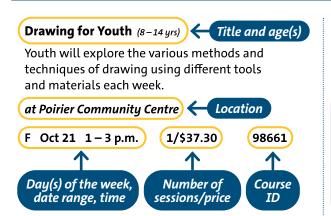
# Program Guide Coquitlam Parks, Recreation, Culture and Facilities





#### How to Use This Guide



- 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 quides 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







for Parks, Recreation and Culture programs

## 3 Easy Ways To Register

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

## 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.

## 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.



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)	\$3.38	<sup>\$</sup> 27	\$3 <b>1</b>	<sup>\$</sup> 21.70	<sup>\$</sup> 243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	<sup>\$</sup> 5	<sup>\$</sup> 40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	<sup>\$</sup> 6.67	\$53.40	\$61.90	<sup>\$</sup> 43.30	<sup>\$</sup> 486
Senior	(65 – 79 yrs)	<sup>\$</sup> 5	<sup>\$</sup> 40	<sup>\$</sup> 46.40	<sup>\$</sup> 32.50	\$36 <b>5</b>
Super Senior	(80 yrs +)	\$3.38	<sup>\$</sup> 27	<sup>\$</sup> 31	<sup>\$</sup> 21.70	<sup>\$</sup> 243
Adult and Tot	(per person)	\$3.38	<sup>\$</sup> 27	_	_	_

<sup>\*</sup> Students 19 – 25 yrs must present valid full time student ID

Only

<sup>\$25</sup>

#### **Additional Arena Services**

Prices valid through to March 31, 2026.

	Drop-In	10-Visit Pass
Skate Rentals	\$3.38	<sup>\$</sup> 27.10
Helmet Rentals	<sup>\$</sup> 2.14	<sup>\$</sup> 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.

## SCHOOL'S OUT PASS

Get unlimited drop-in access to Coquitlam pools, gyms, and rinks during summer, winter, and spring breaks for just \$25 with the School's Out Pass! *Valid June 28*, 2025 – March 29, 2026.

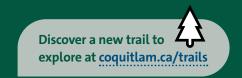
Available June 2.

coquitlam.ca/SchoolsOutPass

<sup>\*\*</sup> A minimum three month commitment is required

## **Parks**

Park program registration opens at 8:30 a.m. on May 20 for Coquitlam residents and at 8:30 a.m. on May 22 for non-residents.





## 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/Inspiration-Garden



#### Tree Spree

Supporting Trees in Coquitlam

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



#### **Spotlight on Sport**

Shining a Spotlight on Community Sport

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



#### **Adopt-A-Park Programs**

Help Keep Parks, Trails and Natural Spaces SPARKling

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

#### **Bad Seed**

#### Bad Seed: Community Weed Pull Party (All Ages)

Join the Park Spark Team and other community members to help restore local parks around Coquitlam. All ages are welcome to come remove and learn about the invasive species that affect our local ecosystem.

#### at Other Locations

Sa	Jul 5	10 a.m. – 12 p.m.	1/ FREE	191391
Su	Jul 27	10 a.m. – 12 p.m.	1/ FREE	191397
Sa	Aug 16	10 a.m. – 12 p.m.	1/ FREE	191403
Su	Aug 24	10 a.m. – 12 p.m.	1/ FREE	191409

## Community Science: Observing and Reporting Invasive Species (All Ages)

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

#### at Town Centre Park Community Centre

Su	Jul 6	3:30 – 4:30 p.m.	1/ FREE	191393
Sa	Jul 26	3 – 4 p.m.	1/ FREE	191396
Th	Aug 14	4 – 5 p.m.	1/ FREE	191402
Su	Aug 24	2 – 3 p.m.	1/ FREE	191407

#### 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	Jul 19	11 a.m. – 12 p.m.	1/ FREE	191395		
F	Aug 8	11 a.m. – 12 p.m.	1/ FREE	191399		
at Town Centre Park Community Centre						
W	Jul 2	6 – 7 p.m.	1/ FREE	191389		

## Resilient Restorations: Sustainable Gardening Solutions (All Ages)

Join us for an engaging and hands-on workshop focused on identifying, removing, and replacing invasive species in your garden and on your property! The workshop will include: A guided tour of local invasive species, giving step-by-step instructions on proper invasive removal methods, and tips for selecting and planting native alternatives.

#### at Parks (Neighbourhood)

Su	Jul 27	3 – 4:30 p.m.	1/ FREE	191398
Tu	Aug 26	4 – 5:30 p.m.	1/ FREE	191411

#### **Inspiration Garden**

#### **Bugs in the Garden** (All Ages)

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

#### at Town Centre Park

W	Aug 13	1 – 2 p.m.	1/ FREE	191315
W	Aug 13	3 – 4 p.m.	1/ FREE	191318
W	Aug 27	1 – 2 p.m.	1/ FREE	191321

#### 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! Family Friendly.

#### at Town Centre Park

W	Jul 16	1 – 2 p.m.	1/ FREE	191308
Th	Aug 14	1 – 2 p.m.	1/ FREE	191316
Th	Aug 14	3 – 4 p.m.	1/ FREE	191317
W	Aug 27	10 – 11 a.m.	1/ FREE	191320

#### Container Gardening 101 (All Ages) LOW COST

Join this beginner-friendly workshop focusing on summer container gardening. This session will cover the basic techniques of growing vegetables and herbs in containers, soil preparation, watering, supplements and more! This session will provide you with a better understanding of how to care for your garden containers in small spaces. All ages and abilities welcome!

#### at Town Centre Park Community Centre

Su Jul 6 2 – 3:30 p.m. 1/\$2 1913
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#### Family Garden Tour (All Ages)

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

Tu	Jul 8	3 – 4 p.m.	1/ FREE	191222
Tu	Jul 15	3 – 4 p.m.	1/ FREE	191225
Tu	Jul 22	3 – 4 p.m.	1/ FREE	191226
Tu	Jul 29	3 – 4 p.m.	1/ FREE	191228
W	Aug 6	10 – 11 a.m.	1/ FREE	191230
W	Aug 6	2 – 3 p.m.	1/ FREE	191231

#### All Abilities Welcome!

Visit page 4 for details

#### Family Garden Tour (All Ages)

Join on a walking tour around Town Centre Park with the Park Spark Team! Observe the different urban flora and fauna living around Lafarge Lake! Family Friendly, All Welcome!

#### at Town Centre Park Community Centre

Su	Aug 10	3 – 4 p.m.	1/ FREE	191232
Sa	Aug 23	3 – 4 p.m.	1/ FREE	191234

#### Garden Basics: Seed Saving and Swap (All Ages)

Join this hands-on workshop hosted by the Park Spark team to learn how to save your flower and vegetable seeds. Learn about the different seeds you can save, how to collect and clean them, and storage tips and tricks. We also welcome attendees to bring in your saved seeds for a seed swap! All experiences, ages and abilities welcome! \*Note: Please be mindful of the seeds you bring in order to avoid spreading invasive plants.

#### at Dogwood Pavilion

W	Aug 20	4 – 5 p.m.	1/ FREE	191319
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#### **Garden Basics: 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. Family Friendly.

#### at Town Centre Park Community Centre

Th	Jul 24	2 – 3 p.m.	1/ FREE	191311
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#### Glamourous Grasses Planter (All Ages)

Glam up your patio entrances with this special planter workshop. Design and create your very own summer finale colour palette. Perfect fitting for all types of garden spaces. Green thumbs of all ages and abilities are welcome. All supplies included.

#### at Town Centre Park

Tu	Aug 19	2 – 3 p.m.	1/\$40	191302
at 1	Town Centre	Park Community Centre		
Su	Aug 17	3 – 4 p.m.	1/\$40	191301

#### **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

Su	Aug 10	5 – 6 p.m.	1/\$40	191299
at T	own Centre Po	ark Community Cent	re	
Tu	Aug 12	2 – 3 p.m.	1/\$40	191300
Tu	Jul 22	2 – 3 p.m.	1/\$40	191296
Su	Jul 20	10 – 11 a.m.	1/\$40	191295

#### Info Night: Intro to Master Gardener (All Ages)

Join this informative intro session to learn the steps, courses, requirements and certifications on how to become a Master Gardener. All ages, abilities and all levels of garden experiences welcome!

#### at Town Centre Park Community Centre

W Jul 9 6 – 7 p.m. 1/ FREE 19129
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#### **Inspiration Garden Exploration** (All Ages)

Drop on in for a summer garden exploration 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 11 a.m.

#### at Town Centre Park

Sa	Jul 5	9 – 11 a.m.	1/ FREE	191216
Su	Jul 6	9 – 11 a.m.	1/ FREE	191221
Sa	Jul 26	9 – 11 a.m.	1/ FREE	191289
Sa	Aug 23	9 – 11 a.m.	1/ FREE	191233
Su	Aug 24	9 – 11 a.m.	1/ FREE	191227

#### Music in the Garden (All Ages)

Tune in at the Inspiration Garden on this special evening of nature musicial storytelling! Wander through the colourful summer garden displays and learn all about the plants, pollinators, creatures that make this garden inspirational. Sit down to enjoy a cup of tea with a book from the newly stocked garden library. All ages, family friendly.

Th Jul 10 7 – 9 p.m.	1/ FREE	193067
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#### Music in the Garden (All Ages)

Tune in at the Inspiration Garden at this special musical event! Wander through the summer garden displays and learn all about the plants and pollinators that make this garden inspirational. All ages, family friendly.

#### at Town Centre Park

W	Jul 23	8:30 – 9:30 p.m.	1/ FREE	193096
Sa	Aug 16	2 – 4 p.m.	1/ FREE	191907

#### **Pollinator Power** (All Ages)

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

#### at Dogwood Pavilion

W	Jul 30	1 – 2 p.m.	1/ FREE	191312
W	Jul 30	3 – 4 p.m.	1/ FREE	191313
at T	own Centre P	ark		
W	Jul 16	7 – 8 p.m.	1/ FREE	193224
	<b>,</b>	7 – 8 p.m. ark Community Cer		193224

#### Seminar Series: All About Seed Saving (All Ages)

Join this informative seminar with the Park Spark team to learn how to save flower, fruit and vegetable seeds for your future propagations. Learn about the rich history of seed saving, and how you can collect, save, clean and store your own seeds to be grown in the next season! All Ages welcome.

#### at Town Centre Park Community Centre

W	Aug 20	6 – 7:30 p.m.	1/\$8	191293

## **Seminar Series: Balcony and Patio Garden Design** (All Ages)

Explore the possibilities of planning and planting up your small spaces whether it's balconies or patios! In this seminar, we will be looking at how to maximize and transform your outdoor spaces into a beautiful and functional garden. Be inspired with creative vertical designs, sun mapping, growing with containers, microclimates and more. All ages and abilities welcome!

#### at Town Centre Park Community Centre

Th	Jul 3	4:30 – 6 p.m.	1/\$8	191303



#### **Seminar Series: Propagation Late-Summer (All Ages)**

In this garden seminar, we will be presenting a wide range of vegetative propagation methods and techniques suited for the late-summer season. This includes: layering, grafting, divisions, root cuttings and more. All ages and abilities welcome.

#### at Town Centre Park Community Centre

Th	Aug 21	4:30 – 6 p.m.	1/\$8	191306
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#### **Seminar Series: Propagation Summer (All Ages)**

In this garden seminar, we will be presenting a wide range of vegetative propagation methods and techniques suited for the summer season. This includes: layering, grafting, divisions, root cuttings and more. All ages and abilities welcome.

#### at Town Centre Park Community Centre

jui 10 0 p 1,40 12.20	Th	Jul 10	4:30 – 6 p.m.	1/\$8	191305
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#### Seminar Series: Shade Garden Secrets (All Ages)

In this garden seminar, we will be exploring the secrets of shade gardens! Discover the many plants that thrive in limited-light environments including perennials, annuals, small trees and shrubs. Find the best foliage colours, shapes and features that offer the wow-factor to designing your outdoor shaded-spaces!

#### at Town Centre Park Community Centre

Th	Aug 7	4:30 – 6 p.m.	1/\$8	191314

#### **Seminar Series: Square Foot Gardening (All Ages)**

In this hands-on workshop led by Embark Sustainability's Gardens Manager, we will be exploring a variety of efficient methods on managing and maximizing your small garden spaces or containers to grow vegetables and herbs. There will be a demonstration on companion planting, transplanting seedlings, crop rotation, soil mixes and maintenance techniques. All ages and abilities welcome.

#### at Town Centre Park Community Centre

W	Jul 23	6 – 8 p.m.	1/\$10	191292
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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.

Su	Jul 27	5 – 6 p.m.	1/\$40	191297
Tu	Jul 29	2 – 3 p.m.	1/\$40	191298

#### Summer Care For Roses (All Ages)

Join the Park Spark Team and the Fraser Pacific Rose Society to learn how to care for your roses this Summer! This is a hands-on workshop and welcomes all garden experiences and all ages to attend. Location: Outdoors in The Centennial Rose Garden, Dogwood Pavilion.

#### at Dogwood Pavilion

Sa	Jul 12	9:30 – 11:30 a.m.	1/ FREE	191224
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#### Summer Hanging Basket (All Ages)

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

#### at Town Centre Park

Su	Jul 13	10 – 11 a.m.	1/\$40	191270
Tu	Jul 15	2 – 3 p.m.	1/\$40	191271

#### Summer Salad Container (All Ages)

Grow your own refreshing summer salad ingredients to impress your dinner guests! In this hands-on workshop, create your own edible garden container perfect for your patio or balcony garden. Green thumbs of all ages and abilities are welcome. All supplies included, you will be bringing your planter creation home.

#### at Town Centre Park

Tu	Jul 8	2 – 3 p.m.	1/\$40	191294
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#### Tea in the Garden and Seed Swap (All Ages)

Enjoy a nice cup of herbal tea, meet fellow garden enthusiasts, and bring some seeds to a fun pop-up summer seed swap at the Inspiration Garden. Drop in anytime 10 a.m. -12 pm.

#### at Town Centre Park

Th	Jul 31	10 a.m. – 12 p.m.	1/ FREE	191290
Th	Aug 28	10 a.m. – 12 p.m.	1/ FREE	191229

#### Xeriscape Gardening (All Ages)

Dive into a world of water efficient garden designs, xeriscape-friendly plants, and water wise ideas for your garden! This is an introductory workshop in collaboration with the Environmental Services Team. Green thumbs of all ages and abilities are welcome.

### at Town Centre Park

F	Aug 15	9:30 - 10:30 a.m.	1/ FREE	193114		
Sa	Aug 23	1:30 – 2:30 p.m.	1/ FREE	193115		
at T	at Town Centre Park Community Centre					
Su	1 12	F 6 n m	1/ FREE	101207		
Ju	Jul 13	5 – 6 p.m.	I) GMH	191307		
Th	Jul 17	2 – 3 p.m.	1/ FREE	191309		

#### **Tree Spree**

#### Advanced Nature Photography (All Ages)

This hands-on workshop allows participants learn advanced techniques, like shooting in manual, for photographing landscapes, wildlife, and environmental features in various dynamic outdoor settings.

#### at Mundy Park

Su	Jul 13	10 – 11:30 a.m.	1/ FREE	191345
at F	Parks (Neighbo	ourhood)		
Sa	Aug 23	10 – 11:30 a.m.	1/ FREE	191385

## 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	Jul 4	8:30 – 10 p.m.	1/\$2	191460
F	Aug 29	8:30 – 10 p.m.	1/\$2	191388

## Forest Foundations: Curious Critters (All Ages) LOW COST

Explore Micro Habitats within our Parks! This Workshop invites participants to discover the hidden worlds of small ecosystems within parks, such as under rocks, in tree bark, and small mammals. This hands-on experience teaches the importance of micro habitats in supporting biodiversity and encourages participants to observe and document the fascinating creatures and wildlife that thrive in these spaces.

#### at Mundy Park

Tu	Aug 19	4 – 6 p.m.	1/\$2	191384
Sa	Aug 30	10 a.m. – 12 p.m.	1/\$2	191387

## Forest Foundations: Exploring Lichen and Moss (All Ages)

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

#### at Parks (Neighbourhood)

Sa	Jul 19	2 – 3:30 p.m.	1/ FREE	191348
Tu	Aug 12	4:30 – 6 p.m.	1/ FREE	191381

#### Forest Foundations: Tree Life Cycle (All Ages)

Tree Life Cycle Workshop is outdoor education workshop about the full life cycle of trees, from planting to growth, maintenance, and eventual decay. This workshop empowers participants to understand the ecological roles of trees at each life stage, from seed, sapling, and mature growth and eventually wildlife or nursery trees.

#### at Mundy Park

Sa	Jul 26	2 – 3:30 p.m.	1/ FREE	191356	
at Town Centre Park Community Centre					
W	Jul 30	6 – 7:30 p.m.	1/ FREE	191357	

#### Forest Foundations: Trees of the Future (All Ages)

The Workshop focuses on the benefits of increasing the urban forest canopies through planting and creating sustainable, green spaces in your garden or neighborhoods that enhance resilience. It encourages innovative planning and climate adapted tree and plant species selection to improve air quality, reduce urban heat, and promote biodiversity in rapidly growing cities.

