 p.m.	4/$60	245347
F	Mar 5 – Mar 19	7 – 8 p.m.	3/$45	245348

All Abilities Welcome!

Visit page **4** for details

Tri-City Fencing Academy: Intermediate (9 – 15 yrs)

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

at Pinetree Community Centre

M	Jan 4 – Jan 25	7:30 – 8:30 p.m.	4/$65	244328
M	Feb 1 – Feb 22	7:30 – 8:30 p.m.	3/$48.75	244331
M	Mar 1 – Mar 22	7:30 – 8:30 p.m.	4/$65	244335

at Poirier Sport and Leisure Complex

F	Jan 8 – Jan 29	8 – 9 p.m.	4/$65	245349
F	Feb 5 – Feb 26	8 – 9 p.m.	4/$65	245350
F	Mar 5 – Mar 19	8 – 9 p.m.	3/$48.75	245352

Volleyball Skill Development

Learn to play or improve your game. Skills, drills and game play will be the main focus. All levels are encouraged.

11 – 15 yrs

at Summit Community Centre

Th	Jan 14 – Feb 4	6:30 – 7:30 p.m.	4/$29.20	244206
Th	Feb 11 – Mar 11	6:30 – 7:30 p.m.	5/$36.50	244208

12 – 15 yrs

at Maillardville Community Centre

Th	Jan 14 – Feb 4	4:45 – 5:45 p.m.	4/$29.20	246199
Th	Feb 11 – Mar 11	4:45 – 5:45 p.m.	5/$36.50	246200

Volleyball Skill Development for Girls (11 – 15 yrs)

Learn to play or improve your game. Skills, drills and game play will be the main focus. All levels are encouraged.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	4 – 5 p.m.	4/$29.20	244014
Su	Feb 7 – Mar 7	4 – 5 p.m.	5/$36.50	244015

at Summit Community Centre

Th	Jan 14 – Feb 4	5:15 – 6:15 p.m.	4/$29.20	244203
Th	Feb 11 – Mar 11	5:15 – 6:15 p.m.	5/$36.50	244205

***Oops!* We cancelled it...**

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

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Volleyball Youth League

Have you been wanting to play on a volleyball team or would you like more time to play? Come join our all-levels-welcome youth volleyball league! Players register individually and are then divided in teams by our staff during the first week. They will spend some time each day working on skills and drills before getting into games, and depending on attendance teams may change frequently. All levels welcome!

11 – 16 yrs

at Maillardville Community Centre

Th	Jan 14 – Mar 11	7:30 – 9 p.m.	9/$54	246203

12 – 18 yrs

at Pinetree Community Centre

Tu	Jan 12 – Mar 9	7 – 9:30 p.m.	9/$54	244078

Visual Arts

Character Design (11 – 15 yrs)

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

at Pinetree Community Centre

M	Feb 8 – Mar 8	7:30 – 8:30 p.m.	4/$29.20	245226

Crafts: Crochet Beginners (11 – 15 yrs)

In this hands-on beginner program learn and apply basic crochet techniques and how to read simple patterns.

at Maillardville Community Centre

Tu	Jan 12 – Feb 2	4:45 – 5:45 p.m.	4/$29.20	246187
Tu	Feb 9 – Mar 9	4:45 – 5:45 p.m.	5/$36.50	246188

Watercolour (11 – 15 yrs)

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

at Pinetree Community Centre

M	Jan 11 – Feb 1	7:30 – 8:30 p.m.	4/$29.20	245217

Course fees do not include applicable taxes. Details subject to change.

Volunteering













Gain experience, Get involved, **Become a Volunteer!**

If you are at least 13 years old, we've got many fun activities to get involved with. Gain valuable skills, meet new people, engage with your community, and most importantly, have fun!

To volunteer with Coquitlam, follow these **4 easy steps**:

1. Create a Volunteer Profile

Go to coquitlam.ca/VolunteerPRC to create your own volunteer profile. This is where you'll be able to see what opportunities are available, sign up for volunteer shifts, and track your volunteer hours.

2. Provide References

While creating your volunteer profile, provide two references for Community Services to contact to help us learn more about your skills and experiences. References should be over the age of 19 years and not a relative.

3. Complete a Police Information Check

All volunteers are required to submit a Police Information Check. Forms will be emailed to you upon creating a volunteer profile. The check is completed at no cost for prospective volunteers.

4. Attend an Orientation Session

After successfully completing the reference and Police Information checks, you will receive an invitation to attend an orientation session. At the orientation, you will learn about volunteer roles and expectations, as well as how to sign up for volunteer activities.

For more information, email volunteers@coquitlam.ca *or phone* **604-927-6076**.

Drop-In Fitness





ONE PASS and Drop-in Fees

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

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

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

		Single Drop-In	10-Visit Pass[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 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.

Course fees do not include applicable taxes. Details subject to change.

Fitness Centre Hours

Fitness centres are open to patrons 13 years and older. *Youth 13 – 15 years must complete a* **Youth Fitness Orientation** *before working out in the fitness centre or participating in any drop-in fitness class.*

	City Centre Aquatic Complex	Glen Pine Pavilion*	Pinetree Community Centre	Poirier Sport and Leisure Complex
Sunday:	7 a.m. – 10:30 p.m.	*10 a.m. – 2 p.m.*	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Monday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 9 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Tuesday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 9 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Wednesday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 9 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Thursday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 9 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Friday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 4:30 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Saturday:	5:30 a.m. – 10:30 p.m.	9 a.m. – 3 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Stat Holidays:	*10:30 a.m. – 10:30 p.m.*	*Closed*	*Closed*	*8 a.m. – 8 p.m.*

**Glen Pine Pavilion is open to adults 19+ yrs.*

Getting Started? *Let Us Help*!

We offer a variety of fitness orientations and personal training to get you started working out. Find the best option for you, no matter your fitness level or experience.

Adult Orientation LOW COST

Learn guidelines and how to safely and effectively use the equipment in our fitness centres.
Cost: $2. *Register online or by calling 604-927-4386.*

City Centre Aquatic Complex
Tuesday: **7 – 8 a.m.** | *Tuesday:* **7:15 – 8:15 p.m.**
Thursday: **8 – 9 a.m.** | *Sunday:* **6:30 – 7:30 p.m.**

Poirier Sport and Leisure Complex
Wednesday: **11 a.m. – 12 p.m.** | *Thursday:* **8 – 9 p.m.**
Saturday: **10 – 11 a.m.**

Pinetree Community Centre
Tuesday: **6 – 7 p.m.** **

Glen Pine Pavilion
Monday: **11 a.m. – 12 p.m.****

*** Pending staff availability.*

Youth Orientation LOW COST

An orientation of the facility, the equipment and safe use.
Cost: $2. *Register online or by calling 604-927-4386.*

Refer to the Youth Section for days, times and locations.

Note: *Youth 13 – 15 years MUST take this program to work out in the fitness centres or participate in group fitness classes.*

Personal *Training*

Looking for a personalized training program?

Our certified personal trainer will assess your fitness level, learn about your goals and lead you through a custom training program.

First Assessment Session *(1.25 hrs)*: $82
Assessment session is mandatory for first-time clients.

3 Sessions	**5 Sessions**	**10 sessions**
(1-hour per): $196	*(1-hour per)*: $312	*(1-hour per)*: $588

Learn more at **coquitlam.ca/PersonalTraining**

Drop-In Group Fitness Classes

Use your ONE PASS to drop-in to these fitness classes!
All classes are instructed by registered fitness leaders.

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

Levels of Intensity

Beginner: ●
All Levels: ●●
Challenging: ●●●

Cardio/Strength

Cardio Core Conditioning ●●

Combine cardio training with strength based movements, with emphasis on core! Expect to use a variety of equipment for weight training movements.

Fit 360° ●●

Your complete 360-degree fitness class incorporates a full-body workout. Expect a diverse experience utilizing a variety of equipment with high energy cardio routines.

Low Impact ●●

A true classic format! Low impact movements through cardio patterning and movement to music. A strength component is included to support muscular endurance using a variety of equipment.

NRG Circuit ●●

Intervals are used to boost your energy (NRG)! This circuit style class combines cardio, balance, core and strength training.

Step Remix ●●

Cardio and strength are the focus of this remixed athletic step class. This class features the STEP for cardio but with less emphasis on complex patterning. A wide range of music styles to suit all.

Cycle

Group Ride ●●

Indoor cycling on Keiser bikes with constant tension to maximize cardio and muscular endurance. Ride to the beat with intense drills which may include tabata, visualizations, hills and sprints. All riders welcome as tension can be individualized.

Dance

Belly Dance4One ●●

Middle eastern dance and music inspired workout with belly dance techniques and choreography.

Dance4One ●●

All genres of dance inspired by latin, ballroom classics and modern music. Learn movement patterns and have fun enjoying a variety of dance styles. Beginner and intermediate levels available.

Zumba® ●●

Ditch the workout, Join the Party! International rhythms and easy-to-follow moves create a one-of-a kind fitness experience for the dance lover.

Zumba Gold® ●

For those who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Zumba Sentao® ●●

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

Zumba Toning® ●●

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

Strength/Resistance

Body Basics ●●

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

Iron and HIIT ●●●

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

Specialty Classes

Active Joints ●

Get moving in a gentle environment with low impact exercises safe for all abilities. Mobilize, strengthen and increase your fitness level. Choose to sit or stand during this exercise class.

Chair Fit ●

Get in shape while still sitting. This class will lead you through some upper body strengthening, lower body strengthening and stretching all while having the security of being seated.

Course fees do not include applicable taxes. Details subject to change.

Levels of Intensity

Beginner: ●
All Levels: ●●
Challenging: ●●●

Essentrics ●●
A combination of tai chi, ballet and the healing principles of physiotherapy in a full body workout. Suitable for all ages and abilities with a few easy modifications.

Essentrics Beginner ●
A full body workout targeted towards injury prevention and rehabilitation through stretching. Learn the basics of posture alignment, tension release, balance and recovery.

Gentle Impact 4 Healthy Bones ●
Improve strength, posture, balance and agility through the use of functional exercises, resistance training and appropriate stretches. Great for those with osteoporosis.

Tai Chi/Qigong ●●
This gentle class focuses on flowing movements performed in a slow, focused manner and accompanies deep breathing. Tai chi cultivates life energy within us and encourages powerful purposeful movement.

Yoga/Pilates/Stretch

Hatha Yoga ●●
Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures with special emphasis on controlled breathing and posture.

Pilates ●●
Pilates is a designed practice, targeting core strength, mobility and balance. A series of fluid exercises using breathing techniques and body mechanics in movement sequences.

Pilates Yoga Fusion ●●
The best of both worlds, this program will stabilize, mobilize and increase the mind-body connection through a combination of yoga and Pilates.

Power Yoga ●●●
Get a full body workout linking breath to movement and focus on fast transitions to increase the heart rate. Burn calories with this powerful blend of yoga poses and postures.

Stretch and Meditation ●
This will be a calming stretching class which will help create a mind-body connection, ending with a nice meditative exercise.

Vinyasa Flow Yoga ●●●
Poses are done in a flowing succession and more quickly than a Hatha class. Improve energy levels in this flowing yoga practice with a relaxing Savasana to follow.

Yin Deep Stretch Yoga ●
A slower paced yoga class suitable for everyone. Postures are held for a longer period of time to target deep connective tissues in the body.

Group Fitness Class Rules

How to have a positive class experience:

- Obtain a fitness drop-in ticket *(available 30-min. prior to class start)* from the front desk and provide to class instructor.
- Numbers on the tickets reflect class size and does not indicate your spot on the floor or order of entry. Floor spots are first come first serve serve.
- Avoid leaving water bottles or other items to save spots for yourself or friends.
- Leave those heeled or open-toed shoes behind—athletic shoes are best or bare feet for yoga!
- Enjoy being unplugged! Please turn off cell phones and other devices.
- Be air aware and avoid the use of scented products whenever possible.
- Respectful language is the only option in our classes.

Be On Time



Remember to be on time for class. Arriving late may disrupt those around you and may not allow for a sufficient warm up and class introduction.

Please note instructors may deny late entry based on class design.



Wristbands

Wear your wristband as proof of admission. The band must be sealed to be valid and must be worn on your wrist or shoe.

If you have any questions, comments, or suggestions, please email fitness@coquitlam.ca

Health and Fitness

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



Adult and Baby Yoga (16+ yrs)

Relaxation for baby and you! Learn how to relax and breathe fully while focusing on strengthening the abs, back and shoulder with the help of your baby. Open to either parent or guardian.

at Centennial Pavilion

Tu	Jan 5 – Feb 9	11 a.m. – 12 p.m.	6/$66	243475
Tu	Feb 16 – Mar 23	11 a.m. – 12 p.m.	6/$66	243477

Aging with Strength (19+ yrs)

Curious what weight training can do for your fitness level? This class is a four-week program specifically designed for beginners and taught by a fitness trainer. It will include an orientation and etiquette session as well as a full body strength exercises done with weights. Please ask the front desk staff for additional options.

at Glen Pine Pavilion

F	Jan 8 – Feb 5	11 a.m. – 12 p.m.	5/$60	243452
W	Feb 10 – Mar 10	1:30 – 2:30 p.m.	5/$60	243453

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	Jan 3 – Feb 7	10:45 – 11:45 a.m.	6/$66	243290
M	Jan 4 – Feb 8	6:45 – 7:45 p.m.	6/$66	246349
Th	Jan 7 – Feb 11	5:45 – 6:45 p.m.	6/$66	243289
Su	Feb 14 – Mar 21	10:45 – 11:45 a.m.	6/$66	243291
Th	Feb 18 – Mar 25	5:45 – 6:45 p.m.	6/$66	243292
M	Feb 22 – Mar 22	6:45 – 7:45 p.m.	5/$55	246355

at Poirier Sport and Leisure Complex

Tu	Jan 5 – Feb 9	7:15 – 8:15 p.m.	6/$66	243458
Tu	Feb 16 – Mar 23	7:15 – 8:15 p.m.	6/$66	243459

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 Centennial Pavilion

W	Jan 6 – Feb 10	1 – 2 p.m.	6/$66	243460
W	Feb 17 – Mar 24	12 – 1 a.m.	6/$66	243461

Course fees do not include applicable taxes. Details subject to change.

