Registration Information *on page 5*

January to March
WINTER 2024

Program *Guide*

Coquitlam Parks, Recreation and Culture

coquitlam.ca/registration

Coquitlam

January to March
WINTER 2024

Welcome to Coquitlam

Parks, Recreation and Culture Services

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

Sign Me Up Online Registration System

As you work your way through this guide, make note of the course ID for your top choices of programs.

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

To learn more, visit **coquitlam.ca/registration**

New Facilities

As our community grows, so do our recreation facilities.

- The Maillardville Community Centre (MCC) opened in September 2022 and is located at 1200 Cartier Ave. With a gymnasium, fitness and dance studio, children's indoor/outdoor program spaces, a teaching kitchen and more, MCC offers programs and amenities for all interests, abilities and ages.
- Planning is underway for a new multi-use community centre in the Burke Mountain Village neighbourhood, which is targeted to open in 2027. The proposed concept for the community centre includes an aquatics centre, gymnasiums, indoor and outdoor walking tracks, a fitness centre, public art and much more. Go to **coquitlam.ca/NECC** to find out more.
- Coquitlam's Bettie Allard YMCA Community Centre in Burquitlam opened to the public in January 2023. It includes a 55,000-square-foot facility with an indoor pool, gym, fitness studio, multi-purpose space and other amenities. Visit **coquitlam.ca/YMCA** for full details.

Our Services

Coquitlam has programs, events and activities for residents of all ages and abilities. Take your dog for a run in an off-leash park, catch a tournament at Town Centre Park or enjoy the fresh air on a hike through one of our many trails.

Whether you're into yoga, swimming, arts or hiking, now is the time to try it, learn it, live it through Coquitlam recreation and parks!

Find out more about what Coquitlam has to offer at **coquitlam.ca/PRC**.

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

How to Use This Guide

Drawing for Youth *(10 – 14 yrs)* — Title and age(s)

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

at Poirier Community Centre — Location

F Oct 21 1 – 3 p.m. — Day(s) of the week, date range, time

1/$37.30 — Number of sessions/price

98661 — Course ID

Smile—*you're on camera!*

We sometimes have photographers at our parks and facilities taking photos for use in promotional materials, such as our program guides, website and social media posts. We'll always ask before taking pictures. If you or your child would prefer to not be photographed, please let the photographer know.

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

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Coquitlam Champions Equity, Diversity and Inclusion

What is Equity, Diversity and Inclusion?

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

EDI in Coquitlam

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

Learn more about what we are doing to ensure Coquitlam is safe, inclusive and accessible for everyone, and what you can do to support equity, diversity and inclusion in our community.

coquitlam.ca/EDI

Coquitlam

Sign Me Up

Online Registration System

for Parks, Recreation and Culture programs

System Features:

- ✓ Simple sign-in
- ✓ Easy to search
- ✓ Mobile-friendly
- ✓ Calendar reminders
- ✓ Accepts Recreation gift cards

Try it out at **coquitlam.ca/registration**.

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

3 Easy Ways To Register

1. Online:

coquitlam.ca/registration

Available 24 hours a day, 7 days a week

2. Over the phone:

604-927-4386

Get staff assistance with registration

Mon – Fri, 8:30 a.m. – 6 p.m.
Sat and Sun, 10 a.m. – 2 p.m.
(except statutory holidays)

3. In-person at these facilities:

Poirier Sport and Leisure Complex 633 Poirier St.

City Centre Aquatic Complex 1210 Pinetree Way

Dogwood Pavilion 1655 Winslow Ave.

Glen Pine Pavilion 1200 Glen Pine Crt.

Pinetree Community Centre 1260 Pinetree Way

Maillardville Community Centre 1200 Cartier Ave.

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.

Important Registration Dates

Winter 2024 (January – March)

Category	View Online	Resident Registration Opens at 8:30 a.m.	Non-Resident Registration Opens at 8:30 am
Swimming	Nov. 3	Nov. 7	Nov. 9
Skating	Nov. 10	Nov. 14	Nov. 16
Camps	Nov. 17	Nov. 21	Nov. 23
General Programs, Parks, Special Events	Nov. 17	Nov. 28	Nov. 30

How To Register For Programs

You must have a recreation account to register for programs online.