#### at Parks (Neighbourhood)

Su	Jul 20	10 – 11:30 a.m.	1/ FREE	191354
at 1	own Centre	Park Community Centi	e	
w	Iul 9	7 – 8:30 p.m.	1/ FREE	191343

#### 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

Su	Aug 10	9:30 – 11 a.m.	1/ FREE	191380

#### Intro to: Nature Journaling (All Ages)

The Nature Journaling Workshop encourages participants to connect with the natural world through the practice of journaling, creating art, and fostering mindfulness and observation skills. In this hands-on program, individuals learn to record their observations, sketching wildlife and reflecting on their outdoor experiences to deepen their appreciation of nature through journaling, drawing, or painting!

#### at Mundy Park

Su	Jul 6	10 – 11:30 a.m.	1/ FREE	191342
W	Jul 23	10 – 11:30 a.m.	1/ FREE	191355
Sa	Aug 2	10 – 11:30 a.m.	1/ FREE	191361
Su	Aug 17	2 – 3:30 p.m.	1/ FREE	191383

#### **All Abilities Welcome!**

Visit page 4 for details

#### Intro To: Nature Photography (All Ages)

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

#### at Town Centre Park

F	Aug 8	9:30 – 11 a.m.	1/ FREE	191378
at 1	Town Centre	Park Community Centre	2	
Sa	Jul 5	2 – 3:30 p.m.	1/ FREE	191341

#### 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.

#### at City Centre Aquatic Complex

#### 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 Other Locations

W	Jul 16	4 – 5:30 p.m.	1/ FREE	191347
F	Aug 15	4 – 5:30 p.m.	1/ FREE	191382

#### 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

Sa	Jul 12	10 – 11:30 a.m.	1/ FREE	191344
Tu	Aug 26	10 – 11:30 a.m.	1/ FREE	191386

#### 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.

## Camps

Camp registration opens at 8:30 a.m. on May 13 for Coquitlam residents and at 8:30 a.m. on May 15 for non-residents.





#### Looking for the ultimate summer experience?

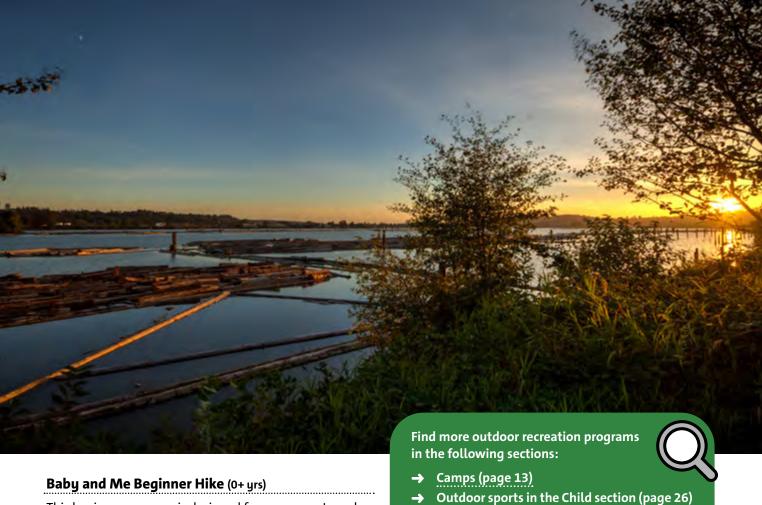
Whether your child loves cooking, dreams of eco-adventures, wants to hit the bullseye with archery, or is ready to build the next big invention with Robo Engineers, we have a camp for them—and more! With a wide variety of programs for every interest, age, and ability, there's truly something for everyone to discover, create and enjoy this summer.

#### Explore all the options at:

coquitlam.ca/registration → Camps Section (Summer)

## **Outdoor Recreation**

Registration opens at 8:30 a.m. on May 20 for Coquitlam residents and at 8:30 a.m. on May 22 for non-residents.



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. Trail and meet up locations to be emailed prior to start of program. Program will run rain or shine.

#### at Other Locations

W Jul 2 – Aug 6 12 – 1:30 p.m. 6/\$27 192290

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

#### at Other Locations

h Jul 3 – Aug 7 10 – 11:30 a.m. 6/\$27 192303

#### Beginner Hike: Fraser River Sunset (16+ yrs)

Learn more at coquitlam.ca/outdoors

New programs added throughout the season!

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

#### at Other Locations

W Aug 27 6 – 8:30 p.m. 1/\$7.50 192188



#### **Canoeing 101** (5+ yrs)



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

#### at Town Centre Park

Tu	Jul 8	10 – 11:30 a.m.	1/\$10.75	191511
Th	Jul 10	10 – 11:30 a.m.	1/\$10.75	191517
Tu	Jul 15	10 – 11:30 a.m.	1/\$10.75	191512
Th	Jul 17	10 – 11:30 a.m.	1/\$10.75	191519
Tu	Jul 22	10 – 11:30 a.m.	1/\$10.75	191514
Th	Jul 24	10 – 11:30 a.m.	1/\$10.75	191520
Tu	Jul 29	10 – 11:30 a.m.	1/\$10.75	191515
Th	Jul 31	10 – 11:30 a.m.	1/\$10.75	191521
Tu	Aug 5	10 – 11:30 a.m.	1/\$10.75	191522
Th	Aug 7	10 – 11:30 a.m.	1/\$10.75	191526
Tu	Aug 12	10 – 11:30 a.m.	1/\$10.75	191524
Th	Aug 14	10 – 11:30 a.m.	1/\$10.75	191528
Tu	Aug 19	10 – 11:30 a.m.	1/\$10.75	191525
Th	Aug 21	10 – 11:30 a.m.	1/\$10.75	191530

#### 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.

#### at Parks (Neighbourhood)

「h Jul 24 6 − 8 p.m. 1/	FREE 192165
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#### Programs marked with x are for kids and adults together!

#### 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.

#### at Other Locations

W	Jul 2 – Aug 6	10 – 11 a.m.	6/\$18	192312
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#### Intermediate Hiking Program: Munro and Dennett **Lakes** (16+ yrs)

This four step program will give intermediate hikers the opportunity to gain trail experience and the chance to end with an advanced hike. Take in High Knoll, Cupress Lake, South Slope Trail and finish with Munro and Dennett lakes. The hikes will start moderate and get progressively more challenging in terrain and steepness. There will be stream crossings on rocks and hands might be needed on steep sections. The final hike will be 12 km with an elevation gain of 1000m.

#### at Other Locations

Sa	Jul 5 – Jul 26	8 – 11 a.m.	4/\$63	192180
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#### Lafarge Lake Learn to Fish (5 – 15 yrs)



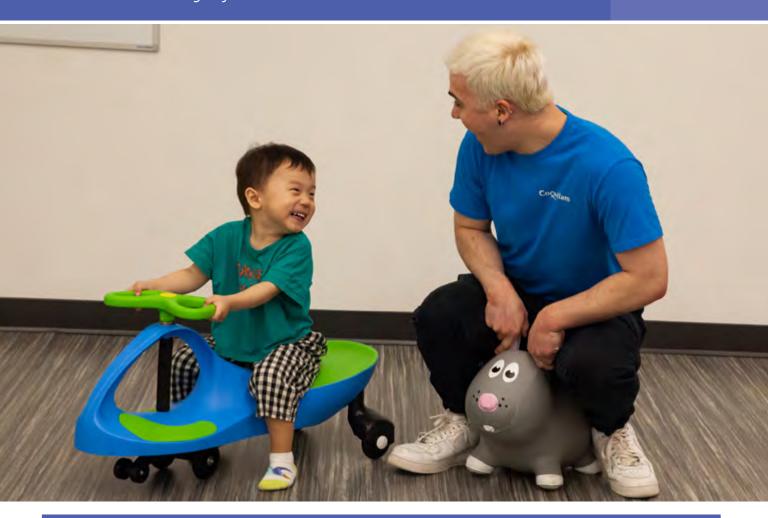
Join the Freshwater Fisheries Society of BC and learn the basics of freshwater fishing. Fishing rods are provided, and program run rain or shine. Adult participation required.

Th	Jul 10	6 – 8 p.m.	1/ FREE	192164
Th	Aug 7	6 – 8 p.m.	1/ FREE	192166



## **Early Years**

Registration opens at 8:30 a.m. on May 20 for Coquitlam residents and at 8:30 a.m. on May 22 for non-residents.



#### **Adult Participation**

Ballet (2 – 3 yrs) 💢



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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	4:45 – 5:15 p.m.	4/\$18	191825
Sa	Jul 12 – Aug 2	10:45 – 11:15 a.m.	4/\$18	191871
Sa	Jul 12 – Aug 2	11:30 a.m. – 12 p.m.	4/\$18	191873
Tu	Aug 5 – Aug 26	4:45 – 5:15 p.m.	4/\$18	191826
Sa	Aug 9 – Aug 30	10:45 – 11:15 a.m.	4/\$18	191872
Sa	Aug 9 – Aug 30	11:30 a.m. – 12 p.m.	4/\$18	191874

#### Discover Dance (1 – 2 yrs)



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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	4 – 4:30 p.m.	4/\$18	191823
Tu	Aug 5 – Aug 26	4 – 4:30 p.m.	4/\$18	191824

#### Discover Dance (2 – 3 yrs)



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

#### at Town Centre Park Community Centre

Su	Jul 6 – Jul 27	10:15 – 10:45 a.m.	4/\$18	191469
Su	Aug 3 – Aug 24	10:15 – 10:45 a.m.	4/\$18	191601

#### **All Abilities Welcome!**

Visit page 4 for details

#### Arts, Crafts and Story Time (3 – 5 yrs)



Join us for themed arts, crafts and story time! Children are welcome to come dressed up in costumes if they would like.

#### at Poirier Community Centre

Blue	ey				
Tu	Jul 15	5:15 – 5:45 p.m.	1/\$4.50	190547	
Bub	ble Guppi	es			
Tu	Aug 12	5:15 – 5:45 p.m.	1/\$4.50	190556	
Con	Construction and Building				
Tu	Jul 29	5:15 – 5:45 p.m.	1/\$4.50	190554	
Dine	osaur Disc	overy			
Tu	Jul 22	5:15 – 5:45 p.m.	1/\$4.50	190551	
Disr	Disney Princesses				
Tu	Jul 8	5:15 – 5:45 p.m.	1/\$4.50	190545	
Old	Old MacDonald's Farm				
Tu	Aug 19	5:15 – 5:45 p.m.	1/\$4.50	190557	
Shre	ek				
Tu	Aug 5	5:15 – 5:45 p.m.	1/\$4.50	190555	
Spo	ngeBob Sa	uarePants			
Tu	Aug 26	5:15 – 5:45 p.m.	1/\$4.50	190558	

#### Gymnastics (18 months – 2 yrs)



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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	4:45 – 5:30 p.m.	4/\$35	192238
Tu	Aug 5 – Aug 26	4:45 - 5:30 p.m.	4/\$35	192241

#### I Can Run, Jump and Throw (18 months – 2 yrs)



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

#### at Centennial Activity Centre

Sa Ju	ul 12 – Aug 2	9:15 – 9:45 a.m.	4/\$18	190605
Sa A	lug 9 – Aug 30	9:15 – 9:45 a.m.	4/\$18	190606

#### Jump Start: Jollyjumpers (0+ yrs)



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

#### at Pinetree Community Centre

Tu	Jun 24 – Aug 5	9:15 – 10 a.m.	6/\$75	191203
F	Jun 27 – Aug 8	10:15 – 11 a.m.	6/\$75	191213
at F	Poirier Communit	y Centre		
W	Jun 25 – Aug 6	9:15 – 10 a.m.	6/\$75	190161
Sa	Jun 28 – Aug 9	10:15 – 11 a.m.	6/\$75	190171

#### Jump Start: Puddlejumpers (16 – 42 months)



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

#### at Pinetree Community Centre

Tu	Jun 24 – Aug 5	10:15 – 11 a.m.	6/\$75	191204
W	Jun 25 – Aug 6	6:30 – 7:15 p.m.	6/\$75	191210
F	Jun 27 – Aug 8	9:15 – 10 a.m.	6/\$75	191212
at F	Poirier Communit	y Centre		
W	Jun 25 – Aug 6	10:15 – 11 a.m.	6/\$75	190162
W	Jun 25 – Aug 6	11:15 a.m. – 12 p.m.	6/\$75	190165
Sa	Jun 28 – Aug 9	11:15 a.m. – 12 p.m.	6/\$75	190172

#### Jump, Tuck and Roll! (18 months – 2 yrs)



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

#### at Poirier Community Centre

M	Jul 7 – Jul 28	5 – 5:45 p.m.	4/\$23.40	190512
M	Aug 11 – Aug 25	5 – 5:45 p.m.	3/\$17.55	190513

#### Little Carpenters (3 – 5 yrs)



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

#### at Poirier Community Centre

M	Jul 7 – Jul 28	4 – 4:45 p.m.	4/\$23.40	190522
M	Aug 11 – Aug 25	4 – 4:45 p.m.	3/\$17.55	190523

Programs marked with 💢 are for kids and adults together!

#### Little Chefs (3 – 5 yrs)

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

#### at Maillardville Community Centre

Su	Jul 6 – Jul 27	10:30 – 11:30 a.m.	4/\$38	191106
Sa	Jul 12 – Aug 2	9:30 - 10:30 a.m.	4/\$38	191108
Su	Aug 3 – Aug 24	10:30 – 11:30 a.m.	4/\$38	191107
Sa	Aug 9 – Aug 30	9:30 – 10:30 a.m.	4/\$38	191109

#### Mini Makers (1 – 2 yrs)



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

#### at Centennial Activity Centre

		<i>-</i>		
Su	Jul 6 – Jul 27	9:30 – 10 a.m.	4/\$18	190350
Su	Aug 3 – Aug 24	9:30 – 10 a.m.	4/\$18	190366
at N	Maillardville Com	munity Centre		
Sa	Jul 12 – Aug 2	9:30 – 10 a.m.	4/\$18	191881
at P	Pinetree Commun	ity Centre		
Sa	Jul 12 – Aug 2	9:15 – 9:45 a.m.	4/\$18	191694
Sa	Aug 9 – Aug 30	9:15 – 9:45 a.m.	4/\$18	191695

#### Mini Makers (2 – 3 yrs)



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

#### at Centennial Activity Centre

Su	Jul 6 – Jul 27	10:30 – 11:15 a.m.	4/\$23.40	190417
Su	Aug 3 – Aug 24	10:30 – 11:15 a.m.	4/\$23.40	190435
at N	Maillardville Com	munity Centre		
Sa	Aug 9 – Aug 30	9:15 – 10 a.m.	4/\$23.40	191885
at F	Pinetree Commun	ity Centre		
Sa	Jul 12 – Aug 2	10:15 – 11 a.m.	4/\$23.40	191697
Sa	Aug 9 – Aug 30	10:15 – 11 a.m.	4/\$23.40	191698
at T	own Centre Park	Community Centre	?	
Tu	Jul 8 – Jul 22	10:15 – 11 a.m.	3/\$17.55	191541
Sa	Jul 12 – Aug 2	10:15 – 11 a.m.	4/\$23.40	191566
Sa	Aug 9 – Aug 30	10:15 – 11 a.m.	4/\$23.40	191683

#### Multi-Ball (18 months – 2 yrs)



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

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	4 – 4:30 p.m.	4/\$18	190876
Sa	Aug 9 – Aug 30	9 – 9:30 a.m.	4/\$18	190975
M	Aug 11 – Aug 25	4 – 4:30 p.m.	3/\$13.50	190878

#### Soccer (18 months – 2 yrs)



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

#### at Centennial Activity Centre

Su	Jul 6 – Jul 27	9:15 – 9:45 a.m.	4/\$18	190182
Su	Aug 3 – Aug 24	9:15 – 9:45 a.m.	4/\$18	190183
at N	laillardville Com	munity Centre		
Sa	Jul 12 – Aug 2	9 – 9:30 a.m.	4/\$18	192448
Sa	Aug 9 – Aug 30	9 – 9:30 a.m.	4/\$18	192449
M-Th	Aug 25 – Aug 28	4:15 – 4:45 p.m.	4/\$18	192104
at P	inetree Communi	ity Centre		
Sa	Jul 12 – Aug 2	9 – 9:30 a.m.	4/\$18	190974

#### Zumbini® (1 month – 4 yrs)



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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	9:15 – 10 a.m.	4/\$26.60	193157
Tu	Aug 5 – Aug 26	9:15 – 10 a.m.	4/\$26.60	193158
at F	Pinetree Commun	ity Centre		
F	Jul 4 – Aug 1	11:15 a.m. – 12 p.m.	5/\$33.25	193155
M	Jul 7 – Jul 28	9:15 – 10 a.m.	4/\$26.60	193153
F	Aug 8 – Aug 29	11:15 a.m. – 12 p.m.	4/\$26.60	193156
M	Aug 11 – Aug 25	9:15 – 10 a.m.	3/\$19.95	193154

#### **Arts and Crafts**

#### Adventures in Art (3 – 5 yrs)

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

#### at Centennial Activity Centre

Su	Jul 6 – Jul 27	11:45 a.m. – 12:30 p.m.	4/\$23.40	190444
Su	Aug 3 – Aug 24	11:45 a.m. – 12:30 p.m.	4/\$23.40	190462
at P	Pinetree Commu	nity Centre		
Sa	Jul 12 – Aug 2	11:30 a.m. – 12:15 p.m.	4/\$23.40	191699
at T	own Centre Par	k Community Centre		
Su	Jul 6 – Jul 27	12:15 – 1 p.m.	4/\$23.40	192873
Tu	Jul 8 – Jul 22	11:30 a.m. – 12:15 p.m.	3/\$17.55	191539
Tu	Jul 8 – Jul 29	4:30 – 5:15 p.m.	4/\$23.40	191537
Sa	Jul 12 – Aug 2	11:30 a.m. – 12:15 p.m.	4/\$23.40	191568
Su	Aug 3 – Aug 24	10:30 – 11:15 a.m.	4/\$23.40	191633
Sa	Aug 9 – Aug 30	11:30 a.m. – 12:15 p.m.	4/\$23.40	191684

#### Arts, Crafts and Story Time (3 – 5 yrs)

Join us for themed arts, crafts and story time! Children are welcome to come dressed up in costumes if they would like.