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	Jan 4 – Feb 8	11 a.m. – 12:15 p.m.	6/$82.50	243482
F	Jan 8 – Feb 12	11:15 a.m. – 12:30 p.m.	6/$82.50	243493
F	Feb 19 – Mar 19	11:15 a.m. – 12:30 p.m.	5/$68.75	243495
M	Feb 22 – Mar 22	11 a.m. – 12:15 p.m.	5/$68.75	243489

at Glen Pine Pavilion

F	Jan 8 – Feb 12	11:45 a.m. – 1 p.m.	6/$82.50	243450
F	Feb 19 – Mar 19	11:45 a.m. – 1 p.m.	5/$68.75	243451

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	Jan 5 – Feb 11	12 – 1 p.m.	12/$132	243503
Tu/Th	Feb 16 – Mar 25	12 – 1 p.m.	12/$132	243504

Group Cycle: Ride and Strength (13+ yrs)

Ride and pump your way to a better, healthier you. This class will get your cardio and muscles going for an overall fitter self.

at Centennial Pavilion

Tu	Jan 5 – Feb 9	5:45 – 6:45 p.m.	6/$66	246117
Tu	Feb 16 – Mar 23	5:45 – 6:45 p.m.	6/$66	246118

at City Centre Aquatic Complex

W	Jan 6 – Feb 10	6:45 – 7:45 p.m.	6/$66	243306
W	Feb 17 – Mar 24	6:45 – 7:45 p.m.	6/$66	243307

Group Cycle: Valentine's Night Ride (19+ yrs)

Each class will feature unique DJ mixes, with a variety of music styles and tempos, combined with different drills, intervals and team challenges. Classes will include varied lighting and music themes making every night different.

at City Centre Aquatic Complex

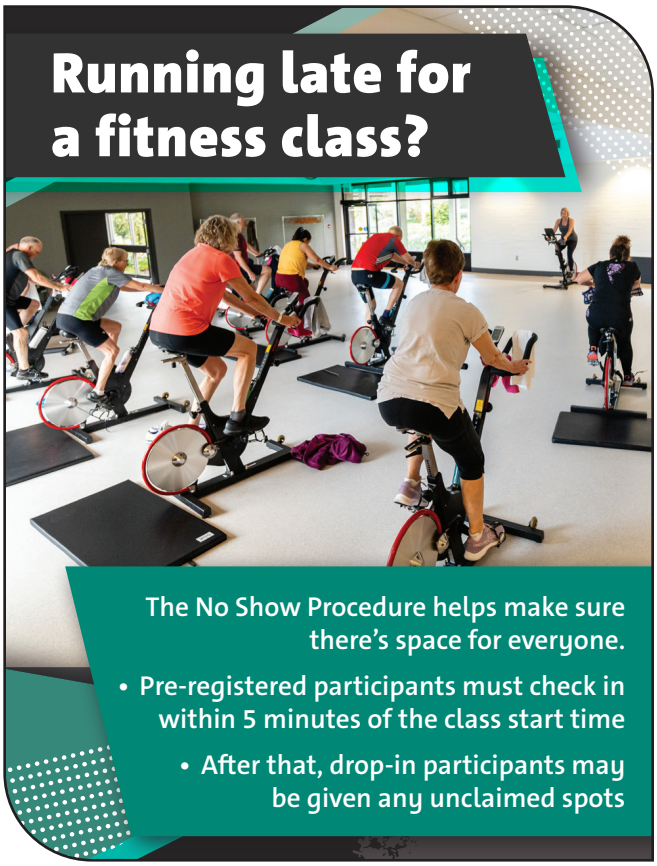
F	Feb 12	7:30 – 8:30 p.m.	1/$18	243301

Kickboxing (19+ yrs)

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

at Pinetree Community Centre

Th	Jan 7 – Jan 28	7:45 – 8:45 p.m.	4/$41.40	244825
Th	Feb 4 – Feb 25	7:45 – 8:45 p.m.	4/$41.40	244826
Th	Mar 4 – Mar 25	7:45 – 8:45 p.m.	4/$41.40	244827



Killer Kettlebells (13+ yrs)

Bust through plateaus, feel the burn and push yourself with this higher intensity, functional workout integrating explosive cardio and powerful strength exercises. This circuit style class progressively becomes more challenging each week to improve your fitness level, incorporating the spin bikes, TRX, kettlebells, battle ropes, sandbags, plyometric boxes, dumbbells and resistance bands.

at City Centre Aquatic Complex

M	Jan 4 – Feb 8	6:45 – 7:45 p.m.	6/$66	243293
Tu	Jan 5 – Feb 9	6 – 7 p.m.	6/$66	243295
Tu	Feb 16 – Mar 23	6 – 7 p.m.	6/$66	243296
M	Feb 22 – Mar 22	6:45 – 7:45 p.m.	5/$55	243294

Learn 2 Pilates (13+ yrs)

Learn the fundamentals of Classical Pilates in this supportive, progressive class which introduces beginners to traditional mat exercises while developing core strength, posture, alignment, balance, flexibility and controlled movement. Skills like how to properly engage your core, stabilize your body and move with intention will be taught in a welcoming environment.

at Poirier Sport and Leisure Complex

M	Jan 4 – Feb 8	5 – 6 p.m.	6/$66	244546
M	Feb 22 – Mar 22	5 – 6 p.m.	5/$55	248022

Learn 2 Yoga (13+ yrs)

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

at Pinetree Community Centre

W	Jan 13 – Feb 10	6 – 6:45 p.m.	5/$41.25	243446

at Poirier Sport and Leisure Complex

Th	Feb 18 – Mar 18	10:45 – 11:30 a.m.	5/$41.25	243462

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	Jan 7 – Feb 11	2:15 – 3:45 p.m.	6/$51	243499
Th	Feb 18 – Mar 25	2:15 – 3:45 p.m.	6/$51	243500

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	Jan 7 – Feb 11	5:50 – 6:50 p.m.	6/$66	243302
Th	Feb 18 – Mar 25	5:50 – 6:50 p.m.	6/$66	243303

at Poirier Sport and Leisure Complex

Su	Jan 3 – Feb 7	6 – 7 p.m.	6/$66	243463
Su	Feb 14 – Mar 21	6 – 7 p.m.	6/$66	243464

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	Jan 6 – Feb 10	7 – 8 p.m.	6/$66	243447
W	Feb 17 – Mar 24	7 – 8 p.m.	6/$66	243448

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	Jan 3 – Feb 7	5:45 – 7 p.m.	6/$82.50	243304
Su	Feb 14 – Mar 21	5:45 – 7 p.m.	6/$82.50	243305

at Maillardville Community Centre

M	Jan 4 – Feb 8	7:30 – 8:45 p.m.	6/$82.50	243406
M	Feb 22 – Mar 22	7:30 – 8:45 p.m.	5/$68.75	243408

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	Jan 14 – Feb 4	8 – 9 p.m.	4/$44	243466
Th	Feb 11 – Mar 4	8 – 9 p.m.	4/$44	243467

Start 2 B Strong (13+ yrs)

Build strength, move better and feel more confident in your fitness journey! This supportive, small-group functional training class introduces a variety of movements and equipment while helping you develop strength, balance, coordination and cardiovascular fitness. Progress at your own pace in a welcoming environment as you learn the fundamentals of functional training and build a strong foundation for continued fitness.

at City Centre Aquatic Complex

Th	Jan 7 – Feb 11	10 – 11 a.m.	6/$66	243297
Th	Feb 18 – Mar 25	10 – 11 a.m.	6/$66	243298

All Abilities Welcome!

Visit page **4** for details

Course fees do not include applicable taxes. Details subject to change.

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	Feb 22 – Mar 22	10:45 a.m. – 12 p.m.	5/$68.75	246095

at Victoria Community Hall

M	Jan 4 – Feb 8	9:30 – 10:45 a.m.	6/$82.50	243456

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	Jan 4 – Feb 10	1:30 – 2:30 p.m.	12/$156	243397
M/W	Feb 17 – Mar 24	1:30 – 2:30 p.m.	11/$143	243401

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	Jan 5 – Feb 11	1 – 2 p.m.	12/$156	243501
Tu/Th	Feb 16 – Mar 25	1 – 2 p.m.	12/$156	243502

Yoga Under the Stars (13+ yrs)

Enjoy your Yoga journey under the star projections on the ceiling and candlelight flickering around you. There will be flowing yoga poses and movement guided by breath work. The sequence will progressively become more challenging and leave the body energized and refreshed.

at City Centre Aquatic Complex

Tu	Jan 5 – Feb 9	8:15 – 9:15 p.m.	6/$66	243308
Tu	Feb 16 – Mar 23	8:15 – 9:15 p.m.	6/$66	243309

at Maillardville Community Centre

Su	Jan 3 – Feb 7	7:45 – 8:45 p.m.	6/$66	243411
Su	Feb 14 – Mar 21	7:45 – 8:45 p.m.	6/$66	243417

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 Maillardville Community Centre

W	Jan 6 – Feb 10	6:30 – 7:30 p.m.	6/$66	243423
W	Feb 17 – Mar 24	6:30 – 7:30 p.m.	6/$66	243425

at Pinetree Community Centre

Th	Jan 7 – Feb 11	7:15 – 8:15 p.m.	6/$66	243442
Th	Feb 18 – Mar 25	7:15 – 8:15 p.m.	6/$66	243443



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 have access to this facility without needing a YMCA membership.

Learn more at **coquitlam.ca/YMCA**

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.

Dogwood and Glen Pine Discovery Week





Join us at the Dogwood Pavilion and Glen Pine Pavilion for Discovery Week, January 3 – 9, 2027. Try out single classes, meet the instructor and discover something new in a welcoming, low-pressure setting.

From dance and music to painting, collage and drawing, there is something for everyone.

Start your new year by discovering all the fun going on at Dogwood and Glen Pine Pavilions!

Jan 3

Collage Workshop – Songbird in the Snow
10 a.m. – 12 p.m.

Jan 4

New Year, New Brush – Ink and Calligraphy
9:30 – 11:30 a.m.

Art Story Journal
2 – 4 p.m.

Jan 5

New Journeys with Pen Line Drawing
9 – 11 a.m.

Drawing with Archival Pens
9:30 – 11:30 a.m.

Exploring the Colour Wheel and Mixing in Acrylics
9:30 a.m.– 12 p.m.

Jan 6

Gouache Workshop – Snowy Winter Morning
9:30 – 11:30 a.m.

Blooms of Hope Illustrations with Pen and Watercolour
11:30 a.m. – 1:30 p.m.

Tea and Sketch
1 – 3 p.m.

Cooking Around the World – France – The Omelette
2:30 – 4 p.m.

Jan 7

Plate Printing – Frost and Ice
9:30 – 11:30 a.m.

A Taste of Ageless Ballet
11 a.m. – 12 p.m.

Winter Themed Gouache Workshop
11:30 a.m. – 1 p.m.

Jan 8

Discover the Joy of Singing
9:30 – 11:30 a.m.

Embroidery Snowflakes
10 – 11:30 a.m.

Winter Watercolour Workshop
11:30 a.m. – 1:30 p.m.

Intro to Line Dance
1:45 – 2:45 p.m.

Intro to Jazz
3 -4 p.m.

Jan 9

Watercolour Wet on Wet Technique
1 – 3 p.m.

Intro to Ukulele
1 – 2 p.m.

Please register in advance.

For more information and costs, visit coquitlam.ca/registration, give us a call at **604-927-4386**, or visit the front desk of Dogwood or Glen Pine Pavilions.

Course fees do not include applicable taxes. Details subject to change.

Adult

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

19 yrs +
(unless otherwise noted)



Cards and Games

Dungeons and Dragons 101 (19+ yrs)

Curious about Dungeons and Dragons but intimidated by the books and not sure where to start? Come join us for D and D 101! Learn the basic game mechanics, create a character and play a short one-shot. Let's go find some adventure together this Winter!

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	6:30 – 8:30 p.m.	5/$25	245564
Th	Feb 18 – Mar 25	6:30 – 8:30 p.m.	6/$30	245565

Learn to Play Bridge (19+ yrs)

Start with understanding the roles of players and the basic rules of play. Continue with bidding, the process of deciding which suit will be trumps for the round and how many tricks a partnership aims to win. Learn tactics and introduce scoring.

at Glen Pine Pavilion

Th	Feb 18 – Mar 25	6:30 – 8:30 p.m.	6/$17.10	245566

Learn to Play Cribbage (19+ yrs)

Learn how to play Cribbage – a very traditional and popular cards games that is good for all ages. The object of the game is to score 121 points which are pegged on the board by points in your hands.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 2	6:15 – 7:15 p.m.	4/$11.40	245533
Tu	Feb 16 – Mar 9	6:15 – 7:15 p.m.	4/$11.40	245534

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

Adventure C

Tu	Jan 12 – Feb 9	6:30 – 8:45 p.m.	5/$25	245531
Tu	Feb 16 – Mar 23	6:30 – 8:45 p.m.	6/$30	245532

Adventure K

W	Jan 13 – Feb 10	2:15 – 5:15 p.m.	5/$25	245539
W	Feb 17 – Mar 24	2:15 – 5:15 p.m.	6/$30	245540

Adventure M

W	Jan 13 – Feb 10	7 – 8:45 p.m.	5/$25	245535
W	Feb 17 – Mar 24	7 – 8:45 p.m.	6/$30	245536

Adventure S

Sa	Jan 16 – Feb 13	12:15 – 2:45 p.m.	5/$25	245744
Sa	Feb 20 – Mar 27	12:15 – 2:45 p.m.	6/$30	245745

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Mahjong Beginner (19+ yrs)

Learn the fundamentals of traditional Hong Kong Style Mahjong in a friendly and supportive environment. Participants will be introduced to the tiles, basic rules, gameplay, and scoring while developing strategy, concentration, and social connections through guided practice and play.

at Dogwood Pavilion

Th	Jan 14 – Feb 18	9:30 – 11:30 a.m.	6/$17.10	242082

Lifelong Learning

Cooking: Bacon, Potato and Cheese Pierogis (16+ yrs)

Learn how to make traditional, hand-crafted pierogis filled with a savory blend of mushrooms, creamy potatoes, and crispy bacon. This hands-on class will guide you through the dough-making and filling techniques to create these comforting, delicious dumplings.

at Maillardville Community Centre

Th	Feb 25	6 – 8 p.m.	1/$31.80	245071

Cooking: Baking with Sourdough Starters (16+ yrs)

Come learn how to make the perfect loaf of sourdough bread and what it takes to have your baking rise to the next level. Bring a jar to take home some starter!

at Maillardville Community Centre

Th	Jan 14	6 – 8 p.m.	1/$31.80	245064
Th	Feb 4	6 – 8 p.m.	1/$31.80	245065
Th	Mar 25	6 – 8 p.m.	1/$31.80	245066

Cooking: Beef Empanadas with Chimichurri Dip (19+ yrs)

Fold savory empanadas stuffed with spiced beef and vegetables and bake them to golden perfection. A zesty chimichurri dip adds a bright, fresh finish.

at Dogwood Pavilion

Sa	Mar 20	9:30 – 11:30 a.m.	1/$31.80	245821

Cooking: Bun Two Ways: Apple Cinnamon Bun and Salmon Cream Cheese Bun (16+ yrs)

Learn to make baked rolls two ways: fragrant apple cinnamon rolls and creamy salmon cream cheese rolls. All skill levels welcome and have a taste at the end!

at Maillardville Community Centre

Th	Mar 18	6 – 8 p.m.	1/$31.80	245093

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

Africa – Shakshuka

W	Feb 17	3 – 5 p.m.	1/$31.80	245755

China – Sichuan Dan Dan Noodles

W	Feb 10	6 – 8 p.m.	1/$31.80	243221

China – Wonton Soup with Homemade Wontons

W	Feb 24	6 – 8 p.m.	1/$31.80	245529

Italy – Cheese Ravioli

W	Mar 17	6 – 8 p.m.	1/$31.80	243220

Italy – Fettucini Alfredo

W	Mar 24	6 – 8 p.m.	1/$31.80	245752

Jamaica – Curry Patties

W	Mar 3	3 – 5 p.m.	1/$31.80	245754

Korea – Japchae

W	Mar 10	6 – 8 p.m.	1/$31.80	245753

Louisiana – Cajun Jambalaya

W	Feb 3	6 – 8 p.m.	1/$31.80	243230

Mexico – Tamales with Roasted Corn Salad

Sa	Jan 16	9:30 a.m. – 12:30 p.m.	1/$47.70	245790

Thailand – Gaeng Daeng (Red Curry)

W	Jan 13	6 – 8 p.m.	1/$31.80	243238

Vietnam – Bánh Mì

W	Jan 20	3 – 5 p.m.	1/$31.80	245756

West Africa – Peanut Soup

W	Jan 27	6 – 8 p.m.	1/$31.80	245530

No experience necessary and all cooking supplies provided.

Course fees do not include applicable taxes. Details subject to change.

