

April to June
SPRING 2025

Registration Information on page 5

Senior's *Guide*

Coquitlam Parks, Recreation, Culture and Facilities



Welcome to Coquitlam

Parks, Recreation, Culture and Facilities



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

L/\$37.30

98661

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

Number of sessions/price

Course ID

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

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

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

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Coquitlam Champions Equity, Diversity and Inclusion

What is Equity, Diversity and Inclusion?

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

EDI in Coquitlam

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

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

coquitlam.ca/EDI

Coquitlam



All Abilities Welcome!

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

coquitlam.ca/RecAccess

Financial Assistance for Recreation

**Making recreation more
affordable and accessible.**

Eligible residents can apply today.

coquitlam.ca/FinancialAssistanceRec

Sign Me Up

Online Registration System
for Parks, Recreation and Culture programs

3 Easy Ways To Register

1 Online coquitlam.ca/registration

Available 24 hours a day, 7 days a week
You must have a recreation account to register for programs online.

How To Register Online

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

Once you have logged into your account, you can:

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

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

Questions? We're here to help!

604-927-4386 | prcs_info@coquitlam.ca

2 Over the Phone 604-927-4386

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

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

3 In-person at these facilities:

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

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

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

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

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

Admission Fees and Recreation Passes

Coquitlam PRC Gift Cards



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

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



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



ONE PASS and Drop-in Fees

Prices valid at all facilities April 1, 2025.

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

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.88	\$27	\$31	\$21.70	\$243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	\$6.67	\$53.40	\$61.90	\$43.30	\$486
Senior	(65 – 79 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Super Senior	(80 yrs +)	\$3.88	\$27	\$31	\$21.70	\$243
Adult and Tot	(per person)	\$3.88	\$27	—	—	—

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

** A minimum three month commitment is required

Additional Arena Services

Prices valid through to March 31, 2026.

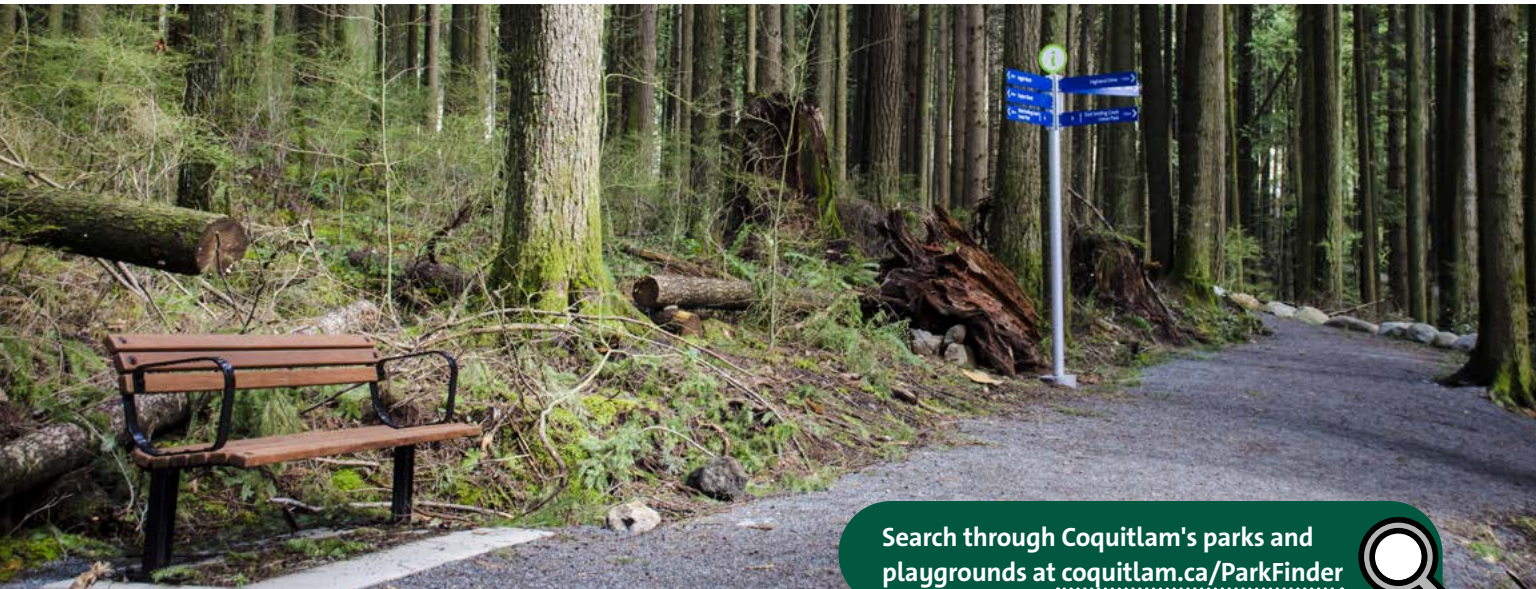
	Drop-In	10-Visit Pass
Skate Rentals	\$3.38	\$27.10
Helmet Rentals	\$2.14	\$17.10
Skate Sharpening	\$5.43	—

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

Parks

Park program registration opens at 8:30 a.m. on February 25 for Coquitlam residents and at 8:30 a.m. on February 27 for non-residents.

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



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



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

Here are some ways to get involved:



Park Spark

Bringing Coquitlam Parks Alive

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



Bad Seed

Weed Out Invasive Plants

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



Inspiration Garden

Growing and Connecting Gardeners

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



Tree Spree

Supporting Trees in Coquitlam

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



Spotlight on Sport

Shining a Spotlight on Community Sport

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



Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

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

Bad Seed

Intro to: Bad Seeds (All Ages)

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

at Town Centre Park

Sa	May 24	1:30 – 2:30 p.m.	1/ FREE	180311
Sa	Jun 28	1:30 – 2:30 p.m.	1/ FREE	180308

at Town Centre Park Community Centre

Su	Apr 13	2 – 3 p.m.	1/ FREE	180307
W	Apr 30	3:30 – 4:30 p.m.	1/ FREE	180309
Su	May 11	2 – 3 p.m.	1/ FREE	180305
W	Jun 11	3:30 – 4:30 p.m.	1/ FREE	180306

Inspiration Garden

Bat Appreciation Day: Secret Lives of Bats (All Ages)

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

at Town Centre Park Community Centre

Th	Apr 17	3:30 – 4:30 p.m.	1/ FREE	181901
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Dirt Detectives (All Ages)

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

at Town Centre Park

W	Jun 18	10 – 11 a.m.	1/ FREE	181925
W	Jun 18	1 – 2 p.m.	1/ FREE	181926
W	Jun 18	3:30 – 4:30 p.m.	1/ FREE	181927

Compost Week Evening Showcase (All Ages)

Celebrate Compost Week with the Park Spark Team and Environmental Services this year with a special evening showcase. Sign up to join an informative evening to learn the steps to composting at home, school and at work. We will have different types of composting methods in display, including vermicomposting!

at Town Centre Park Community Centre

W	May 7	4:30 – 5:15 p.m.	1/ FREE	181917
W	May 7	5:15 – 6 p.m.	1/ FREE	184256

Compost Works (All Ages)

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

at Town Centre Park Community Centre

Su	Apr 6	3 – 4 p.m.	1/ FREE	181900
W	Apr 9	5 – 6 p.m.	1/ FREE	181911

Earth Day: Inspiration Garden Exploration (All Ages)

Drop in on a fun Earth Day Scavenger Hunt at the Inspiration Garden! Can you find and solve all the nature riddles in time to complete the challenge? All ages welcome, family friendly. Drop in anytime between 2:30 p.m. to 4:30 p.m. (Registration preferred).

at Town Centre Park

Tu	Apr 22	2:30 – 4:30 p.m.	1/ FREE	181910
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Earth Week: Seed Pops Workshop (All Ages)

Celebrate Earth Week by adding fun pops of colour in your garden! Join this hands-on wild flower seed-pops workshop and share your creation with the pollinators.

at Town Centre Park Community Centre

Sa	Apr 26	1 – 2 p.m.	1/\$5	181907
Sa	Apr 26	3 – 4 p.m.	1/\$5	181908
Sa	Apr 26	5 – 6 p.m.	1/\$5	181909

Earth Week: Compost Works (All Ages)

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

at Town Centre Park Community Centre

W	Apr 23	3:30 – 4:30 p.m.	1/ FREE	181905
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Earth Week: Wormy Workshop (All Ages)

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

at Town Centre Park Community Centre

W	Apr 23	5 – 6 p.m.	1/ FREE	181903
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Oops! We cancelled it...

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

All Abilities Welcome!

Visit page 4 for details

Father's Day Planter Workshop (All Ages)

Join on this special Father's Day planter making workshop! Green thumbs of all ages and abilities are welcome. All supplies included.

at Dogwood Pavilion

Sa	Jun 14	9:30 – 10:30 a.m.	1/\$40	181803
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at Town Centre Park

Sa	Jun 14	2:30 – 3:30 p.m.	1/\$40	181804
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at Town Centre Park Community Centre

Su	Jun 15	3:30 – 4:30 p.m.	1/\$40	181805
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Healthy Herb Container (All Ages)

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

at Town Centre Park

Tu	May 6	2 – 3 p.m.	1/\$40	181309
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Tu	May 27	2 – 3 p.m.	1/\$40	181316
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at Town Centre Park Community Centre

Su	May 4	2:30 – 3:30 p.m.	1/\$40	181306
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Su	May 25	2:30 – 3:30 p.m.	1/\$40	181314
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Inspiration Garden Exploration (All Ages)

Drop in on a Garden Adventure on National Scavenger Hunt Day 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 9 a.m. to 12 p.m.

at Town Centre Park

Sa	May 24	9 a.m. – 12 p.m.	1/ FREE	181919
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Inspiration Garden Family Tour (All Ages)

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

at Town Centre Park

Th	Jun 19	1:30 – 2:30 p.m.	1/ FREE	181892
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Mason Bee Workshop (All Ages)

Join this hands-on workshop with the Park Spark Team and BC Bee Supply to learn all about Mason Bees. Find out how you can support pollination and the local natural ecosystem by setting up a Mason Bee friendly environment in your very own garden! There will be demonstrations and intro to the mason bee life cycle as well as fun take-aways at the end of the workshop!

at Dogwood Pavilion

Th	Apr 24	4 – 6 p.m.	1/\$10	184431
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at Town Centre Park Community Centre

Th	May 8	4 – 6 p.m.	1/\$10	184135
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Th	May 15	2 – 4 p.m.	1/\$10	181914
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Mother's Day Hanging Basket Workshop (All Ages)

Join on this special Mother's Day hanging basket making workshop! Green thumbs of all ages and abilities are welcome, all instructions, plants and supplies included. You will be bringing home a handmade planter with you. Family Friendly.

at Dogwood Pavilion

Sa	May 10	9:30 – 10:30 a.m.	1/\$40	181301
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at Town Centre Park

Sa	May 10	2:30 – 3:30 p.m.	1/\$40	181302
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at Town Centre Park Community Centre

Su	May 11	3:30 – 4:30 p.m.	1/\$40	181304
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Mother's Day Tea in the Garden (All Ages)

Celebrate and drop in at the Inspiration Garden to enjoy a warm cup of tea and wander through the colourful Inspiration Garden. All ages, family friendly drop in anytime between 12:30 p.m. to 2 p.m..

at Town Centre Park

Sa	May 10	12:30 – 2 p.m.	1/ FREE	184262
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Tell us how we did!

coquitlam.ca/ProgramEvaluation



Pollinator Friendly Planter (All Ages)

Plant a pollinator friendly flower planter to welcome all your garden pollinator friends! This is a hands-on workshop. All supplies included.

at Town Centre Park

Tu	Jun 24	11 a.m. – 12 p.m.	1/\$40	181808
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at Town Centre Park Community Centre

Su	Jun 22	3 – 4 p.m.	1/\$40	181807
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Pollinator Power (All Ages)

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

at Town Centre Park

W	Jun 11	2 – 3 p.m.	1/ FREE	181923
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Pollinator Week: Pollinator Power (All Ages)

Celebrate Pollinator Week with Park Spark! Drop in and learn about local and global beneficial insects and pollinators and why they are so important for a healthy, happy garden. We will also observe and discuss how to attract mason bees, butterflies and beetles to your balcony, patio or backyard gardens! All ages, abilities welcome. Family Friendly. Drop in anytime 4 p.m. to 6 p.m.

at Town Centre Park Community Centre

W	Jun 25	4 – 6 p.m.	1/ FREE	181924
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School Garden Tour (All Ages)

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

at Town Centre Park

Tu	Apr 8	1:30 – 2:30 p.m.	1/\$30	181873
Th	Apr 10	1:30 – 2:30 p.m.	1/\$30	181874
Tu	Apr 15	1:30 – 2:30 p.m.	1/\$30	181875
Th	Apr 17	1:30 – 2:30 p.m.	1/\$30	181876
Th	Apr 24	1:30 – 2:30 p.m.	1/\$30	181877
Tu	Apr 29	1:30 – 2:30 p.m.	1/\$30	181878
Th	May 1	1:30 – 2:30 p.m.	1/\$30	181879
Tu	May 6	1:30 – 2:30 p.m.	1/\$30	181880
Th	May 8	1:30 – 2:30 p.m.	1/\$30	181881
Tu	May 13	1:30 – 2:30 p.m.	1/\$30	181882
Th	May 15	1:30 – 2:30 p.m.	1/\$30	181883
Th	May 22	1:30 – 2:30 p.m.	1/\$30	181884
Tu	May 27	1:30 – 2:30 p.m.	1/\$30	181885
Th	May 29	1:30 – 2:30 p.m.	1/\$30	181886
Tu	Jun 3	1:30 – 2:30 p.m.	1/\$30	181887
Th	Jun 5	1:30 – 2:30 p.m.	1/\$30	181888
Tu	Jun 10	1:30 – 2:30 p.m.	1/\$30	181889
Th	Jun 12	1:30 – 2:30 p.m.	1/\$30	181890
Tu	Jun 17	1:30 – 2:30 p.m.	1/\$30	181891

Spring Planter (All Ages)

Plant and bring home a colourful flower planter to welcome pollinators! Green thumbs of all ages and abilities welcome. All supplies included.

at Town Centre Park

Tu	Apr 29	2 – 3 p.m.	1/\$40	181298
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at Town Centre Park Community Centre

Su	Apr 27	2 – 3 p.m.	1/\$40	181297
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Spring Salad Container (All Ages)

Create and bring home a container of fresh salads and herbs from a colourful selection of edible plants to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Tu	Apr 15	2 – 3 p.m.	1/\$40	181296
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at Town Centre Park Community Centre

Su	Apr 13	3:30 – 4:30 p.m.	1/\$40	181295
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Starting from Seed (All Ages)

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

at Town Centre Park

W	May 14	2 – 3 p.m.	1/ FREE	181928
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at Town Centre Park Community Centre

W	May 14	5 – 6 p.m.	1/ FREE	181916
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W	May 28	5 – 6 p.m.	1/ FREE	181915
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Stunning Succulents Planter (All Ages)

Create a stunning succulent planter, perfect summer accent for your garden outdoor or indoor space! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Tu	Jun 3	11 a.m. – 12 p.m.	1/\$40	181319
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at Town Centre Park Community Centre

Su	Jun 1	3 – 4 p.m.	1/\$40	181318
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Summer Garden Prep (All Ages)

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

at Town Centre Park

Sa	Jun 7	10 – 11 a.m.	1/ FREE	181921
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at Town Centre Park Community Centre

W	Jun 4	4 – 5 p.m.	1/ FREE	181920
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Th	Jun 12	3 – 4 p.m.	1/ FREE	181922
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Tea in the Garden (All Ages)

Drop in at the Inspiration Garden to enjoy a warm cup of herbal tea and wander through the colourful Spring garden beds. All ages, family-friendly drop in.

at Town Centre Park

W	May 21	4 – 6 p.m.	1/ FREE	181918
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W	Jun 4	1 – 3 p.m.	1/ FREE	184261
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Oops! We cancelled it...

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

All Abilities Welcome!

Visit page 4 for details

Compost Works: Wonderful Life in Soil (All Ages)

Have you ever wondered what's in your garden soil? Join this workshop to learn about soil composition, how to enhance your garden soil and plant growth as well as meeting our special compost heroes! Family Friendly.

at Town Centre Park Community Centre

Th	May 1	3 – 4 p.m.	1/ FREE	181913
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Tree Spree

Behind the Scenes: Bat Walk and Talk (All Ages)

LOW COST

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

at Parks (Neighbourhood)

F	Jun 6	8:30 – 10 p.m.	1/\$2	182301
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F	Jun 27	8:30 – 10 p.m.	1/\$2	182302
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Intro To: Forest Bathing (All Ages)

The scent of the forest, the song of birds, the fresh forest air—awaken your senses and let your body relax in this introduction into the Japanese practice of forest bathing. Please email ParkSpark@coquitlam.ca for meeting location details.

at Mundy Park

Tu	Apr 22	9:30 – 11 a.m.	1/ FREE	183477
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Sa	May 31	9:30 – 11 a.m.	1/ FREE	183476
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Sa	Jun 21	9:30 – 11 p.m.	1/ FREE	183478
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Intro To: Shrub Pruning (All Ages)

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

at Town Centre Park

F	Apr 25	2 – 3 p.m.	1/ FREE	180933
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F	Jun 20	2 – 3 p.m.	1/ FREE	180935
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Intro To: Tree Pruning (All Ages)

Join the Park Spark team for a pruning workshop that will highlight some key principals, practices and techniques to consider when pruning your 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 Mundy Park

Tu	Apr 1	11 a.m. – 12 p.m.	1/ FREE	180314
F	Apr 18	2:30 – 3:30 p.m.	1/ FREE	180315
Tu	Apr 29	11 a.m. – 12 p.m.	1/ FREE	180316
F	May 16	2:30 – 3:30 p.m.	1/ FREE	180317
Tu	May 27	11 a.m. – 12 p.m.	1/ FREE	180318
F	Jun 6	2:30 – 3:30 p.m.	1/ FREE	180319

Tree Spree Tours: Creekside Curiosities (All Ages)

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

Coquitlam River Park: Meet at the Coquitlam River Trail Entrance at the south end of Ozada Ave. Street parking is available.