#### at Poirier Community Centre

#### Blueu

Blu	ey			
Tu	Jul 15	6:15 – 7 p.m.	1/\$5.85	190560
Bub	ble Guppi	es		
Tu	Aug 12	6:15 – 7 p.m.	1/\$5.85	190567
Con	struction a	and Building		
Tu	Jul 29	6:15 – 7 p.m.	1/\$5.85	190564
Din	osaur Disc	overy		
Tu	Jul 22	6:15 – 7 p.m.	1/\$5.85	190563
Disi	ney Prince:	sses		
Tu	Jul 8	6:15 – 7 p.m.	1/\$5.85	190559
Old MacDonald's Farm				
Tu	Aug 19	6:15 – 7 p.m.	1/\$5.85	190570
Shr	ek			
Tu	Aug 5	6:15 – 7 p.m.	1/\$5.85	190566
Spo	ngeBob Sa	uarePants		
Tu	Aug 26	6:15 – 7 p.m.	1/\$5.85	190571

#### Art: Build a Bug Creations Workshop (3 – 5 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

14 14g 15 150 515 pills 1,75105 1511	Tu	Aug 19	4:30 – 5:15 p.m.	1/\$5.85	191748
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#### Art: Nature Art Workshop (3 – 5 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

Su	Jul 20	10:30 – 11:15 a.m.	1/\$5.85	191572
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#### Art: Salt Painting Creations Workshop (3 – 5 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

Tu Aug 26 4:30 – 5:15 p.m. 1/\$5.85 19
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### Did you know?

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

#### Art: Slime Creations Workshop (3 - 5 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

191741

#### Art: Under the Sea Creations Workshop (3 – 5 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

Tu A	Aug 12	4:30 – 5:15 p.m.	1/\$5.85	191744
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#### **Learn and Discover**

#### Crocodile Mandarin: Toddlers (2 - 5 yrs)

This non-academic, play-based language class uses Crocodile's original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. The theme this summer is "Planes, Trains, and Automobiles." We will learn the different types of transportation, different destinations, and a little bit about giving directions. We will learn the names of natural objects and how to describe the weather and seasonal changes. Each student may bring one parent or caregiver along to learn along with them. In partnership with Crocodile Mandarin School.

#### at Pinetree Community Centre

Sa	Jul 5 – Aug 23	10:05 – 11 a.m.	8/\$198	191856
Sa	Jul 5 – Aug 23	11:05 a.m. – 12 p.m.	8/\$198	191857

#### 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.



#### Little Learners (3 - 5 yrs)

Is your child ready to take the next step in connecting play with learning? Early learning skills such as basic letter recognition, numbers, sorting and fine motor skills will be introduced through play and fun activities.

#### at Pinetree Community Centre

Sa	Aug 9 – Aug 30	11:30 a.m. – 12:15 p.m.	4/\$23.40	191702
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#### Little Scientists (3 – 5 yrs)

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

#### at Poirier Community Centre

Sa	Jul 12 – Aug 2	9:30 – 10:15 a.m.	4/\$23.40	190599
Sa	Jul 12 – Aug 2	10:45 – 11:30 a.m.	4/\$23.40	190600
Sa	Aug 9 – Aug 30	9:30 – 10:15 a.m.	4/\$23.40	190601
Sa	Aug 9 – Aug 30	10:45 – 11:30 a.m.	4/\$23.40	190602
at T	own Centre Park	Community Centre	?	
W	Jul 9 – Jul 30	4:30 – 5:15 p.m.	4/\$23.40	191550
Sa	Jul 12 – Aug 2	10:30 – 11:15 a.m.	4/\$23.40	191570

#### Nature Explorers (3 – 5 yrs)

Discover the wonderful world of nature through hands on exploration, activities, stories, crafts and more. Time may be spent outdoors.

#### at Poirier Community Centre

W	Jul 9 – Jul 30	5:30 – 6:15 p.m.	4/\$23.40	190583
W	Aug 6 – Aug 27	5:30 - 6:15 p.m.	4/\$23.40	190584

#### **Performing Arts**

#### **Acro** (4 – 5 yrs)

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

#### at Maillardville Community Centre

M	Jul 7 – Jul 28	4:30 - 5:15 p.m.	4/\$23.40	191811
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#### **Ballet** (3 - 5 yrs)

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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	5:30 – 6:15 p.m.	4/\$23.40	191829
Tu	Jul 8 – Jul 29	6:30 – 7:15 p.m.	4/\$23.40	191832
Sa	Jul 12 – Aug 2	12:15 – 1 p.m.	4/\$23.40	191875
Tu	Aug 5 – Aug 26	5:30 – 6:15 p.m.	4/\$23.40	191830
Sa	Aug 9 – Aug 30	12:15 – 1 p.m.	4/\$23.40	191876
at T	own Centre Park	Community Centr	e	
Su	Jul 6 – Jul 27	11 – 11:45 a.m.	4/\$23.40	191471
Su	Aug 3 – Aug 24	11 – 11:45 a.m.	4/\$23.40	191604

#### **Discover Dance** (3 – 5 yrs)

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

#### at Maillardville Community Centre

Th	Jul 10 – Jul 31	4 – 4:45 p.m.	4/\$23.40	192216
Th	Aug 7 – Aug 28	4 – 4:45 p.m.	4/\$23.40	192218

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

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

#### at Pinetree Community Centre

W	Jun 25 – Aug 6	5:15 – 6:15 p.m.	6/\$85	191207		
F	Jun 27 – Aug 8	11:15 a.m. – 12:15 p.m.	6/\$85	191214		
at F	at Poirier Community Centre					
Th	Jun 26 – Aug 7	6 – 7 p.m.	6/\$85	190169		
Sa	Jun 28 – Aug 9	9 – 10 a.m.	6/\$85	190170		

#### **Sports and Active Play**

### Ball Hockey (4 – 5 yrs)

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

#### at Maillardville Community Centre

M-Th Jul 7 – Jul 10 4:15 – 4:45 p.m. 4/\$18 192084

#### **All Abilities Welcome!**

Visit page 4 for details

#### Basketball (3 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

#### at Centennial Activity Centre

Su	Jul 6 – Jul 27	1:15 – 1:45 p.m.	4/\$18	190287
Su	Aug 3 – Aug 24	1:15 – 1:45 p.m.	4/\$18	190288

#### Basketball (4 - 5 yrs)

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

#### at Centennial Activity Centre

		_		
Su	Jul 6 – Jul 27	2 – 2:30 p.m.	4/\$18	190289
Su	Aug 3 – Aug 24	2 – 2:30 p.m.	4/\$18	190292
at M	aillardville Com	munity Centre		
M-Th	Jul 21 – Jul 24	4:15 – 4:45 p.m.	4/\$18	192085
at Pi	netree Commun	ity Centre		
Th	Jul 10 – Jul 31	3:30 – 4 p.m.	4/\$18	190978
Th	Aug 7 – Aug 28	3:30 – 4 p.m.	4/\$18	190979
Sa	Aug 9 – Aug 30	10:30 – 11 a.m.	4/\$18	190980

#### **Gymnastics** (3 yrs)

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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	5:45 – 6:30 p.m.	4/\$35	192246
Tu	Aug 5 – Aug 26	5:45 - 6:30 p.m.	4/\$35	192248

#### **Gymnastics** (4 – 5 yrs)

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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	6:45 – 7:30 p.m.	4/\$35	192251
Tu	Aug 5 – Aug 26	6:45 – 7:30 p.m.	4/\$35	192250

#### I Can Run, Jump and Throw (3 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

#### at Centennial Activity Centre

Sa	Jul 12 – Aug 2	10 - 10:30 a.m.	4/\$18	190607
Sa	Aug 9 – Aug 30	10 – 10:30 a.m.	4/\$18	190611

#### I Can Run, Jump and Throw (4 – 5 yrs)

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

#### at Centennial Activity Centre

Sa	Jul 12 – Aug 2	10:45 – 11:15 a.m.	4/\$18	190608
Sa	Aug 9 – Aug 30	10:45 – 11:15 a.m.	4/\$18	190612

#### Jump, Tuck and Roll! (3 yrs)

This class is designed to introduce your child to the basics of tumbling and the FUNdamental movements that are the building blocks of gymnastics! This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

#### at Poirier Community Centre

M	Jul 7 – Jul 28	6 – 6:45 p.m.	4/\$23.40	190514
M	Aug 11 – Aug 25	6 – 6:45 p.m.	3/\$17.55	190515

#### Jump, Tuck and Roll! (4 – 5 yrs)

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

#### at Poirier Community Centre

M	Jul 7 – Jul 28	7 – 7:45 p.m.	4/\$23.40	190516
M	Aug 11 – Aug 25	7 – 7:45 p.m.	3/\$17.55	190517





#### **Soccer** (4 – 5 yrs)

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

#### at Centennial Activity Centre

Su	Jul 6 – Jul 27	10:45 – 11:15 a.m.	4/\$18	190273
Su	Aug 3 – Aug 24	10:45 – 11:15 a.m.	4/\$18	190281
at M	aillardville Com	munity Centre		
Sa	Jul 12 – Aug 2	10:30 – 11 a.m.	4/\$18	192446
Sa	Aug 9 – Aug 30	10:30 – 11 a.m.	4/\$18	192447
M-Th	Aug 11 – Aug 14	4:15 – 4:45 p.m.	4/\$18	192087
M-Th	Aug 25 – Aug 28	5:45 – 6:15 p.m.	4/\$18	192106
at Pi	netree Communi	ty Centre		
M	Jul 7 – Jul 28	5:30 – 6 p.m.	4/\$18	190885
Sa	Jul 12 – Aug 2	10:30 – 11 a.m.	4/\$18	190977
M	Aug 11 – Aug 25	5:30 – 6 p.m.	3/\$13.50	190887

#### Multi-Ball (3 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	4:45 – 5:15 p.m.	4/\$18	190883
Sa	Jul 12 – Aug 2	9:45 – 10:15 a.m.	4/\$18	190976
M	Aug 11 – Aug 25	4:45 – 5:15 p.m.	3/\$13.50	190884

#### Soccer (3 yrs)

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

#### at Centennial Activity Centre

Su	Jul 6 – Jul 27	10 – 10:30 a.m.	4/\$18	190269
Su	Aug 3 – Aug 24	10 – 10:30 a.m.	4/\$18	190270
at M	aillardville Com	munity Centre		
Sa	Jul 12 – Aug 2	9:45 – 10:15 a.m.	4/\$18	192444
Sa	Aug 9 – Aug 30	9:45 – 10:15 a.m.	4/\$18	192445
M-Th	Aug 25 – Aug 28	5 – 5:30 p.m.	4/\$18	192105
at Pi	netree Communi	ity Centre		
Tu	Jul 8 – Jul 29	3:30 – 4 p.m.	4/\$18	190914
Tu	Aug 5 – Aug 26	3:30 – 4 p.m.	4/\$18	190915
Sa	Aug 9 – Aug 30	9:45 – 10:15 a.m.	4/\$18	190981

#### 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.



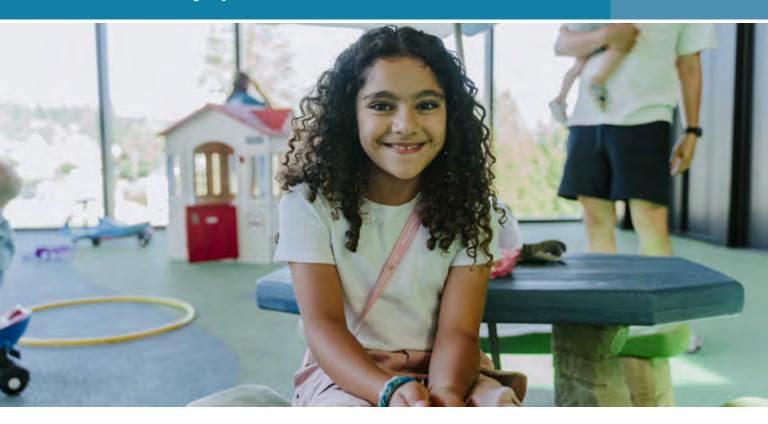
## Planning a birthday party?

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

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

Find details and register at coquitlam.ca/PartyWithUs

Registration opens at 8:30 a.m. on May 20 for Coquitlam residents and at 8:30 a.m. on May 22 for non-residents.



#### **Learn and Discover**

#### **Creative Cooks** (6 – 8 yrs)

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

#### at Maillardville Community Centre

M	Jul 7 – Jul 28	4:30 – 5:30 p.m.	4/\$38	191647
Sa	Jul 12 – Aug 2	11 a.m. – 12 p.m.	4/\$38	191654
Sa	Aug 9 – Aug 30	11 a.m. – 12 p.m.	4/\$38	191657
M	Aug 11 – Aug 25	4:30 – 5:30 p.m.	3/\$28.50	191651

#### Creative Cooks (9 – 11 yrs)

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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	4:30 – 5:30 p.m.	4/\$38	191664
Tu	Aug 5 – Aug 26	4:30 – 5:30 p.m.	4/\$38	191669

#### **All Abilities Welcome!**

Visit page 4 for details

#### **Creative Minds: Nature Scavenger Hunt** (5 – 7 yrs)

Join us for an exciting nature scavenger hunt that will test your creativity, teamwork, and problem-solving skills! Come dressed to spend some time outdoors.

#### at Town Centre Park Community Centre

Su	Jul 13	10:30 – 11:30 a.m.	1/\$7.15	191489
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#### Creative Minds: Nature Scavenger Hunt (7 – 10 yrs)

Join us for an exciting nature scavenger hunt that will test your creativity, teamwork, and problem-solving skills! Come dressed to spend some time outdoors.

#### at Town Centre Park Community Centre

Su	Jul 13	12 – 1 p.m.	1/\$7.15	191490

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

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

#### at Pinetree Community Centre

Sa	Jul 5 – Aug 23	12:05 – 1 p.m.	8/\$198	191858

#### Crocodile Mandarin: Junior Academics (6 - 10 yrs)

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

#### at Pinetree Community Centre

Sa Ju	ul 5 – Aug 23	9:05 – 10 a.m.	8/\$198	191855
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#### Nature Explorers (5 – 7 yrs)

Discover the wonderful world of nature through hands on exploration, activities, stories, crafts and more. Time may be spent outdoors.

#### at Poirier Community Centre

W	Jul 9 – Jul 30	6:45 – 7:45 p.m.	4/\$28.60	192096
W	Aug 6 – Aug 27	6:45 – 7:45 p.m.	4/\$28.60	192098

#### **Young Carpenters** (5 – 7 yrs)

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

#### at Poirier Community Centre

M	Jul 7 – Jul 28	5:15 – 6 p.m.	4/\$23.40	190524
M	Aug 11 – Aug 25	5:15 – 6 p.m.	3/\$17.55	190525

#### Young Carpenters (8 – 11 yrs)

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

#### at Poirier Community Centre

M	Jul 7 – Jul 28	6:30 – 7:15 p.m.	4/\$23.40	190526
M	Aug 11 – Aug 25	6:30 – 7:15 p.m.	3/\$17.55	190527

#### Kids Night In (5 – 11 yrs)

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

#### Christmas in July

Movie: Elf (2003)

#### at Maillardville Community Centre

a	Jul 26	5:30 - 8:30 p.m.	1/\$21.40	191888
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#### Dog Days of Summer

Movie: Clifford the Big Red Dog (2021)

#### at Maillardville Community Centre

3a Aug 25 3:30 - 6:30 p.iii. 1/321.40 131832	Sa	Aug 23	5:30 – 8:30 p.m.	1/\$21.40	191892
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#### **Mysterious Mysteries**

Movie: The Adventures of Tintin: The Secret of the Unicorn (2011)

#### at Maillardville Community Centre

Sa Aug 9	5:30 – 8:30 p.m.	1/\$21.40	191890
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#### **Robots**

Movie: The Iron Giant (1999)

#### at Maillardville Community Centre

Sa	Jul 12	5:30 - 8:30 p.m.	1/\$21.40	191886
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#### Wild Imagination Night (7 - 10 yrs)

Movie: If (2024).