Cooking: Asian Flavours – (19+ yrs)

The Asian Flavours series features the savoury and spicy flavour profiles that showcases this culturally diverse region. Enjoy learning how to prepare and cook the feature dishes of each country focusing on fresh ingredients for a tasty and beautiful presentation that will impress your family and friends.

at Glen Pine Pavilion

Chicken Adobo and Empanadas – Phillipines

Su	Jan 10	10:30am – 1:30pm	1/$47.70	244589

Sweet Garlic Eggplant and Hot Sour Soup – China

Su	Jan 17	10:30am – 1:30pm	1/$47.70	244591

Roti Canai and Chicken Satay – Malaysia

Su	Jan 24	10:30am – 1:30pm	1/$47.70	244592

Glass Noodles with Vegetables and Meat Dumpling Soup

Su	Jan 31	10:30am – 1:30pm	1/$47.70	244593

Chicken Karaage and Sunomono Salad – Japan

Su	Feb 07	10:30am – 1:30pm	1/$47.70	244595

Butter Chicken and Garlic Naan – India

Su	Feb 14	10:30am – 1:30pm	1/$47.70	244597

Lettuce-wrapped Spring Rolls and Braised Pumpkin – Vietnam

Su	Feb 21	10:30am – 1:30pm	1/$47.70	244598

Singapore Noodles and Laksa Soup – Singapore

Su	Feb 28	10:30am – 1:30pm	1/$47.70	244599

Gado Gado Vegetables in Peanut Sauce and Nasi Goreng – Indonesia

Su	Mar 07	10:30am – 1:30pm	1/$47.70	244600

Frikkadels Meatballs and Cashew Nut Curry – Sri Lanka

Su	Mar 14	10:30am – 1:30pm	1/$47.70	244602

Green Papaya Salad and Chicken Peanut Panang Curry – Thailand

Su	Mar 21	10:30am – 1:30pm	1/$47.70	244604

Cooking: Chili Pot Pies with Cornbread Topping (19+ yrs)

Make a comforting, flavour-packed beef chili topped with golden, tender cornbread for the ultimate cozy meal.

at Dogwood Pavilion

Sa	Feb 20	9:30 – 11:30 a.m.	1/$31.80	245843

Cooking: Cinnamon Buns Two Ways (19+ yrs)

Cinnamon Buns two ways! Soft, fluffy and rich in cinnamon flavour with a classic slow rise yeast recipe as well as a faster alternative for those cinnamon bun emergencies.

at Dogwood Pavilion

Sa	Jan 30	9:30 – 11:30 a.m.	1/$31.80	245775

Cooking: Classic Risotto (19+ yrs)

Learn the magic behind taking a humble ingredient like rice and turning into in rich, flavourful, creamy perfection in this special class focusing on classic risotto.

at Dogwood Pavilion

Sa	Feb 27	9:30 – 11:30 a.m.	1/$31.80	245815

Cooking: Delightful Spring Desserts (19+ yrs)

Spring desserts highlights seasonal favourites featuring bright citrus fruits for sunny flavours, buttery cookies and wonderful crumbles and crostatas.

at Glen Pine Pavilion

M	Feb 22 – Mar 22	7 – 8:30 p.m.	5/$119.25	245198

Cooking: East Coast Chowder with Fresh Baked Dinner Rolls (19+ yrs)

Warm up with a comforting East Coast chowder, packed with hearty ingredients and classic coastal flavours. Learn the techniques for creating a rich, flavourful chowder from scratch while making soft, freshly baked rolls to enjoy alongside it.

at Dogwood Pavilion

Sa	Mar 6	9:30 – 11:30 a.m.	1/$31.80	245836

Cooking: Easter Cookies (19+ yrs)

Celebrate spring with this fun class featuring chocolate bird's nest cookies and lemon shortbread. Learn simple techniques for shaping, baking, and adding festive decorative finishes.

at Dogwood Pavilion

Sa	Mar 27	9:30 – 11:30 a.m.	1/$31.80	245813

Cooking: Guinness Chocolate Cupcakes with Creamy Frosting (19+ yrs)

Learn to bake rich, moist Guinness chocolate cupcakes with creamy piped frosting in this fun, hands-on St. Patrick's Day baking class.

at Dogwood Pavilion

Sa	Mar 13	9:30 – 11:30 a.m.	1/$31.80	245811

Cooking: Japanese Ice Cream Mochi (16+ yrs)

Discover the art of making traditional Japanese mochi with ice cream filling. This class will guide you through creating the perfect chewy texture and delicious ice cream.

at Maillardville Community Centre

Th	Feb 18	6 – 8 p.m.	1/$31.80	245070

Cooking: Japanese Milk Bread (16+ yrs)

Learn to make soft, fluffy Japanese milk bread from scratch using traditional techniques. Perfect for home bakers looking to expand their skills with Asian-style breads.

at Maillardville Community Centre

Th	Jan 28	6 – 8 p.m.	1/$31.80	245067

Cooking: Lunar New Year Dim Sum Classics (19+ yrs)

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

at Dogwood Pavilion

Sa	Jan 23	9:30 a.m. – 12:30 p.m.	1/$47.70	245787

Cooking: Mexican Churros with Chocolate Sauce (16+ yrs)

Indulge in the crispy, cinnamon-sugar-coated Mexican churros paired with a rich, velvety chocolate sauce. This class will teach you the perfect technique for achieving the ideal crunch and sweetness.

at Maillardville Community Centre

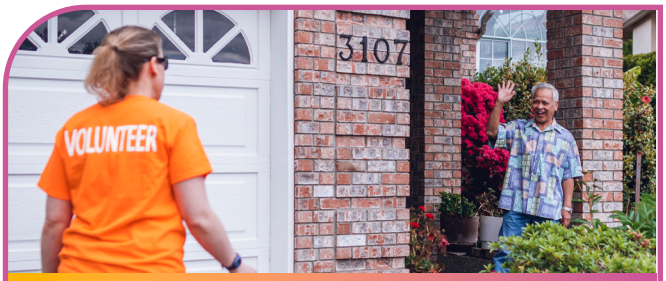
Th	Jan 21	6 – 8 p.m.	1/$31.80	245069

Cooking: Pavlova Cake (16+ yrs)

Bake elegant, airy meringues topped with luscious cream and fresh fruit. This hands-on class masters the iconic, crispy-light dessert. You will make a classic and roll version.

at Maillardville Community Centre

Th	Mar 11	6 – 8 p.m.	1/$31.80	245068



Meaningful Meals *for* Seniors

Volunteer for Meaningful Meals!

Help deliver nutritious, low-cost meals to vulnerable seniors in Coquitlam—while sharing conversation and community connections.

For more information, visit coquitlam.ca/MeaningfulMeals

Cooking: 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	Feb 6	9:30 a.m. – 12:30 p.m.	1/$47.70	245782

Cooking: Strawberry Cream Roulade (19+ yrs)

As a group, learn to make a light, flexible chiffon or genoise sponge cake that rolls perfectly without cracking. Add a creamy strawberry filling and assemble a stunning, cake spiral.

at Dogwood Pavilion

Sa	Feb 13	9:30 – 11:30 a.m.	1/$31.80	245795

Cooking: Vegetarian Buddha Bowls with Tahini Sauce (19+ yrs)

Colourful, nourishing and packed with flavour, Vegetarian Buddha Bowls with delicious creamy Tahini Sauce are the perfect way to start a new year.

at Dogwood Pavilion

Sa	Jan 9	9:30 – 11:30 a.m.	1/$31.80	245826

No experience necessary and all cooking supplies provided.

Course fees do not include applicable taxes. Details subject to change.

Saturday Family Cooking: DIY Pizza Night and Garlic Sticks (3+ yrs)

Gather the family for a fun, interactive DIY pizza night with toasty garlic sticks. Work together to stretch the crust, layer your favorite toppings, and enjoy a delicious, feast-worthy meal created by the whole team!

at Maillardville Community Centre

Sa	Jan 9	5:30 – 7:30 p.m.	1/$14.60	245085

Saturday Family Cooking: Mac and Cheese with Caesar Salad (3+ yrs)

Come together with the family to learn to make a cozy mac and cheese together! Accompanied by a delicious fresh tossed caesar salad.

at Maillardville Community Centre

Sa	Feb 20	5:30 – 7:30 p.m.	1/$14.60	245087

Saturday Family Cooking: Pasta E Fagiolo with Affogato Dessert (Kid Friendly) (3+ yrs)

Enjoy a fun evening with your whole family, collaborating to make Pasta E Fagioli with Affogato Dessert. (ice cream with coffee or hot chocolate on top). To celebrate at the end, you will have the meal all together.

at Maillardville Community Centre

Sa	Mar 20	5:30 – 7:30 p.m.	1/$14.60	245088

Saturday Family Cooking: Tostadas and Chocolate Molding (3+ yrs)

As a family, you'll learn to build crunchy, flavor-packed tostadas loaded with fresh toppings, followed by learning how to shape chocolate into molds! Enjoy the meal together as a family.

at Maillardville Community Centre

Sa	Feb 6	5:30 – 7:30 p.m.	1/$14.60	245075

Valentine's Special: Baking: Chocolate Strawberry Shortcake (16+ yrs)

Join us for a hands-on culinary workshop where you'll master the art of crafting a decadent chocolate strawberry shortcake. Perfect for all skill levels, this class guides you through baking rich chocolate shortcake and assembling them with seasonal berries and luscious whipped cream.

at Maillardville Community Centre

Th	Feb 11	6 – 8 p.m.	1/$31.80	245091

Finance: Effective Tax Strategies (19+ yrs)

Learn to understand the tax system and to minimize the amount of tax to pay by being proactive in tax planning and detailed record keeping with simple tools to save money.

at Dogwood Pavilion

Su	Feb 28	10 – 11:30 a.m.	1/FREE	246079

at Glen Pine Pavilion

W	Jan 27	6:30 – 8 p.m.	1/FREE	245941

Finance: Just Widowed (19+ yrs)

Equip women with the right strategies for financially recovering after the loss of a partner and maintaining good financial confidence moving forward.

at Dogwood Pavilion

Su	Mar 21	10 – 11:30 a.m.	1/FREE	246080

Finance: Make Tax Your Hero (19+ yrs)

Learn how taxes work and about filing your tax return. Receive an overview of the Canadian Income Tax System and learn the difference about tax deductions and tax credits. Helpful tips and resources for preparing and filing a tax return.

at Glen Pine Pavilion

Sa	Feb 27	1 – 2:30 p.m.	1/FREE	245950

Finance: Personal Planning Overview (19+ yrs)

This introductory session emphasizes the wisdom of planning. It outlines legal, personal and financial plans you may wish to put in place to ensure that your loved ones are able to follow your wishes and needs.

at Dogwood Pavilion

Tu	Jan 26	9:30 – 11 a.m.	1/FREE	245585

Finance: Powers of Attorney (19+ yrs)

There are four types of Power of Attorney (PoA) in BC; most people are familiar with only one. Considerations for selecting and appointing an Attorney and how to change your Attorney, if needed, are also covered.

at Glen Pine Pavilion

F	Mar 19	2 – 3:30 p.m.	1/FREE	246948

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

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

at Glen Pine Pavilion

F	Mar 12	1:30 – 3 p.m.	1/FREE	245959



Coquitlam Income Tax Clinic Appointments

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

If you are unable to attend an appointment in person, there is an option to file your 2026 Income Tax Returns over the phone. Volunteers will pick up all supporting documents and help file the Income Tax Return. *For more information about this service, contact Kim Bortolin, Community Services Coordinator at* **604-927-6093**.

Finance: Service Canada Presentations (19+ yrs)

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.
Feb 23 with CRA Information for People with Disabilities
Mar 5 with CRA Information on Seniors Benefits
Mar 24 Preparing for Retirement Information

at Glen Pine Pavilion

Tu	Feb 23	3:30 – 5 p.m.	1/FREE	246073
F	Mar 5	2 – 3:30 p.m.	1/FREE	246076
W	Mar 24	6:30 – 8 p.m.	1/FREE	246074

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

Learn how to become a better money manager through the presentation and discussion.

at Dogwood Pavilion

Su	Jan 31	10 – 11:30 a.m.	1/FREE	246078

General: Hiking Adventures Slideshow (19+ yrs)

Grab a treat or purchase and early lunch to sit back and enjoy the slideshow. Presented by volunteer Terry McCullough, view his visually captivating photographs set to music and his exciting tales of adventurous travel and hiking experiences.
Jan Fall Colours: Montmorency/Levis Quebec
Feb Fall Colours: Eastern Township Quebec
Mar Spring Flowers: Okanagan

at Glen Pine Pavilion

F	Jan 15	11 a.m. – 12:30 p.m.	1/FREE	246956
F	Feb 19	11 a.m. – 12:30 p.m.	1/FREE	246957
F	Mar 19	11 a.m. – 12:30 p.m.	1/FREE	246958

General: Let's Put a Spotlight on Ageism! (19+ yrs)

We'll explore how ageism shapes attitudes, behaviours, and experiences across generations. Every day, ageism routinely manifests through casual jokes, patronizing speech, and false assumptions about an older adult's ability to contribute to society. This persistent exposure damages the self-esteem of seniors. Let's look at how stereotypes, prejudice, and discrimination affect us all. We'll have fun looking at the similarities of the "baby boomers" and try to understand the impact of ageism on all generations.

at Dogwood Pavilion

Tu	Jan 19	9:30 – 11 a.m.	1/FREE	246077

Health and Safety: Early Dementia Support Group (19+ yrs)

1st and 3rd Thursday of each month. Having a diagnosis of Alzheimer's disease or another dementia affects many areas of your life and people in this situation experience a variety of feelings. Early-stage support groups provide a place for people living with early symptoms of dementia to come together with others also living the dementia experience and discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.

at Glen Pine Pavilion

1st and 3rd Thursday of each month

Jan 7 – Mar 18	1:30 – 3 p.m.	6/FREE	245577

All Abilities Welcome!
Visit page **4** for details

Course fees do not include applicable taxes. Details subject to change.

Health and Safety: Reducing the Risk of Falls in Older Adults (19+ yrs)

A combination of targeted exercise to improve balance, some practical modifications to the home environment, and regular medical reviews are strategies that can reduce falls in older adults. There are some ways that can be easily implemented and will be discussed in this session.

at Glen Pine Pavilion

Su	Feb 28	12 – 1:30 p.m.	1/FREE	247094

Health and Safety: Injury Prevention and Training for Runners (19+ yrs)

Learn practical strategies for building training consistency, optimizing running form, and recognizing early signs of overuse. There are techniques to improve running performance while reducing injury risk.
The session aims to help runners stay healthy, train sustainably, and support long-term participation in the sport.

at Glen Pine Pavilion

Su	Mar 21	12 – 1:30 p.m.	1/FREE	247095

Health: Accessing Services (19+ yrs)

Learn about the services available to those with dementia and their caregivers and how to access them.

at Dogwood Pavilion

Th	Feb 11	1:30 – 3 p.m.	1/FREE	245172

Health: Aging in Place (19+ yrs)

Most older Canadians would prefer to stay in their homes as they age, but only one in four feel confident they will be able to do so. This workshop outlines the advantages as well as the challenges of aging in place. Nine aspects of daily living are considered to help participants evaluate how prepared they are to age in place.

at Glen Pine Pavilion

Th	Jan 28	9:30 – 11 a.m.	1/FREE	245974

Health: Chronic Diseases (19+ yrs)

Four of the diseases that could affect the health of seniors are Cancer, Diabetes, Heart Disease and Lung Disease. This workshop briefly outlines each one in terms of its risk factors, early warning signs and tips for managing and living with the disease.

at Dogwood Pavilion

Tu	Feb 16	10 – 11:30 a.m.	1/FREE	245586

Tell us how we did!
coquitlam.ca/ProgramEvaluation

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

F	Jan 22 – Feb 26	1 – 3:30 p.m.	6/FREE	245357

Health: Dealing with Stress (19+ yrs)

None of us can lead totally stress-free lives. However, excessive stress can harm your quality of life. This workshop helps to identify stressors and offer tips on how to handle sources of stress.

at Glen Pine Pavilion

F	Feb 12	2 – 3:30 p.m.	1/FREE	245982

Health: Hearing (19+ yrs)

The anatomy of the ear, common causes of hearing loss, various remedies and some tips on how to choose hearing aids are presented.

at Dogwood Pavilion

M	Mar 22	10:30 a.m. – 12 p.m.	1/FREE	245587

Health: Introduction to Brain Health (19+ yrs)

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

at Dogwood Pavilion

Tu	Mar 2	10:30 – 11:30 a.m.	1/FREE	245174

Health: Osteoarthritis, Sarcopenia, Osteopenia and Age-related Management (19+ yrs)

Learn evidence-informed approaches to managing symptoms and promoting healthy aging without relying solely on medical or surgical interventions. Topics include the role of exercise, strength training, mobility, and lifestyle interventions to support joint health, maintain function, and improve quality of life.

at Glen Pine Pavilion

Su	Jan 17	12 – 1:30 p.m.	1/FREE	247093

Health: Personal Planning on the Dementia Journey (19+ yrs)

Early in the dementia journey it can feel daunting to think about what lies ahead – but it's important to plan now, before communication and decision-making become more challenging. Personal planning is for what happens to and for you during your lifetime. Learn how to begin planning early for important legal, health-care and financial decisions.

at Glen Pine Pavilion

Th	Feb 18	1:30 – 3 p.m.	1/FREE	245774

Health: Recognizing the Journey as a Caregiver (19+ yrs)

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver.