If you have never registered with us before, you will need to create an account 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

Admission Fees and Recreation Passes

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

ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2024.

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)	$3.29	$26.29	$30	$21	$237
Youth / Student*	(13 – 18 / 19 – 25 yrs)	$4.90	$39.19	$45.25	$31.50	$356
Adult	(19 – 64 yrs)	$6.52	$52.14	$60.50	$42.50	$475
Senior	(65 – 84 yrs)	$4.90	$39.19	$45.25	$31.50	$356
Super Senior	(85 yrs +)	$3.29	$26.29	$30	$21	$237
Parent and Tot	(per person)	$3.29	$26.29	—	—	—

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

All Abilities Welcome!

Coquitlam Parks, Recreation and Culture strives to provide community recreation experiences for people of all abilities. See a program you would like to get involved in and need more information or help finding a way to participate? Please contact the Community Services Coordinator at CommunityServices@coquitlam.ca

coquitlam.ca/RecAccess

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

Coquitlam Parks, Recreation and Culture **Gift Cards**

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

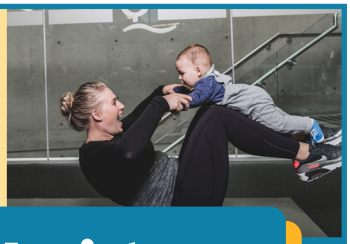
Drop by one of our facilities or call 604-927-4386 for more information.

Additional Services

Prices valid at all facilities through to March 31, 2024.

	Drop-In	10-Visit Pass
Skate Rentals	$3.38	$27.05
Helmet Rentals	$2.14	$17.14
Skate Sharpening	$5.38	—

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.



Financial Assistance *for Recreation*

Making recreation more affordable and accessible.

Eligible residents can apply today.

coquitlam.ca/FinancialAssistanceRec

Parks

Coquitlam resident registration for Parks programs opens at 8:30 a.m. on Nov. 28.
Non-resident registration for Parks programs opens at 8:30 a.m. on Nov. 30.

Find all Coquitlam parks and amenities at coquitlam.ca/ParkFinder

Coquitlam's trail system, one of our most in-demand recreation amenities, totals over 100 kilometres. Our vast network of parks and trails offers something for everyone, whether it's for fitness, pleasure or wildlife and nature viewing. Find more information about Coquitlam's trails at **coquitlam.ca/trails**.

Park Spark

Bringing Coquitlam Parks Alive

Park Spark is your chance to have fun and gain meaningful experiences while enhancing Coquitlam's parks. We've got many different ways to get involved and spark your connection:

- Ongoing park care activities—help take care of a park on your own schedule
- Drop-in volunteer activities—join the Park Spark team at activations throughout the year, including Lights at Lafarge
- Group park projects—involve your business, community group or school in a fun park project
- Park amenity additions—become a park steward with one of our Adopt-A-Park programs

For more information and to see upcoming activities, visit **coquitlam.ca/ParkSpark** *or email* **ParkSpark@coquitlam.ca**.

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.

We need your help to keep Coquitlam free of Bad Seeds:

- Learn how to identify invasive plants and avoid buying or planting them
- Never dump garden waste or hanging baskets into natural areas
- Volunteer for a local weed pull event to help remove invasive plants from local parks
- Dispose of invasive plant material in your Green Cart

For more information or to volunteer, visit **coquitlam.ca/BadSeed** *or email* **ParkSpark@coquitlam.ca**.