#### at Town Centre Park Community Centre

		9		
F	Jul 25	5:30 – 8:30 p.m.	1/\$21.40	191573

#### Young Scientists (5 – 7 yrs)

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

#### at Maillardville Community Centre

F	Jul 11 – Aug 1	4:15 – 5 p.m.	4/\$23.40	191842
at P	inetree Commun	ity Centre		
Th	Jul 10 – Jul 31	4:15 – 5 p.m.	4/\$23.40	191689
Th	Aug 7 – Aug 28	4:15 – 5 p.m.	4/\$23.40	191690
at P	oirier Communit <u>ı</u>	y Centre		
Sa	Jul 12 – Aug 2	12 – 12:45 p.m.	4/\$23.40	190603
Sa	Aug 9 – Aug 30	12 – 12:45 p.m.	4/\$23.40	190604
at To	own Centre Park	Community Centre	?	
W	Jul 9 – Jul 30	5:45 - 6:30 p.m.	4/\$23.40	191547
Sa	Jul 12 – Aug 2	11:45 a.m. – 12:30 p	.m.4/\$23.40	191571
W	Aug 6 – Aug 27	4:30 – 5:15 p.m.	4/\$23.40	191649
Sa	Aug 9 – Aug 30	10:30 – 11:15 a.m.	4/\$23.40	191678

#### Young Scientists (8 - 11 yrs)

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

#### at Maillardville Community Centre

F	Aug 8 – Aug 29	4:15 – 5 p.m.	4/\$23.40	191843			
at P	at Pinetree Community Centre						
Th	Jul 10 – Jul 31	5:30 – 6:15 p.m.	4/\$23.40	191691			
Th	Aug 7 – Aug 28	5:30 – 6:15 p.m.	4/\$23.40	191692			
at Town Centre Park Community Centre							
W	Aug 6 – Aug 27	5:45 – 6:30 p.m.	4/\$23.40	191656			
Sa	Aug 9 – Aug 30	11:45 a.m. – 12:30 p.m.	4/\$23.40	191662			

#### **Performing Arts**

#### **Acro** (5 – 7 yrs)

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

#### at Maillardville Community Centre

M	Jul 7 – Jul 28	5:15 – 6 p.m.	4/\$23.40	191816
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#### **Acro** (8 – 11 yrs)

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

#### at Maillardville Community Centre

	M	Jul 7 – Jul 28	6 – 7 p.m.	4/\$28.60	191818
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#### **Ballet** (5 – 7 yrs)

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

#### at Maillardville Community Centre

Tu	Aug 5 – Aug 26	6:30 – 7:15 p.m.	4/\$23.40	191836		
at Town Centre Park Community Centre						
Su	Jul 6 – Jul 27	12 – 12:45 p.m.	4/\$23.40	191481		
Su	Aug 3 – Aug 24	12 – 12:45 p.m.	4/\$23.40	191607		

#### **Ballet** (8 – 11 yrs)

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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	7:30 – 8:30 p.m.	4/\$28.60	191838
Tu	Aug 5 – Aug 26	7:30 - 8:30 p.m.	4/\$28.60	191839

#### **Dance Mix** (5 – 7 yrs)

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

#### at Maillardville Community Centre

Th	Jul 10 – Jul 31	5 – 5:45 p.m.	4/\$23.40	192220
Th	Aug 7 – Aug 28	5 – 5:45 p.m.	4/\$23.40	192221

#### **Dance Mix** (8 – 11 yrs)

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

#### at Maillardville Community Centre

Th	Jul 10 – Jul 31	7 – 8 p.m.	4/\$28.60	192228
Th	Aug 7 – Aug 28	7 – 8 p.m.	4/\$28.60	192229

#### Guitar Beginner (9 – 11 yrs)

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

#### at Pinetree Community Centre

W	Jul 9 – Jul 30	4 – 5 p.m.	4/\$28.60	191199
W	Aug 6 – Aug 27	4 – 5 p.m.	4/\$28.60	191200

#### **Hip Hop** (5 – 7 yrs)

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

#### at Maillardville Community Centre

Th	Jul 10 – Jul 31	6 – 6:45 p.m.	4/\$23.40	192224
Th	Aug 7 – Aug 28	6 – 6:45 p.m.	4/\$23.40	192225

#### Ukulele Beginner (9 – 11 yrs)

Learn the basics of guitar such as chords and strumming while working towards a song by the end of the course Please bring your own ukulele.

#### at Pinetree Community Centre

Tu	Jul 8 – Jul 29	4:30 – 5:30 p.m.	4/\$28.60	191768
Tu	Aug 5 – Aug 26	4:30 – 5:30 p.m.	4/\$28.60	191769

#### Zumba® Kids (7 – 11 yrs)

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

Tu	Jul 8 – Jul 29	6:45 – 7:30 p.m.	4/\$26.60	193149
Tu	Aug 5 – Aug 26	6:45 - 7:30 p.m.	4/\$26.60	193150

#### **All Abilities Welcome!**

Visit page 4 for details

#### Zumba<sup>®</sup> Kids Jr (4 – 6 yrs)

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

#### at Pinetree Community Centre

Su	Jul 6 – Jul 27	9:30 – 10:15 a.m.	4/\$26.60	193151
Su	Aug 10 – Aug 24	9:30 – 10:15 a.m.	3/\$19.95	193152

#### **Sports and Active Play**

#### **Badminton** (7 – 10 yrs)

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

#### at Maillardville Community Centre

M-Th	Jul 28 – Jul 31	4:15 – 5:15 p.m.	4/\$28.60	192100		
at Pinetree Community Centre						
Su	Jul 6 – Jul 27	11:30 a.m. – 12:15 p.m.	4/\$23.40	192335		
Su	Aug 3 – Aug 24	11:30 a.m. – 12:15 p.m.	4/\$23.40	192338		

### Ball Hockey (6 – 8 yrs)

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

#### at Maillardville Community Centre

M-Th	Jul 7 – Jul 10	5 – 5:45 p.m.	4/\$23.40	192089
M-Th	Aug 11 – Aug 14	6 – 6:45 p.m.	4/\$23.40	192091

#### Basketball (6 – 8 yrs)

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

#### at Centennial Activity Centre

Su	Jul 6 – Jul 27	2:45 – 3:30 p.m.	4/\$23.40	190295
Su	Aug 3 – Aug 24	2:45 – 3:30 p.m.	4/\$23.40	190298
at M	aillardville Coi	mmunity Centre		
M-Th	Jul 21 – Jul 24	5 – 5:45 p.m.	4/\$23.40	192094
at Pi	netree Commu	nity Centre		
Th	Jul 10 – Jul 31	4:15 – 5 p.m.	4/\$23.40	190966
Sa	Jul 12 – Aug 2	11:30 a.m. – 12:15 p.m.	4/\$23.40	190970
Th	Aug 7 – Aug 28	4:15 – 5 p.m.	4/\$23.40	190967





#### Basketball (9 – 11 yrs)

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

#### at Centennial Activity Centre

		,		
Su	Jul 6 – Jul 27	3:45 – 4:45 p.m.	4/\$28.60	190300
Su	Aug 3 – Aug 24	3:45 – 4:45 p.m.	4/\$28.60	190301
at M	aillardville Com	munity Centre		
M-Th	Jul 21 – Jul 24	5:45 – 6:45 p.m.	4/\$28.60	192095
at Pi	netree Commun	ity Centre		
Th	Jul 10 – Jul 31	5:15 – 6:15 p.m.	4/\$28.60	190968
Sa	Jul 12 – Aug 2	12:30 – 1:30 p.m.	4/\$28.60	190971
Th	Aug 7 – Aug 28	5:15 – 6:15 p.m.	4/\$28.60	190969

#### Basketball for Girls (9-11 yrs)

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

#### at Centennial Activity Centre

30 Juli Aug 2 3.13 10.13 a.111. + 720.00 13001	Sa	Jul 12 – Aug 2	9:15 – 10:15 a.m.	4/\$28.60	190610
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### Battle Archery (9 — 12 yrs)

Experience Archery in a safe, fun, and educational setting. Students will build on their archery knowledge and learn a variety of skills including: shooting sequence, form, mental preparation, anchoring, and much more! In partnership with Stellar Play.

W	Jul 9 – Jul 30	5 – 6 p.m.	4/\$55	192362
W	Jul 9 – Jul 30	6:15 – 7:15 p.m.	4/\$55	192364
W	Aug 6 – Aug 27	5 – 6 p.m.	4/\$55	192363
W	Aug 6 – Aug 27	6:15 – 7:15 p.m.	4/\$55	192371

#### Family Kickboxing (6+ yrs)

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

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	6:30 – 7:30 p.m.	4/\$40.60	190893
M	Aug 11 – Aug 25	6:30 - 7:30 p.m.	3/\$30.45	190896

#### Fencing Beginner (6 – 8 yrs)

Our children's program begins with participation in fencing training activities that are focused on fun, building fitness and enhancing coordination while introducing basic fencing skills using real equipment. Fencing is a great cardiovascular workout, improving hand-eye coordination, concentration, mental focus and physical stamina. All equipment is provided. In partnership with Tri-City Fencing Academy.

#### at Pinetree Community Centre

W	Jul 2 – Jul 23	6 – 7 p.m.	4/\$50	191006
W	Aug 6 – Aug 27	6 – 7 p.m.	4/\$50	191007

#### Fencing Intermediate (6 – 9 yrs)

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

#### at Pinetree Community Centre

W	Jul 2 – Jul 23	7 – 8 p.m.	4/\$55	191008
W	Aug 6 – Aug 27	7 – 8 p.m.	4/\$55	191010

#### **Gymnastics** (6 – 8 yrs)

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

#### at Maillardville Community Centre

Tu	Jul 8 – Jul 29	7:45 – 8:30 p.m.	4/\$35	192253
Tu	Aug 5 – Aug 26	7:45 – 8:30 p.m.	4/\$35	192254

#### 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.



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

Passes are valid from Sept 3, 2024 – Sept 1, 2025.

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

#### **Soccer** (6 – 8 yrs)

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

#### at Centennial Activity Centre

Su	Jul 6 – Jul 27	11:30 a.m. – 12:15 p.m.	4/\$23.40	190285		
Su	Aug 3 – Aug 24	11:30 a.m. – 12:15 p.m.	4/\$23.40	190286		
at Maillardville Community Centre						
M-Th	Jul 7 – Jul 10	6 – 6:45 p.m.	4/\$23.40	192092		
Sa	Jul 12 – Aug 2	11:15 a.m. – 12 p.m.	4/\$23.40	192442		
Sa	Aug 9 – Aug 30	11:15 a.m. – 12 p.m.	4/\$23.40	192443		
M-Th	Aug 11 – Aug 14	5 – 5:45 p.m.	4/\$23.40	192093		
at Pi	at Pinetree Community Centre					
Tu	Jul 8 – Jul 29	4:15 – 5 p.m.	4/\$23.40	190961		
Tu	Aug 5 – Aug 26	4:15 – 5 p.m.	4/\$23.40	190962		
Sa	Aug 9 – Aug 30	11:30 a.m. – 12:15 p.m.	4/\$23.40	190972		

#### **Soccer** (9 – 11 yrs)

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

Tu	Jul 8 – Jul 29	5:15 – 6:15 p.m.	4/\$28.60	190963
Tu	Aug 5 – Aug 26	5:15 – 6:15 p.m.	4/\$28.60	190965
Sa	Aug 9 – Aug 30	12:30 – 1:30 p.m.	4/\$28.60	190973

#### Soccer for Girls (6 – 8 yrs)

Girls will get a strong start playing soccer, learning skills through FUNdamental movements and inclusive play.

#### at Centennial Activity Centre

Sa	Jul 12 – Aug 2	11:30 a.m. – 12:15 p.m.	4/\$23.40	190609			
Sa	Aug 9 – Aug 30	11:30 a.m. – 12:15 p.m.	4/\$23.40	190613			
at N	at Maillardville Community Centre						
Sa	Jul 12 – Aug 2	12:15 – 1 p.m.	4/\$23.40	192440			
Sa	Aug 9 – Aug 30	12:15 – 1 p.m.	4/\$23.40	192441			

#### **Volleyball Learn to Play** (9 – 11 yrs)

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

#### at Maillardville Community Centre

M-Th	Jul 14 – Jul 17	4:15 – 5:15 p.m.	4/\$28.60	192097
M-Th	Aug 18 – Aug 21	4:15 – 5:15 p.m.	4/\$28.60	192099

#### **Visual Arts**

#### Adventures in Art (5 - 7 yrs)

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

#### at Town Centre Park Community Centre

Tu	Aug 5 – Aug 26	5:45 – 6:45 p.m.	4/\$28.60	191644
ıu	Aug 3 Aug 20	יוווים כדיט כדיכ	₹/ ₹20.00	1510

#### **Art for Two** (5 – 7 yrs)

Looking for a creative way to spend time with your child? This workshop is for you. Work together on a new art project and explore your imagination and creativity.

#### at Poirier Community Centre

#### Clay Creations Workshop

etag creations tronkshop							
Tu	Jul 15	3:30 – 4:30 p.m.	1/\$14.50	190536			
Con	Comic Creations Workshop						
Tu	Jul 8	3:30 – 4:30 p.m.	1/\$14.50	190535			
Tu	Aug 5	3:30 – 4:30 p.m.	1/\$14.50	190539			
Nat	Nature Creations Workshop						
Tu	Jul 22	3:30 – 4:30 p.m.	1/\$14.50	190537			
Tu	Aug 19	3:30 – 4:30 p.m.	1/\$14.50	190541			
Watercolour Workshop							
Tu	Jul 29	3:30 - 4:30 p.m.	1/\$14.50	190538			
Tu	Aug 26	3:30 – 4:30 p.m.	1/\$14.50	190542			
Wooden Creations Workshop							
Tu	Aug 12	3:30 – 4:30 p.m.	1/\$14.50	190540			

#### **All Abilities Welcome!**

Visit page 4 for details

#### Art: Kite Creations Workshop (5 - 7 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

	Tu	Jul 8	5:45 – 6:45 p.m.	1/\$7.15	191531
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#### Art: Nature Art Workshop (5 – 7 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

Su	Jul 20	11:45 a.m. – 12:45 p.m.	1/\$5.85	191569
Su	Aug 10	10:30 – 11:30 a.m.	1/\$5.85	191622

#### Art: Slime Creations Workshop (5 - 7 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

īu Jul 29	191535
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#### Art: Suncatcher Creations Workshop (5 – 7 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

Tu	Jul 15	5:45 – 6:45 p.m.	1/\$7.15	191532
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#### Art: Under the Sea Creations Workshop (5 – 7 yrs)

Join us and spark your creativity by exploring various art techniques, experimenting with different materials, and creating your very own masterpieces.

#### at Town Centre Park Community Centre

Tu	Iul 22	5:45 – 6:45 p.m.	1/\$7.15	191533

#### Beyond the Brush (8 – 11 yrs)

Explore painting, mixed media, sculpture, and more through exciting themes and hands-on projects.

Su	Aug 3 – Aug 24	11:30 a.m. – 12:30 p.m.	4/\$28.60	191706
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#### Character Design (8 - 11 yrs)

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

#### at Pinetree Community Centre

M Aug 11 – Aug 25 6 – 7 p.m.	3/\$21.45	191948
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#### Charcoal Drawing (5 - 7 yrs)

Unleash your creativity with the bold and expressive medium of charcoal! In this hands-on program, you will learn to create stunning sketches, explore shading techniques, and bring your imaginations to life with rich, dramatic drawings. Perfect for beginners and budding artists alike!

#### at Pinetree Community Centre

Sa	Iul 12 – Aua 2	10 – 11 a.m.	4/\$28.60	191889

#### Charcoal Drawing (8-11 yrs)

Unleash your creativity with the bold and expressive medium of charcoal! In this hands-on program, you will learn to create stunning sketches, explore shading techniques, and bring your imaginations to life with rich, dramatic drawings. Perfect for beginners and budding artists alike!

#### at Pinetree Community Centre

Sa	Jul 12 – Aug 2	11:30 a.m. – 12:30 p.m.	//¢28 60	101997
Эa	IUL IZ – AUG Z	11.5V d.M. – 12.5V D.M.	4/ 3Z0.DU	וססועו

#### Clay Works (5 – 7 yrs)

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

#### at Pinetree Community Centre

Tu	Jul 8 – Jul 29	4:30 – 5:30 p.m.	4/\$28.60	191576			
Tu	Aug 5 – Aug 26	4:30 – 5:30 p.m.	4/\$28.60	191577			
at T	at Town Centre Park Community Centre						
Th	Aug 7 – Aug 28	4:30 - 5:30 p.m.	4/\$28.60	191867			

#### Clay Works (8 – 11 yrs)

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

#### at Pinetree Community Centre

Tu	Jul 8 – Jul 29	6 – 7 p.m.	4/\$28.60	191581
Tu	Aug 5 – Aug 26	6 – 7 p.m.	4/\$28.60	191582
at T	own Centre Park	Community Cei	ntre	
Th	Jul 10 – Jul 31	6 – 7 p.m.	4/\$28.60	191565
Th	Aug 7 – Aug 28	6 – 7 p.m.	4/\$28.60	191682

#### **Colourful Clay Creations**

Learn to shape, sculpt, and mold vibrant foam clay into unique, lightweight creations that dry without baking.