at Glen Pine Pavilion

Th	Jan 21	10 – 11:30 a.m.	1/FREE	245777

Health: Supporting Friends on the Dementia Journey (19+ yrs)

Friends, neighbours and extended family are important sources of support for the family. Perhaps you want to help but don't know where to begin. There are ways to make your support or visits meaningful for people with dementia and their caregivers.

at Glen Pine Pavilion

F	Mar 12	2 – 3:30 p.m.	1/FREE	245800

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

Understand how dementia affects communication and learn some useful tips and strategies for your conversations with people living with dementia as they progress through the stages of the disease.

at Glen Pine Pavilion

F	Feb 26	2 – 3:30 p.m.	1/FREE	245793

Health: What is Dementia? (19+ yrs)

The term "dementia" doesn't 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. Explore how to navigate life after a dementia diagnosis alongside others who are also on the dementia journey. Learn practical strategies to live well and access resources that are available at any stage of the disease.

at Glen Pine Pavilion

F	Jan 29	2 – 3:30 p.m.	1/FREE	245783

International Women's Day: Tea Party: Baking: Lemon-Lavender Scones with Homemade Lemon Curd and Tea (16+ yrs)

Come celebrate International Women's Day with us by having fun learning the art of baking lemon-lavender scones and silky homemade lemon curd. Pair your fresh treats with a warm, soothing cup of tea.

at Maillardville Community Centre

Th	Mar 4	6 – 8 p.m.	1/$31.80	245092

Language: Creative Writing All Levels (19+ yrs)

Discover the joy of storytelling in this engaging creative writing class designed for all levels. Through instructor prompts and guided activities, engage your imagination, develop writing skills, and share ideas in a supportive environment. Perfect for expressing yourself and bringing your stories to life.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	10:15 – 11:45 a.m.	5/$56	245159
Sa	Feb 20 – Mar 27	10:15 – 11:45 a.m.	6/$67.20	245161

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	7 – 8:30 p.m.	5/$56	245567
Th	Feb 18 – Mar 25	7 – 8:30 p.m.	6/$67.20	245568

Language: English Language Learner Book Club (19+ yrs)

Improve your English reading and speaking. We will be reading a book and discussing the story in a group setting. A basic level of speaking and reading in English is required for this class.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	11:30 a.m. – 12:30 p.m.	5/$14.25	245559
Th	Feb 18 – Mar 25	11:30 a.m. – 12:30 p.m.	6/$17.10	245560

Language: English Learner 1 (19+ yrs)

Learn fun and practical fundamental English for everyday use. Gain confidence to speak English with anyone in everyday conversations. English Language Learner 1 is for those who are new to learning English.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	9:30 – 11 a.m.	5/$14.25	245557
Th	Feb 18 – Mar 25	9:30 – 11 a.m.	6/$17.10	245558

Language: English Learner 2 (19+ yrs)

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 2 is for those who know some fundamental English.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	1 – 2:30 p.m.	5/$14.25	245561
Th	Feb 18 – Mar 25	1 – 2:30 p.m.	6/$17.10	245562

Course fees do not include applicable taxes. Details subject to change.

Language: English Learner 3 (19+ yrs)

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 3 is for those who are more advanced in speaking English. Completion of Level 2 required.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	9:30 – 11 a.m.	5/$14.25	244658
Tu	Feb 16 – Mar 23	9:30 – 11 a.m.	6/$17.10	244660

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 or some previous experience.

at Glen Pine Pavilion

Sa	Jan 16 – Feb 20	1 – 2:30 p.m.	6/$67.20	245234

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

Su	Jan 10 – Feb 7	10:15 – 11:45 a.m.	5/$56	244610

Language: Korean Intermediate (19+ yrs)

For those who have some basic knowledge of the Korean language, continue building your skills with a strong focus on practical conversation and cultural understanding. Taught at a lower intermediate level.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	7 – 8:30 p.m.	5/$56	244619
Su	Feb 14 – Mar 21	10:15 – 11:45 a.m.	6/$67.20	244615
Tu	Feb 16 – Mar 23	7 – 8:30 p.m.	6/$67.20	244620

Language: Spanish Beginner (19+ yrs)

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	2 – 3:30 p.m.	5/$56	245165
Sa	Feb 20 – Mar 27	2 – 3:30 p.m.	6/$67.20	245166

at Glen Pine Pavilion

W	Feb 17 – Mar 24	9:30 – 11 a.m.	6/$67.20	244651

Language: Spanish Foundations (19+ yrs)

If your goal is to learn a new language, this class with a native Spanish speaker is a great start to develop natural pronunciation and basic grammar.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	12:15 – 1:45 p.m.	5/$56	245163
Sa	Feb 20 – Mar 27	12:15 – 1:45 p.m.	6/$67.20	245164

at Glen Pine Pavilion

M	Jan 11 – Feb 8	7 – 8:30 p.m.	5/$56	244647
W	Jan 13 – Feb 10	9:30 – 11 a.m.	5/$56	244649
M	Feb 22 – Mar 22	7 – 8:30 p.m.	5/$56	244648

LIfe Skills: Turning Your Goals Into Action (16 – 30 yrs)

Need help turning your goals into action but not sure where to start? This workshop is designed to help you gain clarity, build momentum, and leave with practical steps that you can start using right away. Through interactive activities and in-depth discussions, young adults will explore strategies to balance life in key areas, set realistic goals, and identify obstacles like mental health challenges or substance use that can get in the way. Participants will leave with clear insights, simple tools, a personalized action plan and a better understanding of the resources and community support that can help them move forward with confidence. Session is FREE of charge and pizza and refreshments will be included. Offered in partnership with Share Family and Community Services.

at Pinetree Community Centre

Th	Feb 25	7:15 – 8:45 p.m.	1/FREE	246350

Technology: Android Phones and Tablets Workshop (19+ yrs)

Learn some of the common functions of your Android device (not iphone or ipad) including how to set up email, manage contacts, download apps, security and more.

at Glen Pine Pavilion

Th	Jan 28	1:30 – 3 p.m.	1/$2.85	245569

Technology: Digital Security for Tech Devices (19+ yrs)

Making tech devices safe involves securing them against digital threats like malware and unauthorized access, protecting your privacy, and managing physical safety.

at Glen Pine Pavilion

Th	Mar 25	1:30 – 3 p.m.	1/$2.85	245573

Technology: iPad and iPhone Workshop (19+ yrs)

Learn the basic features and apps on your iPad or iPhone. Discuss security settings, accessing the internet and more.

at Glen Pine Pavilion

Th	Jan 14	1:30 – 3 p.m.	1/$2.85	245563

Technology: Managing Digital Passwords (19+ yrs)

Password management is very important to secure your information in the digital world. A set of principles and best practices to be followed by users while storing and managing passwords in an efficient manner is critical to prevent unauthorized access. Please bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	Feb 11	1:30 – 3 p.m.	1/$2.85	245570

Technology: Tools for Travel (19+ yrs)

Planning on travelling somewhere? Why not learn how your phone, tablet or laptop can help plan your vacation. Do not miss out on some of the best restaurants to try or places to see. Use online maps to navigate, language translators to communicate and maybe get some great local deals through special tickets or coupons.

at Glen Pine Pavilion

Th	Feb 25	1:30 – 3 p.m.	1/$2.85	245571

Technology: Using a Smartphone Camera (19+ yrs)

Using the camera on a smartphone to take photos and videos is easy. Bring your device for a hands on session on using this function to capture images, live footage and QR codes that can be shared by email or on social media.

at Glen Pine Pavilion

Th	Mar 11	1:30 – 3 p.m.	1/$2.85	245572

Wellness: Bloating, Reflux and Constipation (16+ yrs)

Bloating, reflux or constipation can persist even when you're trying to eat well. Explore how digestion works and how everyday nutrition and lifestyle factors can influence digestive health.

at Dogwood Pavilion

Tu	Feb 9	4 – 5:30 p.m.	1/$14.10	245711

Wellness: Diabetes Self-Management Program (19+ yrs)

Daily challenges of living with diabetes can be difficult. Gain knowledge, skills and confidence in your ability to manage your symptoms, balance activity, nutrition and medication.

at Dogwood Pavilion

Sa	Jan 16 – Feb 20	9:30 a.m. – 12 p.m.	6/FREE	246086

Wellness: Health Lab – What's Getting in the Way of a Good Night's Sleep? (19+ yrs)

Go beyond simply learning about sleep. Explore the foundations of restorative sleep, then use guided reflection to look at your own patterns and habits. Leave with one or two realistic changes to experiment with and notice what works for you. No previous session required.

at Glen Pine Pavilion

Tu	Mar 16	3:30 – 5 p.m.	1/$14.10	245925

Wellness: Health Lab: Constipation – What's Getting in the Way? (16+ yrs)

Go beyond simply adding fibre. Explore the nutrition and lifestyle foundations of healthy bowel movements, then use guided reflection to look at your own patterns. Leave with one or two simple changes to try and notice what works for you.

at Dogwood Pavilion

Tu	Mar 2	4 – 5:30 p.m.	1/$14.10	245713

Wellness: Living Life to the Full Information Session (19+ yrs)

Join us for an information session to learn about the free program Living Life to the Full which will be starting in early February, an eight week program designed to help people deal with everyday life challenges and learn self-management skills.

at Glen Pine Pavilion

Th	Jan 14	9:30 – 11 a.m.	1/FREE	245366

at Poirier Community Centre

Tu	Jan 12	10 – 11:30 a.m.	1/FREE	246812

Wellness: Living Life to the Full Workshop (19+ yrs)

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles. You will learn self confidence, problem-solving, stress management, motivation, dealing with unhelpful thoughts and anger management.

at Glen Pine Pavilion

Th	Feb 4 – Mar 25	9:30 – 11 a.m.	8/FREE	245367

at Poirier Community Centre

Tu	Jan 19 – Mar 9	10 – 11:30 a.m.	8/FREE	246815

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.

Course fees do not include applicable taxes. Details subject to change.

Wellness: Tai Chi in a Chair (19+ yrs)

Seated Taichi offers a low-impact workout based on the flowing movements of Taichi to build balance, strength, and flexibility without stressing the joints. Slow controlled movements are synchronized with breath to allow the whole body to flow.

at Glen Pine Pavilion

M	Jan 11 – Feb 8	7:15 – 8:15 p.m.	5/$47	244654
M	Feb 22 – Mar 22	7:15 – 8:15 p.m.	5/$47	244655

Wellness: Tai Chi Walking Workshop (19+ yrs)

Slow controlled mindful shifting of weight is the foundation of Taichi Walking. It does not ensure weight loss but the practice of Taichi Walking will improve your body's balance, coordination, and energy and stimulate your connection between mind and movement.

at Glen Pine Pavilion

W	Jan 13 – Feb 10	7:30 – 8:30 p.m.	5/$47	244656
W	Feb 17 – Mar 24	7:30 – 8:30 p.m.	6/$56.40	244657

Wellness: Why Am I Still Tired? (19+ yrs)

Spending enough hours in bed but still waking up tired? Explore how daily rhythms, nutrition, movement, stress and evening habits can influence sleep quality, and learn practical ways to support more restorative sleep and better daytime energy.

at Glen Pine Pavilion

Tu	Feb 16	3:30 – 5 p.m.	1/$14.10	246543



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.

Foundation

Dance: American Tango Foundations Workshop (19+ yrs)

A modern take on a classic tango. 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	Mar 20	1:30 – 3:30 p.m.	1/$21.90	245580

Dance: Ballroom for One Foundations (19+ yrs)

Learn the fundamentals of ballroom dance—no partner required! Focus on rhythm, posture, and footwork for a variety of ballroom styles, helping you build confidence and grace on the dance floor.

at Dogwood Pavilion

Su	Jan 10 – Feb 7	10:15 – 11:15 a.m.	5/$54.75	244782
Su	Feb 14 – Mar 21	10:15 – 11:15 a.m.	6/$65.70	244784

Foundation

Dance: Bellydance Foundations (19+ yrs)

The focus is on learning the basics of belly dance with the emphasis on the classic postures with the traditional hip and shoulder movements. This class is good for all levels including dancers with some or no experience and can be repeated many times for belly dance skill development.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	5:15 – 6:15 p.m.	5/$54.75	244638
Tu	Feb 16 – Mar 23	5:15 – 6:15 p.m.	6/$65.70	244640

Dance: Bollywood Foundations Workshop (19+ yrs)

Join this fun Bollywood dance workshop that's designed for everyone and any level of dancer, no experience required. Learn the basics of Bollywood.

at Dogwood Pavilion

F	Jan 29	2:15 – 3:45 p.m.	1/$16.43	245583
Th	Feb 11	10 – 11:30 a.m.	1/$16.43	245582
F	Mar 12	2:15 – 3:45 p.m.	1/$16.43	245584

Dance: Chinese Classical Foundations (19+ yrs)

An introduction to the graceful movements and techniques of Chinese classical dance, taught through age-appropriate choreography and creative movement. Skills taught include posture, flexibility, coordination, balance, and expressive storytelling through dance.

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	5:15 – 6:15 p.m.	4/$43.80	244127
Sa	Feb 13 – Mar 13	5:15 – 6:15 p.m.	5/$54.75	244128

Dance: Cross Step Waltz Foundations Workshop (19+ yrs)

Dive into this introductory social dance program to learn the Cross Step Waltz! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Feb 8	6 – 8 p.m.	1/$21.90	245117

Dance: Foxtrot Foundations Workshop (19+ yrs)

Diversify your dancing with this classic Foxtrot 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	Jan 23	1:30 – 3:30 p.m.	1/$21.90	245578

Dance: Hip Hop Foundations (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	Jan 15 – Feb 5	7:30 – 8:30 p.m.	4/$43.80	244083
F	Feb 12 – Mar 12	7:30 – 8:30 p.m.	5/$54.75	244084

Dance: Line Dance Foundations (19+ yrs)

Jump into this introductory line dance program designed for absolute beginners. Dance to several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Dogwood Pavilion

Tu	Jan 12 – Feb 9	2:15 – 3:15 p.m.	5/$54.75	245427
Tu	Feb 16 – Mar 23	2:15 – 3:15 p.m.	6/$65.70	245431

at Glen Pine Pavilion

M	Jan 11 – Feb 8	6:15 – 7:15 p.m.	5/$54.75	244644

Dance: Rumba Foundations (19+ yrs)

Dive into this introductory social dance program to learn Rumba! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Feb 22 – Mar 22	6 – 7 p.m.	5/$54.75	245116

Dance: Rumba Foundations Workshop (19+ yrs)

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

at Dogwood Pavilion

Sa	Feb 20	1:30 – 3:30 p.m.	1/$21.90	245579

Music: Guitar Foundations (19+ yrs)

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar. No experience required.

at Centennial Activity Centre

W	Jan 13 – Feb 3	7:30 – 8:30 p.m.	4/$37.20	245143
W	Feb 10 – Mar 10	7:30 – 8:30 p.m.	5/$46.50	245144

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	7:30 – 8:30 p.m.	5/$46.50	244629
Tu	Feb 16 – Mar 23	7:30 – 8:30 p.m.	6/$55.80	244631

Foundation

Music: Karaoke Voice Skills Foundations (19+ yrs)

Love singing along to your favourite songs? Our Karaoke Class is a fun and supportive way to build confidence, improve your singing skills, and enjoy making music with others. Learn simple techniques for breathing, posture, and vocal control from an experienced instructor while singing the songs you know and love. This class is all about having fun and finding your voice.

at Dogwood Pavilion

Th	Jan 14 – Feb 11	4:30 – 5:30 p.m.	5/$46.50	245147
Th	Feb 18 – Mar 25	4:30 – 5:30 p.m.	6/$55.80	245148

Music: Singing Voice Skills Foundations (19+ yrs)

Singing is the act of creating musical sounds with the voice. If you enjoy music and want to learn techniques on how to use your voice effectively to sing, the help of a choir conductor to introduce you to basics such as breathing, posture and control will prove to be inspiring to sing that song you love.