Hoy Creek Linear Park: Meet outside the City Centre Aquatic Complex, we will walk to Hoy Creek together.

at Coquitlam River Park

Sa	Apr 5	2 – 3:30 a.m.	1/ FREE	181240
Tu	Apr 29	11 a.m. – 12:30 p.m.	1/ FREE	181254
Su	May 25	10 – 11:30 a.m.	1/ FREE	181256
Su	Jun 15	10 – 11:30 a.m.	1/ FREE	181253

at Hoy Creek Linear Park

F	Apr 25	10 – 11:30 a.m.	1/ FREE	181258
Sa	May 17	2 – 3:30 p.m.	1/ FREE	181252
Sa	Jun 7	2 – 3:30 p.m.	1/ FREE	181259

Tree Spree Tours: Forest Canopy Walk (All Ages)

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

at Como Lake Park

Sa	Apr 19	2 – 3:30 p.m.	1/ FREE	183245
F	May 9	10 – 11:30 a.m.	1/ FREE	183246
F	May 30	10 – 11:30 a.m.	1/ FREE	183247
Su	Jun 8	2 – 3:30 p.m.	1/ FREE	183249
Su	Jun 22	10 – 11:30 a.m.	1/ FREE	183250



Tree Spree Tours: Forest Understory Walk (All Ages)

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

at Mundy Park

F	Apr 11	10 – 11:30 a.m.	1/ FREE	183239
Su	Apr 27	10 – 11:30 a.m.	1/ FREE	183240
Tu	May 13	10 – 11:30 a.m.	1/ FREE	183241
Sa	May 24	10 – 11:30 a.m.	1/ FREE	183242
Su	Jun 1	2 – 3:30 p.m.	1/ FREE	183243
F	Jun 13	1:30 – 3 p.m.	1/ FREE	183256
F	Jun 20	10 – 11:30 a.m.	1/ FREE	183244
Tu	Jun 24	2 – 3:30 p.m.	1/ FREE	183257

Tree Spree Tours: Forest Walk (All Ages)

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

This walk is hosted at Riverview Forest Park. Please email ParkSpark@coquitlam.ca for details.

at Riverview Forest Park

Tu	Apr 8	2 – 3:30 p.m.	1/ FREE	183254
F	May 16	10 – 11:30 a.m.	1/ FREE	183255



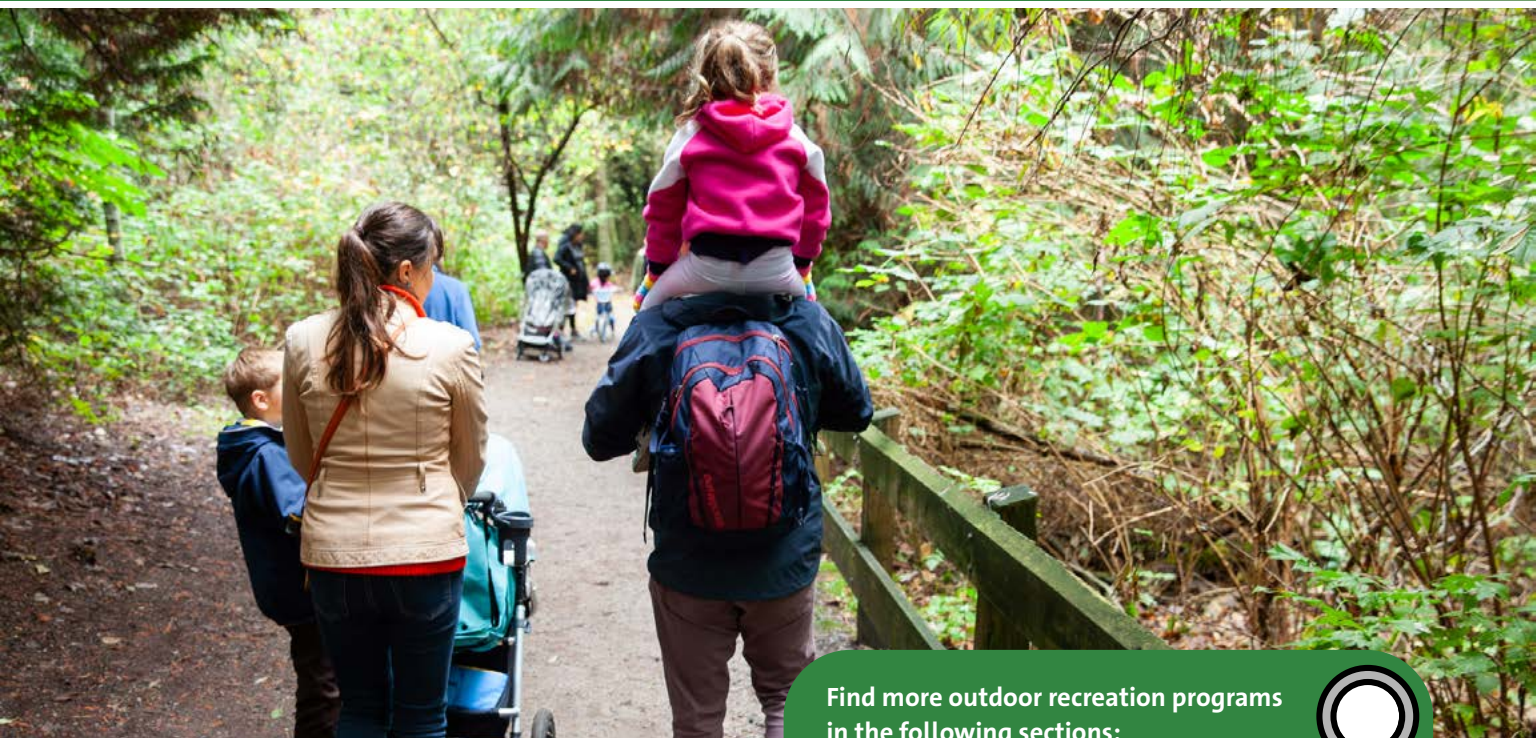
Tell us how we did!

coquitlam.ca/ProgramEvaluation

Outdoor Recreation

Mixed Ages

Registration opens at 8:30 a.m. on February 25 for Coquitlam residents and at 8:30 a.m. on February 27 for non-residents.



Find more outdoor recreation programs in the following sections:

- [Camps \(page 13\)](#)
- [Outdoor sports in the Child section \(page 39\)](#)

New programs added throughout the season!

Learn more at coquitlam.ca/outdoors

Baby and Me Beginner Hike (0 months – 1.5 yrs)

This beginner program is designed for new parents and babies to enjoy easy hikes. Must be able to carry baby for 90 mins over changing terrain. Recommended for ages under 18 months. If over 18 months, it is recommended you are an experienced hiker. Trail and meet up locations to be emailed prior to start of program. Program will run rain or shine.

W	Apr 9 – May 14	12 – 1:30 p.m.	6/\$27	182203
W	May 21 – Jun 18	12 – 1:30 p.m.	5/\$22.50	182205

Baby and Me Intermediate Hike (0 months – 2 yrs)

This intermediate program is designed for new parents and babies to enjoy moderate hikes. Must be able to carry baby for 90 minutes over changing terrain. Recommended for ages under 18 months. If over 18 months, it is recommended you are an experienced hiker. Trail and meet up locations to be emailed prior to start of program. Program will run rain or shine.

Th	Apr 10 – May 15	12 – 1:30 p.m.	6/\$27	182206
Th	May 22 – Jun 19	12 – 1:30 p.m.	5/\$22.50	182207

Backcountry Navigation (16+ yrs)

Learn how to use a map/compass, familiarize yourself with other navigational aids (GPS, phone apps, etc.) and how to safely navigate our local wilderness areas. No prior knowledge needed, even the advanced will learn some useful tips. This “hands on” course will be conducted on the trail networks above Westwood Plateau. Be prepared for 90 to 120 minutes of standing for the initial theory portion followed by a three hour, 5 km hike on hilly terrain at an easy pace. The trails may be a little steep in places so waterproof footwear with traction and poles are recommended. Program will take place on Eagle Mountain.

Sa	Apr 5	9 a.m. – 2 p.m.	1/\$15	183034
Sa	Apr 19	9 a.m. – 2 p.m.	1/\$15	183035
Sa	May 3	9 a.m. – 2 p.m.	1/\$15	183036

Beginner Hike: Coquitlam River (19+ yrs)

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

W	May 28	6 – 9 p.m.	1/\$9	183010
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Beginner Hike: Fraser River Sunset (19+ yrs)

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

F	Apr 11	6 – 8:30 p.m.	1/\$7.50	182631
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Beginner Hike: Miller Ravine and the Chines (19+ yrs)

This beginner hike will travel through the lush upper section of Miller Ravine while taking time to enjoy nature. Descend steeply into the forested area of the Chines before regaining elevation steeply, on a narrow trail, to make a loop back to the starting point. On a clear day, great views of the mountains to the north can be seen. Roundtrip distance is 4 km with a cumulative elevation gain of 130 m.

W	Apr 23	6 – 8 p.m.	1/\$6	182634
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Beginner Hike: Mundy Park and the Riverview Forest (19+ 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	Jun 11	6 – 9 p.m.	1/\$9	183020
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Beginner Hiking Program: Burke Mountain Adventures (19+ yrs)

This three week, three step program will give beginner hikers the opportunity to gain experience and the chance to end with an intermediate hike. Take in trails named Lower Vics, Woodland Walk and complete the program with the Coquitlam Lake View Trail. The hikes will start easy and get progressively more challenging in terrain and steepness. There will be stream crossings on rocks and hands might be needed on steep sections. The final hike will be 10 km with an elevation gain of 640 m.

Sa	Jun 14 – Jun 28	8 – 10 a.m.	3/\$37.50	183031
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Como Lake Learn to Fish (5 – 15 yrs)

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

Th	May 15	6 – 8 p.m.	1/ FREE	182170
Tu	May 27	6 – 8 p.m.	1/ FREE	182165
Tu	Jun 10	6 – 8 p.m.	1/ FREE	182166
Tu	Jun 24	6 – 8 p.m.	1/ FREE	182168

Eco Trekkers (3 – 5 yrs)

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

W	Apr 9 – May 14	10 – 11 a.m.	6/\$18	182189
W	May 21 – Jun 25	10 – 11 a.m.	6/\$18	182191

Programs marked with are for kids and adults together!

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 Hike: Buntzen Lake Loop (19+ yrs)

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

Sa	Apr 26	8 a.m. – 12 p.m.	1/\$12	182638
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Intermediate Hike: Ridge Park (19+ yrs)

This low end intermediate hike will take in the power line right-of-way on Westwood Plateau to gain elevation into the wonderful forest of Ridge Park. There will be a chance for great views overlooking Coquitlam and beyond. This hike will be a combination of wide and narrow trails with some steep sections and one stream crossing without a bridge. Roundtrip distance is 6 km with an elevation gain of 245m.

W	Jun 25	6 – 9 p.m.	1/\$9	183029
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Intermediate Hike: Shoreline Trail and Chines Loop (19+ yrs)

This hike will travel through a short section of the Harbour Chines before walking the streets of Port Moody's Shoreline Trail and new boardwalk. Time will be taken to enjoy nature while seeing forest and mountainous views. Some sections of the trail are steep, muddy, and slippery. Roundtrip distance is 5 km with a cumulative elevation gain of 100m.

W	May 14	6 – 8:30 p.m.	1/\$7.50	183002
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Intermediate Hike: Southern Diez Vistas (19+ yrs)

Hike a shortened version of the full Diez Vistas and take in three viewpoints. This trail has some steep sections. On a clear day, beautiful views of Indian Arm, the North Shore mountains, Buntzen Lake, and Eagle Ridge can be seen. Roundtrip distance is 8 km with a cumulative elevation gain of 550 m.

Sa	May 10	8 a.m. – 12:30 p.m.	1/\$13.50	183001
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Lafarge Lake Learn to Fish (5 – 15 yrs)

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

Tu	May 6	6 – 8 p.m.	1/ FREE	182155
Th	Jun 5	6 – 8 p.m.	1/ FREE	182157
Th	Jun 19	6 – 8 p.m.	1/ FREE	182159

Presentation: Backpacking and Wilderness Camping (19+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, and learn what to carry and how to prepare to stay one or multiple nights in the woods. With over 35 years of experience hiking and backpacking, Ian will explain potential food choices, items that should be in your backpack and how to use them. Enjoy your trip and keep safe on the trails. Geared towards new and experienced backpackers.

at Town Centre Park Community Centre

Th	Jun 19	7 – 9 p.m.	1/\$6	183022
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Programs marked with  are for kids and adults together!

All Abilities Welcome!

Visit page 4 for details



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

W	Apr 16	7 – 9 p.m.	1/\$6	182632
Tu	Jun 17	10:30 a.m. – 12:30 p.m.	1/\$6	183021

Walk: Beginner Native Plant and Tree Identification Coquitlam River (19+ yrs)

This program will start with a presentation on native plants and trees you may see walking and hiking in the local forests. The group will then go on a walk along the Coquitlam River to identify plants and trees. Perfect for beginner naturalists.

at Town Centre Park Community Centre

Tu	May 6	10 a.m. – 2 p.m.	1/\$12	183000
Tu	Jun 10	10 a.m. – 2 p.m.	1/\$12	183019

Walk: Beginner Native Plant and Tree Identification Mundy Park (19+ yrs)

This walk will focus on identifying plants and trees in the local forests. This is a great way to learn what you may see while walking and hiking. Perfect for beginner naturalists

at Mundy Park

W	May 21	6 – 8 p.m.	1/\$6	183018
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Presentation: Beginner Native Plant and Tree Identification (19+ yrs)

Join Ian McArthur for an interactive evening learning about what you are seeing while walking and hiking in the local forests. With over 35 years of experience hiking local trails, Ian will explain ways you can enrich your outing by being able to identify native plants and trees. This course is perfect for beginner naturalists.

at Town Centre Park Community Centre

W	May 7	7 – 9 p.m.	1/\$6	182999
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Presentation: Hiking Safety and Techniques (19+ yrs)

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

at Town Centre Park Community Centre

W	Apr 9	7 – 9 p.m.	1/\$6	182630
W	Jun 4	7 – 9 p.m.	1/\$6	183012

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, 2026.

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



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

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.88	\$27	\$31	\$21.70	\$243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	\$6.67	\$53.40	\$61.90	\$43.30	\$486
Senior	(65 – 79 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Super Senior	(80 yrs +)	\$3.88	\$27	\$31	\$21.70	\$243
Adult and Tot	(per person)	\$3.88	\$27	—	—	—

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

Fitness Centre Hours

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

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

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

Getting Started? Let Us Help!

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

Adult Orientation **LOW COST**

Learn guidelines and how to safely and effectively use the equipment in our fitness centres.

Cost: \$2. Register online or by calling 604-927-4386.

City Centre Aquatic Complex

Wednesday: 7:15 – 8:15 p.m. • Thursday: 8 – 9 a.m. • Sunday: 6:30 – 7:30 p.m.

Poirier Sport and Leisure Complex

Wednesday: 11 a.m. – 12 p.m. • Thursday: 8 – 9 p.m. • Saturday: 10 – 11 a.m.

Pinetree Community Centre**

Tuesday: 6 – 7 p.m.

Glen Pine Pavilion

Monday: 11 a.m. – 12 p.m.

** Pending staff availability.

Youth Orientation **LOW COST**

An orientation of the facility, the equipment and safe use.

Cost: \$2. Register online or by calling 604-927-4386.

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

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

Personal Training

Looking for a personalized training program? Our certified personal trainer will assess your fitness level, learn about your goals and lead you through a custom training program. *Assessment session is mandatory for first-time clients.*

First Assessment Session (1.25 hrs): \$80

3 Sessions

(1-hour per): \$192

5 Sessions

(1-hour per): \$305

10 sessions

(1-hour per): \$575

Learn more at coquitlam.ca/PersonalTraining

Group Fitness Class Rules

How to have a positive class experience:

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

Be On Time

Remember to be on time for class. Arriving late may disrupt those around you and may not allow for a sufficient warm up and class introduction. *Please note instructors may deny late entry based on class design.*



Wristbands

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



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

Drop-In Group Fitness Classes

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

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Cardio/Strength

Cardio Core Conditioning ●●

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

Fit 360° ●●

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

Low Impact ●●

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

NRG Circuit ●●

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

Step Remix ●●

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

Cycle

Cycle: Group Ride ●●

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

Dance

Belly Dance4One ●●

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

Cardio Dance Fit ●●

An energetic, fun cardio workout incorporating easy dance choreography to greatest songs of all time and modern hits. Expect lots of movements with a beat to burn calories, improve cardiovascular endurance and coordination. Variety of fun and engaging dance routines will leave you feeling uplifted and empowered!

Dance4One ●●

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

Zumba® ●●

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



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



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.



Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

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.

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

Family Yoga (7+ yrs) ●

Join us for a relaxing and enjoyable way to spend time as a family while you stretch your way into a variety of easy fun shapes and animal poses. Interactive partner work will be included in a fun and playful challenge geared towards the whole family.

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.