## Colourful Clay Creations at Poirier Community Centre

5 – 7	urs

Th	Jul 10 – Jul 31	5 – 6 p.m.	4/\$28.60	190595
Th	Aug 7 – Aug 28	5 – 6 p.m.	4/\$28.60	190596
8 – 1	1 yrs:			
at P	oirier Commun	ity Centre		
Th	Jul 10 – Jul 31	6:30 – 7:30 p.m.	4/\$28.60	190597
Th	Aug 7 – Aug 28	6:30 – 7:30 p.m.	4/\$28.60	190598
at To	own Centre Par	k Community Centre	?	
Th	Jul 10 – Jul 31	4:30 – 5:30 p.m.	4/\$28.60	191556
Su	Aug 3 – Aug 24	11:45 a.m. – 12:45 p.m.	4/\$28.60	191640
D	shoo Danda Wa	ulraha n		

#### Bamboo Panda Workshop

#### at Maillardville Community Centre

Jrs

Th	Aug 28	4:15 – 5:15 p.m.	1/\$7.15	191564
8 – 1	L1 yrs:			
Th	Aug 28	5:45 – 6:45 p.m.	1/\$7.15	191555

## Capybara on a Flower Blossom Workshop at Maillardville Community Centre

5	_	7	u	rs

Th	Jul 31	4:15 – 5:15 p.m.	1/\$7.15	191560
8-1	L1 yrs:			
Th	Jul 31	5:45 – 6:45 p.m.	1/\$7.15	191552

## Mini Flower Frame Workshop at Maillardville Community Centre

#### 5 – 7 yrs:

Aua 14

	9	· · · · · · · · · · · · · · · · · · ·	-7 1	
8-1	L1 yrs:			
Th	Aug 14	5:45 – 6:45 p.m.	1/\$7.15	191554

4:15 - 5:15 p.m.

#### Mini Sunflowers Workshop

#### at Maillardville Community Centre

5	_	/	y	rs

Iul 3

•••	,	1:15 5:15 pilli	., 411.5	151551
8 – 1	L1 yrs:			
Th	Jul 3	5:45 – 6:45 p.m.	1/\$7.15	191546

4:15 - 5:15 n.m.

#### Ocean Floor Workshop

### at Maillardville Community Centre

•	, g.s.			
Th	Jul 17	4:15 – 5:15 p.m.	1/\$7.15	191558
8 -	- 11 yrs:			
Th	Jul 17	5:45 – 6:45 p.m.	1/\$7.15	191548

1/\$7.15

1/\$7.15

191562

101557



#### Comic Creations (5 – 7 yrs)

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

#### at Maillardville Community Centre

M	Jul 7 – Jul 28	4 – 5 p.m.	4/\$28.60	191820
M	Aug 11 – Aug 25	4 – 5 p.m.	3/\$21.45	191822
at F	Pinetree Commun	ity Centre		
Su	Jul 6 – Jul 27	9:30 - 10:30 a.m.	4/\$28.60	191703

## Comic Creations (8 – 11 yrs)

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

#### at Pinetree Community Centre

Su Ju	ul 6 – Jul 27	11:30 a.m. – 12:30 p.m.	4/\$28.60	191704
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#### Craft and Create (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination.

#### at Pinetree Community Centre

Su	Aug 3 – Aug 24	9:30 - 10:30 a.m.	4/\$28.60	191705
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#### **Drawing** (5 – 7 yrs)

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

#### at Maillardville Community Centre

** Aug 0 Aug 21 + 3 p.m. +/ 720.00 151055	W	Aug 6 – Aug 27	4 – 5 p.m.	4/\$28.60	191859
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#### **Drawing** (8 – 11 yrs)

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

#### at Maillardville Community Centre

W	Jul 9 – Jul 30	4 – 5 p.m.	4/\$28.60	191861

#### Ooey Gooey Slime Workshop (5 – 7 yrs)

Join us for a slimy, squishy adventure in this ooey gooey slime workshop. Get messy, mix, stretch, and create your very own colourful slime.

#### at Town Centre Park Community Centre

Sa	Jul 12	1 – 2 p.m.	1/\$7.15	191561
Sa	Aug 16	1 – 2 p.m.	1/\$7.15	191870

#### **Pastels** (5 – 7 yrs)

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

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	4:30 – 5:30 p.m.	4/\$28.60	191960
M	Aug 11 – Aug 25	4:30 - 5:30 p.m.	3/\$21.45	191961

#### Pencil Drawing (5 – 7 yrs)

Explore the world of pencil drawing! This class introduces different drawing techniques, with a focus on shading, texture, and using coloured pencils. Students will explore how to bring their drawings to life with depth and detail, while developing their artistic skills in a fun and supportive environment. Perfect for beginners and budding artists looking to enhance their abilities.

#### at Pinetree Community Centre

Sa	Aug 9 – Aug 30	10 – 11 a.m.	4/\$28.60	191891
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#### Watercolour (8 – 11 yrs)

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

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	6 – 7 p.m.	4/\$28.60	191862
Sa	Aug 9 – Aug 30	11:30 a.m. – 12:30 p.m.	4/\$28.60	191882

#### Oops! We cancelled it...

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

Registration opens at 8:30 a.m. on May 20 for Coquitlam residents and at 8:30 a.m. on May 22 for non-residents.



## Just for Youth

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

- Connections Youth Lounge at Maillardville Community Centre
- ✓ Foosball
- ✓ Nintendo Switch™
- ✓ Board games
- ✓ Community kitchen

- The Getaway Youth Centre at Poirier Community Centre
- ✓ Pool
- ✓ Table tennis
- ✓ Foosball
- ✓ Nintendo Switch™
- Board games

- The Landing Youth Centre at Pinetree Community Centre
- ✓ Acoustic quitar
- ✓ Pool
- ✓ Table tennis
- ✓ PlayStation®
- ✓ Nintendo Switch™
- ✓ Board games

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

#### **Coquitlam Youth Council**

Share feedback and ideas with the City on initiatives, programs and issues facing youth in Coquitlam.

Open to Coquitlam Residents in Grades 10 – 12.

Learn more and apply at coquitlam.ca/youth

#### **Tell Us What You Want!**

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

#### All Abilities Welcome!

Visit page 4 for details

#### Certifications

#### Standard First Aid Full Course (13+ yrs)

CPR C is included and this course is a WorkSafeBC Occupational Intermediate level equivalent. Valid for three years. 100% attendance is mandatory to be certified.

#### at Pinetree Community Centre

Sa/Su	Jul 5 – Jul 6	8:30 a.m. – 5:30 p.m.	2/\$190	191197
Sa/Su	Aug 23 – Aug 24	8:30 a.m. – 5:30 p.m.	2/\$190	191198

#### Babysitting Training (10 – 14 yrs)

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

#### at Maillardville Community Centre

Sa	Jul 5	9:30 a.m. – 4:30 p.m.	1/\$49.95	191864
Sa	Aug 9	9:30 a.m. – 4:30 p.m.	1/\$49.95	191866
at P	Pinetree Com	nmunity Centre		
Sa	Jul 12	9:30 a.m. – 4:30 p.m.	1/\$49.95	191707
Sa	Aug 16	9:30 a.m. – 4:30 p.m.	1/\$49.95	191709

#### Home Alone Training (10 – 13 yrs)

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

#### at Maillardville Community Centre

Sa	Jul 19	10 a.m. – 2 p.m.	1/\$28.55	191868		
Sa	Aug 23	10 a.m. – 2 p.m.	1/\$28.55	191869		
at P	at Pinetree Community Centre					
Sa	Jul 26	10 a.m. – 2 p.m.	1/\$28.55	191710		



#### Lifelong Learning

#### Creative Cooks: Artisan Bread (11 – 14 yrs)

Ready to rise to the challenge of bread making? Learn essential techniques, including dough mixing, fermentation, and shaping.

#### at Maillardville Community Centre

Sa	Jul 5	5:30 – 7:30 p.m.	1/\$19	191509
Sa	Aug 30	5:30 – 7:30 p.m.	1/\$19	191518

### Creative Cooks: Biscoff Braided Babka Sweet Bread

(11 – 14 yrs)

Create a decadent, braided babka swirled with rich Biscoff spread. This class will guide you through the art of making the perfect soft dough and sweet filling. A beautifully indulgent treat that's as fun to make as it is to eat.

#### at Maillardville Community Centre

	Sa	Jul 19	5:30 – 7:30 p.m.	1/\$19	191510
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#### **Creative Cooks: Blueberry Lemon Tarts** (11 – 14 yrs)

Create beautiful and tasty blueberry lemon tarts bursting with summertime flavours. Learn how to make tart shells from scratch and two types of curd fillings.

#### at Maillardville Community Centre

Sa	Aug 2	5:30 – 7:30 p.m.	1/\$19	191513

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## Creative Cooks: Buttercream Piping Techniques: Rosettes and Sunflowers on Chocolate Cupcakes

(11 – 14 yrs

Hone your piping skills and learn to create classic buttercream rosettes and stunning sunflowers, all atop deliciously moist chocolate cupcakes.

#### at Maillardville Community Centre

Sa	Aua 16	5:30 – 7:30 p.m.	1/\$19	191516
эa	Auu IO	3.30 - 1.30 D.III.	1/313	טוכוכו

## Creative Cooks: Chicken Parmesan with Spaghetti Primavera (11 – 14 yrs)

Create a classic Chicken Parmesan with a fresh, veggiepacked spaghetti primavera on the side. Learn the art of breading, frying, and balancing flavours for a dish that's both comforting and full of colour. It's the ultimate meal for any budding chef.

#### at Maillardville Community Centre

M	Iul 28	6 – 8 p.m.	1/\$19	191491
M	IIII /X	6 – X D.M.	1/519	191491

## Creative Cooks: Sweet and Savoury Pull-Apart Monkey Bread (11 – 14 yrs)

Learn to make fun and delicious monkey bread with a sweet and savoury twist. This course will have you pulling apart mouth-watering layers while mastering key baking skills. Perfect for those who love to bake and share tasty treats!

#### at Maillardville Community Centre

M Jul 14 6 – 8 p.m. 1/\$19 191466

#### Creative Cooks: Tex Mex Crunch Wrap Supremes

(11 – 14 yrs)

Get ready to fold and stuff your own Tex Mex Crunch Wrap Supreme, filled with all your favourite flavours. Bring your appetite and your creativity!

#### at Maillardville Community Centre

M Aug 18 6 – 8 p.m. 1/\$19 191493

#### **Performing Arts**

#### Guitar Beginner (12 - 18 yrs)

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

#### at Pinetree Community Centre

W	Jul 9 – Jul 30	5:15 – 6:15 p.m.	4/\$28.60	191201
W	Aug 6 – Aug 27	5:15 – 6:15 p.m.	4/\$28.60	191202

#### **Sports and Active Play**

#### **Badminton Skill Development** (11 – 15 yrs)

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

#### at Maillardville Community Centre

M-Th Jul 28 – Jul 31 5:30 – 6:30 p.m. 4/\$28.60 192103

#### **Badminton Skill Development** (11 – 18 yrs)

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

#### at Pinetree Community Centre

Su	Jul 6 – Jul 27	12:30 – 1:30 p.m.	4/\$28.60	192345
Su	Aug 3 – Aug 24	12:30 – 1:30 p.m.	4/\$28.60	192348

#### Fitness: Youth Orientation \$2 (13 – 18 yrs) LOW COST

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

 at City Centre
 at Poirier Sport

 Aquatic Complex
 and Leisure Complex

 Tues, 3:30 – 4:30 p.m.
 Wed, 3:45 – 4:45 p.m.

 Thurs, 7:15 – 8:15 p.m.
 Thurs, 5:45 – 6:45 p.m.

 Sat, 10 – 11 a.m.
 Sun, 11 a.m. – 12 p.m.

at Pinetree Community Centre, pending staff availability

Mon and Fri, 3:30 - 4:30 p.m.

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

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

#### Badminton Youth League (12 – 18 yrs)

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

#### at Pinetree Community Centre

Sa Jul 12 – Aug 23 2:15 – 5:15 p.m. 7/\$31.50 192249

#### Fencing Beginner (9 – 15 yrs)

This introductory class will quickly teach the basic actions of the sport. Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided. In partnership with Tri-City Fencing Academy.

M	Jul 7 – Jul 28	6:30 – <i>1</i> :30 p.m.	4/\$60	191001		
M	Aug 11 – Aug 25	6:30 – 7:30 p.m.	3/\$45	191002		
at I	at Poirier Sport and Leisure Complex					
F	Jul 4 – Jul 25	7 – 8 p.m.	4/\$60	190173		
F	Aug 1 – Aug 22	7 – 8 p.m.	4/\$60	190174		



#### Fencing Intermediate (9 – 15 yrs)

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

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	7:30 – 8:30 p.m.	4/\$65	191003
M	Aug 11 – Aug 25	7:30 – 8:30 p.m.	3/\$48.75	191004
at F	Poirier Sport and L	eisure Complex		
F	Jul 4 – Jul 25	8 – 9 p.m.	4/\$65	190175
F	Aug 1 – Aug 22	8 – 9 p.m.	4/\$65	190176

#### Volleyball Skill Development (12 – 15 yrs)

Have you ever wanted to play volleyball or do you want to improve your game? Skills, drills and game play will be the main focus. All levels encouraged.

#### at Maillardville Community Centre

M-Th Jul 14 –	Jul 17	5:30 – 6:30 p.m.	4/\$28.60	192101
M-Th Aug 18	– Aug 21	5:30 – 6:30 p.m.	4/\$28.60	192102

#### Visual Arts

#### Character Design (11 – 14 yrs)

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

#### at Pinetree Community Centre

M	Aug 11 – Aug 25	7:30 – 8:30 p.m.	3/\$21.45	191950
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#### Watercolour (11 – 14 yrs)

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

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	7:30 – 8:30 p.m.	4/\$28.60	191883
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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.

## 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

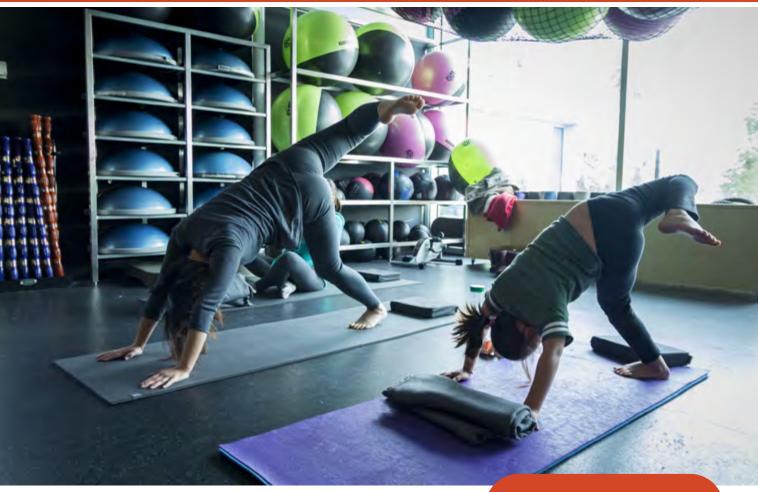
All volunteers are required to submit a Police Information Check. Forms will be emailed to you upon creating a volunteer profile. The check is completed at no cost for prospective volunteers.

#### 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

oquitlam.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)	\$3.38	<sup>\$</sup> 27	<sup>\$</sup> 31	<sup>\$</sup> 21.70	<sup>\$</sup> 243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	<sup>\$</sup> 5	<sup>\$</sup> 40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	<sup>\$</sup> 6.67	<sup>\$</sup> 53.40	<sup>\$</sup> 61.90	<sup>\$</sup> 43.30	<sup>\$</sup> 486
Senior	(65 – 79 yrs)	<sup>\$</sup> 5	<sup>\$</sup> 40	<sup>\$</sup> 46.40	<sup>\$</sup> 32.50	\$365
Super Senior	(80 yrs +)	\$3.38	<sup>\$</sup> 27	<sup>\$</sup> 31	<sup>\$</sup> 21.70	<sup>\$</sup> 243
Adult and Tot	(per person)	\$3.38	<sup>\$</sup> 27	_	_	_

<sup>\*</sup> 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* Summer Hours	Pinetree Community Centre	Poirier Sport and Leisure Complex
Sunday:	7 a.m. – 10:30 p.m.	Closed	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Monday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 4:30 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Tuesday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 8 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Wednesday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 4:30 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Thursday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 8 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Friday:	5:30 a.m. – 10:30 p.m.	8:30 a.m. – 4:30 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Saturday:	5:30 a.m. – 10:30 p.m.	9 a.m. – 3 p.m.	8 a.m. – 10 p.m.	6 a.m. – 10 p.m.
Stat Holidays:	10:30 a.m. – 10:30 p.m.	Closed	Closed	8 a.m. – 8 p.m.

<sup>\*</sup>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.

#### **Youth Orientation LOW COST**

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

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

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

# **Personal** *Training*

Looking for a personalized training program?

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

**First Assessment Session** (1.25 hrs): \$80 Assessment session is mandatory for first-time clients.

**3 Sessions** (1-hour per): \$192

**5 Sessions** (1-hour per): \$305

**10 sessions** (1-hour per): \$575

Learn more at coquitlam.ca/PersonalTraining

<sup>\*\*</sup> Pending staff availability.

#### **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: 0

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-tofollow moves create a one-of-a kind fitness experience for the dance lover.

#### Zumba Gold® 🔘

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

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

#### Zumba Sentao® ••

Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. International rhythms and easy-to-follow moves create a oneof-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 disquise!

#### **Strength/Resistance**

#### **Body Basics**



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

#### Iron and HIIT •••

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

#### **Specialty Classes**

#### Active Joints

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

#### Chair Fit O



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

#### **Levels of Intensity**

Beginner: •

All Levels: ••

Challenging: •••

#### Essentrics ••

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

#### Essentrics Beginner O

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.