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	12:15 – 1:45 p.m.	5/$69.75	244624
Su	Feb 14 – Mar 21	12:15 – 1:45 p.m.	6/$83.70	244625

Music: Ukulele Foundations (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	1 – 2 p.m.	5/$46.50	245547
Sa	Feb 20 – Mar 20	1 – 2 p.m.	5/$46.50	245548

at Glen Pine Pavilion

M	Jan 11 – Feb 8	7 – 8 p.m.	5/$46.50	244632
M	Feb 22 – Mar 22	7 – 8 p.m.	5/$46.50	244637



Beginner

Dance: Argentine Tango Beginner (19+ yrs)

Have fun learning Argentine Tango! Continue to build your skills in the beginner elements of the dance and the nuances of leading and following in a supportive and friendly environment. This course also touches on the history, culture, and music of the dance. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Feb 22 – Mar 22	7:15 – 8:15 p.m.	5/$54.75	245115

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	Jan 13 – Feb 10	5 – 6 p.m.	5/$54.75	245141
W	Feb 17 – Mar 24	5 – 6 p.m.	6/$65.70	245142

Dance: Line Dance Beginner (19+ yrs)

Learn basic line dancing steps across several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Dogwood Pavilion

F	Jan 15 – Feb 12	1:45 – 2:45 p.m.	5/$54.75	246392

at Glen Pine Pavilion

M	Feb 22 – Mar 22	6:15 – 7:15 p.m.	5/$54.75	244645

Music: Ukulele Beginner (19+ yrs)

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

at Glen Pine Pavilion

Su	Feb 14 – Mar 21	11 a.m. – 12 p.m.	6/$55.80	244623

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.

Intermediate

Dance: Bellydance Intermediate (19+ yrs)

Build on your knowledge of bellydance in this intermediate-level class. Practice classic postures with the traditional hip and shoulder movements.

at Glen Pine Pavilion

W	Jan 13 – Feb 10	7:45 – 8:45 p.m.	5/$54.75	244652
W	Feb 17 – Mar 24	7:45 – 8:45 p.m.	6/$65.70	244653

Dance: Choreographed Bellydance (19+ yrs)

This class focuses on refining bellydance techniques through performance-style choreography while challenging stamina and perfecting execution of intricate moves. Recommended for intermediate and advanced dancers who have some performing experience and want to impress an audience.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	7:45 – 8:45 p.m.	5/$54.75	244641
Tu	Feb 16 – Mar 23	7:45 – 8:45 p.m.	6/$65.70	244642

Music: Ukulele Intermediate (19+ yrs)

Expand your chord vocabulary and further develop your skill set and work towards a new set of songs by the end of the course. Please bring your own ukulele.

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	11 a.m. – 12 p.m.	5/$46.50	244621

All Levels

Dance: Ageless Ballet All Levels (19+ yrs)

Ballet moves improves posture, enhances and strengthens mobility and is mentally stimulating enough to create a feeling of positive well-being no matter what age you are. The music and the moves of this ageless ballet class is suitable for everyone.

at Dogwood Pavilion

Tu	Jan 12 – Feb 9	12:45 – 1:45 p.m.	5/$54.75	244847
Tu	Feb 16 – Mar 23	12:45 – 1:45 p.m.	6/$65.70	244848

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	11 a.m. – 12 p.m.	5/$54.75	245421
Th	Feb 18 – Mar 25	11 a.m. – 12 p.m.	6/$65.70	245423

Dance: Ballroom All Levels – Rumba (19+ yrs)

Slow tempo and focus on rhythmic changes makes this one of the best Latin ballroom dances for all skill levels. Each person in the couple/partner grouping must register. Solo dancers welcome.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	6:45 – 7:30 p.m.	5/$41	245436

Dance: Ballroom All Levels – Waltz (19+ yrs)

The Waltz is a foundational ballroom dance characterized by a flowing rhythm and the "rise and fall" action that makes it appealing to dancers of all skill levels. Each person in the couple/partner grouping must register. Solo dancers welcome.

at Glen Pine Pavilion

Th	Feb 18 – Mar 25	6:45 – 7:30 p.m.	6/$49.20	245443

Dance: Bollywood – All Levels (19+ yrs)

Join this casual, fun Bollywood dance class that's designed for everyone and any level of dancer, no experience required.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	6:15 – 7:45 p.m.	4/$65.68	245931
Su	Feb 7 – Mar 7	6:15 – 7:45 p.m.	5/$82.10	245936

Dance: Hip Hop All Levels (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 Maillardville Community Centre

Su	Jan 10 – Jan 31	3:45 – 4:45 p.m.	4/$43.80	246150
Su	Feb 7 – Mar 7	3:45 – 4:45 p.m.	5/$54.75	246151

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 Dogwood Pavilion

F	Jan 15 – Feb 12	3 – 4 p.m.	5/$54.75	246400

at Glen Pine Pavilion

M	Jan 11 – Feb 8	2:30 – 3:30 p.m.	5/$54.75	245419
M	Feb 22 – Mar 22	2:30 – 3:30 p.m.	5/$54.75	245420

All Levels

Dance: Line Dance All Levels (19+ yrs)

Build on your line dancing foundations with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats. Beginner line dancing experience is recommended.

at Dogwood Pavilion

Tu	Jan 12 – Feb 9	3:30 – 4:30 p.m.	5/$54.75	245430
Tu	Feb 16 – Mar 23	3:30 – 4:30 p.m.	6/$65.70	245432
F	Feb 19 – Mar 19	3 – 4 p.m.	5/$54.75	245171

Dance: Persian Dance All Levels (19+ yrs)

Persian dance is a very graceful and refined dance focusing on cardio – the torso, arms, and hands along with facial expression and very different from Bellydancing. The music is upbeat and uplifting and fun for everyone who love dance.

at Glen Pine Pavilion

M	Jan 11 – Feb 8	5 – 6 p.m.	5/$54.75	245750
M	Feb 22 – Mar 22	5 – 6 p.m.	5/$54.75	245751

Drama: Improv Theatre Workshop (19+ yrs)

Improvisational acting! Improv is all about saying 'yes, and,' accepting offers, and expressing yourself while working as a team through fun and entertaining games. No scripts and no rehearsals.

at Glen Pine Pavilion

W	Jan 13	7 – 8:30 p.m.	1/$17.20	245549
W	Jan 27	7 – 8:30 p.m.	1/$17.20	245550
W	Feb 10	7 – 8:30 p.m.	1/$17.20	245551
W	Feb 24	7 – 8:30 p.m.	1/$17.20	245552
W	Mar 10	7 – 8:30 p.m.	1/$17.20	245553
W	Mar 24	7 – 8:30 p.m.	1/$17.20	245554

at Town Centre Park Community Centre

W	Feb 17	7:30 – 9 p.m.	1/$17.20	245010

Music: Let's Sing! A Musical Journey (19+ yrs)

Join us for an enjoyable hour of singing as we explore a different musical style each week—from Country and Blues to Soul, Folk, Rock, and more. No experience is required—just bring your voice and enjoy the music.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	6:15 – 7:15 p.m.	5/$46.50	244626
Tu	Feb 16 – Mar 23	6:15 – 7:15 p.m.	6/$55.80	244627

Sports and Active Play

Badminton: Skills and Drills (19+ yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Pinetree Community Centre

Su	Jan 31 – Mar 7	2:30 – 4 p.m.	6/$93.60	245169

Boorman Archery 16 yrs+ (16+ yrs)

For beginners wanting to shoot targets with a bow and arrow. Program includes rules, safety and proper technique. All equipment is provided. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Feb 14 – Mar 14	9 – 10 a.m.	4/$60	245151
Su	Feb 14 – Mar 14	10:15 – 11:15 a.m.	4/$60	245152
Su	Feb 14 – Mar 14	11:30 a.m. – 12:30 p.m.	4/$60	245153

Pickleball Clinic: Attacks and Counter Attacks (16+ yrs)

Stay aggressive and stay in the point. Learn how to react faster, counter attack with confidence, and create stronger more effective attack shots to keep pressure on your opponents.

at Maillardville Community Centre

F	Mar 5	1:15 – 3:15 p.m.	1/$20.70	246246

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**.



Pickleball Clinic: Respect the X (16+ yrs)

Learn where to be and why it matters! This positioning clinic focuses on court awareness, partner movement and understanding the "X" to help you stay in the right place at the right time.

at Maillardville Community Centre

F	Jan 29	1:15 – 3:15 p.m.	1/$20.70	246247

Pickleball Clinic: Serves, Returns and Blocks (16+ yrs)

Elevate your fundamentals and gain a competitive edge! Learn a variety of serve styles to keep opponents guessing, sharpen your return game, and develop reliable blocks that reset play with control and confidence.

at Maillardville Community Centre

F	Jan 15	1:15 – 3:15 p.m.	1/$20.70	246243

Pickleball Clinic: Transition Zone Play (16+ yrs)

Learn how to master the mid-court! This clinic focuses on smart positioning, shot selection and movement through the transition zone. Build confidence taking control between the baseline and kitchen to turn defense into offense.

at Maillardville Community Centre

F	Feb 19	1:15 – 3:15 p.m.	1/$20.70	246245

Pickleball Clinic: Volleys vs Drop Shots (16+ yrs)

Through drills and game-based activities, build confidence using both shots to create opportunities and take control of the rally. Focusing on developing control, placement and decision-making so you can choose the right shot at the right time.

at Maillardville Community Centre

F	Feb 5	1:15 – 3:15 p.m.	1/$20.70	246244

Pickleball: Learn to Play (16+ yrs)

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

16+ yrs

at Maillardville Community Centre

M	Jan 11 – Feb 1	3:30 – 5 p.m.	4/$62.40	246162
M	Feb 22 – Mar 15	3:30 – 5 p.m.	4/$62.40	246163

19+ yrs

at Poirier Forum

Tu	Jan 12 – Feb 9	11 a.m. – 12:30 p.m.	5/$78	245124
W	Jan 13 – Feb 10	11 a.m. – 12:30 p.m.	5/$78	245137
Th	Jan 14 – Feb 11	11 a.m. – 12:30 p.m.	5/$78	245149
Tu	Feb 16 – Mar 23	11 a.m. – 12:30 p.m.	6/$93.60	245125
W	Feb 17 – Mar 24	11 a.m. – 12:30 p.m.	6/$93.60	245138
Th	Feb 18 – Mar 25	11 a.m. – 12:30 p.m.	6/$93.60	245150

Pickleball: Round Robin Play (16+ yrs)

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

at Maillardville Community Centre

F	Jan 22	1:30 – 4:30 p.m.	1/$15.60	246240
F	Feb 12	1:30 – 4:30 p.m.	1/$15.60	246241
F	Mar 12	1:30 – 4:30 p.m.	1/$15.60	246242

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.

Course fees do not include applicable taxes. Details subject to change.

Pickleball: Skill Progression (16+ yrs)

Build on the foundations, refine your technique, improve consistency and develop stronger gameplay strategies through guided instruction and practice. Some experience required.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	11 a.m. – 12:30 p.m.	4/$62.40	244751
Su	Feb 7 – Mar 7	11 a.m. – 12:30 p.m.	5/$78	244752

at Maillardville Community Centre

M	Jan 11 – Feb 1	5:15 – 6:45 p.m.	4/$62.40	246164
M	Feb 22 – Mar 15	5:15 – 6:45 p.m.	4/$62.40	246165

Pickleball: Skill Progression (19+ yrs)

Build on the foundations, refine your technique, improve consistency and develop stronger gameplay strategies through guided instruction and practice. Some experience required.

at Poirier Forum

W	Jan 13 – Feb 10	12:45 – 2:15 p.m.	5/$78	245139
W	Feb 17 – Mar 24	12:45 – 2:15 p.m.	6/$93.60	245140

Seniors Can Move (50+ yrs)

Designed by Delta Gymnastics Society to improve the agility, balance, coordination and strength of adults 50+ years of age, this program reacquaints seniors with fundamental movement skills they may no longer be practicing due to inactivity, pain, illness, or surgery using games and gentle exercises.

at Maillardville Community Centre

Tu	Jan 5 – Mar 9	10 – 11 a.m.	10/$52	246166
Tu	Jan 5 – Mar 9	11:15 a.m. – 12:15 p.m.	10/$52	246167
Tu	Jan 5 – Mar 9	1 – 2 p.m.	10/$52	246168

Volleyball: Skills and Drills (16+ yrs)

Learn or improve your volleyball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	5:15 – 6:15 p.m.	4/$41.40	244761
Su	Feb 7 – Mar 7	5:15 – 6:15 p.m.	5/$51.75	244762

at Maillardville Community Centre

Th	Jan 14 – Feb 4	6 – 7 p.m.	4/$41.40	246204
Th	Feb 11 – Mar 11	6 – 7 p.m.	5/$51.75	246205

All Abilities Welcome!
Visit page **4** for details

Visual Arts

Choose Your Level

Foundations:
Perfect for those brand new or looking to learn fundamental skills with minimal challenge. No experience required.

Beginner:
For participants with some basic or transferable skills, focusing on less complex techniques. Some experience recommended.

Intermediate:
Designed for those confident in the basics and ready to tackle more complex skills. Some experience recommended.

All Levels:
Combines beginner and intermediate options, allowing participants to adjust complexity based on their comfort. Some experience recommended.

Foundation

Crafts: Relief Carving and Printmaking Workshop (19+ yrs)

Join us in creating your own linoleum carving and ink print. Learn to safely carve and transfer your image into personalized art stamps.

at Dogwood Pavilion

Sa	Jan 23 – Jan 30	10 a.m. – 12 p.m.	2/$44.20	245574
Su	Feb 21 – Feb 28	11 a.m. – 1 p.m.	2/$44.20	245575
Sa	Mar 13 – Mar 20	10 a.m. – 12 p.m.	2/$44.20	245576

Drawing: Drawing Foundations (19+ yrs)

Discover the fundamentals of drawing in this welcoming introduction for complete beginners. Learn how to see and draw with confidence through simple, guided exercises focusing on line, shape, proportion, shading, value, and composition.

at Dogwood Pavilion

Tu	Jan 19 – Feb 2	9:30 – 11:30 a.m.	3/$44.10	246058

at Maillardville Community Centre

W	Jan 6 – Feb 3	6:30 – 8:30 p.m.	5/$92	246248

Drawing: Foundations – Seeing Objects in Shapes (19+ yrs)

Discover the foundation of drawing with an emphasis on black-and-white shapes. Every object can be broken down into simple shapes. Learn to see shapes instead of objects and develop strong observational skills, improve accuracy and build confidence in creating drawings that are balanced and believable.

at Glen Pine Pavilion

F	Feb 19 – Mar 19	11:30 a.m. – 1:30 p.m.	5/$73.50	245354

Painting: Acrylic Foundations Workshop (19+ yrs)

Learn the basics of acrylic painting. Explore skills and techniques that are necessary for a beginner to this medium of art.

at Town Centre Park Community Centre

W	Jan 20	6:30 – 8:30 p.m.	1/$26.10	244531

Painting: Watercolour or Gouache Colour Theory (19+ yrs)

Understanding colours and how they interact with each other plays an important role in painting. Learn to choose specific colours in your paintings to produce attractive, harmonious artwork. Colour hue, value and intensity as well as learning to mix paint to understand colour theory.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	1:30 – 3:30 p.m.	5/$73.50	244696

Photography: Smartphone Camera Foundations (19+ yrs)

Unlock the power of your smartphone camera in this hands-on program. Discover the art of dynamic shooting angles, composition, and harness the magic of light and colour to take stunning photos from your everyday device. We'll show you how to enhance your shots with useful editing resources to make your pictures truly pop!

at Dogwood Pavilion

F	Jan 15 – Feb 12	2:45 – 4:15 p.m.	5/$55.25	245392
F	Feb 19 – Mar 19	2:45 – 4:15 p.m.	5/$55.25	245397

Woodworking: Woodworking Foundations (19+ yrs)

This class will cover the safe operation of core tools in the Dogwood Pavilion woodshop and basic woodworking theory. Learn to use the bandsaw, mitre saw, table saw, drill press, belt sander, jointer, planer and smaller hand tools. Students will complete one or two small projects.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	9:30 – 11:30 a.m.	5/$190	245543
Sa	Jan 16 – Feb 13	12 – 2 p.m.	5/$190	245545
Sa	Feb 20 – Mar 20	9:30 – 11:30 a.m.	5/$190	245544
Sa	Feb 20 – Mar 20	12 – 2 p.m.	5/$190	245546

Beginner

Crafts: Air Dry Clay Workshop (19+ yrs)

Knead, shape and sculpt with air dry clay to create a vase, jewelry box or trinket holder. Learn the basics of working with air dry clay to create functional unique pieces. After it is dry, paint and decorate your project and learn to seal it for extra protection. The instructor will demonstrate how to use resin.

at Dogwood Pavilion

Th	Feb 11 – Feb 25	1 – 3 p.m.	2/$52.20	246093

Crafts: Crochet Beginner (16+ yrs)

In this hands-on beginner program learn and apply basic crochet techniques and how to read simple patterns.

at Maillardville Community Centre

Tu	Jan 12 – Feb 2	6 – 8 p.m.	4/$66.44	246189
Tu	Feb 9 – Mar 9	6 – 8 p.m.	5/$83.05	246190

Crafts: Cross Stitch Workshop (19+ yrs)

Learn the basics of cross stitch, from reading patterns and preparing fabric to stitching and finishing in a hoop. Bring a piece of clothing or bag (cotton or linen) that you would like to cross stitch a design onto.

at Dogwood Pavilion

Tu	Feb 23	9:30 – 11:30 a.m.	1/$10	245923

Crafts: Embroidery Workshop (19+ yrs)

Learn to transfer designs onto fabric, prepare floss, and practice basic embroidery stitches and techniques.

at Dogwood Pavilion

F	Mar 5 – Mar 19	9:30 – 11 a.m.	3/$22.50	246089

Crafts: Image Transfer Techniques Workshop (19+ yrs)

Discover the creative possibilities of image transfer onto fabric and other surfaces. Through demonstrations and guided practice discover what works, what doesn't, and why. You'll gain practical knowledge of the preparation, materials, and techniques needed to create your own image transfer projects at home.

at Dogwood Pavilion

Th	Feb 4	1 – 3 p.m.	1/$26.10	246094
Th	Mar 11	1 – 3 p.m.	1/$26.10	246072

Crafts: Knitting Workshop (19+ yrs)

Join us for a knitting class to learn to make things from yarn. Knitting is fun, creative and has many health benefits.

at Dogwood Pavilion

M	Jan 11 – Mar 8	10 – 11:30 a.m.	8/$60	242885

Course fees do not include applicable taxes. Details subject to change.