Tree Spree

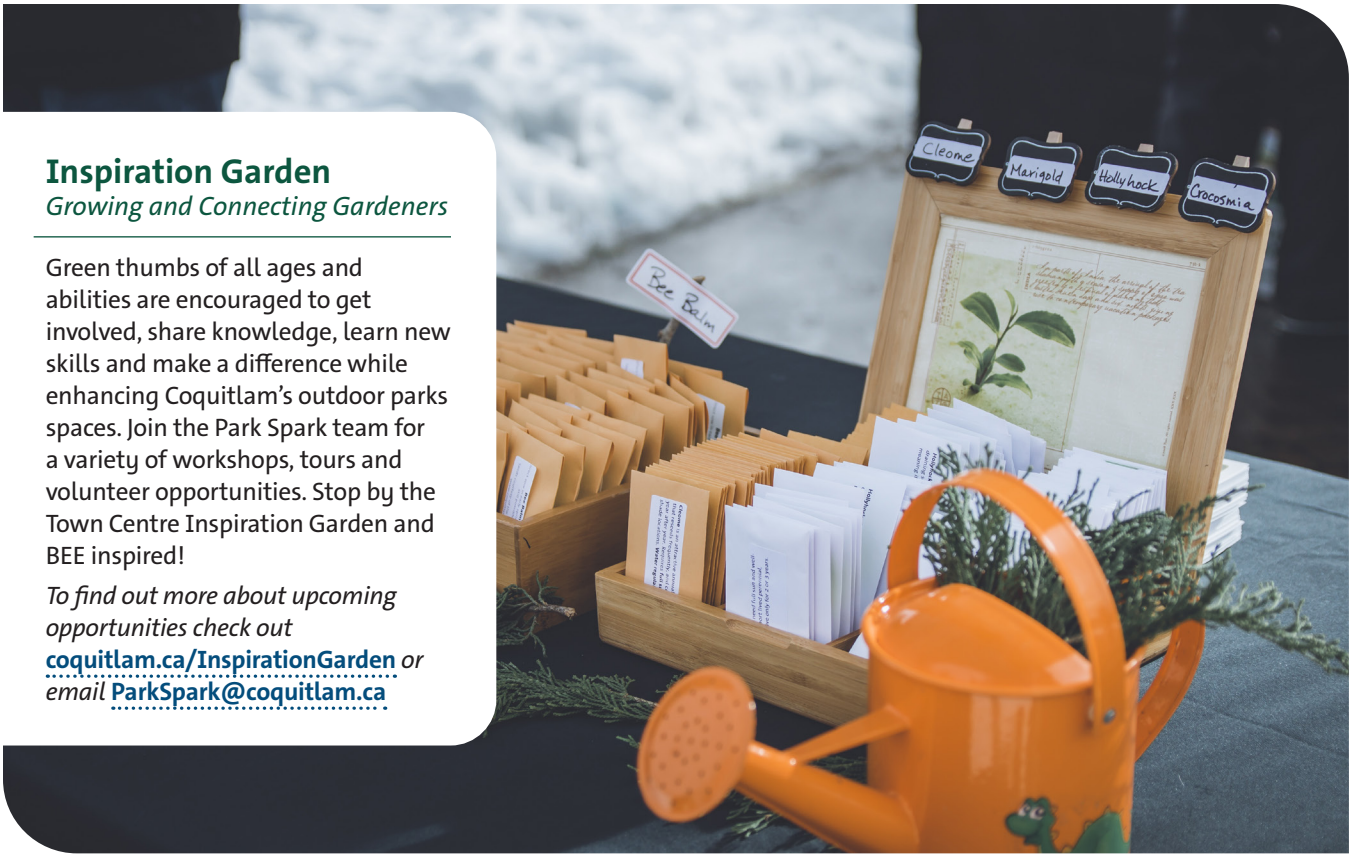
Supporting Trees in Coquitlam

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. Whether on public or private land, Coquitlam's trees offer many benefits for our health, well-being and the environment.

As part of Tree Spree, the City's Park Spark and Urban Forestry Teams coordinate a variety of community outreach and educational activities, including educational walks and workshops, tree giveaways, tree and garden planting sessions and more.

For more information and to see upcoming activities, visit **coquitlam.ca/TreeSpree** *or email* **ParkSpark@coquitlam.ca**.

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



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 parks spaces. Join the Park Spark team for a variety of workshops, tours and volunteer opportunities. Stop by the Town Centre Inspiration Garden and BEE inspired!