#### Group Fitness Class Rules

# How to have a positive class experience:

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

#### **Be On Time**

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

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

#### Wristbands

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





## Health and Fitness

Registration opens at 8:30 a.m. on May 20 for Coquitlam residents and at 8:30 a.m. on May 22 for non-residents.



#### Adult and Baby Yoga (16+ yrs)

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

#### at Pinetree Community Centre

F	Jul 4 – Aug 1	9:30 – 10:30 a.m.	5/\$53.75	193139
F	Aug 8 – Aug 29	9:30 – 10:30 a.m.	4/\$43	193140

#### 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

Jul 6 – Jul 27	10:45 – 11:45 a.m.	4/\$43	193105
Aug 10 – Aug 24	10:45 – 11:45 a.m.	3/\$32.25	193106
irier Sport and Lei	sure Complex		
Jul 8 – Aug 26	7:15 – 8:15 p.m.	6/\$64.50	193094
	Aug 10 – Aug 24 irier Sport and Lei	Aug 10 – Aug 24 10:45 – 11:45 a.m. irier Sport and Leisure Complex	Aug 10 – Aug 24 10:45 – 11:45 a.m. 3/\$32.25 irier Sport and Leisure Complex

#### Barre - Try It (13+ yrs)

A low-impact workout incorporating ballet-inspired moves with elements of dance, Pilates and muscular conditioning. Classes are taught with traditional barre apparatus including stability bars, benders balls and gliding discs.

#### at City Centre Aquatic Complex

Th	Jul 3	5:45 – 6:45 p.m.	1/\$10.75	193099
Th	Jul 31	5:45 – 6:45 p.m.	1/\$10.75	193100
Th	Aug 21	5:45 – 6:45 p.m.	1/\$10.75	193101
Th	Aug 28	5:45 – 6:45 p.m.	1/\$10.75	193102

#### 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	Jul 8 – Jul 29	7:45 – 8:45 p.m.	4/\$43	193141
Tu	Aug 5 – Aug 26	7:45 – 8:45 p.m.	4/\$43	193142

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

#### Chair Yoga (19+ yrs)

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

#### at Centennial Pavilion

F	Jul 4 – Aug 1	11:15 a.m. – 12:30 p.m.5/\$67.25		190145
M	Jul 7 – Jul 28	11 a.m. – 12:15 p.m. 4/\$53.80		190142
F	Aug 8 – Aug 29	11:15 a.m. – 12:30 p.m.4/\$53.80		190146
M	Aug 11 – Aug 25	11 a.m. – 12:15 p.m.	3/\$40.35	190144
at 0	Glen Pine Pavilion			
F	Jul 4 – Aug 1	11:45 a.m. – 1 p.m.	5/\$67.25	193159
F	Aug 8 – Aug 29	11:45 a.m. – 1 p.m.	4/\$53.80	193160

#### 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 Pinetree Community Centre

W	Jul 2 – Jul 30	9:30 – 11 a.m.	5/\$80.75	193143
W	Aug 6 – Aug 27	9:30 – 11 a.m.	4/\$64.60	193144

#### 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 Jul3-Jul31	12 – 1 p.m.	8/\$86	190153
Tu/Th Aug 5 – Aug 21	12 – 1 p.m.	6/\$64.50	190154

#### **Group Cycle: Ride and Strength** (13+ yrs)

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

#### at City Centre Aquatic Complex

W	Jul 9 – Jul 30	6:45 – 7:45 p.m.	4/\$43	193256
W	Aug 6 – Aug 27	6:45 – 7:45 p.m.	4/\$43	193257

#### 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	Jul 7 – Jul 28	12:30 – 2 p.m.	4/\$64.60	189997
M	Aug 11 – Aug 25	12:30 – 2 p.m.	3/\$48.45	190140
at F	Poirier Sport and L	eisure Complex		
M	Jul 7 – Jul 28	6 – 7:30 p.m.	4/\$64.60	193084
M	Aug 11 – Aug 25	6 – 7:30 p.m.	3/\$48.45	193092

#### Kickboxing (19+ yrs)

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

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	7:45 – 8:45 p.m.	4/\$40.60	190902
M	Aug 11 – Aug 25	7:45 – 8:45 p.m.	3/\$30.45	190903

#### 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	Jul 8 – Jul 29	6 – 7 p.m.	4/\$43	193107
Tu	Aug 5 – Aug 26	6 – 7 p.m.	4/\$43	193108

#### 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	Jul 7 – Jul 28	6:30 – 7:15 p.m.	4/\$34.40	193109

#### 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	Jul 9 – Jul 30	8:30 – 9:30 p.m.	4/\$43	193097
W	Aug 6 – Aug 27	8:30 - 9:30 p.m.	4/\$43	193098



#### Minds in Motion (19+ yrs)

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

#### at Centennial Pavilion

	Th	Jul 3 – Aug 14	2:15 - 3:45 p.m.	7/\$46.55	19014
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#### Powerhouse Circuit (13+ yrs)

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

#### at City Centre Aquatic Complex

Th	Jul 3 – Jul 31	5:50 – 6:50 p.m.	5/\$53.75	193110
Th	Aug 7 – Aug 28	5:50 - 6:50 p.m.	4/\$43	193111

#### Prenatal Yoga (16+ yrs)

Relax and unwind in a gentle hatha yoga class specialized for expectant mothers. Experience stretching, breathing exercises, and strength-building poses to help increase energy and stamina.

#### at Pinetree Community Centre

W	Jul 2 – Jul 30	7 – 8 p.m.	5/\$53.75	193145
W	Aug 6 – Aug 27	7 – 8 p.m.	4/\$43	193146

#### 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	Jul 6 – Jul 27	5:45 – 7 p.m.	4/\$53.80	193112
Su	Aug 10 – Aug 24	5:45 – 7 p.m.	3/\$40.35	193113
at E	Dogwood Pavilion			
M	Jul 7 – Jul 28	7 – 8:15 p.m.	4/\$53.80	190149
M	Aug 11 – Aug 25	7 – 8:15 p.m.	3/\$40.35	190150

#### **All Abilities Welcome!**

Visit page 4 for details



# Coquitlam Resident Access

#### Did you know?

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

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

Learn more at coquitlam.ca/YMCA

#### T.I.M.E. Program (19+ yrs)

Together in Movement and Exercise (TIME) is a community-based exercise program for people with balance and mobility challenges. The specialized circuitstyle 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	Jul 7 – Jul 30	1:30 – 2:30 p.m.	8/\$88	190155
M/W	Aug 6 – Aug 27	1:30 – 2:30 p.m.	7/\$77	190157

#### T.I.M.E. PLUS Program (19+ yrs)

TIME™ Plus is for people who can do the classic TIME™ exercises with ease, but still need hand supports to exercise. They are ready for greater balance and mobility, but may not be ready to join a regular fitness class. 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 Jul3-Jul31	1 – 2 p.m.	9/\$99	190151
Tu/Th Aua 5 – Aua 28	1 – 2 p.m.	8/\$88	190152



#### Therapeutic Pilates (13+ yrs)

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

#### at Pinetree Community Centre

M	Jul 7 – Jul 28	10:30 – 11:45 a.m.	4/\$53.80	193147
M	Aug 11 – Aug 25	10:30 – 11:45 a.m.	3/\$40.35	193148

#### Yoga — YogBhava (16+ yrs)

This heart-centered yoga class brings alignment principles, organic movement, and anatomical sound techniques to guide students toward balance, strength, and self-awareness. By bridging traditional wisdom with modern-day applications, the class will inspire a deeper, lasting connection to yoga as a way of life.

#### at City Centre Aquatic Complex

Th	Jul 3 – Jul 24	9:15 – 10:45 a.m.	4/\$64.60	193254
Th	Jul 31 – Aug 21	9:15 – 10:45 a.m.	4/\$64.60	193255

#### **All Abilities Welcome!**

Visit page 4 for details

#### Yoga by the Lake (13+ yrs)

Enjoy an outdoor Yoga experience next to Lafarge Lake on an outside deck from the Town Centre Park Community Centre.

#### at Town Centre Park Community Centre

W	Jul 2 – Jul 30	5:30 – 6:30 p.m.	5/\$53.75	193173
F	Jul 4 – Aug 1	7 – 8 p.m.	5/\$53.75	193177
W	Aug 6 – Aug 27	5:30 – 6:30 p.m.	4/\$43	193176
F	Aug 8 – Aug 29	7 – 8 p.m.	4/\$43	193181

#### Yoga Outdoors (13+ yrs)

Reach for the sky, breathe in the fresh air and enjoy a relaxing outdoor Yoga experience in the covered area at the Maillardville patio.

#### at Maillardville Community Centre

Th	Jul 3 – Jul 31	5:30 – 6:30 p.m.	5/\$53.75	193258
Th	Aug 7 – Aug 28	5:30 - 6:30 p.m.	4/\$43	193259

## **Adult**

Registration opens at 8:30 a.m. on May 20 for Coquitlam residents and at 8:30 a.m. on May 22 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	Jul 9 – Jul 30	1:30 – 4 p.m.	4/\$10.20	190177
W	Aug 6 – Aug 27	1:30 – 4 p.m.	4/\$10.20	190178

#### **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	Jul 8 – Jul 29	10 a.m. – 12 p.m.	4/\$10.20	189550
Tu	Aug 5 – Aug 26	10 a.m. – 12 p.m.	4/\$10.20	189551

#### **All Abilities Welcome!**

Visit page 4 for details

#### Lifelong Learning

#### **Cooking: Apple Pie**

Bake a classic apple pie with a flaky crust and spiced filling, perfect for any occasion. Learn techniques for dough, filling, and a golden-brown finish.

#### at Dogwood Pavilion

Sa	Iul 19	9:30 – 11:30 a.m.	1/\$25.70	191227
эa	jul 19	2.30 – 11.30 a.III.	1/ 323.10	131201

#### 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	Jul 5	2 – 4 p.m.	1/\$25.70	191504
Sa	Aug 30	2 – 4 p.m.	1/\$25.70	191505



#### Cooking: Biscoff Braided Babka Sweet Bread (16+ yrs)

Create a decadent, braided babka swirled with rich Biscoff spread. This class will guide you through the art of making the perfect soft dough and sweet filling. A beautifully indulgent treat that's as fun to make as it is to eat.

#### at Maillardville Community Centre

Sa Jul 19 2 – 4 p.m. 1/\$25.70 191506

#### Cooking: Blueberry Lemon Tarts (16+ yrs)

Create beautiful and tasty blueberry lemon tarts bursting with summertime flavours. Learn how to make tart shells from scratch and two types of curd fillings.

#### at Maillardville Community Centre

Sa Aug 2 2 – 4 p.m. 1/\$25.70 191507

#### Cooking: Bolivian Merengon Dessert (16+ yrs)

Dive into the delicious world of Bolivian Merengon, a light, airy dessert made from meringue, fruit, and cream. This class will show you how to create this sweet, layered dessert that's as beautiful as it is tasty.

#### at Maillardville Community Centre

Tu Aug 12 6 – 8 p.m. 1/\$25.70 191500

# Cooking: Buttercream Piping Techniques: Rosettes and Sunflowers on Chocolate Cupcakes (16+ yrs)

Hone your piping skills and learn to create classic buttercream rosettes and stunning sunflowers, all atop deliciously moist chocolate cupcakes.

#### at Maillardville Community Centre

Sa Aug 16 2 – 4 p.m. 1/\$25.70 191508

#### Cooking: Butternut Squash and Black Bean Empanadas with Cilantro Dip

Learn how to craft flaky, golden empanadas filled with a hearty butternut squash and black bean mixture, perfectly paired with a zesty cilantro dip.

#### at Dogwood Pavilion

W Aug 27 6 – 8 p.m. 1/\$25.70 191276 Co

#### **Cooking: Canning and Pickling Vegetables**

Learn the art of preserving seasonal produce with handson techniques for pickling and canning, perfect for beginners and home cooks.

#### at Dogwood Pavilion

W Jul 9 6 – 8 p.m. 1/\$25.70 191267

# Cooking: Colombian and Brazilian Cheese Buns (16+ urs)

Master the art of creating soft, cheesy buns that are naturally gluten-free with a mix of Colombian and Brazilian flavours. These buns are perfect for any occasion, with a chewy texture and rich taste.

#### at Maillardville Community Centre

Tu Jul 8 6 – 8 p.m. 1/\$25.70 191494

#### Cooking: Colombian Cheese Arepas and Chicken Empanadas (16+ yrs)

Learn to make two Colombian classics: cheesy, golden arepas and savoury, crispy chicken empanadas. This class will guide you through the techniques for creating these beloved dishes from scratch.

#### at Maillardville Community Centre

Tu Aug 5 6 – 8 p.m. 1/\$25.70 191499

# Cooking: Colombian Chicken and Rice Tamales with Banana Leaves (16+ yrs)

Prepare Colombian tamales filled with tender chicken, rice, and spices, all wrapped in fragrant banana leaves. This hands-on class covers the art of tamale-making, from seasoning to steaming.

#### at Maillardville Community Centre

Tu Jul 22 6 – 8 p.m. 1/\$25.70 191496

#### Cooking: Colombian Leche Asada (16+ yrs)

Discover the creamy, caramelized goodness of Colombian Leche Asada, a sweet dessert made from milk and eggs.

#### at Maillardville Community Centre

Tu Jul 29 6 – 8 p.m. 1/\$25.70 191498

#### **Cooking: Fresh Fettucine**

Discover the joy of making fresh fettuccine from scratch, from kneading silky dough to rolling and cutting ribbons. Pair your pasta with a sauce at home to elevate your skills to the next level.

#### at Dogwood Pavilion

W Aug 13 6 – 8 p.m. 1/\$25.70 191274

# Cooking: Grilled Chicken with Mango Salsa and Coconut Rice

Elevate your grilling game with juicy chicken topped with a refreshing mango salsa, served alongside fragrant coconut rice. This class will teach you how to balance sweet, savory, and smoky flavors inspired by the tropics.

#### at Dogwood Pavilion

W Aug 20 6 – 8 p.m. 1/\$25.70 191275





#### **Volunteer for Meaningful Meals!**

Help deliver nutritious, low-cost meals to vulnerable seniors in Coquitlam—while sharing conversation and community connections.

For more information, visit coquitlam.ca/MeaningfulMeals

#### **Cooking: Lemon Meringue Pie**

Create a zesty lemon curd pie topped with fluffy meringue. Discover the secrets to a crisp crust, smooth filling, and perfect peaks.

#### at Dogwood Pavilion

Sa Aug 16 9:30 – 11:30 a.m. 1/\$25.70 191286

# Cooking: Mexican Churros with Chocolate Sauce (16+ yrs)

Indulge in the crispy, cinnamon-sugar-coated Mexican churros paired with a rich, velvety chocolate sauce. This class will teach you the perfect technique for achieving the ideal crunch and sweetness.

#### at Maillardville Community Centre

Tu Jul 15 6 – 8 p.m. 1/\$25.70 191495

#### **Cooking: Peruvian and Colombian Ceviche** (16+ yrs)

Explore the vibrant, tangy flavours of Peruvian and Colombian ceviche, made with fresh fish, citrus, and bold seasonings. In this class, you'll learn how to prepare these refreshing dishes with just the right balance of acidity and spice.

#### at Maillardville Community Centre

Tu Aug 26 6 – 8 p.m. 1/\$25.70 191503



No experience necessary and all cooking supplies provided.

# Cooking: Peruvian Fish in Banana Leaves with Lentils and Rice (16+ yrs)

Prepare a traditional Peruvian fish dish, delicately steamed in banana leaves and served with hearty lentils and rice. This class will teach you the art of creating a balanced, flavourful meal that's both healthy and satisfying.

#### at Maillardville Community Centre

Tu Aug 19 6 – 8 p.m. 1/\$25.70 191502

# Cooking: Shrimp Tacos with Cilantro-Lime Slaw and Chipotle Mayo

Spice up taco night with perfectly seasoned shrimp, a zesty cilantro lime slaw, and smoky chipotle mayo, all wrapped in warm tortillas. Learn how to balance bold flavors and textures for delicious tacos at home.

#### at Dogwood Pavilion

W Jul 23 6 – 8 p.m. 1/\$25.70 191269

#### **Cooking: Sweet Corn Fritters with Avocado Salsa**

Crispy on the outside and fluffy on the inside, these golden fritters pair beautifully with a fresh, zesty avocado salsa. Learn to create this vibrant crowd-pleaser.

#### at Dogwood Pavilion

W Jul 30 6 – 8 p.m. 1/\$25.70 191272

#### **Cooking: Turkish Gozleme**

Learn to make this traditional Turkish flatbread stuffed with savory fillings all cooked to golden perfection. Practice the art of kneading, rolling, and folding dough while discovering the rich flavors of Anatolia.

#### at Dogwood Pavilion

W Jul 16 6 – 8 p.m. 1/\$25.70 191268

#### **Cooking: Ukrainian Dessert Perogies**

Discover how to make traditional Ukrainian dessert perogies filled with seasonal fruits, combining sweet flavors with soft dough.

#### at Dogwood Pavilion

W Aug 6 6 – 8 p.m. 1/\$25.70 191273



#### **Finance: Estate Planning**

Learn how to create a plan to distribute assets, during life or upon death and the various tools of estate planning.