Beginner

Crafts: Needle Felting Workshop – Multicolour Heart (19+ yrs)

Learn the basics of needle felting while creating a pretty heart. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

at Dogwood Pavilion

M	Feb 8	9:30 – 11:30 a.m.	1/$26.10	246027

Crafts: Needle Felting Workshop – Snowflake (19+ yrs)

Learn the basics of needle felting while creating a pretty snowflake. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

at Dogwood Pavilion

M	Jan 11	9:30 – 11:30 a.m.	1/$26.10	246026

Crafts: Needle Felting Workshop – Peach (19+ yrs)

Learn the basics of needle felting while creating a pretty peach. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

at Dogwood Pavilion

M	Mar 8	9:30 – 11:30 a.m.	1/$26.10	246028

Crafts: Soft Bookbinding with Pamphlet Stitching Workshop (19+ yrs)

Join us for an introductory soft bookbinding workshop to create your own unique handmade journal using the pamphlet stitch and other decorative stitches.

at Dogwood Pavilion

Th	Mar 4	1 – 3 p.m.	1/$26.10	246740

Crochet: Beginner Skills 19 yrs+ (19+ yrs)

In this hands-on beginner program, learn and apply basic crochet techniques.

at Town Centre Park Community Centre

Tu	Jan 12 – Feb 2	6 – 8 p.m.	4/$66.45	244522

Drawing: Birds (19+ yrs)

This course focuses on the fundamentals of drawing birds. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more to make our feathered friends come alive on a page.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	9 – 11 a.m.	5/$73.50	244833

Drawing: 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	Jan 11 – Feb 8	11:45 a.m. – 1:45 p.m.	5/$73.50	243188

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	12:15 – 1:45 p.m.	5/$55.25	245178
Su	Feb 14 – Mar 21	12:15 – 1:45 p.m.	6/$66.30	245179

Mae Studio: Beginner Garment Sewing (16+ yrs)

This program will provide participants with the fundamentals of sewing, from using a machine to completing personal projects. Learn to cut and sew garments and accessories, follow commercial patterns and a variety of sewing techniques. Two projects will be completed from options such as tops, pants, skirts or bags. All tools and machines are supplied, with the option to bring your own. Materials are not included. In Partnership with Mae Studio.

at Town Centre Park Community Centre

Su	Jan 10 – Feb 14	12 – 2 p.m.	6/$355	245007

Mixed Media: Sketching with Soft Dry Tools (19+ yrs)

Explore soft, dry drawing materials such as vine and compressed charcoal, Conté sticks, and chalk pastels. These versatile materials blend easily, erase cleanly, and layer well, making them ideal for creating a wide range of tones and textures. Build your drawing skills beyond pencil techniques as you learn how to use dry media for expressive, atmospheric, and painterly effects.

at Glen Pine Pavilion

Tu	Feb 16 – Mar 23	11:30 a.m. – 1 p.m.	6/$66.30	244758

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	Jan 14 – Feb 11	9:30 – 11:30 a.m.	5/$73.50	243174
Th	Feb 18 – Mar 25	9:30 – 11:30 a.m.	6/$88.20	243175

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	6:30 – 8:30 p.m.	5/$73.50	245304
Sa	Jan 16 – Feb 13	9:30 – 11:30 a.m.	5/$73.50	245230
Tu	Feb 16 – Mar 23	6:30 – 8:30 p.m.	6/$88.20	245308
Sa	Feb 20 – Mar 27	9:30 – 11:30 a.m.	6/$88.20	245231

Beginner

Painting: Acrylic Colourful Landscapes (19+ yrs)

Explore the beauty of the landscape through acrylic painting, bright colours, and expressive brushstrokes. Students will learn techniques to create depth, texture, light, and atmosphere while painting colourful landscapes inspired by nature.

at Dogwood Pavilion

Su	Feb 28 – Mar 21	10 a.m. – 12 p.m.	4/$58.80	245486

Painting: Acrylic Impressionism (19+ yrs)

Explore the beauty of impressionist painting through bold colours and expressive brushstrokes. Students will learn techniques to capture light, movement, texture, and atmosphere while creating expressive paintings inspired by the world around them.

at Dogwood Pavilion

Su	Jan 17 – Feb 7	10 a.m. – 12 p.m.	4/$58.80	245485

Painting: Acrylic Workshop – Crows (19+ yrs)

Learn to paint crows in this beginner two week workshop. Explore colour, light and expression to bring this intelligent and mysterious bird to life.

at Dogwood Pavilion

Tu	Mar 23 – Mar 30	6 – 8 p.m.	2/$52.20	246047

Painting: Acrylic Workshop – Floral Still Life (19+ yrs)

Discover the beauty of still life painting in this beginner two week workshop inspired by the art of Manet. Explore colour, light and texture while mastering strong contrasts and simplified shapes.

at Dogwood Pavilion

Tu	Feb 9 – Feb 16	6 – 8 p.m.	2/$52.20	245526

Painting: Watercolour Beginner (19+ yrs)

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

at Dogwood Pavilion

Tu	Jan 12 – Feb 9	12:30 – 3 p.m.	5/$92	244426
Th	Jan 14 – Feb 11	12:30 – 3 p.m.	5/$92	244445
Tu	Feb 23 – Mar 23	12:30 – 3 p.m.	5/$92	244427
Th	Feb 25 – Mar 25	12:30 – 3 p.m.	5/$92	244448

at Glen Pine Pavilion

F	Jan 15 – Feb 12	9 – 11 a.m.	5/$73.50	245345
F	Feb 19 – Mar 19	9 – 11 a.m.	5/$73.50	245353

Painting: Watercolour Beginner Workshop (19+ yrs)

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

at Town Centre Park Community Centre

W	Feb 3	6:30 – 8:30 p.m.	1/$26.10	244533

Photography: Digital Photography SLR Beginner (19+ yrs)

This course is designed for people with their first, or new Single Lens Reflex (SLR/ DSLR) or Mirrorless digital camera. Topics covered include basic functions, shutter speeds, F-stops, modes, flash, lenses and exposure. Bring your own SLR, DSLR, or Mirrorless camera. Dress for the weather, some outdoor photography will be included.

at Dogwood Pavilion

Sa	Mar 6 – Mar 27	10 – 11:30 a.m.	4/$44.20	245542

Photography: How to Photograph Christmas Lights (19+ yrs)

Discover the art of photographing Christmas lights in this hands-on program designed for digital SLR and compact digital cameras. Learn how to about the camera settings best used in low light photography.

at Town Centre Park Community Centre

Sa	Jan 23	6:30 – 8 p.m.	1/$10.05	246619

Woodcarving Beginner (19+ yrs)

Learn beginner woodcarving skills such as safe tool handling, basic knife skills and understanding wood grain to carve simple projects like a bear, fox, cat or dog. Learn techniques such as cutting, gouging, and shaping, sometimes starting with a sample board to practice different cuts before moving on to a project.

at Dogwood Pavilion

W	Jan 13 – Feb 17	6 – 8 p.m.	6/$88.20	245763
W	Feb 24 – Mar 31	6 – 8 p.m.	6/$88.20	245764

Intermediate

Crochet: Intermediate Skills 19 yrs+ (19+ yrs)

In this hands-on intermediate program, build on basic crochet techniques and learn new skills such as working in the round, granny squares and ribbing.

at Town Centre Park Community Centre

Tu	Feb 9 – Mar 9	6 – 8 p.m.	5/$83.05	244963

Course fees do not include applicable taxes. Details subject to change.

Intermediate

Drawing: Drawing Intermediate (19+ yrs)

Elevate your drawing abilities by refining advanced techniques in black and white art. Explore creating depth, texture and nuanced lighting effects while enhancing your personal artistic style.

at Dogwood Pavilion

M	Feb 22 – Mar 22	11:45 a.m. – 1:45 p.m.	5/$73.50	243189

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	9 – 11 a.m.	5/$73.50	245182
Tu	Feb 16 – Mar 23	9 – 11 a.m.	6/$88.20	245183

Painting: Watercolour Intermediate (19+ yrs)

Take your watercolour paintings to the next level with advanced techniques and methods. Refine your approach to create more dynamic, expressive works by exploring composition, texture, and personal style.

at Dogwood Pavilion

Tu	Jan 12 – Feb 9	9:30 a.m. – 12 p.m.	5/$92	243176
Tu	Feb 23 – Mar 23	9:30 a.m. – 12 p.m.	5/$92	243177

at Glen Pine Pavilion

W	Jan 13 – Feb 10	11:30 a.m. – 1:30 p.m.	5/$73.50	245185
W	Feb 17 – Mar 24	11:30 a.m. – 1:30 p.m.	6/$88.20	245187

All Levels

Crafts: Air Dry Clay Workshop (19+ yrs)

Learn best practices, the properties of this type of clay and leave the class with projects that will be ready to be sanded and painted once fully dry.

at Glen Pine Pavilion

W	Jan 13 – Jan 20	6:30 – 8:30 p.m.	2/$52.20	245908
W	Feb 3 – Feb 10	6:30 – 8:30 p.m.	2/$52.20	245912
W	Feb 17 – Feb 24	6:30 – 8:30 p.m.	2/$52.20	245918
W	Mar 3 – Mar 10	6:30 – 8:30 p.m.	2/$52.20	245920

Drawing: Architectural and Botanical Pen Drawing (19+ yrs)

Working with fine-tip archival pens, you will learn to build rich textures, capture intricate details, and create stunning, permanent ink illustrations with confidence.

at Dogwood Pavilion

F	Jan 15 – Jan 22	9:30 – 11:30 a.m.	2/$29.40	246087

All Abilities Welcome!
Visit page **4** for details

Drawing: Coloured Pencils (16+ yrs)

Learn the tips and tricks that go into creating portrait drawings composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow.

at Maillardville Community Centre

W	Feb 10 – Mar 10	6:30 – 8:30 p.m.	5/$92	246249

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

M	Jan 11 – Feb 8	9 – 11:30 a.m.	5/$92	243186
M	Feb 22 – Mar 22	9 – 11:30 a.m.	5/$92	243187

Drawing: Exploring Charcoal (19+ yrs)

Discover the versatility of drawing with charcoal and learn essential techniques for shading, contouring and capturing depth.

at Dogwood Pavilion

Tu	Feb 9	9:30 – 11:30 a.m.	1/$14.70	246065

Drawing: Exploring Pastels (19+ yrs)

Explore the vibrant world of drawing with pastels and learn techniques for blending, layering and creating texture.

at Dogwood Pavilion

Tu	Mar 9 – Mar 23	9:30 – 11:30 a.m.	3/$44.10	246063

Drawing: Iconic Buildings and Places (19+ yrs)

Travel the world through drawing as we explore iconic buildings, landmarks, and streetscapes from around the globe. Develop your sketching skills while exploring perspective, composition, and creative ways to capture the character of each place.

at Dogwood Pavilion

Th	Feb 18 – Mar 25	6 – 8 p.m.	6/$88.20	245866

Drawing: Sketch the City (19+ yrs)

Join us to meet the instructor and try out the class. Capture buildings, streetscapes, and urban scenes through sketching while exploring perspective, composition, and a more relaxed, expressive approach to drawing.

at Dogwood Pavilion

Th	Jan 14	6 – 8 p.m.	1/$14.70	245865

All Levels

Drawing: Sketch the City (19+ yrs)

Capture buildings, streetscapes, and urban scenes through sketching while exploring perspective, composition, and a more relaxed, expressive approach to drawing.

at Dogwood Pavilion

Th	Jan 21 – Feb 11	6 – 8 p.m.	4/$58.80	245864

Mixed Media: Art Explorations (19+ yrs)

Explore a variety of materials by drawing, painting and collage, using graphite, ink, pastels or water-soluble paint. You never know what we'll get up to in this fun class.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	9:30 a.m. – 12 p.m.	5/$92	242951
Sa	Feb 20 – Mar 27	9:30 a.m. – 12 p.m.	6/$110.40	242952

Mixed Media: Art Story Journal (19+ yrs)

Explore your creativity through both art and words as you begin to create a personal journal inspired by travel, memoir, illustrated family stories or personal reflections. Discover new ways to capture memories, express ideas and bring your stories to life on the page.

at Dogwood Pavilion

M	Jan 11 – Feb 8	2 – 4 p.m.	5/$73.50	245506
M	Feb 22 – Mar 22	2 – 4 p.m.	5/$73.50	245507

Mixed Media: Faces and Figures (19+ yrs)

Faces and Figures using a variety of drawing and painting tools. Capture expressions and movement on a page.

at Glen Pine Pavilion

W	Jan 13 – Feb 10	1 – 3 p.m.	5/$73.50	244845

Mixed Media: Faerie Tale Tunnel Books (19+ yrs)

Step into the fascinating world of the 3D Book! Tunnel books use layered paper and accordion-fold hinges to construct breathtaking, multi-dimensional worlds inside a portable frame. Discover the intricacies of this unique medium, learn paper mechanics and cutting techniques, and design your own multi-layered faerie tale scene from provided templates.

at Glen Pine Pavilion

Th	Feb 18 – Feb 25	6:30 – 8:30 p.m.	2/$52.20	245728

Mixed Media: Finish It Art Studio (19+ yrs)

Each session includes guidance on common sticking points to help you move past obstacles and keep your creativity flowing. Bring your in progress artwork and get the support you need to complete it! The instructor will help you work through challenges, refine techniques, and build confidence.

at Dogwood Pavilion

M	Jan 18	9:30 – 11:30 a.m.	1/$14.70	246036
M	Feb 22	9:30 – 11:30 a.m.	1/$14.70	246038
M	Mar 15	9:30 – 11:30 a.m.	1/$14.70	246039

Mixed Media: Geometric 3D Minimalist Relief Wall Art in A Wooden Floating Frame (19+ yrs)

Inspired by Japandi (Japanese craftsmanship with cozy functionality of Scandinavian design) style and wabi-sabi (beauty in imperfection) aesthetics, this simple yet elegant art style is frequently used for modern interiors, looks pricey but fairly simple to create. Smooth curved shapes create sculptural effect on the wall.

at Glen Pine Pavilion

Th	Jan 21 – Jan 28	6:30 – 8:30 p.m.	2/$52.20	245724

Mixed Media: Inks and Watercolours (19+ yrs)

Using both inks and watercolour paints to create stunning drawings and designs in a mixed media composition class.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	11:30 a.m. – 1 p.m.	5/$55.25	244728

Mixed Media: Playing with Portraits (19+ yrs)

Playing with Portraits using a variety of drawing and painting tools. Capture skin tones, facial expressions and create an image of a living face.

at Glen Pine Pavilion

W	Feb 17 – Mar 24	1 – 3 p.m.	6/$88.20	244846

Mixed Media: Sketch and Wash (19+ yrs)

Explore tools you can draw with — and then add water for beautiful washes! Great for everything from still lifes to urban sketching, portraits to landscapes! These kinds of tools are great on their own, but can be mixed with your favourite drawing and painting tools.

at Glen Pine Pavilion

W	Jan 13 – Feb 10	3:30 – 5:30 p.m.	5/$73.50	244850
W	Feb 17 – Mar 24	3:30 – 5:30 p.m.	6/$88.20	244852

Course fees do not include applicable taxes. Details subject to change.