Health and Fitness

Registration opens at 8:30 a.m. on February 25 for Coquitlam residents and at 8:30 a.m. on February 27 for non-residents.



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

Adult and Baby Yoga (16+ yrs)

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

at Centennial Pavilion

Tu	Apr 1 – May 6	11 a.m. – 12 p.m.	6/\$64.50	181115
Tu	May 13 – Jun 24	11 a.m. – 12 p.m.	7/\$75.25	181116

at Pinetree Community Centre

F	Apr 4 – May 9	9:30 – 10:30 a.m.	5/\$53.75	181859
F	May 16 – Jun 27	9:30 – 10:30 a.m.	7/\$75.25	181860

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	Mar 30 – May 4	10:45 – 11:45 a.m.	6/\$64.50	181532
Th	Apr 3 – May 8	5:45 – 6:45 p.m.	6/\$64.50	181530
Su	May 11 – Jun 22	10:45 – 11:45 a.m.	7/\$75.25	181533
Th	May 15 – Jun 26	5:45 – 6:45 p.m.	7/\$75.25	181531

at Poirier Sport and Leisure Complex

Tu	Apr 1 – May 6	7:15 – 8:15 p.m.	6/\$64.50	181793
Sa	Apr 5 – May 10	8:15 – 9:15 a.m.	6/\$64.50	181799
Tu	May 13 – Jun 24	7:15 – 8:15 p.m.	6/\$64.50	181796
Sa	May 17 – Jun 28	8:15 – 9:15 a.m.	6/\$64.50	181800

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

Bootcamp 4 U and Baby (16+ yrs)

Take some time for you and baby to bond while keeping yourself fit and healthy during this strength and cardio class. Moms must be at least eight-weeks postpartum and babies pre-mobile.

at Poirier Sport and Leisure Complex

W	Apr 2 – May 7	1 – 2 p.m.	6/\$64.50	181629
W	May 14 – Jun 25	1 – 2 p.m.	6/\$64.50	181633

Cardio Combat (13+ yrs)

Get your heart racing and your body moving with precision and intensity! This dynamic workout blends high-energy cardio exercises with powerful moves from Boxing, Muay Thai, Kung Fu, and kickboxing. This program offers a scalable workout that can be tailored to any fitness level, creating a full-body experience that will leave you feeling strong and empowered.

at Pinetree Community Centre

Tu	Apr 1 – May 6	7:45 – 8:45 p.m.	6/\$64.50	184428
Tu	May 13 – Jun 24	7:45 – 8:45 p.m.	7/\$75.25	184429

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	Mar 31 – May 12	11 a.m. – 12:15 p.m.	6/\$80.70	181450
F	Apr 4 – May 9	11:15 a.m. – 12:30 p.m.	5/\$67.25	181453
F	May 16 – Jun 27	11:15 a.m. – 12:30 p.m.	7/\$94.15	181455
M	May 26 – Jun 23	11 a.m. – 12:15 p.m.	5/\$67.25	181452

at Glen Pine Pavilion

F	Apr 11 – May 16	11:45 a.m. – 1 p.m.	5/\$67.25	181520
F	May 23 – Jun 27	11:45 a.m. – 1 p.m.	6/\$80.70	181521

Gentle Hatha Yoga (13+ yrs)

This class is for individuals that are looking for the next step in their yoga with gentler progressions and a slower transition. Focus on improving flexibility for the neck, shoulders, hips and legs while improving balance, gaining strength, endurance and range of motion in a non-intimidating and welcoming atmosphere.

at Victoria Community Hall

W	Apr 2 – May 7	9:30 – 11 a.m.	6/\$96.90	181525
W	May 14 – Jun 25	9:30 – 11 a.m.	7/\$113.05	181526

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	Apr 1 – May 8	12 – 1 p.m.	12/\$129	181481
Tu/Th	May 13 – Jun 26	12 – 1 p.m.	14/\$150.50	181482

Group Cycle: Night Ride (19+ yrs)

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

at City Centre Aquatic Complex

F	Apr 11	7:30 – 8:30 p.m.	1/\$10.75	181541
F	May 9	7:30 – 8:30 p.m.	1/\$10.75	183331
F	Jun 13	7:30 – 8:30 p.m.	1/\$10.75	183332

Hatha Yoga Intermediate (13+ yrs)

For those familiar with the progressions of basic hatha yoga postures and are looking to deepen their practice. Some yoga experience is required.

at Centennial Pavilion

M	Mar 31 – May 12	12:30 – 2 p.m.	6/\$96.90	181444
M	May 26 – Jun 23	12:30 – 2 p.m.	5/\$80.75	181448

at Poirier Sport and Leisure Complex

M	Mar 31 – May 12	6 – 7:30 p.m.	6/\$96.90	181637
M	May 26 – Jun 23	6 – 7:30 p.m.	5/\$80.75	181647

Kickboxing (19+ yrs)

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

at Pinetree Community Centre

M	Apr 7 – Apr 28	7:45 – 8:45 p.m.	3/\$30.45	180930
M	May 5 – May 26	7:45 – 8:45 p.m.	3/\$30.45	180931
M	Jun 2 – Jun 30	7:45 – 8:45 p.m.	5/\$50.75	180932

All Abilities Welcome!
Visit page 4 for details

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

All Abilities Welcome!

Visit page 4 for details

Killer Kettlebells (13+ yrs)

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

at City Centre Aquatic Complex

Tu	Apr 1 – May 6	6 – 7 p.m.	6/\$64.50	181534
Tu	May 13 – Jun 24	6 – 7 p.m.	7/\$75.25	181536

Learn 2 Ride (13+ yrs)

Designed to prepare the novice participant to learn the basics of indoor cycling. Learn how to set up and properly use an indoor Keiser bike. Be ready and feel confident to participate in our many drop-in cycle offerings!

at City Centre Aquatic Complex

M	Apr 28 – May 26	6:30 – 7:15 p.m.	4/\$34.40	181537
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Learn 2 Yoga (13+ yrs)

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

at Pinetree Community Centre

W	Apr 9 – May 7	6 – 6:45 p.m.	5/\$43	181861
W	May 21 – Jun 18	6 – 6:45 p.m.	5/\$43	181862

at Poirier Sport and Leisure Complex

Th	Apr 10 – May 8	10:45 – 11:30 a.m.	5/\$43	181801
Th	May 22 – Jun 19	10:45 – 11:30 a.m.	5/\$43	181802

Meditation and Breath (13+ yrs)

Create a deeper mind-body connection and visualization through meditation and breathing exercises.

at Poirier Sport and Leisure Complex

W	Apr 2 – May 7	8:30 – 9:30 p.m.	6/\$64.50	181806
W	May 14 – Jun 25	8:30 – 9:30 p.m.	6/\$64.50	181810

Minds in Motion (19+ yrs)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of BC. Gentle exercise are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner.

at Centennial Pavilion

Th	Apr 3 – May 8	2:15 – 3:45 p.m.	6/\$39.90	181470
Th	May 15 – Jun 19	2:15 – 3:45 p.m.	6/\$39.90	181471

Powerhouse Circuit (13+ yrs)

A full body workout in a more intense bootcamp format with power intervals and plyometric movements. This circuit style class progressively becomes more challenging each week and incorporates spin bikes, TRX, medicine balls, kettlebells, battle ropes, sandbags, plyometric boxes and resistance bands.

at City Centre Aquatic Complex

Th	Apr 3 – May 8	6 – 7 p.m.	6/\$64.50	181562
Th	May 15 – Jun 26	6 – 7 p.m.	7/\$75.25	181563

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 Maillardville Community Centre

Su	Mar 30 – May 4	6:30 – 7:30 p.m.	6/\$64.50	181509
Su	May 11 – Jun 22	6:30 – 7:30 p.m.	7/\$75.25	181510

at Pinetree Community Centre

W	Apr 2 – May 7	7 – 8 p.m.	6/\$64.50	181863
W	May 14 – Jun 25	7 – 8 p.m.	7/\$75.25	181864

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	Mar 30 – May 4	5:45 – 7 p.m.	6/\$80.70	181564
Su	May 11 – Jun 22	5:45 – 7 p.m.	7/\$94.15	181565

at Dogwood Pavilion

M	Mar 31 – May 12	7 – 8:15 p.m.	6/\$80.70	181472
M	May 26 – Jun 23	7 – 8:15 p.m.	5/\$67.25	181473



Tell us how we did!

coquitlam.ca/ProgramEvaluation



Therapeutic Pilates (13+ yrs)

A more therapeutic approach to Pilates that will support healing. This class design is slower paced with modifications using bender balls, yoga blocks, bolsters and straps for increasing range of movement and strengthening of supporting muscles.

at **Victoria Community Hall**

M	Mar 31 – May 12	9:30 – 10:45 a.m.	6/\$80.70	181523
M	May 26 – Jun 23	9:30 – 10:45 a.m.	5/\$67.25	181524

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	Apr 1 – May 6	8:15 – 9:15 p.m.	6/\$64.50	181608
Tu	May 13 – Jun 24	8:15 – 9:15 p.m.	7/\$75.25	181612

at **Maillardville Community Centre**

Su	Mar 30 – May 4	7:45 – 8:45 p.m.	6/\$64.50	181514
Su	May 11 – Jun 22	7:45 – 8:45 p.m.	7/\$75.25	181515

Ride and Pulse (13+ yrs)

Start with a great cardiovascular workout on the Keiser bikes in a mini group ride class. Finish the class off on the booty kicker apparatus to build strength and endurance.

at **City Centre Aquatic Complex**

W	Apr 2 – May 7	6:45 – 7:45 p.m.	6/\$64.50	181596
Th	Apr 3 – May 8	11 a.m. – 12 p.m.	6/\$64.50	181603
W	May 14 – Jun 25	6:45 – 7:45 p.m.	7/\$75.25	181598
Th	May 15 – Jun 26	11 a.m. – 12 p.m.	7/\$75.25	181606

TIME™ 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	Mar 31 – May 14	1:30 – 2:30 p.m.	13/\$143	181512
W/M	May 21 – Jun 25	1:30 – 2:30 p.m.	11/\$121	181513

TIME™ PLUS Program (19+ yrs)

TIME™ Plus is for people who can do the classic TIME™ exercises with ease but still need hand support to exercise which prevents them from joining a regular fitness class, but are ready for greater balance and mobility. 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.

at **Centennial Pavilion**

Tu/Th	Apr 1 – May 8	1 – 2 p.m.	12/\$132	181479
Tu/Th	May 13 – Jun 26	1 – 2 p.m.	14/\$154	181480



Bettie Allard YMCA Coquitlam Resident Access

Did you know?

The City of Coquitlam has partnered with the Bettie Allard YMCA to provide Coquitlam residents access to fitness and aquatic facilities at the City's drop-in rates.

That means if you are a Coquitlam resident, you do not have to be a YMCA member to access this facility.

Learn more at coquitlam.ca/YMCA

Adult

Registration opens at 8:30 a.m. on February 25 for Coquitlam residents and at 8:30 a.m. on February 27 for non-residents.

19 yrs +

(unless otherwise noted)



Cards and Games

Dungeons and Dragons Campaign Play

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

W	Apr 9 – May 14	2 – 5 p.m.	6/\$15.30	181322
W	May 21 – Jun 25	2 – 5 p.m.	6/\$15.30	181323

Learn to Play Canasta

Canasta combines elements of Bridge and Rummy. 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.

at Glen Pine Pavilion

Th	Apr 10 – May 1	6:30 – 8 p.m.	4/\$35.80	181405
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Learn to Play Card Game 500

500 is a game developed in the United States from Euchre. The goal is to work with your teammate to earn 500 points by winning tricks, or rounds, of the card game.

at Glen Pine Pavilion

Th	May 22 – Jun 12	6:30 – 8 p.m.	4/\$35.80	181408
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Learn to Play Poker

Learn how to play this fun and social game of strategy, skill and chance. For players with little or no experience to encourage future playing in the Poker activity group.

at Glen Pine Pavilion

Tu	Apr 8 – Apr 29	10 a.m. – 12 p.m.	4/\$10.20	181283
Tu	May 20 – Jun 10	10 a.m. – 12 p.m.	4/\$10.20	181284

All Abilities Welcome!

Visit page 4 for details



**No experience necessary and
all cooking supplies provided.**

Cooking Around the World Series

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

Bali: Buddha Bowls with Peanut Sauce

W	Jun 4	6 – 8 p.m.	1/\$25.70	180384
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Canada: Candied Salmon Chowder

W	Apr 16	6 – 8 p.m.	1/\$25.70	180363
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China: Sichuan Dan Dan Noodles

W	Apr 30	6 – 8 p.m.	1/\$25.70	180371
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Columbia: Arepas with Cheese and Beans

W	May 14	6 – 8 p.m.	1/\$25.70	180373
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Greece: Roasted Vegetable Moussaka

W	Apr 9	6 – 8 p.m.	1/\$25.70	180347
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Israel: Flavourful Falafel

W	Jun 25	6 – 8 p.m.	1/\$25.70	180386
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Israel: Mediterranean Dips and Salads

W	Jun 11	6 – 8 p.m.	1/\$25.70	180377
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Italy: Baked Eggplant Parmesan

W	Apr 23	6 – 8 p.m.	1/\$25.70	180368
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Italy: Caprese Chicken Saltimbocca

W	May 28	6 – 8 p.m.	1/\$25.70	180376
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Korea: Gochujang Bowls

W	May 21	6 – 8 p.m.	1/\$25.70	180374
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Mexico: Chipotle Black Bean Burgers

W	May 7	6 – 8 p.m.	1/\$25.70	180372
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Ukraine: Stuffed Vegetables

W	Jun 18	6 – 8 p.m.	1/\$25.70	180378
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Cooking: Artisan Pizza (16+ yrs)

Create a pizza that's as unique as you are. With fresh ingredients and homemade dough, this artisan pizza is all about bold flavours and creativity.

at Maillardville Community Centre

Sa	Jun 14	2 – 4 p.m.	1/\$25.70	181727
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Cooking: Baking with Olive Oil

Discover a healthier twist on favourite baked treats. Learn how to make classic ginger cookies and rich, fudgy brownies – using olive oil in place of butter.

at Dogwood Pavilion

Sa	May 31	9:30 – 11:30 a.m.	1/\$25.70	180413
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Cooking: Baking with Sourdough Starters (16+ yrs)

Come learn how to make the perfect loaf of sourdough bread and what it takes to have your baking rise to the next level.

at Maillardville Community Centre

Sa	Apr 12	2 – 4 p.m.	1/\$25.70	181707
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Cooking: Banana Cream Pie

Learn to make impressive Banana Cream Pie from scratch! As a group, you will prepare the buttery crust, creamy filling and top it off with fresh whipped cream.

at Dogwood Pavilion

Sa	Apr 26	9:30 – 11:30 a.m.	1/\$25.70	180398
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Cooking: BBQ Pork Belly Tacos with Sides

Elevate Tacos with BBQ Pork Belly and a fresh Pico de Gallo, a fresh Mexican salsa made of finely chopped ripe tomatoes, onion, cilantro, jalapeño, and lime. Accompany this meal with an Asian Guacamole and Green Papaya salad.

at Glen Pine Pavilion

Su	May 11	10:30 a.m. – 1:30 p.m.	1/\$38.55	180823
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Cooking: BBQ Ribs with Sides

BBQ Ribs with a Broccoli Cheddar Picnic salad and Corn Bread Muffins is a great feast for a sunny June day when the meal is easy to prepare.

at Glen Pine Pavilion

Su	Jun 8	10:30 a.m. – 1:30 p.m.	1/\$38.55	180826
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Oops! We cancelled it...

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

All Abilities Welcome!

Visit page 4 for details



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.

Flexible volunteer shifts available—apply online at coquitlam.ca/MeaningfulMeals

Cooking: Budget-friendly Soups, Stews and Salads

Every week will be a budget-friendly menu featuring either soups, salads, or stews with sides prepared from scratch while working with different ingredients ensuring that you are prepared to cook the recipes on hand with confidence.

at *Glen Pine Pavilion*

M	Apr 7 – May 12	7 – 8:30 p.m.	5/\$96.50	180828
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Cooking: Carrot Cake Cupcakes

Learn to make delicious Carrot Cake Cupcakes from scratch with grated carrots, warm spices and amazing flavour. Top with frosting for a special spring treat.

at *Dogwood Pavilion*

Sa	Apr 12	9:30 – 11:30 a.m.	1/\$25.70	180390
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Cooking: Cedar Plank Orange Ginger BBQ Salmon with Side

A Spring patio meal is perfect with a Cedar Plank Orange Ginger BBQ Salmon with a roasted Potato Salad.

at *Glen Pine Pavilion*

Su	May 25	10:30 a.m. – 1:30 p.m.	1/\$38.55	180825
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No experience necessary and all cooking supplies provided.