To find out more about upcoming opportunities check out **coquitlam.ca/InspirationGarden** *or email* **ParkSpark@coquitlam.ca**

Spotlight on Sport

Shining a Spotlight on Community Sport

The Spotlight on Sport initiative was born out of the Coquitlam in Bloom program. Today, it's an ongoing initiative that aims to:

- Recognize the positive impact sport associations have in our community
- Recognize sport volunteers for the great job they do
- Celebrate sport and inspire our sport community
- Show appreciation for our sport community's contributions
- The Spotlight on Sport program offers many drop-in activities throughout the year.

By participating you can:

- Discover fun ways to stay active
- Try new sports to see what you love
- Learn more about Coquitlam's sports organizations

Learn how to get involved and find fun drop-in activities at **coquitlam.ca/SpotlightOnSport**

Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

The 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.

You can get involved by adopting any of the following:

- Adopt-A-Trail
- Adopt-A-Pollinator Hotel
- Adopt-A-Sports Library
- Adopt-A-Dog Park
- Adopt-A-Dugout
- Adopt-A-Little Library
- Adopt-A-Bench

Interested in joining one of our Adopt-A programs?

Visit **coquitlam.ca/AdoptPrograms** *or email* **ParkSpark@coquitlam.ca** *for more information.*

Coquitlam in Bloom

The City of Coquitlam is proud to have competed in the Communities in Bloom competition for the past eight years. Communities in Bloom is a Canadian non-profit organization committed to fostering community pride, environmental responsibility and beautification. It uses friendly competition between communities to bring together local businesses, service clubs, residents and civic governments to focus on enhancing their community.

Learn more about future initiatives and find ways to get involved at **coquitlam.ca/CIB** *or email* **ParkSpark@coquitlam.ca**.

Chafer Beetle Workshop (All Ages)

Join Park Spark as they team up with a City of Coquitlam lawn care expert to learn how address chafer beetle infestation in lawns.

at Town Centre Park

Th	Mar 21	11:15 a.m. – 12 p.m.	1/FREE	141632
Th	Mar 21	3:15 – 4 p.m.	1/FREE	141633
Sa	Mar 30	3:15 – 4 p.m.	1/FREE	141637
Sa	Mar 30	11:15 a.m. – 12 p.m.	1/FREE	141636

Evergreen Bulb Hanging Basket (All Ages)

Join the City of Coquitlam's Park Spark team at the Town Centre inspiration garden for a wide range of fun and exciting opportunities to get involved, learn new skills and BEE inspired. Create a beautiful planter with a colorful selections of Bulbs to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included. For more information contact ParkSpark@coquitlam.ca

at Town Centre Park

W	Mar 27	11:15 a.m. – 12 p.m.	1/$40	141622
W	Mar 27	3 – 3:45 p.m.	1/$40	141641

Garden Basics, Starting from the seed (All Ages)

This hands-on course will cover everything you need to know about starting your garden from seed. We will talk about soil mixes, preparation, watering and the process of germination.

at Town Centre Park

Tu	Mar 19	3:15 – 4 p.m.	1/FREE	141624
Th	Mar 28	11:15 a.m. – 12 p.m.	1/FREE	141625
Th	Mar 28	3:15 – 4 p.m.	1/FREE	141626

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, butterflies and beetles to your garden!

at Town Centre Park

Sa	Mar 23	11:15 a.m. – 12 p.m.	1/FREE	141628
Sa	Mar 23	3:15 – 4 p.m.	1/FREE	141629
Tu	Mar 26	11:15 a.m. – 12 p.m.	1/FREE	141630
Tu	Mar 26	3:15 – 4 p.m.	1/FREE	141631

Spring Bulb Planter (All Ages)

Join the City of Coquitlam's Park Spark team at the Town Centre inspiration garden for a wide range of fun and exciting opportunities to get involved, learn new skills and BEE inspired. Create a beautiful planter with a colorful selections of Bulbs to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included. For more information contact ParkSpark@coquitlam.ca

at Town Centre Park

W	Mar 20	11:15 a.m. – 12 p.m.	1/$40	141640
F	Mar 22	3:15 – 4 p.m.	1/$40	141639

Get Involved in Lights at Lafarge

Join the Park Spark Light Brigade Team!