All Levels

Mixed Media: Sketching Cherished Memories (19+ yrs)

Sketching fleeting moments into lasting cherished memories. Learn how to capture important events by drawing and giving them life and colour on a page.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	3:45 – 5:45 p.m.	5/$73.50	245581

Mixed Media: Urban Sketching Quick Animals (19+ yrs)

Including animals in your urban sketches can add so much to your picture and should not be avoided. Learn how to quickly draw animals so they add to your sketching skills and bring life and animation into your scenery.

at Glen Pine Pavilion

Th	Feb 18 – Mar 25	11:30 a.m. – 1:30 p.m.	6/$88.20	244844

Mixed Media: Urban Sketching Small Figures (19+ yrs)

There are many tips and tricks to drawing small figures or little people in urban sketching. Learn how to best bring life to your landscapes by creating a sense of scale and action and the technique is fun and simple for all levels of drawing.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	11:30 a.m. – 1:30 p.m.	5/$73.50	244836

Mixed Media: Watercolour and Pencil Crayons (19+ yrs)

This mixed media composition class uses both watercolour paints and pencil crayons to showcase illustrations that are colourful and eye-catching.

at Glen Pine Pavilion

F	Jan 15 – Feb 12	11:30 a.m. – 1:30 p.m.	5/$73.50	245351

Mixed Media: Watercolour and Pencil Crayons Workshop (19+ yrs)

Using both watercolour paints and pencil crayons to create stunning drawings and designs in a mixed media composition Workshop.

at Glen Pine Pavilion

F	Jan 22	2 – 4 p.m.	1/$26.10	245814
F	Feb 5	2 – 4 p.m.	1/$26.10	245816
F	Feb 19	2 – 4 p.m.	1/$26.10	245818

Painting: A Study in Perspective in Acrylics (19+ yrs)

A good understanding of perspective is necessary to create the illusion of realism, depth and dimension when painting in acrylics.

at Glen Pine Pavilion

M	Mar 8 – Mar 15	9 – 11 a.m.	2/$52.20	245225

Painting: Acrylic Afternoon – Impressionism (19+ yrs)

Capture light, movement, and mood using loose, visible brushstrokes and vibrant colours in this afternoon workshop on impressionism in acrylics.

at Glen Pine Pavilion

F	Jan 15	2 – 4 p.m.	1/$26.10	245807

Painting: Acrylic Afternoon – Loose Florals (19+ yrs)

Painting loose florals in acrylics means using bold, expressive brushstrokes and carefree layers instead of strict, realistic details in this afternoon workshop.

at Glen Pine Pavilion

F	Mar 5	2 – 4 p.m.	1/$26.10	245808

Painting: Acrylic Afternoon – Scenic Landscape (19+ yrs)

Create a scenic landscape in acrylics in this afternoon workshop by using striking and rich colours on your palette to c apture the texture and mood of the natural world.

at Glen Pine Pavilion

F	Mar 19	2 – 4 p.m.	1/$26.10	245812

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	Jan 13 – Feb 10	12:30 – 3 p.m.	5/$92	243172
W	Feb 17 – Mar 24	12:30 – 3 p.m.	6/$110.40	243173

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	9 – 11:30 a.m.	5/$92	245227
Tu	Feb 16 – Mar 23	9 – 11:30 a.m.	6/$110.40	245228

Painting: Acrylic Paint Night – Expressive Eyes (19+ yrs)

A fun paint night on expressive eyes to capture emotions through vibrant colours and unique highlights that will give focus on the windows of the soul.

at Glen Pine Pavilion

Th	Jan 14	6:30 – 8:30 p.m.	1/$26.10	245229

All Levels

Painting: Acrylic Paint Night – Love is in the Air (19+ yrs)

Capture the feeling of "love is in the air" on canvas using harmonious colours by translating emotions into a visual experience in this whimsical paint night experience.

at Glen Pine Pavilion

Th	Feb 4	6:30 – 8:30 p.m.	1/$26.10	245332

Painting: Acrylic Paint Night – Spring Cherry Blossoms (19+ yrs)

Create a beautiful cherry blossoms acrylic painting by blending a soft sky background with the beautiful soft petals on this beautiful flower welcoming in the Spring season.

at Glen Pine Pavilion

Th	Mar 11	6:30 – 8:30 p.m.	1/$26.10	245336

Painting: Acrylic Paint Night – Sweet Treats (19+ yrs)

Painting sweet treats in acrylics on canvas is a fun and colorful project that involves sketching your design, blocking in base colors, and layering highlights and shadows to create a delightfully delicious completed piece of artwork.

at Glen Pine Pavilion

Th	Mar 4	6:30 – 8:30 p.m.	1/$26.10	245731

Painting: Acrylic Paint Night – Two Little Lovebirds (19+ yrs)

Celebrate love and friendship this February with this Paint Night with a twist. Participants will create matching partner paintings. Each painting created will contain a lovebird and when the partner painting is put beside the first painting, the lovebirds will connect.

at Glen Pine Pavilion

Th	Feb 11	6:30 – 8:30 p.m.	1/$26.10	245727

Painting: Acrylic Workshop – Lighthouse at Night (19+ yrs)

Start with a black canvas and create a stark silhouette of a lighthouse on a cliffside, using sweeping, dry-brushed white or pale yellow rays to cut directly through the pitch-black sky and sea.

at Dogwood Pavilion

Su	Feb 21	10 a.m. – 12 p.m.	1/$26.10	246091

Painting: Acrylic Workshop – Starlit Birch Forest (19+ yrs)

Starting with a black canvas capture the magic of a winter night into a striking winter landscape of white birch trees glowing against a dark starlit sky. Learn blending, layering and textured brushwork to bring light and realistic depth to your artwork.

at Dogwood Pavilion

Su	Jan 10	10 a.m. – 12 p.m.	1/$26.10	244790

Painting: Colourful Tropical Fish in Acrylics (19+ yrs)

Paint colourful tropical fish in acrylics by layering bright tones for the fish set against a vibrant, watery background that will capture underwater beauty.

at Glen Pine Pavilion

M	Jan 25 – Feb 1	9 – 11 a.m.	2/$52.20	245220

Painting: Expressive Roses in Acrylics (19+ yrs)

Create a stunning floral display on canvas by using various acrylic painting techniques that brings a rose alive with its beauty and fragrance.

at Glen Pine Pavilion

M	Jan 11 – Jan 18	9 – 11 a.m.	2/$52.20	245201

Painting: Gouache – Florals (19+ yrs)

Painting beautiful florals using gouache paint to capture the beauty of flowers in full bloom capturing the season. Learn how to mix the hues to bring life to your botanical pieces.

at Glen Pine Pavilion

Tu	Feb 16 – Mar 23	1:30 – 3:30 p.m.	6/$88.20	244699

Painting: Gouache – Inviting Winter Landscapes (19+ yrs)

Discover the magic of winter and the velvety textures of gouache while painting cozy, storybook landscapes. Explore glowing winter cabins, snowy forests, and dancing northern lights in a relaxed, fun, and welcoming studio environment.

at Dogwood Pavilion

W	Jan 13 – Feb 10	9:30 – 11:30 a.m.	5/$73.50	244586

Painting: Gouache – Signs of Spring (19+ yrs)

Celebrate the approaching spring while painting melting streams, budding trees and early blooms. Learn to layer colours, control water mix, blend gradients and brush techniques to create textures in this fun, relaxed studio environment.

at Dogwood Pavilion

W	Feb 24 – Mar 24	9:30 – 11:30 a.m.	5/$73.50	244588

All Levels

Painting: Gouache Workshop – Frozen Botanicals (19+ yrs)

Paint a botanical study of winter seed heads, such as milkweed or teasel, or frozen berries encased in a transparent icy glaze. Explore the versatility of gouache by layering crisp white highlights over muted tones to capture the delicate textures and quiet beauty of winter.

at Dogwood Pavilion

M	Jan 25	9:30 – 11:30 a.m.	1/$26.10	246041

Painting: Gouache Workshop – Hot Chocolate (19+ yrs)

Using a cozy cup of steaming hot chocolate as our inspiration, this class will include foundational gouache handling, water control and layering specifically tailored to capture the warmth, rich colours, creamy textures and inviting details of this comforting winter treat.

at Dogwood Pavilion

W	Feb 17	9:30 – 11:30 a.m.	1/$26.10	244622

Painting: Gouache Workshop – Snowdrops (19+ yrs)

Paint a delicate study of snowdrops, the first flowers to emerge at the end of winter. Using gouache, explore soft whites, muted greens, and subtle shadows to capture the graceful forms and quiet beauty of these early spring blooms.

at Dogwood Pavilion

M	Mar 1	9:30 – 11:30 a.m.	1/$26.10	246043

Painting: More Portraits in Acrylics All Levels (19+ yrs)

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

at Glen Pine Pavilion

M	Feb 22 – Mar 22	11:30 a.m. – 1 p.m.	5/$55.25	245204

Painting: Oriental Ink Wash Painting (19+ yrs)

Discovery the tranquil beauty of ink wash painting. Explore fundamental brush techniques, ink tones, composition and the art of creating expressive lines and delicate washes.

at Dogwood Pavilion

F	Feb 5 – Feb 26	9:30 – 11:30 a.m.	4/$58.80	246088

Life Long Learning for Adults *(19+)*



Learn Something New!

- Cooking
- Health
- Languages
- Life skills
- Technology
- 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: 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	Jan 11 – Feb 8	11:30 a.m. – 1 p.m.	5/$55.25	245203

Painting: Spring Flowers Bottle Lantern (19+ yrs)

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative Spring lantern with fairy lights inside to create a beautiful glow indoors or out.

at Glen Pine Pavilion

Th	Mar 18	6:30 – 8:30 p.m.	1/$26.10	245202

Painting: Still Life in Acrylics (19+ yrs)

Painting a still life with acrylics involves setting up a subject, blocking in basic shapes, and layering colors from dark to light.

at Glen Pine Pavilion

M	Feb 22 – Mar 1	9 – 11 a.m.	2/$52.20	245221

All Levels

Painting: Sumi Ink and Watercolour Workshop – Lunar New Year Fluffy Sheep (19+ yrs)

Celebrate the beauty and symbolism of the Lunar New Year through the expressive art of sumi ink and watercolour while painting a fluffy sheep.

at Dogwood Pavilion

F	Jan 29	9:30 – 11:30 a.m.	1/$26.10	244616

Painting: Sumi Ink Wash and Watercolours All Levels (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	Jan 14 – Feb 11	6:30 – 8:30 p.m.	5/$73.50	245189
Th	Feb 18 – Mar 25	6:30 – 8:30 p.m.	6/$88.20	245190

Painting: Watercolour All Levels (19+ yrs)

Learn essential watercolour techniques, including washes, colour mixing, and brush control. Beginners will build strong foundations, while experienced painters refine their skills, explore texture and composition, and develop their personal style.

at Dogwood Pavilion

Tu	Jan 12 – Feb 2	6 – 8 p.m.	4/$58.80	244605
Tu	Feb 23 – Mar 16	6 – 8 p.m.	4/$58.80	244607

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	10:15 – 11:45 a.m.	5/$55.25	245176
Su	Feb 14 – Mar 21	10:15 – 11:45 a.m.	6/$66.30	245177

Painting: Watercolour Floral Wreaths (19+ yrs)

Painting floral wreaths in watercolour is beautiful and lovely. You can create personalized designs for cards, for a flower sketchbook or for display in a frame. for your home or as a gift. If you can pick up a paintbrush, you can paint floral wreaths.

at Glen Pine Pavilion

Th	Feb 18 – Mar 25	9 – 11 a.m.	6/$88.20	244842

Oops! We cancelled it...

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

Painting: Watercolour 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	Jan 16 – Feb 13	1 – 3 p.m.	5/$73.50	246083
Sa	Feb 20 – Mar 20	1 – 3 p.m.	5/$73.50	246084

Painting: Watercolour Urban Painting (19+ yrs)

Using watercolour paint urban scenescapes encompass the physical, cultural, and visual character of city environments. Sketch, paint and capture the subject, buildings, landscapes, objects, with your own perspective.

at Glen Pine Pavilion

M	Jan 11 – Feb 8	6:30 – 8:30 p.m.	5/$73.50	245180
M	Feb 22 – Mar 22	6:30 – 8:30 p.m.	5/$73.50	245181

Woodcarving All Levels (19+ yrs)

Learn and develop woodcarving skills to create a unique piece from basswood. Explore techniques for shaping, texture and adding detail while expressing your own creativity. Beginners and continuing students are welcome.

at Dogwood Pavilion

W	Jan 13 – Feb 17	1:30 – 3:30 p.m.	6/$91.20	245758
W	Feb 24 – Mar 31	1:30 – 3:30 p.m.	6/$91.20	245760



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.

Course fees do not include applicable taxes. Details subject to change.

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 — **4 – 7:30 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	

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.**

Course fees do not include applicable taxes. Details subject to change.

Glen Pine Pavilion Activity Groups LOW COST

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

$1

Activity Groups and Clubs now Drop-in.

Pre-registration recommended.

American Mahjong (50+ yrs)

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

Friday 12 – 3 p.m.

Art Group (50+ yrs)

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

Wednesday 9 a.m. – 12 p.m.

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

Saturday 12 – 2:45 p.m.

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

Wednesday 1:30 – 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 3:30 – 6:30 p.m.

Saturday 11:30 a.m. – 2:30 p.m.

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

Monday 1 – 4 p.m.

Carpet Bowling (50+ yrs)

Carpet Bowling is a variant of lawn bowls played indoors. It is easy to learn and newcomers are welcome.

Friday 1:30 – 3:30 p.m.

Casual Bridge

A beginner-level bridge group focused on building on the basics, practicing and enjoying the game in a relaxed and supportive environment. Attending with a partner is not required. Some experience with bidding and play of the hand is recommended.

Thursday 4 – 6 p.m.

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

Wednesday 9 – 10:30 a.m.

Crafters (50+ yrs)

Come join us and have fun while you pursue your favourite hobbies. Knitting, sewing, crocheting and making other crafts for yourself or for the Glen Pine Gift Shop.

Tuesday 1 – 3 p.m.

Current Events (50+ yrs)

With all that is going on the world right now, take this weekly opportunity to meet like-minded people and talk about concerns, opinions, and points-of-view in respectful discussions and debates. Activity will be facilitated with a working set of protocols based on confidentiality and the rule to "agree to disagree".

Wednesday 11:45 a.m. – 1 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 socializing opportunities to build new friendships, receive support and connect with others through music, song and dance.

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.

Quilting (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.

Sunday 10 – 11:45 a.m. | 12 – 1:45 p.m.

Traditional Mahjong (50+ yrs)

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

Monday 9 a.m. – 12 p.m.

Saturday 9:30 a.m. – 12:30 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.