Cooking: Cheesy Scallion Pull-Apart Bread (16+ yrs)

Warm, cheesy, and buttery – this pull-apart bread is the ultimate crowd-pleaser. Perfect for tearing, sharing, and trying not to eat the whole thing in one sitting.

at *Maillardville Community Centre*

Th	Jun 12	6 – 8 p.m.	1/\$25.70	181638
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Cooking: Chicken Cordon Bleu (16+ yrs)

Tender chicken, melty cheese, and crispy breadcrumbs come together in a dish that's as impressive as it is delicious.

at *Maillardville Community Centre*

Th	May 22	6 – 8 p.m.	1/\$25.70	181632
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Cooking: Chicken Shawarma with Sides

Chicken Shawarma is a Middle Eastern comfort food that matches well with homemade Tzatziki, a fresh vegetable salad and Saffron Rice.

at *Glen Pine Pavilion*

Su	May 18	10:30 a.m. – 1:30 p.m.	1/\$38.55	180824
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Cooking: Cream Puffs

Feel like a fancy French pastry chef in this cream puffs class! Learn to make choux pastry from scratch, bake and fill them with home made pastry cream.

at *Dogwood Pavilion*

Sa	May 17	9:30 – 11:30 a.m.	1/\$25.70	180408
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Cooking: Decorated Mini Carrot Cupcakes with Cream Cheese Buttercream (16+ yrs)

Tiny, adorable carrot cupcakes topped with silky cream cheese buttercream—because good things come in small packages.

at *Maillardville Community Centre*

Sa	Apr 19	2 – 4 p.m.	1/\$25.70	181711
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Cooking: Eggs Benedict

Learn to master the art of brunch classic Eggs Benedict. Learn how to perfectly poach eggs, make silky hollandaise sauce, and assemble this delicious dish.

at *Dogwood Pavilion*

Sa	Apr 19	9:30 – 11:30 a.m.	1/\$25.70	180393
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All Abilities Welcome!

Visit page 4 for details

Cooking: Elegant Cookies

Join our cookie class where you will learn to create two timeless treats: Mexican Wedding Cakes and Pizzerelli, the delicious Italian Pinch Cookies. These delicate, buttery treats are perfect for any occasion.

at *Dogwood Pavilion*

Sa	May 10	9:30 – 11:30 a.m.	1/\$25.70	180403
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Cooking: Foccacia al Formaggio

Learn to make this special Italian bread, also known as Foccacia di Recco. This crisp, flaky, cheese filled bread is perfect for snacking on at any time of day.

at *Dogwood Pavilion*

Sa	May 24	9:30 – 11:30 a.m.	1/\$25.70	180411
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Cooking: Fresh Pasta with Bolognese (16+ yrs)

Roll, cut, and toss homemade pasta with rich, meaty Bolognese sauce. It's classic comfort in every bite, made from scratch and served with love.

at *Maillardville Community Centre*

Sa	Apr 26	2 – 4 p.m.	1/\$25.70	181712
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Cooking: Garlic Butter Gnocchi (16+ yrs)

Soft, pillowy gnocchi tossed in rich garlic butter – because carbs + garlic = pure happiness. A simple dish that's sure to become a favourite in your home.

at *Maillardville Community Centre*

Sa	Jun 7	2 – 4 p.m.	1/\$25.70	181718
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Cooking: Grilled Carne Asada with Sides

Plan a Mexican fiesta with Carne Asada, marinated and seared steak, sliced and served with grilled peppers, red onions. An Orange Citrus Endive salad will make this meal marvelous.

at *Glen Pine Pavilion*

Su	Jun 15	10:30 a.m. – 1:30 p.m.	1/\$38.55	180827
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Cooking: Indian Sweets

Homemade Indian sweets also called mithai is a wonderful addition to your dessert menu.

at *Glen Pine Pavilion*

Su	Apr 6	10:30 a.m. – 1:30 p.m.	1/\$38.55	180812
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Cooking: Irish Egg Rolls (16+ yrs)

Get lucky with these crispy rolls! We're stuffing corned beef and cabbage into egg rolls – because why not?

at *Maillardville Community Centre*

Th	Apr 10	6 – 8 p.m.	1/\$25.70	181620
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Cooking: Italian Easter Bread Knots (16+ yrs)

Twist your way into tradition with these sweet, soft Italian Easter bread knots. Learn to bake these festive treats – perfect for sharing or just sneaking a bite before dinner.

at *Maillardville Community Centre*

Th	Apr 17	6 – 8 p.m.	1/\$25.70	181622
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Cooking: Japanese Milk Bread

Learn to make the lightest, fluffiest, most tender bread ever, Japanese Milk Bread.

at *Dogwood Pavilion*

Sa	May 3	9:30 – 11:30 a.m.	1/\$25.70	180401
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Cooking: Korean Beef Skewers with Japchae

Japchae, sweet potato starch noodles stir fried with vegetables and meat, is one of Korea's best-loved dishes and is a great accompaniment for Korean beef skewers.

at *Glen Pine Pavilion*

Su	Apr 13	10:30 a.m. – 1:30 p.m.	1/\$38.55	180813
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Cooking: Maple Chorizo Breakfast Hash

Join our cooking class to learn to make delicious Maple Chorizo Breakfast Hash! Learn how to combine savory chorizo, crispy potatoes, sautéed veggies, and a touch of maple syrup for a sweet and spicy breakfast that's full of flavor.

at *Dogwood Pavilion*

Sa	Jun 14	9:30 – 11:30 a.m.	1/\$25.70	180417
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Cooking: Mom's Day Out: Lavender Tea Bread and Cookies with Lavender Lemonade Mocktails (16+ yrs)

Spoil yourself with fragrant lavender tea bread, sweet cookies, and a zingy lavender lemonade mocktail. A calm, refreshing treat for moms who deserve a little luxury.

at *Maillardville Community Centre*

Sa	May 10	2 – 4 p.m.	1/\$25.70	181715
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Cooking: Mom's Night Out: Chocolate Strawberry Shortcake with Chocolate Martini Mocktails (16+ yrs)

Treat yourself to a delicious night in with chocolate strawberry shortcake paired with indulgent chocolate martini mocktails. A perfect combo for moms who deserve a little fun and flavour.

at *Maillardville Community Centre*

Th	May 8	6 – 8 p.m.	1/\$25.70	181628
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No experience necessary and all cooking supplies provided.

Cooking: Mozzarella Arancini Balls (16+ yrs)

Fried, cheesy, and irresistibly crispy. Learn to make these golden mozzarella-filled arancini balls that are as fun to make as they are to eat.

at Maillardville Community Centre

Th	Apr 24	6 – 8 p.m.	1/\$25.70	181626
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Cooking: Pork Dumplings (16+ yrs)

Master the art of juicy, savoury pork dumplings, wrapped to perfection. Steam, fry, or dip—these little bites of goodness are sure to please.

at Maillardville Community Centre

Sa	May 3	2 – 4 p.m.	1/\$25.70	181713
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Cooking: Roasted Carrot and Whipped Feta Savoury Tarts (16+ yrs)

Sweet roasted carrots meet creamy whipped feta in these irresistible savoury tarts. Perfect for a bite-sized treat that's both fancy and fun to make.

at Maillardville Community Centre

Th	May 1	6 – 8 p.m.	1/\$25.70	181627
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Cooking: Roasted Vegetable Moussaka, Greek Lemon Potatoes with Horiatiki

Prepare a roasted Vegetable Moussaka with Lemon Potatoes and Horiatiki which is a traditional Greek salad that accompanies Mediterranean meals.

at Glen Pine Pavilion

Su	Apr 27	10:30 a.m. – 1:30 p.m.	1/\$38.55	180821
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Cooking: Rosemary Focaccia with Strawberry Spring Salad (16+ yrs)

Bite into fluffy rosemary focaccia paired with a fresh, zesty strawberry salad. It's the perfect combo of savoury and sweet—like spring on a plate.

at Maillardville Community Centre

Th	Jun 19	6 – 8 p.m.	1/\$25.70	181641
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Cooking: Sichuan Kung Pao Chicken with Dan Dan Noodles

Spice up with Sichuan Kung Pao chicken and Dan Dan noodles. Both dishes originate from a region in China known for dried red chilies and peppercorns but the level of spice can be adjusted to suit your taste buds.

at Glen Pine Pavilion

Su	May 4	10:30 a.m. – 1:30 p.m.	1/\$38.55	180822
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Cooking: Spring Salad Meals

Every week will be a menu featuring fresh produce and proteins suitable for all-in-one Spring salad meals. Everything will be prepared from scratch while working with different ingredients ensuring that you are prepared to cook the recipes on hand with confidence.

at Glen Pine Pavilion

M	May 26 – Jun 23	7 – 8:30 p.m.	5/\$96.50	180829
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Cooking: Spring Tortellini with Cream Sauce and Fresh Pasta (16+ yrs)

Create fresh, homemade tortellini bursting with spring flavours and drizzled in a dreamy cream sauce. It's pasta perfection with a side of "Wow, I made this!"

at Maillardville Community Centre

Th	May 29	6 – 8 p.m.	1/\$25.70	181635
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Cooking: Strawberry Shortcake Scones

Learn to make light, flaky golden scones, ideal for layering with fresh summer sweet strawberries and whipped cream. A perfect Canada Day treat!

at Dogwood Pavilion

Sa	Jun 28	9:30 – 11:30 a.m.	1/\$25.70	180418
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Cooking: Thrifty Kitchens: Fried Rice Your Way (16+ yrs)

Did you know a third of all food produced is wasted? Learn how to maximize your grocery budget and reduce food waste by using leftovers and pantry staples in creative, delicious ways.

at Maillardville Community Centre

Su	May 25	5:30 – 7:30 p.m.	1/\$25.70	181794
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Cooking: Vegan Rainbow Salad Rolls with Spicy Sauce (16+ yrs)

Roll up some colourful veggies in these fresh, crunchy rainbow salad rolls, then dip them in a fiery spicy sauce. It's healthy, vibrant, and packs a punch.

at Maillardville Community Centre

Th	Jun 5	6 – 8 p.m.	1/\$25.70	181636
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Cooking: Victoria Day Special: Jam Roly Poly's with Tea (16+ yrs)

Celebrate Victoria Day with a classic. Learn to make fluffy jam roly-polys, served with a steaming cup of tea for the perfect touch of British charm.

at Maillardville Community Centre

Th	May 15	6 – 8 p.m.	1/\$25.70	181630
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Cooking: Victoria Day Special: Sponge Cupcakes and Cucumber Sandwiches with Tea (16+ yrs)

Celebrate like royalty with light sponge cupcakes, crisp cucumber sandwiches, and a perfectly brewed cup of tea. It's the ultimate classy combo for a tasty Victoria Day.

at *Maillardville Community Centre*

Sa May 17 2 – 4 p.m. 1/\$25.70 181717

Cooking: Yogurt Cheesecake

Join us and learn to make a luxuriously smooth and lighter version of the classic cheesecake. This easy-to-prepare recipe combines the richness of traditional cheesecake with the tangy freshness of yogurt, creating a creamy, decadent dessert.

at *Dogwood Pavilion*

Sa Jun 7 9:30 – 11:30 a.m. 1/\$25.70 180416

Finance: Building Wealth in Canada

Learn ways and options to effectively manage money by budgeting realistically, understanding cash flow and tools to put a financial plan into action.

at *Glen Pine Pavilion*

Th Jun 26 7 – 8:30 p.m. 1/ FREE 181775

Finance: Estate Planning

Learn how to create a plan to distribute assets, during life or upon death and understanding the various tools of estate planning including powers of attorney, wills, joint accounts, gifting and trusts.

at *Glen Pine Pavilion*

Th Apr 24 10 – 11:30 a.m. 1/ FREE 181753

Finance: Financial Implications of Divorce

Learn about the financial implications of divorce and gain confidence and knowledge to move forward.

at *Dogwood Pavilion*

Su Apr 13 9:30 – 10:30 a.m. 1/ FREE 181022

Finance: Fraud Protection

Understand fraud and how to protect yourself from being a victim.

at *Dogwood Pavilion*

Tu Jun 3 10 – 11 a.m. 1/ FREE 181032

Finance: Managing Finances in Retirement

Learn how to better manage your finances and make your money stretch for you in your retirement.

at *Glen Pine Pavilion*

Th May 29 10 – 11:30 a.m. 1/ FREE 181770



Income Tax Clinics Spring 2025

Get your 2024 tax return done by trained volunteers!

Available for low-income individuals or those receiving government assistance. Simple returns only — no self-employed or deceased filings.

- In-person at Dogwood or Glen Pine Pavilion
- Call 604-927-4386 to book an appointment

For seniors unable to attend in person: Free phone-filing option available. Volunteers will pick up documents and file your return over the phone.

Contact Community Services at 604-927-6093 for details.

Finance: Service Canada Presentations

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada. April: Pre-Retirement Workshop, June: Seniors Benefits.

at *Dogwood Pavilion*

Tu Apr 8 9:30 – 10:30 a.m. 1/ FREE 183152

Tu Jun 10 9:30 – 10:30 a.m. 1/ FREE 183153

Finance: Service Canada Presentations

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada. April: Senior Benefits and Programs; May: Newcomers to Canada; June: Pre-Retirement Workshop.

at *Glen Pine Pavilion*

M Apr 28 11:30 a.m. – 12:30 p.m. 1/ FREE 181263

M May 26 11:30 a.m. – 12:30 p.m. 1/ FREE 181268

M Jun 30 11:30 a.m. – 12:30 p.m. 1/ FREE 181272

Dementia-Friendly Adult Day Program

Engaging activities for older adults with cognitive impairment — plus respite for caregivers!

- Tuesdays and Saturdays in Coquitlam
- Try a **FREE** half-day trial!

Call (778) 549-6413 or email info@AdultCognitiveWellnessCentre.ca

In partnership with the City of Coquitlam and the Adult Cognitive Wellness Centre.

General: Personal Safety and Crime Prevention

Learn about personal safety and crime prevention in your neighbourhood. Presented by the Coquitlam RCMP.

at Dogwood Pavilion

Th	Jun 5	10 – 11:30 a.m.	1/ FREE	181045
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Health and Safety: Falls Prevention Mobile Clinic

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

at Glen Pine Pavilion

Th	Apr 3	8:30 a.m. – 5 p.m.	1/ FREE	181433
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Health: Cancer Self – Management Program

Cancer: Thriving and Surviving Self-Management Program is a free six-session group workshop. Gain knowledge, skills and confidence in your ability to manage cancer.

at Dogwood Pavilion

Tu	Apr 8 – May 13	9:30 a.m. – 12 p.m.	6/ FREE	181122
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Health: Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life.

at Glen Pine Pavilion

Sa	Apr 12 – May 17	9:30 a.m. – 12 p.m.	1/ FREE	181454
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Health: Dementia Dialogues

Creating moments of joy along the dementia journey. Learn ways of supporting the positive moments along the dementia journey through a screening and discussion of the film, “Creating Moments of Joy”. For caregivers only. Presented by the Alzheimer’s Society of BC.

at Glen Pine Pavilion

F	Jun 20	2:30 – 4 p.m.	1/ FREE	183341
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Health: Dementia Friendly Communities

Learn how small, everyday actions can help build a community that is inclusive, supportive of, and safe for people living with dementia.

at Glen Pine Pavilion

F	Jun 6	2 – 3:30 p.m.	1/ FREE	183342
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at Poirier Community Centre

W	May 7	9:30 – 11 a.m.	1/ FREE	183150
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Finance: The Journey out of Debt

Understand how credit works and how to take control of debt with low income.

at Dogwood Pavilion

Su	May 25	9:30 – 10:30 a.m.	1/ FREE	181027
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General: Hiking Adventures Slideshow

View an interesting presentation with visually captivating photographs and exciting tales of adventurous travel and hiking experiences. Slide shows are set to music, so minimal discussion during the shows, but plenty of time for questions afterwards. Presented by Terry McCullough, avid hiker and photographer.

at Glen Pine Pavilion

F	Apr 25	1:30 – 3 p.m.	1/ FREE	181642
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F	May 30	1:30 – 3 p.m.	1/ FREE	181645
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F	Jun 27	1:30 – 3 p.m.	1/ FREE	181648
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General: Lecture Series

Using a multi-disciplinary approach to describe, explain many world views and belief systems that have emerged on planet earth. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau (Clinical Psychology and Sociology).

at Glen Pine Pavilion

Th	Apr 10 – May 15	2 – 4 p.m.	6/\$53.40	181422
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Th	May 22 – Jun 26	2 – 4 p.m.	6/\$53.40	181425
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All Abilities Welcome!