#### at Glen Pine Pavilion

Th Jul 24 10 – 11:30 a.m. 1/ FREE 190716

#### **Finance: Managing Finances in Retirement**

Learn how to better manage your finances by active budgeting and make your money stretch for you in the different stages of retirement by tapping into resources.

#### at Glen Pine Pavilion

Th Aug 21 10 – 11:30 a.m. 1/ FREE 190718

#### **Finance: Protecting Your Assets**

Learn the importance of an estate plan, how to create a plan to distribute assets during life and upon death.

#### at Poirier Community Centre

F Jul 25 1 – 2 p.m. 1/ FREE 192436

#### **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.

#### at Dogwood Pavilion

#### **Employment Insurance and Special Benefits**

 Tu
 Jul 29
 9:30 – 10:30 a.m.
 1/ FREE
 192419

 Newcomer Benefits and Resources

Newcomer benefits and Resources

Tu Aug 26 9:30 – 10:30 a.m. 1/ FREE 192420

at Glen Pine Pavilion

**Senior Benefits and Programs** 

VI Jul 21 11:30 a.m. – 12:30 p.m. 1/ FREE 190188

**Pre-Retirement Workshop** 

M Aug 18 11:30 a.m. – 12:30 p.m. 1/ FREE 190189

#### **Finance: Teaching Your Kids About Money**

Learn tips on how to raise more financially independent kids. Better understand the challenges involved and obtain skills on addressing money-related topics.

#### at Dogwood Pavilion

Sa Aug 23 10 – 11 a.m. 1/ FREE 192437

#### 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.

# Health and Wellness Fair for Seniors

Presented by the Glen Pine 50 Plus Society

Theme: Healthy Living—Happy Aging!

#### **Vendor Opportunity!**

Connect with seniors, showcase your health and wellness services, and share resources through demos.

Saturday, October 4, 2025

10 a.m. – 2 p.m. | Glen Pine Great Room

\$75 per table (tax included)

#### Register early—limited spots!

Call 604-927-6940 or register online with Course ID: 00190028

Special thanks to Aspira Retirement Living (Astoria and Mayfair Terrace).

#### **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	Jul 25	2 – 3:30 p.m.	1/ FREE	190241
F	Aug 15	2 – 3:30 p.m.	1/ FREE	190242

#### **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 Jul 10 – Aug 14 2 – 4 p.m. 6/\$53.40 190186



# 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.

#### 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 Jul 10 8:30 a.m. – 5 p.m. 1/ FREE 192209

#### **Health: Advance Directive**

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

#### at Glen Pine Pavilion

Th Jul 17 10 – 11:30 a.m. 1/ FREE 190712

#### **Health: Aging in Place**

Most older Canadians would prefer to stay in their homes as they age, but only one in four feel confident they will be able to do so. This workshop outlines the advantages as well as the challenges of aging in place. Nine aspects of daily living are considered to help participants evaluate how prepared they are to age in place.

#### at Glen Pine Pavilion

Th Aug 14 10 – 11:30 a.m. 1/ FREE 190715

#### **Health: Dementia Dialogues**

Creating moments of joy along the dementia journey (DVD) 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 Aug 29 2 – 4 p.m. 1/ FREE 190215

#### **Health: Introduction to a Healthy Brain**

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. For the Caregivers and the People Living with Dementia.

#### at Poirier Community Centre

Tu Aug 12 10 – 11:30 a.m. 1/ FREE 191846

#### Health: Recognizing the Journey as a Caregiver

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver. There will be opportunities for discussion throughout the presentation. For the Caregivers of People Living with Dementia. Presented by the Alzheimer's Society of BC.

#### at Glen Pine Pavilion

F Jul 18 2 – 3:30 p.m. 1/ FREE 190219

#### **Health: Understanding Communication**

A person's ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes. This session is recommended for caregivers. Presented by the Alzheimer's Society of BC.

#### at Glen Pine Pavilion

F Aug 1 2 – 3:30 p.m. 1/ FREE 190218

#### 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	jul 12 – Aug 2	1 – 2:30 p.m.	4/\$36	189626
Sa	Aug 9 – Aug 30	1 – 2:30 p.m.	4/\$36	189627

#### 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

W	Jul 9 – Jul 30	11:30 a.m. – 1 p.m.	4/\$36	190167
W	Aug 6 – Aug 27	11:30 a.m. – 1 p.m.	4/\$36	190168

#### **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	Jul 8 – Jul 29	11:30 a.m. – 1 p.m.	4/\$36	190988
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#### **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 Glen Pine Pavilion

W	Jul 9 – Jul 30	9:30 – 11 a.m.	4/\$36	190164
W	Aug 6 – Aug 27	9:30 – 11 a.m.	4/\$36	190166

#### Life Skills: Emergency Preparedness

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

#### at Poirier Community Centre

F	Aug 15	9:30 – 10:30 a.m.	1/ FREE	192438

#### Life Skills: Navigating the Dementia Journey

Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources. For the Caregivers and the People Living with Dementia.

#### at Dogwood Pavilion

Tu Jul 8 10 – 11:30 a.m. 1/ FREE	191847
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#### Life Skills: Technology and Aging

Learn how technology can help manage the demands of daily living, connect with family and friends, and access assistance when needed.

#### at Poirier Community Centre

F	Jul 18	1 – 2 p.m.	1/ FREE	192439
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#### All Abilities Welcome!

Visit page 4 for details

#### Technology: Introduction to Libby App

Learn how to use Coquitlam Public Library's digital collection of eBooks, eAudiobooks, and more through the Libby app — just in time for summer vacations! The Libby app is available for phones and tablets, integrates with many new Kobo eReaders, and is available to anyone with a Coquitlam Public Library card. Joins for tips including how to browse and search for titles, borrow titles, place holds, increase font size, playback speed and using smart tags.

#### at Dogwood Pavilion

Th	Jul 3	10 – 11 a.m.	1/ FREE	192232
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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 Poirier Sport and Leisure Complex

Tu	Jul 8 – Jul 29	12:45 – 1:45 p.m.	4/\$38.60	191260
Tu	Aug 5 – Aug 26	12:45 – 1:45 p.m.	4/\$38.60	191261

#### **Dance: Bellydance Beginner**

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

#### at Dogwood Pavilion

W	Jul 9 – Jul 30	5 – 6 p.m.	4/\$38.60	191253
W	Aug 6 – Aug 27	5 – 6 p.m.	4/\$38.60	191254

#### **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	Jul 8 – Jul 29	6:30 – 7:30 p.m.	4/\$38.60	189547
Tu	Aug 5 – Aug 26	6:30 - 7:30 p.m.	4/\$38.60	189548

#### **Dance: Flamenco Moves**

Flamenco dancing can be entertaining, romantic, or comforting. A very emotional style of dance using body movements, facial expressions and distinctive Flamenco music is suitable for everyone.

#### at Glen Pine Pavilion

M	Jul 7 – Jul 28	2 – 3 p.m.	4/\$38.60	189513
M	Aug 11 – Aug 25	2 – 3 p.m.	3/\$28.95	190070

#### **Dance: Foxtrot Foundations Workshop**

Foxtrot dancing for two! Experience the rhythm and flow of this iconic dance. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

#### at Dogwood Pavilion

Sa Aug 16 1:30 – 3:30 p.m. 1/\$19.30	191637
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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	Jul 10 – Jul 24	11 a.m. – 12 p.m.	3/\$28.95	189522
Th	Aug 14 – Aug 28	11 a.m. – 12 p.m.	3/\$28.95	189523

#### **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	Jul 8 – Jul 29	3:15 – 4:15 p.m.	4/\$38.60	191258
Tu	Aug 5 – Aug 26	3:15 – 4:15 p.m.	4/\$38.60	191259
F	Aug 8 – Aug 29	2:15 – 3:15 p.m.	4/\$38.60	191266

#### **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

F	Jul 4 – Aug 1	2:15 – 3:15 p.m.	5/\$48.25	191265
Tu	Jul 8 – Jul 29	2 – 3 p.m.	4/\$38.60	191256
Tu	Aug 5 – Aug 26	2 – 3 p.m.	4/\$38.60	191257

#### All Abilities Welcome!

Visit page 4 for details

#### **Dance: Nightclub Two Step Beginner Workshop**

Nightclub Two Step dancing for two! Diversify your dancing with this contemporary social dance. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

#### at Dogwood Pavilion

Sa	Jul 19	1:30 – 3:30 p.m.	1/\$19.30	191629
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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

Sa	Jul 12 – Aug 2	9:30 – 10:30 a.m.	4/\$31	189622
Sa	Aug 9 – Aug 30	9:30 - 10:30 a.m.	4/\$31	189623

#### **Music: Musical Improvisation**

A practical course for musicians of any instrument, focusing on creativity and expression. Explore rhythm, scales, harmony, and phrasing through guided exercises. No improvisation experience is needed, just basic knowledge of the instrument (chords, scales).

#### at Glen Pine Pavilion

Tu Aug 5 – Aug 26	6:15 – 7:45 p.m.	4/\$46.60	189621
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#### Music: Singing the 60s and 70s

Explore and sing iconic songs from the 60s and 70s, spanning rock, soul, folk music, and disco. Develop vocal techniques, harmony, and musical expression through group singing and song interpretation.

#### at Glen Pine Pavilion

Tu	Jul 8 – Jul 29	6:15 – 7:45 p.m.	4/\$46.60	189562
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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

Sa	Jul 12 – Aug 2	10:45 a.m. – 12:15 p.m.	4/\$46.60	189624
Sa	Aug 9 – Aug 30	10:45 a.m. – 12:15 p.m.	4/\$46.60	189625

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

#### Sports and Active Play

#### **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	Jul 6 – Jul 27	1:45 – 3:15 p.m.	4/\$61	192353
Su	Aug 3 – Aug 24	1:45 – 3:15 p.m.	4/\$61	192357

#### Visual Arts

#### **Choose Your Level**

**Foundations:** Perfect for those brand new or looking to learn fundamental skills with minimal challenge. No experience required.

**Beginner:** For participants with some basic or transferable skills, focusing on less complex techniques. Some experience recommended.

**Intermediate:** Designed for those confident in the basics and ready to tackle more complex skills. Some experience recommended.

**All Levels:** Combines beginner and intermediate options, allowing participants to adjust complexity based on their comfort. Some experience recommended.

#### Crafts: Pipe Cleaner Flower Bouquets (16+ yrs)

Create vibrant, whimsical flowers out of pipe cleaners no green thumb required. Perfect for gifts, decorations, or just for fun. Bring your creativity, and craft some blooms that never wilt!

#### at Maillardville Community Centre

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F	Aug 15	6 – 8 p.m.	1/\$21.70	191534

#### **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 stamps. All supplies included.

#### at Dogwood Pavilion

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Sa	Jul 12 – Aug 2	10 a.m. – 12 p.m.	4/\$49.20	193246

#### **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

M	Jul 7 – Jul 28	10 a.m. – 12 p.m.	4/\$47.60	191831
M	Aug 11 – Aug 25	10 a.m. – 12 p.m.	3/\$35.70	191845
at C	ilen Pine Pavilion			
Tu	Jul 8 – Jul 29	9:30 – 11 a.m.	4/\$35.80	189696
F	Jul 11 – Aug 1	11:30 a.m. – 1 p.m.	4/\$35.80	189702
Tu	Aug 5 – Aug 26	9:30 – 11 a.m.	4/\$35.80	189697
F	Aug 8 – Aug 29	11:30 a.m. – 1 p.m.	4/\$35.80	189703

#### 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

Th	Jul 10 – J	ul 31	1-3 p	o.m.	4/\$47.60	191854
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#### **Drawing: Summer**

Enjoy drawing inside and outside this summer using basic tools of pencils and pens.

#### Birds, Bugs and Botanicals

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at G	ılen	rine	Pavi	uon

at oten i me i arition						
Tu	Aug 5 – Aug 26	11:30 a.m. – 1 p.m.	4/\$35.80	190768		
	se Landscapes Glen Pine Pavilion					
Tu	Aug 5 – Aug 26	1:30 – 3 p.m.	4/\$35.80	191685		
	ying with Portraits Glen Pine Pavilion	;				
Tu	Aug 5	3:30 – 5 p.m.	1/\$8.95	190769		
	es, Rocks and Cloud Dogwood Pavilion	ds				
Th	Aua 7 – Aua 28	1:30 - 3:30 p.m.	4/\$47.60	191860		

#### Drawing: Water-Soluble Materials Workshop

In this workshop, enjoy experimenting with materials that can be used wet or dry such as pencil crayons, crayons and pastels.

#### at Dogwood Pavilion

M	Aug 25	2 – 4 p.m.	1/\$21.70	191841
at C	Glen Pine Pavilion			
F	Aug 8	2 – 4 p.m.	1/\$21.70	190774

#### **Drawing: Zentangle Design and Meditation Workshop**

In this workshop, enjoy the beauty and calming effects of zentangle drawing techniques.

#### at Dogwood Pavilion

M	Aug 11	2 – 4 p.m.	1/\$21.70	191834
at G	ilen Pine Pavil	lion		
Tu	Aug 26	2 – 4 p.m.	1/\$21.70	190776

#### **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.

#### at Dogwood Pavilion

Su Au	g 3 – Aug 24	10:30 a.m 12:30 p.n	n. 4/\$47.60	191828
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#### **Mixed Media: Scratch Art Workshop**

Create unique, detailed drawings using scratchboard paper and simple tools. Scratch through the black surface to reveal a dramatic image.

#### at Dogwood Pavilion

Sa Aug 23 – Aug 23 9:30 – 11:30	a.m. 1/\$21.70 191840
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#### Paint in the Park: Nature in Acrylic Workshop

Work with an instructor to paint your own landscape painting, capture the views of Como Lake Park. All supplies will be provided and no previous artistic experience is required. The location is in a temporary enclosure near the south parking lot of Como Lake Park

#### at Parks (Neighbourhood)

8.4	1 1.4	2 4	1/\$25	101/1/
M	Iul 14	2 – 4 n.m.	1/5/5	191614

#### Paint in the Park: Nature in Workshop

Work with an instructor to paint your own landscape painting, capture the views of Como Lake Park. All supplies will be provided and no previous artistic experience is required. The location is in a temporary enclosure near the south parking lot of Como Lake Park

#### at Parks (Neighbourhood)

W	Iul 23	5 – 7 p.m.	1/\$25	191625
vv	IUL 23	3 - 1 Dilli.	1/323	121023

#### **Painting: Abstract Flowers Workshop**

This beginner step by step class is an excellent introduction to acrylic painting.

#### at Glen Pine Pavilion

M Jul 7 – Jul 14 9 – 11 a.m. 2/\$43.40 18	9358
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#### **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	Jul 9 – Jul 30	12:30 – 3 p.m.	4/\$59.60	191277
W	Aug 6 – Aug 27	12:30 – 3 p.m.	4/\$59.60	191278
at G	Glen Pine Pavilion			
Tu	Jul 8 – Jul 29	9 – 11:30 a.m.	4/\$59.60	189390
Tu	Aug 5 – Aug 26	9 – 11:30 a.m.	4/\$59.60	189391
Tu	Aug 5 – Aug 26	5:30 – 7:30 p.m.	4/\$47.60	189399

#### 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	Jul 10 – Jul 31	9:30 – 11:30 a.m.	4/\$47.60	191279
Th	Aug 7 – Aug 28	9:30 – 11:30 a.m.	4/\$47.60	191280
at C	ilen Pine Pavilion			
Tu	Jul 8 – Jul 29	5:30 – 7:30 p.m.	4/\$47.60	189397
Sa	Aug 9 – Aug 30	9:30 – 11:30 a.m.	4/\$47.60	189394

#### **Painting: Acrylic Foundations**

Learn the basics of acrylic painting and explore skills and techniques that are necessary for a beginner.

#### at Dogwood Pavilion

Sa	Aug 9 – Aug 30	1 – 3 p.m.	4/\$47.60	191865
at G	Elen Pine Pavilion			
Sa	Jul 12 – Aug 2	9:30 - 11:30 a.m.	4/\$47.60	189393

#### **Painting: Happy Sunflowers Workshop**

This beginner step by step class is an excellent introduction to acrylic painting.

#### at Glen Pine Pavilion

M	Aug 11 – Aug 18	9 – 11 a.m.	2/\$43.40	189368
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#### **Painting: Painting Trees Workshop**

This beginner step by step class is an excellent introduction to acrylic painting.

#### at Glen Pine Pavilion

M	Jul 21 – Jul 28	9 – 11 a.m.	2/\$43.40	189360
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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

#### **Painting: Watercolour All Levels**

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

#### at Dogwood Pavilion

W	Jul 9 – Jul 30	9:30 – 11:30 a.m.	4/\$35.80	191849
W	Aug 6 – Aug 27	9:30 - 11:30 a.m.	4/\$35.80	191850

#### **Painting: Watercolour Birds**

Learn how to draw different types of birds and use watercolour paints to bring your sketches to live.

#### at Glen Pine Pavilion

111 Aug 1 Aug 20 11-30 u.iii. 1-30 p.iii. +/	Th	Aug 7 – Aug 28	11:30 a.m. – 1:30 p.m.	4/\$47.60	190102
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#### **Painting: Watercolour Colour Theory**

Understanding colours and how they interact with each other plays an important role in painting. Learn to choose specific colours in your paintings to produce attractive, harmonious artwork. Colour hue, value and intensity as well as learning to mix paint to produce brights and neutrals will be included.