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

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

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

Camps

Coquitlam resident registration for Camps opens at 8:30 a.m. on Nov. 21.
Non-resident registration for Camps opens at 8:30 a.m. on Nov. 23.

Mixed Ages

Pro D Day

Maillardville Pro D Day Camp (5 – 7 yrs)

This camp is full of games, activities, crafts and much more. Please bring a lunch, two snacks and a water bottle.

at Maillardville Community Centre (1200 Cartier Ave)

F	Feb 23	9 a.m. – 3 p.m.	1/$39.30	141831

Maillardville Pro D Day Camp (7 – 10 yrs)

This camp is full of games, activities, crafts and much more. Please bring a lunch, two snacks and a water bottle.

at Maillardville Community Centre (1200 Cartier Ave)

F	Feb 23	9 a.m. – 3 p.m.	1/$39.30	141833

Pinetree Pro D Day Camp (5 – 7 yrs)

This camp is full of games, activities, crafts and much more. Please bring a lunch, two snacks and a water bottle.

at Pinetree Community Centre

F	Feb 23	9 a.m. – 3 p.m.	1/$39.30	140337

Pinetree Pro D Day Camp (7 – 10 yrs)

This camp is full of games, activities, crafts and much more. Please bring a lunch, two snacks and a water bottle.

at Pinetree Community Centre

F	Feb 23	9 a.m. – 3 p.m.	1/$39.30	140338

Poirier Gym and Swim Pro D Day Camp (7 – 10 yrs)

Join us for this active camp for time in the gym and in the pool. Please bring a lunch, two snacks and a water bottle.

at Poirier Community Centre

F	Feb 23	9 a.m. – 3 p.m.	1/$39.30	141467

Poirier Pro D Day Camp (5 – 7 yrs)

This camp is full of games, activities, crafts and much more. Please bring a lunch, two snacks and a water bottle.

at Poirier Community Centre

F	Feb 23	9 a.m. – 3 p.m.	1/$39.30	141463

Spring Break

Centennial Half Day Sports Camp (5 – 7 yrs)

This camp is full of a wide variety of indoor and outdoor sports and other activities. Have your child bring a change of clothes, snacks and a pre-filled water bottle.

at Centennial Activity Centre

M – F	Mar 18 – Mar 22	12:30 – 3 p.m.	5/$87	141516
M – Th	Mar 25 – Mar 28	9 – 11:30 a.m.	4/$69.60	141517

Centennial Half Day Sports Camp (7 – 10 yrs)

This camp is full of a wide variety of indoor and outdoor sports and other activities. Have your child bring a change of clothes, snacks and a pre-filled water bottle.

at Centennial Activity Centre

M – F	Mar 18 – Mar 22	9 – 11:30 a.m.	5/$87	141518
M – Th	Mar 25 – Mar 28	12:30 – 3 p.m.	4/$69.60	141520

EngKidz: 3D Engineers Camp (8 – 13 yrs)

An introduction to the exciting world of 3D Printing! Participants will make their own projects using a 3D Printer. They will also do 3D design with TinkerCAD, a fun and intuitive app that introduces them to Computer Aided Design. No prior experience is required. Participants DO NOT need their own 3D Printer. Offered in partnership with EngKidz.

at Pinetree Community Centre

M – F	Mar 18 – Mar 22	9 a.m. – 12 p.m.	5/$235	141994

EngKidz: Artsy Engineers Camp (7 – 12 yrs)

Participants combine engineering and art to create five amazing take-home projects. Fun quizzes, science simulations and hands-on project building are incorporated into each class. Take home projects include a spin art machine, a dancing color bot, a flying butterfly, and more. Offered in partnership with EngKidz.

at Pinetree Community Centre

M – Th	Mar 25 – Mar 28	1 – 4 p.m.	4/$188	141997

EngKidz: Budding Engineers Camp (7 – 12 yrs)

Participants build cool take-home STEM projects while learning about science and engineering concepts. Each day will be an exploration of a new STEM concept with interactive demonstrations, team activities, and fun polls. Take home projects include a rocket, an electric car, a wind turbine, and more! Offered in partnership with EngKidz.

