



# Drop-in Schedule (Page 1 of 2)

In Effect July 2 to September 1

## Centennial Activity Centre (CAC)


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Adult Badminton</b> (19 yrs+) 10 a.m.-12 p.m. Reg Admission</p> <p><b>Family Badminton</b> **(6 yrs+) 12 - 2 p.m. Family Rate</p> <p><b>Adult Badminton</b> (19 yrs+) 2 - 4 p.m. Reg Admission</p>	<p><b>*Youth Volleyball</b> (11 - 18 yrs) 5:30 - 7:30 p.m. \$2 <i>(Canceled Aug. 5)</i></p> <p><b>Adult Volleyball</b> (19 yrs+) 7:30 - 9:30 p.m. Reg Admission <i>(Canceled Aug. 5)</i></p>	<p><b>Family Badminton</b> **(6 yrs+) 5:30 - 7:30 p.m. Family Rate</p> <p><b>Adult Badminton</b> (19 yrs+) 7:30 - 9:30 p.m. Reg Admission</p>	<p><b>Women's Only Basketball</b> (16 yrs+) 5:30 - 7:30 p.m. \$2</p> <p><b>Adult Basketball</b> (19 yrs+) 7:30 - 9:30 p.m. Reg Admission</p>	Closed	<p><b>*Youth Badminton</b> (11 - 18 yrs) 5:30 - 7 p.m. \$2</p> <p><b>*Youth Basketball</b> (11 - 18 yrs) 7:30 - 9:30 p.m. \$2</p>	<p><b>Family Badminton</b> **(6 yrs+) 12:30 - 2:30 p.m. Family Rate</p> <p><b>Adult Badminton</b> (19 yrs+) 2:30 - 4:30 p.m. Reg Admission</p>

## Poirier Community Centre (PCC)

		<p><b>Discover Dance</b> **(2 - 5 yrs) 10:30 - 11:30 a.m. \$2 <i>Please pre-register or pay at Dogwood Pavilion.</i></p>	<p><b>Junior Gym Bugs Gymnastics</b> **(0 - 2 yrs) 4:30 - 5:30 p.m. \$2</p> <p><b>Gym Bugs Gymnastics</b> **(2 - 5 yrs) 6 - 7 p.m. \$2 <i>Please pre-register or pay at Poirier Sport &amp; Leisure Complex.</i></p>	<p><b>Junior Gym Bugs Gymnastics</b> **(0 - 2 yrs) 9:15 - 10:15 a.m. \$2</p> <p><b>Gym Bugs Gymnastics</b> **(2 - 5 yrs) 10:45 - 11:45 a.m. \$2 <i>Please pre-register or pay at Dogwood Pavilion.</i></p>		<p><b>Family Arts &amp; Crafts Drop-In</b> **(All Ages) 10:30 a.m. - 12:30 p.m. Family Rate <i>(Only child pays admission)</i></p>
--	--	------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	----------------------------------------------------------------------------------------------------------------------------------------

Schedule subject to change without notice. \*Pre-registration not available. \*\* Adult participation required.

## Special Information

<p><b>Find operating hours and contact information at:</b> coquitlam.ca/ RecCentres</p> <p><b>Poirier Community Centre</b> (630 Poirier St.)</p>	<p><b>Poirier Forum</b> (618 Poirier St.)</p> <p><b>Dogwood Pavilion</b> (1655 Winslow Ave.)</p> <p><b>Centennial Activity Centre</b> (578 Poirier St.)</p>	<p><b>The Getaway Youth Centre</b> Closed for the summer, see you in the fall!</p>	<p><b>Family Drop-Ins:</b> These are family oriented sessions. Participants must come in groups of at least one 6 - 18 yrs old and one 19 yrs+ participant (unless different age specified)</p>	<p><b>Scan for the most up-to-date schedule</b></p>  <p>Updated 07/03/2024</p>
------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------



# Drop-in Schedule (Page 1 of 2)

In Effect July 2 to September 1

## Dogwood Pavilion

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*Qi Gong</b> (19 yrs+) 11 a.m. – 12 p.m. Reg Admission <i>(Canceled Jul. 21 and Aug. 4)</i></p>	<p><b>*Fit 360</b> (13 yrs+) 9:30-10:30 a.m. Reg Admission <i>(Canceled Aug. 5)</i></p> <p><b>*Body Basics</b> (13 yrs+) 10:45 – 11:45 a.m. Reg Admission <i>(Canceled Aug. 5)</i></p> <p><b>Movie Matinee</b> (19 yrs+) 1 - 3:30 p.m. \$2 <i>(Canceled Aug. 5)</i></p> <p><b>*Essentrics</b> (13 yrs+) 7 – 8 p.m. Reg Admission <i>(Canceled Aug. 5)</i></p>	<p><b>Zumba® Gold</b> (13 yrs+) 9 – 10 a.m. Reg Admission</p> <p><b>Art Studio</b> (19 yrs+) 12:30 – 4:15 p.m. \$2</p>	<p><b>*Gentle Impact</b> 4 Healthy Bones (13 yrs+) 11 a.m. – 12 p.m. Reg Admission</p>	<p><b>Zumba® Gold</b> (13 yrs+) 9:15 – 10:15 a.m. Reg Admission</p> <p><b>*Fit 360</b> (13 yrs+) 10:30 – 11:30 a.m. Reg Admission</p>		

## Poirier Forum

		<p><b>Adult Pickleball</b> (19 yrs+) 12:30 – 2:30 p.m. Reg Admission <i>Please pre-register or pay at Dogwood Pavilion.</i></p>		<p><b>Adult Pickleball</b> (19 yrs+) 8:45 – 10:45 a.m. Reg Admission <i>Please pre-register or pay at Dogwood Pavilion.</i></p>		
--	--	-------------------------------------------------------------------------------------------------------------------------------------------------	--	-------------------------------------------------------------------------------------------------------------------------------------------------	--	--

Schedule subject to change without notice. \*Pre-registration not available. \*\* Adult participation required.