#### at Glen Pine Pavilion

Th	Jul 10 – Jul 31	11:30 a.m. – 1:30 p.m.	4/\$47.60	190096
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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	Jul 12 – Aug 2	1–3 p.m.	4/\$47.60	191863
at C	alen Pine Pavilion	1		
Th	Jul 10 – Jul 31	6 – 7:30 p.m.	4/\$35.80	189698
Th	Aug 7 – Aug 28	6 – 7:30 p.m.	4/\$35.80	189699
at T	own Centre Park	Community Cent	tre	
Tu	Jul 8 – Jul 29	6 – 8 p.m.	4/\$86.80	191543

#### **Painting: Watercolour Loose**

Loose watercolor painting is a style that prioritizes freedom of brushwork characterized by expressive brushstrokes, simplified shapes, and a focus on the overall feeling of the scene instead of details.

#### at Glen Pine Pavilion

#### **Painting: Watercolour Mindfulness**

Using watercolour painting to practice mindfulness by paying attention to the present moment and involves observing thoughts, feelings, and sensations fostering a sense of awareness and connection.

#### at Glen Pine Pavilion

F	Jul 11 – Aug 1	9 – 11 a.m.	4/\$47.60	189700
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#### **Painting: Watercolour Paint Night**

Learn the step by step process of creating a painting using watercolours in a fun and relaxed atmosphere. Suitable for beginners and all levels are welcome. Supplies included.

#### at Dogwood Pavilion

#### **Summer Sunset**

W	Jul 9	6 – 8 p.m.	1/\$21.70	191851
Tro	pical Landscape			
W	Aug 13	6 – 8 p.m.	1/\$21.70	191853

# Painting: Watercolour Urban Sketching Daily Objects

Using watercolours to sketch and paint daily objects that you may see around your home or when you are out and about walking, playing, dining out in the community.

#### at Glen Pine Pavilion

Th	Jul 10 – Jul 31	9 – 11 a.m.	4/\$47.60	190090
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#### **Painting: Watercolour Urban Sketching Outdoors**

Using watercolours to sketch outdoor landscapes and scenery. Some class time may be conducted outdoors so dress for the weather with suitable shoes.

#### at Glen Pine Pavilion

	Th	Aug 7 – Aug 28	9 – 11 a.m.	4/\$47.60	190098
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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	Jul 5 – Jul 26	9:30 – 11:30 a.m.	4/\$135.20	192567
Sa	Jul 5 – Jul 26	12 – 2 p.m.	4/\$135.20	192568
Sa	Aug 2 – Aug 30	9:30 – 11:30 a.m.	5/\$169	192569
Sa	Aug 2 – Aug 30	12 – 2 p.m.	5/\$169	192570

## **50 Plus Services and Activities**



#### 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.



# 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.

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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.

#### Songsters

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

Tuesday 1:45 – 4:15 p.m.

#### **South Asian Group**

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

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

#### **Table Tennis**

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

Sunday	9 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.

#### Wire Wrapping

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

Friday 12:30 – 3 p.m.

#### **Women Helping Others**

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

Wednesday 10 a.m. − 12 p.m.

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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.

**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 will be on a summer hiatus and resume in the Fall. Open Art Studio time available in this time slot under Drop in (Pre-registration Recommended).

## Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

12 - 2:45 p.m. Saturday

#### **Bingo** (50+ yrs)

Come join us for an afternoon of Bingo fun.

Wednesday 1 - 3 p.m.

## Bridge All-Levels (50+ yrs)

Bridge is a four player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere. Scoring is optional, and attending with a partner is not necessary. Partners will rotate so players need to be prepared to play with everyone in this all-levels Bridge group.

Monday 12:30 - 3:30 p.m.

#### **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 5:30 - 7:45 p.m. 11:30 a.m. - 2:30 p.m. Saturday

#### 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.

9-10:30 a.m. Wednesday

#### 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.

1-3 p.m. Tuesday

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

Friday 9 – 10:30 a.m.

#### Friendship Group (50+ yrs)

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

Mondays

1–3 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 1:45 – 3:45 p.m.

#### **Glen Pine Singers** (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

Monday 9:15 – 10:30 a.m.

#### Iranian Friendship Group (50+ yrs)

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

Tuesday 1:30 – 3:30 p.m.

#### Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

 Tuesday
 1:30 – 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 – 4 p.m.

#### Mexican Train Dominoes (50+ yrs)

Game played with dominoes and the objective is for all players to play all their dominoes from their hand onto 1 or more trains.

Wednesday 1:30 – 4 p.m.

#### Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musicallyinclined 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
 1:30 – 4 p.m.

 Saturday
 12:15 – 2:45 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** 



#### Richmond Sunflower Festival (50+ yrs)

Stroll through over 20 acres with 90 varieties of Sunflowers, Dahlias and other flowers. This tour includes a morning walk, a delicious lunch and Steveston's free time featuring a sweet treat at Fisherman's Wharf.

#### Activity Level: Easy Level

- · Flower Festival Admission
- · Lunch Sharkey's Seafood Grill
- Brunswick Trail Escorted Walk
- Steveston Free Time
- Timothy's Frozen Yogurt

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

M Aug 18

8:30 a.m. – 5:15 p.m. 1/\$119

188724

#### Sea to Sky Gondola Experience (50+ yrs)

Set between Shannon Falls and Stawamus Chief in Squamish, the Sea to Sky Gondola and it's natural surroundings will take your breath away!

#### Activity Level: Easy Level

- Sea to Sky Gondola ticket
- Lunch Watershed Grill
- Shannon Falls
- · Squamish River Walk

Leave Glen Pine at 7:30 a.m. Estimated return at 5:45 p.m. Leave Dogwood at 7:45 a.m. Estimated return at 5:30 p.m.

Th Aug 7

7:30 a.m. - 5:45 p.m. 1/\$129

188723



#### Summer in Manning Park (50+ yrs)

Spend a Summer afternoon in Manning Provincial Park. Lightning Lake is a popular family day use and vacation destination. Bring your own lunch, or purchase at a morning stop for a group table cloth picnic. Stroll waterfront paths and enjoy the sights and sounds of Summer at the lake.

#### Activity Level: Easy Level

- Manning Park
- Lightning Lake
- Group Table Cloth Picnic (Please pack your own picnic lunch!)
- Manning Park Resort Stop
- · Hope Slide

Leave Glen Pine at 7:45 a.m. Estimated return at 6 p.m. Leave Dogwood at 8 a.m. Estimated return at 5:45 p.m.

Th Jul 3 7:45 a.m. – 6 p.m. 1/\$59 188720

#### **The PNE Fair 2025** (50+ yrs)

Celebrate Labour Day at The PNE Fair! Visit the Marketplace, a Lumberjack show, the Super Dogs, PNE Pep Band, Comedy Corner, Live music stage, Cooking Stage demos, Prize Home display, agriculture displays, rides, games and all Fair food you can eat on your own.

#### Activity Level: Easy Level

- PNE Fair Entrance Fee
- 4 Hours PNE Fair Free Time
- Professional Driver
- Convenient Drop Off / Pick Up Area

Leave Glen Pine at 8:45 a.m. Estimated return at 3:15 p.m.

Leave Dogwood at 9 a.m. Estimated return at 3 p.m.

Aug 27 8:45 a.m. – 3:15 p.m. 1/\$69 188725

#### The Train Tour (50+ yrs)

Take an outdoor 2-mile miniature railway ride through woodlands, bridges and tunnels. Learn about the first passenger train to Vancouver in 1887. Enjoy lunch in a train car in Gastown and finish the day on the West Coast Express.

#### Activity Level: Easy Level

- Burnaby Central Railway
- · Miniature Railway Ride
- Engine #374 Exhibit
- Lunch Old Spaghetti Factory
- West Coast Express Ticket

Leave Glen Pine at 10:15 a.m. Estimated return at 6:30 p.m. Leave Dogwood at 10:30 a.m. Estimated return at 6:15 p.m.

F Jul 25 10:15 a.m. – 6:30 p.m. 1/\$119 188722

#### Visit to Academy Farms (50+ yrs)

Meet the herd of 350+ water buffalo and 100+ bison. Enjoy a ride on a 30-passenger wagon, see baby calves, taste the cheese and learn about agriculture, our animals, and state-of-the-art technology. Lunch included at Adrian's at the Airport. Check out fresh strawberries and raspberries available at Driediger Farms

#### Activity Level: Easy Level

- Guided Farm Tour
- · Wagon Ride
- Water Buffalo Cheese Tasting
- · Lunch at Adrian's at the Airport
- · Driediger Berry Farms

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

Th Jul 17 8:15 a.m. – 4:15 p.m. 1/\$119 188721

# **Special Events**

Registration opens at 8:30 a.m. on May 20for Coquitlam residents and at 8:30 a.m. on May 22 for non-residents.

# July





# Friday Family Fun: Paper Lantern Workshop (6+ yrs)

Get creative together at this fun, hands-on craft workshop for you and your child. Join us for a relaxed and engaging evening of creativity, connection, and quality time.

#### at Maillardville Community Centre

F	Jul 4	6 – 7:30 p.m.	1/\$5	191529
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# Monday Family Dinner: Stuffed Puff Pastry Bourekas with Fresh Hummus (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Monday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

#### at Maillardville Communitu Centre

M	Jul 7	6 – 8 p.m.	1/\$14.30	191462





# Performance on the Patio Concert Series with Michelle Carlisle (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

#### at Dogwood Pavilion

W	Iul 9	7 – 8:15 p.m.	1/\$10	191281
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## 10 and 31

#### Summer BBQ Luncheon (19+ yrs)

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

#### at Glen Pine Pavilion

Th	Jul 10	11:30 a.m. – 1 p.m.	1/\$22.60	190992
Th	Jul 31	11:30 a.m. – 1 p.m.	1/\$22.60	190993



## 21

# Monday Family Dinner: Artisan Pizza Night From Scratch (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Monday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

#### at Maillardville Community Centre

M	Iul 21	6 – 8 p.m.	1/\$14.30	191463

# Performance on the Patio Concert Series with Brian Zalo (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

#### at Dogwood Pavilion

M	Jul 21	7 – 8:15 p.m.	1/\$10	191282
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31

#### Summer Brunch on the Patio (19+ yrs)

Join us for a light brunch in the Rose Garden with live entertainment. Menu: TBA. Doors open at 2 p.m. Entertainment begins at 2:15 p.m.

#### at Dogwood Pavilion

Th Jul 31 2 – 3:30 p.m. 1/\$18	191285
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# Performance on the Patio Concert Series with The Shoe Shakers (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

#### at Dogwood Pavilion

W Aug 6 7 – 8:15 p.m. 1/\$10 191283



#### Monday Family Dinner: Chicken Empanadas with Mexican Cowboy Salad (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Monday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

#### at Maillardville Community Centre

M Aug 11 6 – 8 p.m. 1/\$14.30 191464

#### 14 and 28

#### Summer BBQ Luncheon (19+ yrs)

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

#### at Glen Pine Pavilion

Th	Aug 14	11:30 a.m. – 1 p.m.	1/\$22.60	190994
Th	Aug 28	11:30 a.m. – 1 p.m.	1/\$22.60	190995

18

# Performance on the Patio Concert Series with the New Vintage Band (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

#### at Dogwood Pavilion

M Aug 18 7 – 8:15 p.m. 1/\$10 191284

**25** 

# Monday Family Dinner: Tortellini Pasta Salad with Blueberry Tarts (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Monday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

#### at Maillardville Community Centre

M Aug 25 6 – 8 p.m. 1/\$14.30 191465

29

# Friday Family Fun: Rock Painting Workshop (6+ yrs)

Get creative together at this fun, hands-on craft workshop for you and your child. Join us for a relaxed and engaging evening of creativity, connection, and quality time.

#### at Maillardville Community Centre

F Aug 29 6 – 7:30 p.m. 1/\$5 191523

## **Arts and Culture**



#### See it! Learn it! Do it!

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

#### **Evergreen Cultural Centre**

1205 Pinetree Way | 604-927-6555

#### **Coquitlam Heritage at Mackin House**

1116 Brunette Ave. | 604-516-6151

#### **Place des Arts**

1120 Brunette Ave. | 604-664-1636

#### **Coquitlam Public Libraries**

**City Centre Branch** 

1169 Pinetree Way | 604-554-7323

**Poirier Branch** 

575 Poirier St. | 604-554-7323



# BettieAllard YMCA.ca

@BettieAllardYMCA955 Emerson St.,Coquitlam, BC

# Start Swim Lessons Today!

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

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



# See all the Library news & events at coqlibrary.ca

#### **Juried Art Exhibition: Call for Entries**

Celebrate the arts with our Juried Art Exhibition, taking place this fall.

This year's theme is "Metamorphosis." Artists based in the Tri-Cities are invited to submit two-dimensional artworks that explore this concept: change, renewal, or transformation.

There are age categories for youth (13–18) and adults (19+). Selected artworks will be displayed at the City Centre branch from October 4 to November 16.

Review the requirements and submit your application at coglibrary.ca/juried-art-exhibit

#### **Brave Spaces**

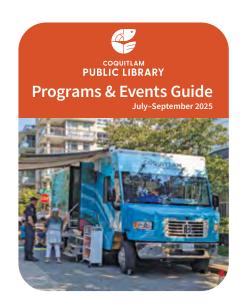
Our Brave Spaces series can help encourage dialogue, especially about challenging topics, in a supportive and inclusive environment.

This season, we will focus on Pride and Hope & Healing in the Toxic Drug Crisis through panel discussions and a documentary film screening.

Sessions will be held on Tuesday and Thursday evenings from June 12 through June 24. See **coqlibrary.ca** for more information.







#### **Get with the Program!**

Drop by one of our branches to pick up a Programs & Events Guide, or check it out online. It's a great way to see all the fun things happening at the Library.

Scan the QR code or visit coqlibrary.ca/programs/ program-and-events-guide for the latest issue.



604-554-7323 | ask@coqlibrary.ca

City Centre Branch | 1169 Pinetree Way

Poirier Branch | 575 Poirier Street



# **MUSIC**

SUMMER CAMPS





# **DANCE**

Register today and inspire the artist in YOU.



PLACE DES ARTS

home to our arts community

placedesarts.ca • 604 664 1636 • 1120 Brunette Ave., Coquitlam



# SUMMER AT EVERGREEN

YOUR VENUE FOR LIVE ARTS EVENTS & EXPERIENCES





CHECK OUT OUR SUMMER ARTS CAMPS. FREE OUTDOOR PERFORMANCES, FAMILY **ACTIVITIES, ART GALLERY EXHIBITIONS,** SEASONAL CONCERTS AND MORE ONLINE!

1205 Pinetree Way, Coquitlam | Box Office: 604-927-6555 www.evergreenculturalcentre.ca 🔞 🕒 @evergreenarts

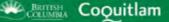












# COME VISIT Coquitlam HERITAGE AT MACKIN HOUSE

WWW.COQUITLAMHERITAGE.CA • INFO@COQUITLAMHERITAGE.CA • @COQUITLAMHERITAGE

#### **EXHIBITS**



#### **MACKIN HOUSE**

HOBBIES IN COQUITLAM | MAY 16

Explore hobbies past and present through artifacts from Coquitlam Heritage, community objects, and archival images.

LIFE IN A PERIOD HOME ONGOING
FACRIES IN THE GARDEN JUN 2
FRASER MILLS TRAIN STATION | JUL - AUG
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





#### JULY

AGATHA CHRISTIE THEMED FASHION SHOW
SUMMER CRAFT MORNINGS
HOBBY WORKSHOP
BOOK CLUB
FEASTS OF COQUITLAM COOKING WORKSHOP
PJ STORYTIME

AFTERNOON TEA AND SCONES TOUR

#### AUGUST

BOOK CLUB

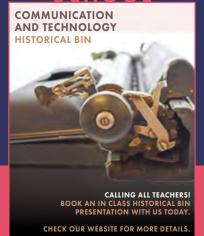
MASHUP DROP-IN EVENT

SUMMER CRAFT MORNINGS

FEASTS OF COQUITLAM COOKING WORKSHOP

LEARN ABOUT ALL THESE EVENTS AND MORE ON OUR WEBSITE!

#### SCHOOL



#### HISTORICAL BINS

COMMUNICATION & TECHNOLOGY
MAILLARDVILLE COMMUNITY 1909
EVOLUTION OF MUSIC

#### **EDUCATION KITS**

FAMILY LIFE FOOD CULTURE EVOLUTION RICH LANDS

#### **MUSEUM TOURS**

MACKIN HOUSE TOUR
MAILLARDVILLE 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



## Get active this summer!

July & August in Coquitlam
Baseball, games, crafts & more

- A partnered program from Canucks Autism Network, Jays Care & City of Coquitlam.
- Morning or afternoon (ie. half day) sessions available. Program details TBA.
- Registration opens Sun, May 11 at 6pm. Must have a CAN account (free to create).



**Stay in the loop!** Get the CAN summer program guide as soon as it's released! **canucksautism.ca/newsletter** 



Coouitlam

JAYS
CARE

**Learn more!** 



canucksautism.ca/summer



# The City of Coquitlam is a Top Employer



# 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

# 2025 SUITALE II concert series







# save the date!

**FREE** Friday night concerts

# July 18 August 1 **September 5**

Pack a picnic or grab a bite to eat from an onsite food vendor.

coquitlam.ca/SummerConcerts