Visit page 4 for details

NEW and LOW COST

Stay Active and Healthy

Inclusive Fitness for Older Adults

Seniors Can Move (50+ yrs)

Gentle Exercises | Strength and Balance
Social and Supportive Environment

Location: Maillardville Community Centre

Session Start: April 2025

Register:

coquitlam.ca/registration | 604-927-4386

Developed by Delta Gymnastics Society
and funded by the Ministry of Health
and BC Alliance for Healthy Living



Health: Mapping Your Journey – Stages and Progression of Dementia

While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen. For both People Living with Dementia and their Caregivers. Presented by the Alzheimer's Society of BC.

at Glen Pine Pavilion

F May 16 2:30 – 4 p.m. 1/ FREE 183340

Health: Navigating the Health Care System

Many of the available medical services and what you can expect from them are reviewed. Effective communication between the patient and their healthcare provider is emphasized.

at Glen Pine Pavilion

Th Jun 12 10 – 11:30 a.m. 1/ FREE 182153

Health: Palliative Care

The focus of this workshop is on the comfort and dignity of patients as they cope with serious illness. The scope of palliative care is explained. The overall goal is to manage pain and to provide appropriate care to enable the individual to live life to the fullest.

at Glen Pine Pavilion

Th Apr 10 10 – 11:30 a.m. 1/ FREE 182146

Language: English Conversation

If you are a newcomer or existing member of the community who is looking to further develop your English in a social setting, this program is for you! Practice reading, writing, and speaking English with others in your neighbourhood. Some fundamental English speaking ability is required.

at Dogwood Pavilion

Th Apr 10 – May 15 12:30 – 2 p.m. 6/\$15.30 181418

Th May 22 – Jun 26 12:30 – 2 p.m. 6/\$15.30 181419

Language: English Learner 1

Learn fun and practical fundamental English for everyday use. Gain confidence to speak English with anyone in everyday conversations. English Language Learner 1 is for those who are new to learning English.

at Glen Pine Pavilion

Th Apr 10 – May 15 9:30 – 11 a.m. 6/\$15.30 181360

Th May 22 – Jun 26 9:30 – 11 a.m. 6/\$15.30 181388

Health: Diabetes Self-Management Program

The Diabetes Self-Management Program is a free six-session workshop. Gain knowledge, skills and confidence in your ability to manage symptoms.

at Glen Pine Pavilion

Sa May 24 – Jun 28 9:30 a.m. – 12 p.m. 1/ FREE 181456

Health: Introduction to Brain Health

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.

at Dogwood Pavilion

Th Jun 19 9:30 – 11 a.m. 1/ FREE 183151

at Glen Pine Pavilion

F Jun 13 2 – 3:30 p.m. 1/ FREE 183343

Health: Life Without Driving

The decision to no longer drive has a profound impact on many seniors. This workshop explores warning signs of the need to consider other ways of getting around, encourages planning and outlines alternatives to driving.

at Glen Pine Pavilion

Th May 1 10 – 11:30 a.m. 1/ FREE 182149

Language: English Learner 2

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 2 is for those who know some fundamental English.

at Glen Pine Pavilion

Th	Apr 10 – May 15	1 – 2:30 p.m.	6/\$15.30	181402
Th	May 22 – Jun 26	1 – 2:30 p.m.	6/\$15.30	181403

Language: English Learner 3

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 3 is for those who are more advanced in speaking English. Completion of Level 2 required.

at Glen Pine Pavilion

Tu	Apr 8 – May 13	10 – 11:30 a.m.	6/\$15.30	181281
Tu	May 20 – Jun 24	10 – 11:30 a.m.	6/\$15.30	181282

Language: English Learner Book Club

Improve your English reading and speaking. We will be reading a book and discussing the story in a group setting. A basic level of speaking and reading in English is required for this class.

at Glen Pine Pavilion

Th	Apr 10 – May 15	11:30 a.m. – 12:30 p.m.	5/\$12.75	181399
Th	May 22 – Jun 26	11:30 a.m. – 12:30 p.m.	6/\$15.30	181401

Language: Italian Beginner

Ciao! Learn basic words, phrases and sentences in Italian to be able to converse and write with others in travel, business or at home.

at Glen Pine Pavilion

Tu	Apr 8 – May 13	1:30 – 3 p.m.	6/\$54	181286
Tu	May 20 – Jun 24	1:30 – 3 p.m.	6/\$54	181287

Language: Japanese Beginner

Konnichiwa! Learn basic words, phrases and sentences in Japanese to be able to converse and write with others in travel, business, dining out or at home.

at Glen Pine Pavilion

Sa	Apr 12 – May 17	1 – 2:30 p.m.	6/\$54	181459
Sa	May 24 – Jun 28	1 – 2:30 p.m.	6/\$54	181460

Language: Korean Foundations

Learning to read in Korean and to write Hangul which is the writing system of the Korean language makes learning to speak easier.

at Glen Pine Pavilion

W	Apr 9 – May 14	11:30 a.m. – 1 p.m.	6/\$54	181315
W	May 21 – Jun 25	11:30 a.m. – 1 p.m.	6/\$54	181317

Language: Korean Beginner

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	Apr 6 – May 11	10:15 – 11:45 a.m.	5/\$45	180830
Su	May 18 – Jun 22	10:15 – 11:45 a.m.	6/\$54	180831

Language: Korean Conversation

Annyeonghaseyo! Planning to travel to Korea, dining out for Korean food or at home watching Korean dramas learn basic words, phrases and sentences to be able to converse with others in a fun way.

at Glen Pine Pavilion

Tu	Apr 8 – May 13	9:30 – 11 a.m.	6/\$54	181279
Tu	May 20 – Jun 24	9:30 – 11 a.m.	6/\$54	181280

Language: Mandarin Beginner

This beginner language class uses original songs and animation to teach basic Mandarin Chinese skills. Emphasis is on spoken communication and learning to pronounce pin yin symbols. Class topics closely track the children's program to allow parents of students in that program to be a great language coach. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Th	Apr 3 – Jun 26	6 – 7:30 p.m.	11/\$363	183251
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Language: Portuguese Conversation

Olá! For anyone wishing to engage in full Portuguese immersion chat with others want to practice and feel comfortable speaking basic phrases. Facilitated by a Portuguese-speaking instructor who will assist with topics and guide the flow of conversation.

at Glen Pine Pavilion

Su	Apr 6 – May 11	12:15 – 1:45 p.m.	5/\$45	180836
Su	May 18 – Jun 22	12:15 – 1:45 p.m.	6/\$54	180837

Language: Spanish Beginner

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home.

at Dogwood Pavilion

Sa	Apr 12 – May 17	9 – 10:30 a.m.	6/\$54	181854
Sa	May 24 – Jun 28	9 – 10:30 a.m.	5/\$45	181855

at Glen Pine Pavilion

W	Apr 9 – May 14	9:30 – 11 a.m.	6/\$54	181312
M	May 26 – Jun 23	6:30 – 8 p.m.	5/\$45	181278

All Abilities Welcome!

Visit page 3 for details

Language: Spanish Conversation

For anyone wishing to engage in full Spanish immersion chat with others who have taken lessons, want to practice and feel comfortable. Facilitated by a Spanish speaking instructor who will assist with topics and guide the flow of conversation in Spanish.

at Dogwood Pavilion

Sa	Apr 12 – May 17	10:45 a.m. – 12:15 p.m.	6/\$54	181856
Sa	May 24 – Jun 28	10:45 a.m. – 12:15 p.m.	5/\$45	181857

at Glen Pine Pavilion

M	Apr 7 – May 12	6:30 – 8 p.m.	5/\$45	181275
W	May 21 – Jun 25	9:30 – 11 a.m.	6/\$54	181313

Photography: Smartphone Photography

Use your smartphone to capture photos and save special memories. Learn tips and tricks to enhance your photos or videos. Please bring own device for hands on support.

at Town Centre Park Community Centre

F	Apr 11 – May 16	10:30 a.m. – 12 p.m.	5/\$44.75	181831
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Technology: Android Basics **LOW COST**

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	Apr 24	1 – 2:45 p.m.	1/\$2.55	181438
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Technology: File Management **LOW COST**

Create and manage files on your computer by learning to save, retrieve, rename and find. Learn how to organize documents and photos in your personal digital filing system.

at Glen Pine Pavilion

Th	Jun 26	1 – 2:45 p.m.	1/\$2.55	181443
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Technology: iPad and iPhone Basics **LOW COST**

Learn the basic features and apps on your iPad or iPhone. Discuss security settings, accessing the internet and more.

at Glen Pine Pavilion

Th	May 8	1 – 2:45 p.m.	1/\$2.55	181440
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Technology: Managing Digital Passwords **LOW COST**

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. Bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	May 22	1 – 3 p.m.	1/\$2.55	181758
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Technology: Tools for Travel **LOW COST**

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 while travelling. 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	Apr 10	1 – 2:45 p.m.	1/\$2.55	181431
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Technology: Using a Smartphone Camera **LOW COST**

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	Jun 12	1 – 2:45 p.m.	1/\$2.55	181442
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Wellness: AHA! Amazing Happy Adventure

Blossom forth as you discover the beauty of your true self with this new season of life! Delve into guided meditations to release any negative thoughts, fears and doubts to elevate self-esteem in amazing ways!

at Glen Pine Pavilion

W	Apr 9 – Apr 23	1:30 – 3 p.m.	3/\$35.55	181614
Th	May 8 – May 22	10 a.m. – 11:30 a.m.	3/\$35.55	181621

Wellness: Eating for Sustained Energy

Learn how to eat in a balanced way to prevent afternoon crashes, fatigue and have sustained energy levels that keep you going.

at Dogwood Pavilion

Tu	Apr 22	4 – 5:30 p.m.	1/\$11.85	181363
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Wellness: Good Fats, Bad Fats and Heart Health

Learn about the importance of fats along with which fats to avoid and what to incorporate for better heart health.

at Dogwood Pavilion

Tu	May 6	4 – 5:30 p.m.	1/\$11.85	181366
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Wellness: Gut Health

Ninety percent of the illnesses begin in the gut. Understand the basic foundations of our digestion and how to support it with the right nutrition and lifestyle. Common issues like gas, bloating, acidity, constipation can be addressed before they lead to other health issues.

at Glen Pine Pavilion

Tu	Jun 17	3:30 – 5 p.m.	1/\$11.85	181294
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Wellness: Inflammation 101

The most common symptom with all chronic health conditions of today is inflammation. Learn about the many ways to support the body using nutrition and lifestyle to reduce inflammation.

at Glen Pine Pavilion

Tu	May 20	3:30 – 5 p.m.	1/\$11.85	181292
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Wellness: Journal Writing for Wellness

Release stress and challenges in life by elevating your quality of life in mind, body and heart through journal writing. Here you will deepen self-awareness, gain clarity, and embark on a path of harmony and love.

at Dogwood Pavilion

M	Apr 7 – Apr 14	10 – 11:30 a.m.	2/\$23.70	181469
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Wellness: Living Life to the Full Workshop

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 Centennial Pavilion

W	Apr 23 – Jun 11	1 – 2:30 p.m.	8/ FREE	183148
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Wellness: Menopause

Learn about dietary and lifestyle approaches to support hormonal health.

at Dogwood Pavilion

Tu	Jun 10	4 – 5:30 p.m.	1/\$11.85	181369
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Wellness: Sleep and Insomnia

Sleep is very important for growth, repair and overall health of the body. Sleep issues have become very common in our modern day life and a lot can be done to improve the quality of our rest with diet and lifestyle that help promote proper sleep hygiene.

at Glen Pine Pavilion

Tu	Apr 15	3:30 – 5 p.m.	1/\$11.85	181290
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Performing Arts

Dance: Ageless Ballet All Levels

Ballet moves improves posture, enhances and strengthens mobility and is mentally stimulating enough to create a feeling of positive well-being no matter what age you are. The music and the moves of this ageless ballet class is suitable for everyone.

at Dogwood Pavilion

Tu	Apr 8 – May 13	12:45 – 1:45 p.m.	6/\$57.90	181370
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Tu	May 20 – Jun 24	12:45 – 1:45 p.m.	6/\$57.90	181371
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Dance: Argentine Tango Foundations

Have fun learning Argentine Tango! Learn fundamental elements of the dance and the nuances of leading and following in a supportive and friendly environment. This course also touches on the history, culture, and music of the dance. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Mar 31 – Apr 28	7:15 – 8:15 p.m.	4/\$38.60	181354
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M	May 12 – Jun 23	7:15 – 8:15 p.m.	6/\$57.90	181356
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Dance: Ballroom Beginner

Ballroom Beginner is an introduction or a refresher for partner dancing. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register. Solo dancers welcome.

at Glen Pine Pavilion

Th	Apr 10 – May 15	6:45 – 7:30 p.m.	6/\$43.50	181412
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Dance: Ballroom Intermediate

Ballroom Intermediate is a refresher for partner dancing for those with ballroom dance experience. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register.

at Glen Pine Pavilion

Th	May 22 – Jun 26	6:45 – 7:30 p.m.	6/\$43.50	181416
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Dance: Bellydance Foundations

The focus is on learning the basics of belly dance with the emphasis on the classic postures with the traditional hip and shoulder movements. This class is good for all levels including dancers with some or no experience and can be repeated many times for belly dance skill development.

at Glen Pine Pavilion

Tu	Apr 8 – May 13	5:15 – 6:15 p.m.	6/\$57.90	181299
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Tu	May 20 – Jun 24	5:15 – 6:15 p.m.	6/\$57.90	181300
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All Abilities Welcome!

Visit page 3 for details

Dance: Bellydance Beginner

Practice classic beginner postures with the traditional hip and shoulder movements in a fun and welcoming environment.

at Dogwood Pavilion

W	Apr 9 – May 14	5 – 6 p.m.	6/\$57.90	181394
W	May 21 – Jun 25	5 – 6 p.m.	6/\$57.90	181395

Dance: Bellydance Intermediate

Build on your knowledge of bellydance in this intermediate-level class. Practice classic postures with the traditional hip and shoulder movements.

at Glen Pine Pavilion

W	Apr 9 – May 14	7:45 – 8:45 p.m.	6/\$57.90	181324
W	May 21 – Jun 25	7:45 – 8:45 p.m.	6/\$57.90	181325

Dance: Broadway Jazz All Levels (16+ yrs)

Step into the spotlight and dive into the world of high-energy choreography inspired by the glitz and glamour of Broadway. From sassy kicks to smooth spins, you'll unleash your inner performer.

at Maillardville Community Centre

F	May 23 – Jun 20	6:45 – 7:45 p.m.	5/\$48.25	181228
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Dance: Choreographed Bellydance

This class focuses on refining bellydance techniques through performance-style choreography while challenging stamina and perfecting execution of intricate moves. Recommended for intermediate and advanced dancers who have some performing experience and want to impress an audience.

at Glen Pine Pavilion

Tu	Apr 8 – May 13	7:45 – 8:45 p.m.	6/\$57.90	181303
Tu	May 20 – Jun 24	7:45 – 8:45 p.m.	6/\$57.90	181305

Dance: Contemporary All Levels (16+ yrs)

A fusion of modern, jazz, and classical dance styles to enhance technique, creativity, and strength. Suitable for all levels, this class encourages expression and confidence through movement.

at Maillardville Community Centre

F	Apr 11 – May 16	6:45 – 7:45 p.m.	5/\$48.25	181226
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Dance: Jazz All Levels

Jazz is an energetic style of dance built on basic foundational skills of ballet. Students will learn jazz technique skills as well as some high energy choreography in this class.

at Glen Pine Pavilion

Th	Apr 10 – May 15	11 a.m. – 12 p.m.	5/\$48.25	181397
Th	May 22 – Jun 26	11 a.m. – 12 p.m.	6/\$57.90	181398

Dance: Lady Style Bachata All Levels

Explore and enhance your Bachata skills while focusing on the beauty, elegance, and individual style of the dance. This class is designed to empower women to express themselves freely on the dance floor while embracing the sensuality and grace of Bachata.

at Glen Pine Pavilion

M	Apr 7 – May 12	2:15 – 3:15 p.m.	5/\$48.25	182134
M	May 26 – Jun 23	2:15 – 3:15 p.m.	5/\$48.25	182136

Dance: Line Dance Beginner

Learn basic line dancing steps across several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Dogwood Pavilion

Tu	Apr 8 – May 13	2 – 3 p.m.	6/\$57.90	181364
Tu	Jun 10 – Jun 24	2 – 3 p.m.	3/\$28.95	181365

at Glen Pine Pavilion

M	Apr 7 – May 12	4:45 – 5:45 p.m.	5/\$48.25	181568
M	May 26 – Jun 23	4:45 – 5:45 p.m.	5/\$48.25	181569

Dance: Line Dance All Levels

Build on your line dancing foundations with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats. Beginner line dancing experience is recommended.

at Dogwood Pavilion

Tu	Apr 8 – May 13	3:15 – 4:15 p.m.	6/\$57.90	181367
F	Apr 11 – May 16	2:15 – 3:15 p.m.	5/\$48.25	181447
F	May 23 – Jun 27	2:15 – 3:15 p.m.	5/\$48.25	181449
Tu	Jun 10 – Jun 24	3:15 – 4:15 p.m.	3/\$28.95	181368

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.

Look out for upcoming Specialty Fitness Workshops on facility posters, social media and through online registration.