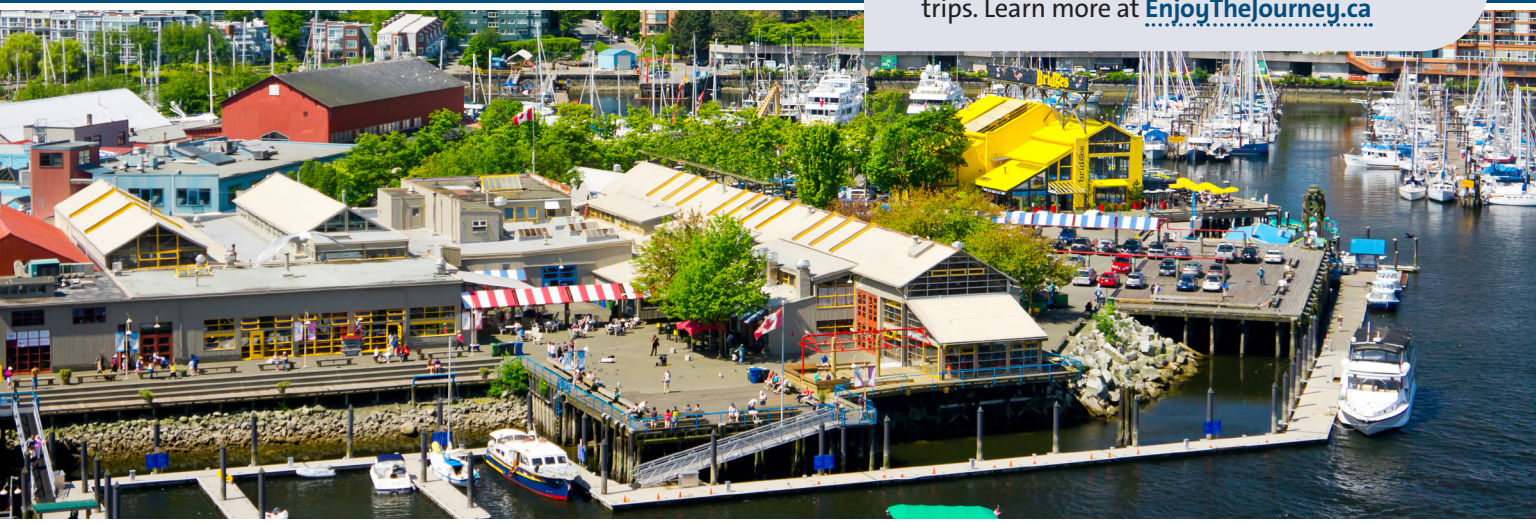
Thursday 1 – 3:30 p.m.

Course fees do not include applicable taxes. Details subject to change.

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



Tea and Trumpets – ¡Viva España! (50+ yrs)

Escape the winter blues with a musical postcard to sun-drenched Spain. Savour highlights from Bizet's opera Carmen, plus Chabrier's fiery España, and de Falla's The Three-Cornered Hat — a colourful afternoon of rhythm and romance.
Leave Glen Pine at 10 a.m. Estimated return at 5:15 p.m.
Leave Dogwood at 10:15 a.m. Estimated return at 5 p.m.
Level: Easy
- ¡Viva España! Performance
- VSO Orchestra Level Seating
- Orpheum Lobby Tea and Biscuits
- Early Light Lunch Cafè Calabria

Th	**Feb 18**	**10 a.m. – 5:15 p.m.**	**1/$149**	**243154**

Seniors Snowshoeing (50+ yrs)

Beginners welcome! If you can walk, you can snowshoe on this winter wonderland adventure on Cypress Mountain. Your Hollyburn trail tour will be 2 hours and be led by an experienced trail guide.
Leave Glen Pine at 7:15 a.m. Estimated return at 3:45 p.m.
Leave Dogwood at 7:30 a.m. Estimated return at 3:30 p.m.
Level: Moderate
- Cypress trail ticket
- Snowshoe rental
- Expert Cypress Mountain Guide
- Lunch at Hollyburn Lodge

Tu	**Feb 23**	**7:15 a.m. – 3:45 p.m.**	**1/$159**	**243155**

Tourist In Your Own Town (50+ yrs)

Take the Aquabus on a narrated cruise of False Creek from Olympic Village to Yaletown, spend ample time exploring VanDusen Botanical Gardens before a delicious lunch at Steamworks Mount Pleasant. Finish with the immersive FlyOver Canada experience.
Leave Glen Pine at 7:45 a.m. Estimated return at 5:30 p.m.
Leave Dogwood at 8 a.m. Estimated return at 5:15 p.m.
Level: Easy
- Flyover Canada
- VanDusen Botanical Garden
- Aqua Bus Narrated Tour
- Lunch Steamworks Mount Pleasant
- Main Street Coffee Stop

F	**Mar 12**	**7:45 a.m. – 5:30 p.m.**	**1/$149**	**243156**

Granville Island Artist Studio Tour (50+ yrs)

Meet talented local artists at their Granville Island studios to hear their stories and watch them work their craft. Visit four studios, enjoy lunch at Bridges Tap and Barrel and take afternoon free time to explore the Granville Island Public Market.
Leave Glen Pine at 8:30 a.m. Estimated return at 5:30 p.m.
Leave Dogwood at 8:45 a.m. Estimated return at 5:15 p.m.
Level: Easy
- Bijal Patel Intuitive Painter
- Amity Jewelry and Fiber Arts
- Granville Island Broom Company
- The Silk Weaving Studio
- Lunch Bridges Tap and Barrel

F	**Mar 19**	**8:30 a.m. – 5:30 p.m.**	**1/$149**	**243163**

Special Events

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



January

15

Pinetree Youth: Winter Wonderland Welcome Back Event *(11 – 18 yrs)* FREE

Kick off the new year with creativity and fun at our Welcome Back Winter Wonderland! Join us for a day of activities and food, perfect for unleashing your winter spirit! This event is for youth aged 11-18 yrs only.

at Pinetree Community Centre

F	Jan 15	3:30 – 6:30 p.m.		245083

29

Coffee and Crochet *(19+ yrs)*

Join us and get creative while connecting with others. Learn the basics of crochet in a relaxed and welcoming environment. In partnership with the Praguery. Workshop supplies are included.

at Town Centre Park Community Centre

F	Jan 29	10 a.m. – 12 p.m.	1/$23.70	244923

30

Lunar New Year: Year of the Fire Goat Crafts *(2 – 5 yrs)*

Join us in celebrating the Lunar New Year with a fun and creative fire goat-themed craft session. This is an adult participation event.

at Poirier Community Centre

Sa	Jan 30	1 – 1:45 p.m.	1/$6	245846

Course fees do not include applicable taxes. Details subject to change.



February

11

Valentine's Day Luncheon *(19+ yrs)*

Join us for a Valentine's Day luncheon. Originally Saint Valentine and, through later folk traditions with Cupid, this day has become a global, cultural, religious, and commercial celebration of romance and love.

at Glen Pine Pavilion

Th	**Feb 11**	**11:30 a.m. – 1 p.m.**	**1/$25.70**	**244549**

15

Family Day: Arts, Crafts and Games *(3 – 7 yrs)*

Come together as a family and join us for art creations, crafts, games and more. This workshop is geared towards those 3-7 yrs.

at Poirier Community Centre

M	**Feb 15**	**9:30 – 11:30 a.m.**	**1/$5**	**246006**

at Town Centre Park Community Centre

M	**Feb 15**	**10:30 a.m. – 12:30 p.m.**	**1/$5**	**244996**

Maillardville Family Day Fun! *(0 – 18 yrs)*

Bring the family and enjoy a fun-filled day! All ages can enjoy a wide variety of family themed activities such as face painting, crafts, mini movers, and more.

at Maillardville Community Centre

M	**Feb 15**	**10 a.m. – 12 p.m.**	**1/$5**	**245094**

18

Lunar New Year Luncheon *(19+ yrs)*

Year of the Fire Goat, Sheep or Ram according to the Chinese Zodiac calendar represents Kindness, Creativity, Peace and Empathy. Chinese New Year 2027 falls on February 6 and celebrations culminate with the Lantern Festival on the 15th day. Join us for a special luncheon with entertainment.

at Glen Pine Pavilion

Th	**Feb 18**	**11:30 a.m. – 1 p.m.**	**1/$25.70**	**244550**

19

Dogwood Social Evening: Jennifer Diamond Band *(19+ yrs)*

Come out and enjoy dinner, drinks and a live performance by the Jennifer Diamond Band. They are a dynamic five piece local band with powerhouse vocals and super charged energy that will light up the stage. They will play a great mix of classic rock, beautiful melodies, dance worthy hits and feel good tunes. Please call Dogwood Front Desk at 604-927-6098 after registering for table selection.

at Dogwood Pavilion

F	**Feb 19**	**5:30 – 9:30 p.m.**	**1/$35.75**	**242046**

24

Pinetree Youth: Pink Shirt Day Event *(11 – 18 yrs)*

Join us for snacks, share your story, and connect with others who have taken a stand against bullying. You'll also discover resources and support available to you or someone you care about. This event is for youth aged 11-18 yrs only.

at Pinetree Community Centre

W	**Feb 24**	**4 – 7 p.m.**	**1/FREE**	**245086**

March

3

Glen Pine 50plus Society Annual General Meeting *(19+ yrs)* FREE

Glen Pine 50plus Society hosts their Annual General Meeting.

at Glen Pine Pavilion

W	Mar 3	1 – 3:30 p.m.		243071

8

International Women's Day Breakfast *(19+ yrs)*

Celebrate International Women's Day and join us for a continental breakfast and presentation.

at Dogwood Pavilion

M	Mar 8	9:30 – 10:30 a.m.	1/$5.50	240162

International Women's Day Movie: *The Color Purple (19+ yrs)* FREE

Join us for a free movie for International Women's Day. *The Color Purple (2023)* A decades-spanning tale of love and resilience and of one woman's journey to independence. Celie faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood.

at Dogwood Pavilion

M	Mar 8	1 – 3 p.m.		240163

International Women's Day Movie: *20th Century Women (19+ yrs)* FREE

International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women.
Movie: *20th Century Women (2016)* Rated R 1 hr 59 mins Period Drama, Comedy
In 1979 Santa Barbara, Dorothea is a determined single mother who is raising her son, Jamie. Dorothea enlists the help of two women -- Abbie, a free-spirited punk artist and Julie, a savvy teenager -- to help with Jamie's upbringing. Starring Annette Bening, Elle Fanning, Greta Gerwig, Billy Crudup.

at Glen Pine Pavilion

M	Mar 8	4 – 6 p.m.		245747

12

Pinetree Youth: Game Show Night Event *(11 – 18 yrs)* FREE

Compete in a fun-filled evening of trivia, Jeopardy, Plinko, and other exciting game show inspired activities for a chance to win cool prizes! This event is for youth aged 11-18 yrs only.

at Pinetree Community Centre

F	Mar 12	6 – 9 p.m.		245084

13

Nowruz: Haft-Seen Egg Decorating *(2 – 5 yrs)*

Celebrate the arrival of spring and the Persian New Year by decorating traditional Haft-seen eggs! This is an adult participation event.

at Poirier Community Centre

Sa	Mar 13	1:30 – 2:15 p.m.	1/$6	246035

Nowruz: Haft-Seen Egg Decorating *(5 – 7 yrs)*

Celebrate the arrival of spring and the Persian New Year by decorating traditional Haft-seen eggs!

at Poirier Community Centre

Sa	Mar 13	2:45 – 3:30 p.m.	1/$6	246037

19

Hawaiian Hula Hour *(19+ yrs)*

Aloha! Get ready to hear strums, sway, and soak up the spirit in this island-themed event! Entertainment by the Tricity Strummers Ukulele Band and the Glen Pine Hawaiian Dancers. Enjoy some Hawaiian inspired refreshments, play, and make memories the lei'd back Hawaiian way. Hawaiian attire encouraged.

at Dogwood Pavilion

F	Mar 19	2 – 3:30 p.m.	1/$10.50	242064



24

Easter Luncheon *(19+ yrs)*

Easter is celebrated primarily by Christians worldwide—including Roman Catholics, Protestants, and Eastern Orthodox Christians but for all it is a seasonal Spring family time. Join us for a luncheon and entertainment to celebrate the occasion.

at Glen Pine Pavilion

W	**Mar 24**	**11:30 a.m. – 1 p.m.**	**1/$25.70**	**244548**

Dogwood Seniors Society Annual General Meeting *(19+ yrs)* FREE

Dogwood Seniors Society Annual General Meeting

at Dogwood Pavilion

W	**Mar 24**	**2 – 4 p.m.**	**240157**

24

Spring Celebration Dance and Sing *(All Ages)*

An afternoon of dancing and karaoke singing celebrating the Spring Season for the social dance and karaoke groups to get together for a fun afternoon. Light refreshments served.

at Glen Pine Pavilion

W	**Mar 24**	**2:15 – 3:45 p.m.**	**1/$14.95**	**245749**

25

Nowruz Eve – First Day of Spring Luncheon *(19+ yrs)*

Nowruz, also known as Persian New Year, has been observed for more than 3000 years as a Spring Equinox celebration.

at Glen Pine Pavilion

Th	**Mar 25**	**11:30 a.m. – 1:30 p.m.**	**1/$25.70**	**244547**

Spring Break Family Art Craft Night *(4+ yrs)*

Bring family and friends to Glen Pine during Spring Break to enjoy a family art night together. Price includes supplies and snacks. Each person attending, registers.

at Glen Pine Pavilion

Th	**Mar 25**	**6:30 – 8:30 p.m.**	**1/$14.70**	**245746**

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

Course fees do not include applicable taxes. Details subject to change.



Coquitlam's Bettie Allard YMCA

YMCA BC

Shine On

BettieAllardYMCA.ca

@BettieAllardYMCA

955 Emerson St., Coquitlam, BC

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Website: coqlibrary.ca

Phone: 604-554-7323

Email: ask@coqlibrary.ca



Celebrating Indigenous Voices

We're shining a spotlight on Indigenous voices and experiences. The expanded Indigenous Collection at our City Centre branch features enlightening and inspiring titles for all ages that reflect the cultures, lives, and histories of Canada's Indigenous Peoples. For additional resources, visit coqlibrary.ca/indigenous.



World Languages at the Library

We've recently added new titles in Filipino and Russian, alongside our collections in Chinese, Korean, Persian, and Spanish. Whether you'd like to enjoy a book in your first language, share stories with your children, or explore a new language, let your next trip to the Library take you around the world!



Programs & Events Guide

The next time you visit the library, pick up the latest Programs & Events Guide for a handy reference to all our upcoming activities, as well as the latest news and reading recommendations.

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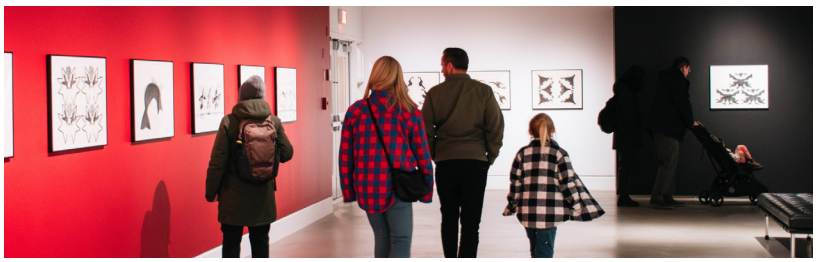

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Coquitlam Canada Canadian Heritage Patrimoine canadien British Columbia Arts Council British Columbia Supported by the Province of British Columbia bclive performance network

Course fees do not include applicable taxes. Details subject to change.



Spring 2027 at Mackin House museum

Exhibits

At Mackin House

It Takes A Team | Jul 2026 - Mar 2027

Take a journey through Coquitlam's past from the eyes of sports! Baseball, lacrosse, hockey, and much more.

Forgotten Skills | Feb - Jul 2027

Learn about skills like canning, butter-making, morse code, and personal printing presses in this exhibit.

The Local Angle | Apr - Sep 2027

Discover the history of journalism in Coquitlam with this deep dive into cameras, newspapers, and local stories.

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.

Events

January:
Afternoon Tea & Scones

February:
Valentine's Card Making
Lunar New Year Celebration
Black History Month
Afternoon Tea & Scones

March:
Festival du Bois
Easter Crafting
Afternoon Tea & Scones

April:
Spring Crafting
PJ Storytime
Afternoon Tea & Scones

1116 Brunette Avenue, Coquitlam | Find out more details and register for events at coquitlamheritage.ca

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Learn more about what's happening in your community



Coquitlam Current E-News

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

PRC E-News

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



CoquitlamConnect App

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



Public Notices

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



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Coquitlam