Dance: Rumba and Foxtrot Foundations

Dive into this introductory social dance program to learn Rumba and Foxtrot! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Mar 31 – Apr 28	6 – 7 p.m.	4/\$38.60	181350
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Dance: Rumba Foundations Workshop

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

at Dogwood Pavilion

Sa	Jun 14	1:30 – 3:30 p.m.	1/\$19.30	181904
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Dance: Swing and Nightclub Two Step Foundations

Dive into this introductory social dance program to learn Swing and Nightclub Two Step! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	May 12 – Jun 23	6 – 7 p.m.	6/\$57.90	181357
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Dance: Swing Foundations Workshop

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

at Dogwood Pavilion

Sa	Apr 12	1:30 – 3:30 p.m.	1/\$19.30	181906
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Dance: Waltz Foundations Workshop

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

at Dogwood Pavilion

Sa	May 10	1:30 – 3:30 p.m.	1/\$19.30	181902
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Drama: Improv Theatre Foundations

Improv or Improvisational is a form of theatre where performances are unplanned and the acting is spontaneous and fun. Introduction to Improv is an opportunity to experience the fundamentals and meet others who want to explore this form of freestyle performing.

at Glen Pine Pavilion

M	Apr 7 – May 12	4:30 – 6 p.m.	5/\$69.50	181741
M	May 26 – Jun 23	4:30 – 6 p.m.	5/\$69.50	181743

Drama: Improv Theatre Character Workshop

Learn the basics of developing unique characters in improv acting through fun improv games. Improv is all about saying 'yes, and,' accepting offers, and expressing yourself while working as a team.

at Glen Pine Pavilion

W	Apr 9	7 – 8:30 p.m.	1/\$13.90	181554
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Drama: Improv Theatre Comedy Workshop

How to tell anecdotes on stage and create entertaining scenes is the best part of Improv theatre. Funny or cringeworthy jokes or stories while having a good time playing fun improv games.

at Glen Pine Pavilion

W	May 28	7 – 8:30 p.m.	1/\$13.90	181557
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Drama: Improv Theatre Fun and Games Workshop

Have some fun doing games and scenes in this improv workshop. Sometimes grown-ups forget to let their sillies out so if you are new or a regular improv actor and willing to step out of your comfort zone then join in for some laughs.

at Glen Pine Pavilion

W	Jun 25	7 – 8:30 p.m.	1/\$13.90	181559
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Drama: Improv Theatre Scenes Workshop

Combine improv skills to make long-form improv scenes that will enhance the stories, solve problems with timing and boost the fun of acting.

at Glen Pine Pavilion

W	Jun 11	7 – 8:30 p.m.	1/\$13.90	181558
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Drama: Improv Theatre Setting Workshop

Learn how to create a setting through mime for improv scenes! Build exciting scenes in this session by learning how to mime! Step out of your comfort zone in a fun and safe space.

at Glen Pine Pavilion

W	Apr 23	7 – 8:30 p.m.	1/\$13.90	181555
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Drama: Improv Theatre Storytelling Workshop

Practice story-telling in improv! Share funny stories and craft silly plots through fun improv games.

at *Glen Pine Pavilion*

W	May 14	7 – 8:30 p.m.	1/\$13.90	181556
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Music: Guitar Foundations

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar. No experience required.

at *Centennial Pavilion*

F	Apr 11 – May 16	7:30 – 8:30 p.m.	5/\$38.75	181847
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F	May 23 – Jun 13	7:30 – 8:30 p.m.	4/\$31	181851
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at *Glen Pine Pavilion*

Su	May 18 – Jun 22	11 a.m. – 12 p.m.	6/\$46.50	180833
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Music: Guitar Beginner

Beginner guitar for those who have learnt the basics on chords, strumming and how to read tablature. Please bring your own guitar.

at *Glen Pine Pavilion*

Su	Apr 6 – May 11	11 a.m. – 12 p.m.	5/\$38.75	180832
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Music: Guitar or Ukulele Jam All Levels

An evening of jamming with your guitar or ukulele and others who enjoy playing music together. Please bring your own guitar or ukulele and be able to play and or sing comfortably.

at *Glen Pine Pavilion*

Tu	Apr 8 – May 13	7:30 – 8:30 p.m.	6/\$46.50	181310
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Tu	May 20 – Jun 24	7:30 – 8:30 p.m.	6/\$46.50	181311
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Music: Ukulele Foundations

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

at *Glen Pine Pavilion*

M	Apr 7 – May 12	7 – 8 p.m.	5/\$38.75	181276
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Tu	May 20 – Jun 24	6:15 – 7:15 p.m.	6/\$46.50	181308
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Music: Ukulele Intermediate

Building on the basics of chords and strumming, you will further expand your skill set and work towards a new set of songs by the end of the course. Please bring your own ukulele.

at *Glen Pine Pavilion*

Tu	Apr 8 – May 13	6:15 – 7:15 p.m.	6/\$46.50	181307
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M	May 26 – Jun 23	7 – 8 p.m.	5/\$38.75	181277
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Music: Singing Voice Skills Foundations

Singing is the act of creating musical sounds with the voice. If you enjoy music and want to learn techniques on how to use your voice effectively to sing, the help of a choir conductor to introduce you to basics such as breathing, posture and control will prove to be inspiring to sing that song you love.

at *Glen Pine Pavilion*

Su	Apr 6 – May 11	12:15 – 1:45 p.m.	5/\$58.25	180834
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Su	May 18 – Jun 22	12:15 – 1:45 p.m.	6/\$69.90	180835
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Sports and Active Play

Badminton: Skills and Drills (16+ yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

at *Maillardville Community Centre*

W	Apr 9 – May 14	5:30 – 6:30 p.m.	6/\$60.90	183087
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W	May 21 – Jun 18	5:30 – 6:30 p.m.	5/\$50.75	183088
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Badminton: Skills and Drills

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

at *Pinetree Community Centre*

Su	Apr 6 – May 11	3:30 – 5 p.m.	6/\$91.50	180866
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Su	May 18 – Jun 15	3:30 – 5 p.m.	5/\$76.25	180867
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Floor Curling: Learn to Play

Join us for this new introductory program that will teach you the basic skills to enjoy this very popular sport. Floor Curling lets you enjoy this popular ice sport wherever you have a smooth, flat surface using iceless curling equipment that uses target mats and stones on bearings to provide a curling experience accessible to all.

at *Glen Pine Pavilion*

Sa	Apr 12 – May 17	12 – 1 p.m.	6/\$15.30	181457
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Sa	May 24 – Jun 28	12 – 1 p.m.	5/\$12.75	181458
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Pickleball: Beginner (16+ yrs)

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

at *Maillardville Community Centre*

M	Apr 7 – May 12	3:45 – 5:15 p.m.	5/\$76.25	183090
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M	May 26 – Jun 16	3:45 – 5:15 p.m.	4/\$61	183091
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All Abilities Welcome!
Visit page 4 for details

Seniors Can Move (50+ yrs)

Designed to improve the agility, balance, coordination and strength of adults 50+ years of age, this program reacquaints seniors with fundamental movement skills they may no longer be practicing due to inactivity, pain, illness, or surgery using games and gentle exercises.

at Maillardville Community Centre

Tu	Apr 8 – Jun 10	10 – 11 a.m.	10/\$10	183333
Tu	Apr 8 – Jun 10	11:15 a.m. – 12:15 p.m.	10/\$10	183334
Tu	Apr 8 – Jun 10	1 – 2 p.m.	10/\$10	183335

Developed by Delta Gymnastics Society and funded by the Ministry of Health and BC Alliance for Healthy Living

Pickleball: Beginner

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

at Poirier Forum

Tu	Apr 8 – May 13	11 a.m. – 12:30 p.m.	6/\$91.50	181372
W	Apr 9 – May 14	11 a.m. – 12:30 p.m.	6/\$91.50	181381
Th	Apr 10 – May 15	11 a.m. – 12:30 p.m.	6/\$91.50	181445
Tu	May 20 – Jun 17	11 a.m. – 12:30 p.m.	5/\$76.25	181373
W	May 21 – Jun 25	11 a.m. – 12:30 p.m.	6/\$91.50	181382
Th	May 22 – Jun 19	11 a.m. – 12:30 p.m.	5/\$76.25	181446

Pickleball: Round Robin Play (16+ yrs)

Single-day round robin play for intermediate players, facilitated by city staff.

at Maillardville Community Centre

F	Apr 11	1:30 – 4:30 p.m.	1/\$12.30	183336
F	May 2	1:30 – 4:30 p.m.	1/\$12.30	183337
F	May 23	1:30 – 4:30 p.m.	1/\$12.30	183338
F	Jun 20	1:30 – 4:30 p.m.	1/\$12.30	183339

Pickleball: Skills and Drills (16+ yrs)

Learn or improve your pickleball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre

M	Apr 7 – May 12	5:15 – 6:45 p.m.	5/\$76.25	183094
M	May 26 – Jun 16	5:15 – 6:45 p.m.	4/\$61	183095

Pickleball: Skills and Drills

Learn or improve your pickleball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Centennial Activity Centre

Su	Apr 6 – Apr 27	10:45 a.m. – 12:15 p.m.	4/\$61	181406
Su	May 4 – May 25	10:45 a.m. – 12:15 p.m.	4/\$61	181407
Su	Jun 8 – Jun 29	10:45 a.m. – 12:15 p.m.	4/\$61	181410

at Poirier Forum

W	Apr 9 – May 14	12:45 – 2:15 p.m.	6/\$91.50	181386
W	May 21 – Jun 18	12:45 – 2:15 p.m.	5/\$76.25	181387

Volleyball: Beginner (16+ yrs)

Learn the foundations of volleyball. Lessons include basic skills and movements that introduce you to the game. No experience required.

at Centennial Activity Centre

Su	Apr 6 – May 11	5:15 – 6:15 p.m.	6/\$60.90	181411
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Volleyball: Skills and Drills (16+ yrs)

Learn or improve your volleyball skills. Lessons include skill development for all levels of play.

at Centennial Activity Centre

Su	May 18 – Jun 15	5:15 – 6:15 p.m.	4/\$40.60	181413
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at Maillardville Community Centre

Th	Apr 10 – May 15	6 – 7 p.m.	6/\$60.90	183069
Th	May 22 – Jun 19	6 – 7 p.m.	5/\$50.75	183070



Adapted Aqua Movement
(19+ years)

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

Thursdays from 10:15 – 11 a.m.
Poirier Sport and Leisure Complex

Registration opens weekly from Thursday at 5 p.m. to Tuesday at 12 p.m.

To find out how we can help you or others participate in any of our programs, visit coquitlam.ca/RecAccess or contact us at 604-927-6076 or CommunityServices@coquitlam.ca.

Visual Arts

Crafts: All Things Ocean Foam Clay Workshop
(16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene using lightweight foam air-dry clay.

at *Maillardville Community Centre*

W	Jun 4	6 – 8 p.m.	1/\$21.70	181615
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Crafts: Bees and Beehives Foam Clay Workshop
(16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene using lightweight foam air-dry clay.

at *Maillardville Community Centre*

W	May 21	6 – 8 p.m.	1/\$21.70	181611
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Crafts: Cacti Foam Clay Workshop (16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene using lightweight foam air-dry clay.

at *Maillardville Community Centre*

W	Jun 18	6 – 8 p.m.	1/\$21.70	181617
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Crafts: Coiled Basket Weaving

The art of coiled basket weaving is one of the oldest and most widespread techniques in basketry. Discover this fun and ancient technique to create your very own vessel adding colour to your home or to give as a handmade gift to a loved one.

at *Glen Pine Pavilion*

W	May 28 – Jun 18	1:30 – 3:30 p.m.	4/\$47.60	181321
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Crafts: Crochet Beginner

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

at *Town Centre Park Community Centre*

Th	Apr 10 – May 15	6 – 8 p.m.	6/\$69.60	181829
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Th	May 22 – Jun 19	6 – 8 p.m.	5/\$58	182148
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Crafts: Handweaving Foundations

Weave and work on an original handwoven creation by building a simple loom to explore different weaving materials and techniques. Play with patterns order to create both free form and geometric designs to transform woven work into a rug, table runner or tapestry.

at *Glen Pine Pavilion*

W	Apr 30 – May 21	1:30 – 3:30 p.m.	4/\$47.60	181320
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Crafts: Mini Desserts Foam Clay Workshop (16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene using lightweight foam air-dry clay.

at *Maillardville Community Centre*

W	May 7	6 – 8 p.m.	1/\$21.70	181609
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Crafts: Relief Carving and Printmaking Beginner Try It

Join us in creating your own linoleum carving and ink print. Learn to safely carve and transfer your image into personalized art stamp in this fun workshop. All supplies included.

at *Dogwood Pavilion*

Sa	Apr 5	10 a.m. – 12 p.m.	1/ FREE	180296
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Crafts: Relief Carving and Printmaking Beginner

Join us in creating your own linoleum carving and ink print. Learn to safely carve and transfer your image into personalized art stamp in this fun workshop. All supplies included.

at *Dogwood Pavilion*

Sa	Apr 12 – May 3	10 a.m. – 12 p.m.	4/\$49.20	181858
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Crafts: Spring Flowers Foam Clay Workshop (16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene using lightweight foam air-dry clay.

at *Maillardville Community Centre*

W	Apr 23	6 – 8 p.m.	1/\$21.70	181607
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Crafts: Spring Wooden Sign Workshop

Make a beautiful and bright painting using acrylic paint on a wood sign to welcome the sunshine.

at *Glen Pine Pavilion*

Th	Jun 19	6:30 – 8:30 p.m.	1/\$21.70	181959
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All Abilities Welcome!

Visit page 4 for details

Crafts: Summertime SPF Care Workshop

Customize your sun protection for skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a SPF lip balm.

at *Glen Pine Pavilion*

Th	May 15	6:30 – 8:45 p.m.	1/\$43.40	183371
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Crafts: Woodland Bunnies Foam Clay Workshop (16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene using lightweight foam air-dry clay.

at *Maillardville Community Centre*

W	Apr 9	6 – 8 p.m.	1/\$21.70	181605
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Drawing: Animal Drawing

This course focuses on the fundamentals of drawing animals. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more.

at *Glen Pine Pavilion*

F	May 23 – Jun 27	11:30 a.m. – 1 p.m.	6/\$53.70	181020
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Drawing: Architectural Structures

This course focuses on drawing architectural structures emphasizing the rendering of light, shadow and more when drawing in black and white.

at *Glen Pine Pavilion*

F	Apr 11 – May 16	11:30 a.m. – 1 p.m.	6/\$53.70	181019
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Drawing: Drawing Foundations

Perfect for those with no background in drawing, this course covers basic techniques to start. Learn to choose the right materials and explore essential skills like line drawing, shading and perspective.

at *Glen Pine Pavilion*

Su	Apr 6 – May 11	12:15 – 1:45 p.m.	5/\$44.75	180840
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W	Apr 9 – May 14	3:45 – 5:15 p.m.	6/\$53.70	181092
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Drawing: Beginner

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

at *Dogwood Pavilion*

M	Apr 7 – May 12	11:45 a.m. – 1:45 p.m.	5/\$59.50	180230
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at *Glen Pine Pavilion*

Su	May 18 – Jun 22	12:15 – 1:45 p.m.	6/\$53.70	180841
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Drawing: Drawing All Levels

Take your drawing to the next level! Whether you're a beginner, returning after a break, or honing your craft, this program offers fun challenges to improve your skills in line, shading, volume, texture, composition, and perspective. Explore both dry and soluble materials while building confidence and creativity.

at *Dogwood Pavilion*

Th	Apr 10 – May 15	6 – 8 p.m.	6/\$71.40	180970
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Th	May 22 – Jun 26	6 – 8 p.m.	6/\$71.40	180971
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Drawing: Intermediate

Elevate your drawing abilities by refining advanced techniques in black-and-white art. Dive deeper into creating depth, texture, and nuanced lighting effects while enhancing your personal artistic style.

at *Dogwood Pavilion*

M	May 26 – Jun 23	11:45 a.m. – 1:45 p.m.	5/\$59.50	180231
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Drawing: Coloured Pencils

Learn to create a drawing composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow.

at *Dogwood Pavilion*

M	Apr 7 – May 12	9 – 11:30 a.m.	5/\$74.50	180228
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M	May 26 – Jun 23	9 – 11:30 a.m.	5/\$74.50	180229
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Drawing: Exploring Inks

Explore the beautiful world of inks in this introductory series. There are so many types of inks to try and so many ways to use them. From realistic rendering to Zentangle designs, let us see what works for you.

at *Glen Pine Pavilion*

W	May 21 – Jun 25	3:45 – 5:15 p.m.	6/\$53.70	181096
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Drawing: Exploring Pastels

Explore the vibrant world of drawing with pastels and learn techniques for blending, layering and creating texture. Perfect for beginners and those looking to refine their own unique artistic style.

at *Dogwood Pavilion*

W	Apr 9 – May 14	9:30 – 11:30 a.m.	6/\$71.40	180972
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Drawing: How to Draw People

This course focuses on the fundamentals of drawing people. Learn about exploring drawing with shapes.

at *Glen Pine Pavilion*

Th	Apr 10 – May 15	9 – 11 a.m.	6/\$71.40	180989
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Drawing: Nature Journaling

Learn to draw plants, animals and natural scenes from real life and from photographs focusing on mindfulness and the participant's connection to nature through drawing.

at *Glen Pine Pavilion*

Th	May 22 – Jun 26	11:30 a.m. – 1:30 p.m.	6/\$71.40	181002
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Drawing: Plein Air in the Rose Garden Workshop

Be inspired by the roses and structures in the Centennial Rose Garden at Dogwood Pavilion in this plein air drawing class. Build confidence in discovering the pleasures and restraints of drawing in the outdoors.

at *Dogwood Pavilion*

W	Jun 18	6 – 8 p.m.	1/\$11.90	181960
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Drawing: Urban Sketching with Watercolours

Learn how to add watercolour to your urban sketching drawings through different techniques!

at *Glen Pine Pavilion*

Th	Apr 10 – May 15	11:30 a.m. – 1:30 p.m.	6/\$69.60	180991
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Drawing: Water-Soluble Pencils, Crayons and Pastels

Explore the expanding world of water soluble materials such as pencil crayons, crayons and pastels. Add splashes of colour to your drawings with these unique tools!

at *Glen Pine Pavilion*

Tu	Apr 8 – May 13	11:30 a.m. – 1 p.m.	6/\$53.70	181081
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Tu	May 20 – Jun 24	11:30 a.m. – 1 p.m.	6/\$53.70	181083
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Mixed Media: Art Explorations

Explore a variety of materials in the world of drawing, painting and collage such as Graphite, ink, pastels or water-soluble paint. You never know what we'll get up to in this fun class!

at *Dogwood Pavilion*

Sa	May 24 – Jun 14	9:30 – 11:30 a.m.	4/\$47.60	180967
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Mixed Media: Art Studio Workshop

For the absolute beginner, try out this fun Art Studio Sampler class and explore drawing, acrylic and watercolour painting. With the guidance of the instructor, you'll learn basic techniques, experiment with different mediums, and create your own artwork. All supplies provided.

at *Dogwood Pavilion*

W	Jun 4 – Jun 18	9:30 – 11:30 a.m.	3/\$47.40	180974
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Mixed Media: Ink and Watercolour

Working from photos for inspiration, this series explores the use of black inks enhanced with colour. Different methods will be explored to develop drawing and painting techniques to help you become more expressive and fearless. All levels welcome.

at *Dogwood Pavilion*

M	Apr 7 – May 12	2 – 4 p.m.	5/\$59.50	181260
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Mixed Media: Ink, Ink and More Ink

There are so many types of ink and so many ways to explore. Surprisingly forgiving, this medium can be used in wet and dry forms with exciting results. From playful pattern art to delicate high realism, we will experiment with methods and materials to see what works for you. Absolute beginners welcome!

at *Dogwood Pavilion*

M	May 26 – Jun 23	2 – 4 p.m.	5/\$59.50	181262
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Mixed Media: Rubber Block Trees and Patterns Workshop

Learn to make simple designs and patterns by creating your own rubber print blocks in this new stamping workshop where all the supplies are included.

at *Glen Pine Pavilion*

W	Apr 9 – Apr 16	6:30 – 8:30 p.m.	2/\$43.40	180937
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Mixed Media: Self-Care Art Journal Workshop

In this mixed media class, students will fill pages of their art journal with self-care quotes in their own style of lettering. Gratitude, Growth Mindset, Optimism, and Mindfulness are some theme that will be explored. At each session, there will be a short lesson and demo on the basics of lettering followed by a presentation and instructions on the theme for that day. The objective of the class is for each student to create and start a sustainable art journaling practice.

at *Dogwood Pavilion*

Tu	Apr 8 – Apr 29	6 – 8 p.m.	3/\$35.70	181974
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Mixed Media: Sketch and Paint

In this beginner level course participants will explore different mediums with a focus on sketching and painting. Explore different techniques and materials in fun relaxed atmosphere.

at *Dogwood Pavilion*

Sa	Apr 12 – May 17	9:30 – 11:30 a.m.	6/\$71.40	180966
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All Abilities Welcome!
Visit page 4 for details

Painting: Acrylic Foundations

Learn the basics of acrylic painting. Explore skills and techniques that are necessary for a beginner to this medium of art.

at Dogwood Pavilion

Sa	Apr 12 – May 10	1 – 3 p.m.	5/\$59.50	181692
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at Glen Pine Pavilion

Sa	Apr 12 – May 17	9:30 – 11:30 a.m.	6/\$71.40	180980
Sa	May 24 – Jun 28	9:30 – 11:30 a.m.	6/\$71.40	180981

Painting: Acrylic Foundations Workshop

Learn the basics of acrylic painting. Explore skills and techniques that are necessary for a beginner to this medium of art.

at Dogwood Pavilion

Tu	May 27 – Jun 3	6 – 8 p.m.	2/\$43.40	181747
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at Town Centre Park Community Centre

F	Jun 6	10 a.m. – 12 p.m.	1/\$21.70	183196
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Painting: Acrylic Beginner

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint.

at Dogwood Pavilion

Th	Apr 10 – May 15	9:30 – 11:30 a.m.	6/\$71.40	180297
Th	May 22 – Jun 26	9:30 – 11:30 a.m.	6/\$71.40	180298

at Glen Pine Pavilion

Tu	Apr 8 – May 13	6:30 – 8:30 p.m.	6/\$71.40	181006
Tu	May 20 – Jun 24	6:30 – 8:30 p.m.	6/\$71.40	181012

Painting: Acrylic All Levels

Suitable for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods using acrylic paint.

at Dogwood Pavilion

W	Apr 9 – May 14	12:30 – 3 p.m.	6/\$89.40	180291
W	May 21 – Jun 25	12:30 – 3 p.m.	6/\$89.40	180292

at Glen Pine Pavilion

Tu	Apr 8 – May 13	9 – 11:30 a.m.	6/\$89.40	180976
Tu	May 20 – Jun 24	9 – 11:30 a.m.	6/\$89.40	180978

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

Painting: Acrylic Paint Night

Join us for an acrylic paint night with different themes. Suitable for beginners, but all levels welcome. Learn the process of creating a painting using acrylics in a fun and relaxed atmosphere. Supplies included.

at Dogwood Pavilion

April Showers

W	Apr 23	6 – 8 p.m.	1/\$21.70	181723
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Lighthouses

W	Jun 11	6 – 8 p.m.	1/\$21.70	181730
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Lilacs

W	May 14	6 – 8 p.m.	1/\$21.70	181726
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at Glen Pine Pavilion

Beach Workshop

Th	Jun 12	6:30 – 8:30 p.m.	1/\$21.70	181041
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Pretty Garden Workshop

Th	Apr 10	6:30 – 8:30 p.m.	1/\$21.70	181040
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Painting: Acrylic Spring Themed Workshop

Complete a Spring season themed canvas over two sessions in this acrylic painting workshop.

at Glen Pine Pavilion

W	Apr 23 – Apr 30	6:30 – 8:30 p.m.	2/\$43.40	180938
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Painting: Acrylic Summer Themed Workshop

Complete a Summer season themed canvas over two sessions in this acrylic painting workshop.

at Glen Pine Pavilion

W	Jun 18 – Jun 25	6:30 – 8:30 p.m.	2/\$43.40	180942
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Painting: Acrylic Texture Mediums

Using various texture mediums, tools and techniques, you can take acrylic painting to a whole new level. From smooth, flowing shapes to dramatic peaks and valley, texture mediums are fantastic for realism and abstraction.

at Glen Pine Pavilion

Tu	Apr 22 – May 13	3:30 – 5:30 p.m.	4/\$47.60	181211
Tu	May 27 – Jun 17	3:30 – 5:30 p.m.	4/\$47.60	181213

Painting: Exploring Impressionism Workshop

This beginner step by step class is an excellent introduction to acrylic painting. Paint like Monet and explore some key characteristics of this 19th-century art movement.

at *Glen Pine Pavilion*

M	May 5 – May 12	9 – 11 a.m.	2/\$43.40	180969
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Painting: Flowers in Bloom Workshop

This beginner step by step class is an excellent introduction to acrylic painting. Flowers in June are perfect to paint using bright colours to capture the beauty of the blooms.

at *Glen Pine Pavilion*

M	Jun 16 – Jun 23	9 – 11 a.m.	2/\$43.40	180975
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Painting: Ink Wash Foundations Journey to the East Workshop

An introductory workshop on Asian-style ink wash painting! This step-by-step class will guide you through essential skills such as color mixing, proportion, and composition on a Journey to the East.

at *Glen Pine Pavilion*

W	Jun 4 – Jun 11	6:30 – 8:30 p.m.	2/\$43.40	180941
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Painting: Intuitive Painting to Music Workshop

This beginner step by step class is an excellent introduction to acrylic painting so you can focus on painting intuitively with the music in the background providing inspiration.

at *Glen Pine Pavilion*

Th	Apr 17	6:30 – 8:30 p.m.	1/\$21.70	180983
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Th	Jun 26	6:30 – 8:30 p.m.	1/\$21.70	180986
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Painting: Oh My Gouache! Paint Whimsical Flowers

Inspired by the exquisite beauty of flowers? Paint them in gouache! Discover how this versatile medium is a wonderful way to replicate the whimsical shapes and vibrant colours of nature's buds and blooms.

at *Glen Pine Pavilion*

Th	May 1 – May 22	6:30 – 8:30 p.m.	4/\$47.60	181039
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Painting: Painting Candle Light Workshop

This beginner step by step class is an excellent introduction to acrylic painting. Capture the light and reflection from a candle flame and learn how to balance darkness on canvas.

at *Glen Pine Pavilion*

M	Jun 2 – Jun 9	9 – 11 a.m.	2/\$43.40	180973
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Painting: Plein Air in the Rose Garden Workshop

Join us for a unique plein air watercolour paint night in the Centennial Rose Garden. Build confidence in discovering the pleasures and restraints of painting outdoors. Supplies included.

at *Dogwood Pavilion*

W	Jun 25	6 – 8 p.m.	1/\$21.70	181968
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Painting: Spring Patio Bottle Lantern Workshop

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative lantern. Finish the lantern with fairy lights inside to create a beautiful glow.

at *Glen Pine Pavilion*

Th	Apr 24	6:30 – 8:30 p.m.	1/\$21.70	180984
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Painting: Watercolour Foundations

Perfect for those with no background in painting, this course covers basic techniques to start watercolour painting. Learn to choose the right materials and explore essential skills like washes, colour mixing, and brush control.

at *Dogwood Pavilion*

Sa	May 17 – Jun 14	1 – 3 p.m.	5/\$59.50	181688
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at *Glen Pine Pavilion*

Su	Apr 6 – May 11	10:30 a.m. – 12 p.m.	5/\$44.75	180838
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Painting: Watercolour Foundations Workshop

Perfect for those with no background in painting, this course covers basic techniques to start watercolour painting. Learn to choose the right materials and explore essential skills like washes, colour mixing, and brush control.

at *Town Centre Park Community Centre*

F	May 23	10 a.m. – 12 p.m.	1/\$21.70	182180
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Painting: Watercolour Beginner

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

at *Dogwood Pavilion*

Tu	Apr 8 – May 13	12:30 – 3 p.m.	6/\$89.40	180236
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Th	Apr 10 – May 15	12:30 – 3 p.m.	6/\$89.40	180299
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Tu	May 27 – Jun 24	12:30 – 3 p.m.	5/\$74.50	180237
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Th	May 29 – Jun 26	12:30 – 3 p.m.	5/\$74.50	180300
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at *Glen Pine Pavilion*

F	Apr 11 – May 16	9 – 11 a.m.	6/\$71.40	181015
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Su	May 18 – Jun 22	10:30 a.m. – 11:45 a.m.	6/\$53.70	180936
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F	May 23 – Jun 27	9 – 11 a.m.	6/\$71.40	181016
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Painting: Watercolour Intermediate

Take your watercolour paintings to the next level with advanced techniques and methods. Refine your approach to create more dynamic, expressive works by exploring composition, texture, and personal style.

at Dogwood Pavilion

Tu	Apr 8 – May 13	9:30 a.m. – 12 p.m.	6/\$89.40	180232
Tu	May 27 – Jun 24	9 a.m. – 12 p.m.	5/\$74.50	180234

Painting: Watercolour Landscapes

Using watercolours to paint landscapes and scenery you may encounter when you are exploring the outdoors in your neighbourhood or on your travels.

at Glen Pine Pavilion

Th	May 22 – Jun 26	9 – 11 a.m.	6/\$71.40	180994
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Painting: Watercolour Resists and Negative Painting

Learn to use resists and the negative painting technique to create gorgeous effects for your watercolour artworks. Lessons in the course include colour mixing, washes and layering. By the end of the class students will acquire more useful and unique tools to add to their painter’s toolbox.

at Dogwood Pavilion

F	Apr 25 – May 16	10 a.m. – 12 p.m.	4/\$47.60	181973
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Painting: Watercolour Workshop

An introductory two session watercolour workshop for those wanting a taste of this art medium or hoping to return to painting prior to signing up for a foundations or beginner class series.

at Glen Pine Pavilion

W	May 7 – May 14	6:30 – 8:30 p.m.	2/\$43.40	180939
W	May 21 – May 28	6:30 – 8:30 p.m.	2/\$43.40	180940

Painting: Wave Movements on Bodies of Water Workshop

This beginner step by step class is an excellent introduction to acrylic painting. Capture the dynamic movement of waves on bodies of water such as lakes or stormy oceans.

at Glen Pine Pavilion

M	Apr 7 – Apr 14	9 – 11 a.m.	2/\$43.40	180965
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Photography: Photography Beginner

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	Apr 12 – May 10	12:30 – 2 p.m.	5/\$44.75	181897
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Photography: Photography Intermediate

Further develop your skills with your own Single Lens Reflex (SLR) Digital Camera. Topics covered include camera functions, shutter speeds, F-stops, modes, flash, lenses and exposure. Some experience with SLR cameras is required. Bring your own camera. Dress for the weather as some outdoor photography will be included.

at Dogwood Pavilion

Sa	May 17 – Jun 14	12:30 – 2:30 p.m.	5/\$44.75	181899
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Woodworking: Woodworking Foundations

This class will cover the safe operation of core tools in the Dogwood Pavilion woodshop and basic woodworking theory. Learn to use the bandsaw, mitre saw, table saw, drill press, belt sander, jointer, planer and smaller hand tools. Students will complete one or two small projects.

at Dogwood Pavilion

Sa	Apr 12 – May 10	9:30 – 11:30 a.m.	5/\$169	182210
Sa	Apr 12 – May 10	12 – 2 p.m.	5/\$169	182212
Sa	May 17 – Jun 14	9:30 – 11:30 a.m.	5/\$169	182211
Sa	May 17 – Jun 14	12 – 2 p.m.	5/\$169	182214

Woodworking: Woodcarving Beginner

Learn new skills to create a variety of woodcarvings such as animals or caricatures.

at Dogwood Pavilion

W	Apr 9 – May 14	6 – 8 p.m.	6/\$71.40	180295
W	May 21 – Jun 25	6 – 8 p.m.	6/\$71.40	183451

Woodworking: Woodcarving Intermediate

Further develop carving skills in this intermediate level class continuing to learn more techniques. Please take beginner class prior to this intermediate class.

at Dogwood Pavilion

W	Apr 9 – May 14	1:30 – 3:30 p.m.	6/\$73.80	180294
W	May 21 – Jun 25	1:30 – 3:30 p.m.	6/\$73.80	180293

All Abilities Welcome!

Visit page 3 for details



Tell us how we did!

coquitlam.ca/ProgramEvaluation

50 Plus Services and Activities



Pre-Registered Drop-Ins

Glen Pine Activity Groups and Clubs are added in to the drop-in activities section of the registration system. Enjoy the same fantastic services and activities with added flexibility.

When to register

Up to 7 days in advance to secure your spot.

How to pay

Participants can now use their ONE PASS towards the drop-in admission fee. Eligible participants can also apply their Financial Assistance for Recreation (FAR) credit towards these drop-in activities. Learn more about Financial Assistance for Recreation at coquitlam.ca/FAR

Staying active and social as you age can help you feel younger and keep you healthier.

Coquitlam offers programming, activities and services specifically for residents 50 years and older. Our pavilions are adult-oriented centres with a focus on programming for older adults. To learn more about 50 Plus services in Coquitlam, visit coquitlam.ca/50Plus



Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | coquitlam.ca/dogwood

Amenities:

- Food services
- Fully equipped wood working shop
- Snooker room
- Lapidary workshop
- Library
- Rose garden and surrounding gardens
- Bocce court
- Free Wi-Fi



Glen Pine Pavilion

1200 Glen Pine Crt. | 604-927-6940 | coquitlam.ca/GlenPine

Amenities:

- Computer lab
- Food services
- Fully equipped and accessible fitness centre
- Lounge
- Library
- Spirit Square
- Free Wi-Fi



Dogwood Pavilion Activity Groups (50+ yrs)

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 40 groups and clubs to support the cultural, physical, educational and social needs of adults who are 50+. These activities are led by volunteer leaders and supported by the Board of Directors. Membership in the society is required for ongoing participation. Activity fees may apply. *To register for, or learn more about Dogwood Activity Group programs, visit DogwoodSeniors50Plus.com, email DogwoodSeniors50Plus@gmail.com, or call 604-927-6098.* Activities take place at Dogwood Pavilion or the neighbouring buildings.

Bocce

Bocce is a variant of lawn bowling played outdoors on the field adjacent to the Rose Garden.

Tuesday, Friday and Saturday May – Sept 9:30 – 11:30 a.m.

Book Club

If you like reading, come and join us each month as we enjoy the works of a specific author.

Third Wednesday of the month 1 – 3 p.m.

Bridge: Casual

Bridge is a four player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere.

Wednesday 12:30 – 3:30 p.m.

Bridge: Duplicate

Duplicate bridge is played in pairs. Prior to coming to play, players arrange their own partner.

Friday 1 – 4 p.m.

Bridge: Social

Bridge is a four player partnership trick-taking game with 13 tricks per deal. A welcoming social atmosphere for players who enjoy the game.

Tuesday 1 – 4 p.m.

Canadian Council of the Blind

The CCB is a support and social group for those who are blind, deaf blind or living with vision loss.

Thursday 1 – 3 p.m.

Canasta

Canasta is a card game resembling Rummy. It is played by two pairs of partners and the aim is to collect sets of cards.

Wednesday 5:30 – 8:15 p.m.

Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

Tuesday 1:45 – 3:45 p.m.

Chess

Keep your mental skills sharp, get together and enjoy a casual game of chess. All levels welcome.

Monday 12:30 – 4 p.m.

Coquitlam Art Club

The Coquitlam Art Club provides an opportunity to paint with other artists in a welcoming setting. Group members work on individual projects and share ideas, but no instruction is provided.

Wednesday 12:30 – 3 p.m.

Crafting Group

Dogwood Variety Crafts is a social group who knit, sew, crochet and make other crafts. A selection is available in the Dogwood Designs Gift Shop which is open 10 a.m. – 2 p.m. Monday to Friday depending on volunteer availability.

Wednesday 9 a.m. – 3:30 p.m.

Cribbage

A social card game played in partners using a Cribbage board.

Thursday 9:30 a.m. – 12 p.m.

Cribbage: 10-Card

10-Card Crib is a variation of Crib where players are dealt 10 cards.

Monday 12:30 – 3:30 p.m.

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.

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.

Drama

The Drama Group meets to prepare and practice a play to perform. The group produces multiple plays each year.

Monday and Thursday 1:45 – 3:45 p.m.

Floor Hockey

Floor Hockey is derived from Ice Hockey. It is played inside with a plastic ball and plastic stick.

Tuesday 6:30 – 8:15 p.m.

Friendship Circle

The Friendship Circle is a social discussion group open to everyone. Group members bring their ideas for topics and their willingness to share in spirited discussion.

Tuesday 1 – 2:30 p.m.

Garden Club

Whether new to gardening or digging all your life, this group has something for you. Our goal is to promote gardening, increase knowledge and enhance our interest in various horticultural activities.

Second Tuesday of the month 6:15 – 8:15 p.m.

Lapidary

The Lapidary room has equipment for forming stones and minerals into decorative items. The volunteer provides assistance with tips and techniques.

Monday to Friday 9:30 a.m. – 12:30 p.m.

Life Writing

This informal group meets to discuss their life experiences, with the goal of writing them down to make a family history.

Fourth Monday of the month 1 – 3 p.m.

Mexican Train Dominoes

Mexican Train is a game where the object is for all players to play all their dominoes onto one or more trains.

Thursday 12:15 – 3:30 p.m.

Mixed Bag Band

The Mixed Bag Band hosts jam sessions to enjoy and play music with others in a welcoming setting.

Sunday 9 a.m. – 1:30 p.m.

Photography Group

Come and share photos and knowledge of photography.

First and Third Wednesday of the month 6:30 – 8:15 p.m.

Pickleball

Pickleball is a court sport that uses a paddle and a pickleball. It is a combination of tennis, badminton and table tennis.

Monday, Wednesday and Friday

Quilting

This group shares an interest in quilting and welcomes all skill levels. No instruction is provided, but there is an abundance of knowledge amongst members to share.

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

First and third Friday of the month 9 a.m. – 3 p.m.

Scrabble

A word game where two to four players score points by placing letter tiles onto the board and forming words.

Tuesday 12:30 – 4 p.m.



Snooker

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

Monday through Thursday	8:30 a.m. – 8:15 p.m.
Friday, Saturday	8:30 a.m. – 4:15 p.m.
Sunday	9 a.m. – 1:45 p.m.

Social Dance

Social dance meets weekly to enjoy ballroom and latin dancing.

Thursday	6:30 – 8:15 p.m.
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Songsters

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

Tuesday	1:45 – 4:15 p.m.
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South Asian Group

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

Fourth Wednesday of the month	6:30 – 8:15 p.m.
First and third Thursday of the month	10 a.m. – 12 p.m.

Table Tennis

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

Sunday	9 a.m. – 12 p.m.
Monday	4:15 – 6:30 p.m.
Wednesday	4:15 – 8:15 p.m.

Turn Up and Paint

This group meets weekly to paint together. Bring your own supplies and projects. All levels welcome.

Wednesday	9:30 – 11:30 a.m.
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Wire Wrapping

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

Friday	12:30 – 3 p.m.
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Women Helping Others

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

Wednesday	10 a.m. – 12 p.m.
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Woodcarving

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

Monday	1 – 3 p.m.
Thursday	1 – 3:30 p.m.

Woodworking

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

Monday through Friday	8:30 a.m. – 1 p.m.
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Glen Pine Pavilion Activity Groups LOW COST

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 – 4 p.m.

Art Group (50+ yrs)

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

Wednesday 9 a.m. – 12 p.m.

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

Saturday 12 – 2:45 p.m.

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

Wednesday 1 – 3 p.m.

Bridge All-Levels (50+ yrs)

Bridge is a four player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere.

Scoring is optional, and attending with a partner is not necessary. Partners will rotate during the afternoon so players need to be prepared to play with everyone in this all-levels Bridge group.

Monday 12:30 – 3:30 p.m.

Bridge Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Players for this group will self-assess level of play as intermediate. Players must form their own quartet of players.

Friday 12 – 4 p.m.

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by two pairs of partners and the aim is to collect sets of cards. The word Canasta means “basket” in Spanish with the objective being to get a basket-full (or seven) cards of the same rank in order to obtain points for a canasta.

Tuesday 6 – 8:15 p.m.

Saturday 11:30 a.m. – 2:30 p.m.

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

Monday 1 – 4 p.m.

Carpet Bowling (50+ yrs)

Carpet Bowling is a variant of lawn bowls played indoors. It is easy to learn and newcomers are welcome.

Friday 1:30 – 3:30 p.m.

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

Wednesday 9 – 10:30 a.m.

Crafters (50+ yrs)

Come join us and have fun while you pursue your favourite hobbies. Knitting, sewing, crocheting and making other crafts for yourself or for the Glen Pine Gift Shop.

Tuesday 1 – 3 p.m.

English Social Club (50+ yrs)

Improve your English. This group meets weekly and discusses current events to enhance your conversational English.

Monday 9:30 – 11:30 a.m.

Freestyle Dance (50+ yrs)

No dance experience required to join the non-instructor-led performance dance activity group. Try different choreographed dances from all cultures with the learning objective to share skills with each other and to celebrate with in-house performances at fun special themed events. No partner dancing.

Friday 9 – 10:30 a.m.

Friendship Group (50+ yrs)

This welcoming group provides opportunities to build new friendships, receive support and connect with others.

Mondays and Fridays 1 – 3 p.m.

Glen Pine Sing-A-Long (50+ yrs)

The Glen Pine Sing-A-Long enjoy meeting weekly and singing a variety of songs together.

Thursday 1:30 – 3:30 p.m.

Glen Pine Singers (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

Monday 9:15 – 10:30 a.m.

Iranian Friendship Group (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Alternating Weeks more active activities such as exercises, dance and movement and less active social activities such as games, bingo, conversations.

Tuesday 1:30 – 3:30 p.m.

Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

Tuesday 1:30 – 5 p.m.

Thursday 3:30 – 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 2:15 – 4:30 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 – 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.

Poker (50+ yrs)

In a friendly non-monetary environment learn a family of card games that combines strategy and different skills. Learn tricks and techniques on how to outwit your opponent.

Tuesday 1 – 3 p.m.

Quilters (50+ yrs)

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects. Must have basic sewing/quilting sewing skills.

Friday 9 a.m. – 12 p.m.

Scrabble (50+ yrs)

A word game which 2 – 4 players score points by placing tiles onto the board and forming words.

Friday 9:30 – 11:30 a.m.

Table Tennis (50+ yrs)

Social game with similar principles of lawn tennis, table tennis is a game played on a flat table divided into two equal courts separated by a flexed net across the middle.

Tuesday 2 – 4:30 p.m.

Sunday 10 – 11:45 a.m. and 12 – 1:45 p.m.

Traditional Mahjong (50+ yrs)

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

Monday 9 a.m. – 12 p.m.

Whist with a Twist (50+ yrs)

Social card game usually played in 2 pairs of players, in which points are scored according to the number of tricks won.

Thursday 1 – 3:30 p.m.

Bus Trips

To learn more about each trip including departure times, visit coquitlam.ca/GlenPine.

These are all *Enjoy the Journey* all-inclusive trips. Learn more at EnjoyTheJourney.ca



Cirque Du Soleil Crystal (50+ yrs)

Travel to the Pacific Coliseum for a show to remember featuring stunning skating and acrobatic feats that defy the imagination. This tour includes a light lunch at Café Calabria and escorted seating.

Activity Level: Easy Level

- Cirque du Soleil CRYSTAL Ticket
- Level 1 PL5 Ticket
- 3:30 p.m. Performance
- Escorted Entry and Seating
- Lunch Café Calabria

Leave Glen Pine at 11:15 a.m. | Estimated return at 7:15 p.m.

Leave Dogwood at 11:30 a.m. | Estimated return at 7 p.m.

Sa	Jun 7	11:15 a.m. – 7:15 p.m.	1/\$179	179676
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Classic Planes and BC Trains (50+ yrs)

Ride into the past on Surrey’s Heritage Railway! Take the one-hour Sullivan Excursion aboard the B.C. electric interurban train car and take a guided tour of the Canadian Museum of Flight. Includes a delicious lunch at Adrian’s at the Airport.

Activity Level: Easy Level

- Surrey’s Heritage Railway
- Sullivan Excursion Train Ride
- SHR Music Festival
- Canadian Museum of Flight Tour
- Lunch at Adrian’s at the Airport

Leave Glen Pine at 8:15 a.m. | Estimated return at 4:45 p.m.

Leave Dogwood at 8:30 a.m. | Estimated return at 4:30 p.m.

Su	May 25	8:15 a.m. – 4:30 p.m.	1/\$139	179672
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Forbidden Vancouver Tour (50+ yrs)

Explore Vancouver’s dirtiest Prohibition-era secrets with a local guide. From mobsters and rum-runners to rioters and crooked politicians, this historical walking tour uncovers Gastown’s most historic streets—and most illicit stories. This walking tour is only a couple blocks long. Dress for the weather and good walking footwear.

Activity Level: Easy Level

- Main Street Coffee Stop
- Forbidden Vancouver Guide
- 1.5 Hour Forbidden Tour
- Lunch Steamworks
- Spanish Banks

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

Leave Dogwood at 8:45 a.m. | Estimated return at 5:30 p.m.

Tu	Jun 17	8:30 a.m. – 5:45 p.m.	1/\$149	179677
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Granville Island (50+ yrs)

There is so much to do on Granville Island! Spend the day on the Island Oasis in the heart of Vancouver. Visit the Public Market, see local artisans at work and delight in the many lunch options to choose from. Lunch and snacks on your own.

Activity Level: Easy Level

- 4 hours Granville Island Free Time (No Meals included).
- Professional Driver
- Convenient Drop Off / Pick Up Area

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

Leave Dogwood at 9:45 a.m. | Estimated return at 4:30 p.m.

Th	Apr 3	9:30 a.m. – 4:45 p.m.	1/\$59	179662
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Harrison Tulip Festival (50+ yrs)

Tiptoe through designated pathways adorned with 10 million tulips and the new two and half acre show garden at the Harrison Tulip Festival. Includes lunch at River's Edge Restaurant and a stop at Golden Ears Cheesecrafters.

Activity Level: Easy Level

- Harrison Tulip Festival Admission
- Rivers Edge Restaurant Lunch
- Golden Ears Cheesecrafters

Leave Glen Pine at 8:15 a.m. | Estimated return at 4:30 p.m.

Leave Dogwood at 8:30 a.m. | Estimated return at 4:15 p.m.

Tu	Apr 22	8:15 a.m. – 4:30 p.m.	1/\$119	179663
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Ladner Village Market (50+ yrs)

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

Activity Level: Easy Level

- 4 hours Ladner Village Free Time (No meals included).
- Professional Driver
- Convenient Drop Off / Pick Up Area
- Richmond Country Farms

Leave Glen Pine at 8:45 a.m. | Estimated return at 3:45 p.m.

Leave Dogwood at 9 a.m. | Estimated return at 3:30 p.m.

Su	Jun 22	8:45 a.m. – 3:45 p.m.	1/\$59	179678
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Pike Place Market Seattle (USA) (50+ yrs)

With more than a century of history, Pike Place Market is the oldest continuously operating farmers market in the USA and one of Seattle's most popular draws. Take time for lunch and exploring the market and nearby attractions. All meals, snacks on own. Dress for the weather with good walking footwear.

Activity Level: Easy Level

Valid USA Travel Documents are required/Medical Travel Insurance suggested.

- 4 hours Pike Place Market Free Time
- Professional Driver
- Convenient Drop Off / Pick Up Area

Leave Glen Pine at 7:15 a.m. | Estimated return at 8:15 p.m.

Leave Dogwood at 7:30 a.m. | Estimated return at 8 p.m.

Th	May 8	7:15 a.m. – 8:15 p.m.	1/\$69	179665
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Secret Cove Sunshine Coast (50+ yrs)

Explore the Sunshine Coast aka the "Best Place on Earth"! Visit Davis Bay, an Ancient Forest, an Arbutus tree boardwalk at 5-star Rockwater Secret Cove Resort. Enjoy a two course lunch at the resort.

Activity Level: Easy Level

Additional \$10 ferry fee for 64 years and under

- Boardwalk Rockwater Secret Cove Resort
- Lunch at Rockwater Secret Cove Resort
- Hidden Groves, Davis Bay, Gibson's Landing

Leave Glen Pine at 7:30 a.m. | Estimated return at 7:30 p.m.

Leave Dogwood at 7:45 a.m. | Estimated return at 7:15 p.m.

W	Apr 30	7:30 a.m. – 7:30 p.m.	1/\$139	179664
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West Vancouver Trestle Bridge (50+ yrs)

Visit the recently opened West Vancouver Trestle Bridge, with its sweeping views of the city and mountains. Enjoy an easy forest walk, time in Horseshoe Bay, a stop at Cypress Viewpoint, a visit to Whytecliff Park and lunch on Cypress Mountain.

Activity Level: Easy Level

- West Van Trestle Bridge
- Whytecliff Park
- Cypress Viewpoint
- Lunch Cypress Mountain
- Horseshoe Bay Village

Leave Glen Pine at 8:15 a.m. | Estimated return at 5:15 p.m.

Leave Dogwood at 8:30 a.m. | Estimated return at 5 p.m.

F	May 16	8:15 a.m. – 5:15 p.m.	1/\$119	179666
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

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.

Coquitlam Public Library City Centre Branch
1169 Pinetree Way | 604-554-7323

Coquitlam Public Library Poirier Branch
575 Poirier St. | 604-554-7323

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

OUR FRASER MILLS TRAIN STATION AND CABOOSE REOPENS THIS JUNE!

COME VISIT Coquitlam HERITAGE AT MACKIN HOUSE

WWW.COQUITLAMHERITAGE.CA • INFO@COQUITLAMHERITAGE.CA • @COQUITLAMHERITAGE

EXHIBITS



MACKIN HOUSE

HOBBIES IN COQUITLAM | MAR 1

Explore hobbies past and present through artifacts from Coquitlam Heritage, community objects, and archival images.

LIFE IN A PERIOD HOME | ONGOING

FROM KOREA TO COQUITLAM | MAY 1

FAERIES IN THE GARDEN | JUN 2

HAIR IN COQUITLAM | OCT 1

COQUITLAM PUBLIC LIBRARY

POOL LIFE | AUG 1 - 31

MUSIC THROUGH THE AGES | SEPT 1 - 30

COQUITLAM

SPORTS HALL OF FAME

COQUITLAM RACE TRACK | NOV 1

PLACE DES ARTS

YOUR IMAGE | APR 4 - MAY 22

EVENTS



APRIL

SPRING TREATS AND CRAFTS WORKSHOP

BOOK CLUB

FEASTS OF COQUITLAM COOKING WORKSHOP

AFTERNOON TEA AND SCONES TOUR

MAY

BOOK CLUB

MASHUP DROP-IN EVENT

KOREAN MASK DANCE SHOWCASE

FEASTS OF COQUITLAM COOKING WORKSHOP

JUNE

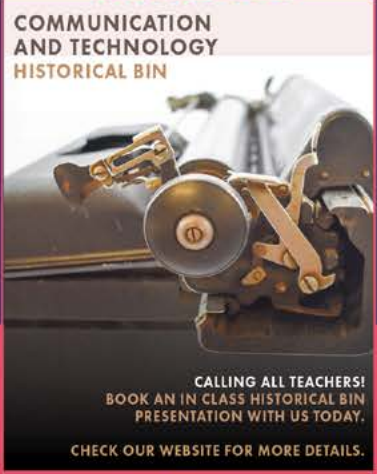
BOOK CLUB

MASHUP DROP-IN EVENT

FEASTS OF COQUITLAM COOKING WORKSHOP

LEARN ABOUT ALL THESE EVENTS AND MORE ON OUR WEBSITE!

SCHOOL



COMMUNICATION AND TECHNOLOGY HISTORICAL BIN

CALLING ALL TEACHERS!
BOOK AN IN CLASS HISTORICAL BIN
PRESENTATION WITH US TODAY.

CHECK OUR WEBSITE FOR MORE DETAILS.

HISTORICAL BINS

COMMUNICATION & TECHNOLOGY
MALLARDVILLE COMMUNITY 1909
EVOLUTION OF MUSIC

EDUCATION KITS

FAMILY LIFE
FOOD CULTURE EVOLUTION
RICH LANDS

MUSEUM TOURS

MACKIN HOUSE TOUR
MALLARDVILLE WALKING TOUR

VIRTUAL TOURS

MACKIN HOUSE TOUR
HOMEFRONT: WORLD WAR II
TRAIN STATION & CABOOSE
THE HISTORY OF EVERYDAY OBJECTS
FAMILY LIFE
COQUITLAM'S HEART OF GOLD

Bettie Allard YMCA



Shine On

BettieAllard
YMCA.ca



@BettieAllardYMCA

955 Emerson St.,
Coquitlam, BC



Start Swim Lessons Today!

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



**COQUITLAM
PUBLIC
LIBRARY**

Find more Library
news & events at
coqlibrary.ca

**Goodbye
fees!**

Coquitlam Public Library is going fines-free! To help you start the new year fresh, all overdue fees accumulated in 2024 or earlier will be waived. More information on which items are affected is available on our website.



Science Expo 2025

Celebrate knowledge and discovery at the Coquitlam Public Library Science Expo! Held in May 2025, the Expo showcases science-loving students & their amazing experiments and innovations.

Local students in grades 4–12 who would like to participate in the Expo must apply online by February 23, 2025.

For more info visit:
coqlibrary.ca/science-expo



Program & Events

You can now pick up a copy of our Program & Events Guide at our branches, on the Library Link, or out in the community at any Coquitlam recreation centre. All events are available online at our website.

City Centre Branch | 1169 Pinetree Way

Poirier Branch | 575 Poirier Street

604-554-7323 | ask@coqlibrary.ca



Register today and inspire the artist in YOU.



**PLACE
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home
to our arts
community

placedesarts.ca • 604 664 1636 • 1120 Brunette Ave., Coquitlam

EVERGREEN
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art
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Box Office: 604.927.6555
www.evergreenculturalcentre.ca

1205 Pinetree Way, Coquitlam BC |    @evergreenarts

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BRITISH COLUMBIA
ARTS COUNCIL

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Coquitlam



E-News

Coquitlam

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and Facilities

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Sign up to receive **Parks, Recreation,
Culture E-News**, delivered to your inbox
at coquitlam.ca/enews



Coquitlam

Connect with Coquitlam

Learn more about what's happening in your community



Coquitlam Current E-News

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

PRC E-News

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



CoquitlamConnect App

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



Public Notices

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



Social Media

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

Sign up now! coquitlam.ca/connect