at Pinetree Community Centre

M – Th	Mar 25 – Mar 28	9 a.m. – 12 p.m.	4/$188	141996

EngKidz: Robo Engineers Camp (8 – 13 yrs)

Participants will build and code a cool robot that uses sensors to guide itself through obstructions! Through hands-on building, kids will learn basics of robotics including motors, controllers, sensors, and algorithms. No previous experience with robotics or coding is required. Offered in partnership with EngKidz.

at Pinetree Community Centre

M – F	Mar 18 – Mar 22	1 – 4 p.m.	5/$285	141995

HopOn Bike Camp (8 – 12 yrs)

Meet new friends, improve your biking skills, and have fun this Spring Break with Cycling BC's HopOn program. Each day includes skill development, games, and a bike ride in the area. Complimentary rental bikes and helmets are available for rent if requested during registration. Pre-requisites: Participants should be able to stop and start quickly, use gears and look behind while riding.
Note: An additional $30.00 membership fee is required, payable to Cycling BC, to cover insurance and liability costs. A confirmation email with directions on how to purchase a membership will be sent to all registrants. Visit cyclingbc.net/hopon or call 604-737-3034 for more information.

at Mundy Park

M – Th	Mar 25 – Mar 28	9 a.m. – 3 p.m.	4/$315.20	141221

at Leigh Elementary School

M – F	Mar 18 – Mar 22	9 a.m. – 3 p.m.	5/$394	141220

All Abilities Welcome!
Visit page 6 for details

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

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.

Maillardville Spring Break Camp (10 – 13 yrs)

Join us for an exciting week of games, activities and new experiences planned specifically for youth. Register with a friend or come meet someone new. Don't forget to bring a change of clothes, lunch, snacks and a pre-filled water bottle.

at Maillardville Community Centre (1200 Cartier Ave)

M – Th	Mar 25 – Mar 28	9 a.m. – 3 p.m.	4/$135.56	141827

Maillardville Spring Break Camp (5 – 7 yrs)

Join us for a week full of interactive games, activities, crafts and much more! Have your child bring a change of clothes, lunch, snacks and a pre-filled water bottle.

at Maillardville Community Centre (1200 Cartier Ave)

M – F	Mar 18 – Mar 22	9 a.m. – 3 p.m.	5/$169.45	141823
M – Th	Mar 25 – Mar 28	9 a.m. – 3 p.m.	4/$135.56	141824

Maillardville Spring Break Camp (7 – 10 yrs)

Join us for a week full of interactive games, activities, crafts and much more! Please dress for the weather as time will be spent outdoors each day. Have your child bring a change of clothes, lunch, snacks and a pre-filled water bottle.

at Maillardville Community Centre (1200 Cartier Ave)

M – F	Mar 18 – Mar 22	9 a.m. – 3 p.m.	5/$169.45	141825
M – Th	Mar 25 – Mar 28	9 a.m. – 3 p.m.	4/$135.56	141826

Pinetree Spring Break Camp (10 – 13 yrs)

Join us for an exciting week of games, activities and new experiences planned specifically for youth. Register with a friend or come meet someone new. Don't forget to bring a change of clothes, lunch, snacks and a pre-filled water bottle.

at Pinetree Community Centre

M – F	Mar 18 – Mar 22	9 a.m. – 3 p.m.	5/$169.45	140833

Pinetree Spring Break Camp (5 – 7 yrs)

Join us for a week full of interactive games, activities, crafts and much more! Have your child bring a change of clothes, lunch, snacks and a pre-filled water bottle.

at Pinetree Community Centre

M – F	Mar 18 – Mar 22	9 a.m. – 3 p.m.	5/$169.45	140817
M – Th	Mar 25 – Mar 28	9 a.m. – 3 p.m.	4/$135.55	140818

Pinetree Spring Break Camp (7 – 10 yrs)

Join us for a week full of interactive games, activities, crafts and much more! Have your child bring a change of clothes, lunch, snacks and a pre-filled water bottle.

at Pinetree Community Centre

M – F	Mar 18 – Mar 22	9 a.m. – 3 p.m.	5/$169.45	140819
M – Th	Mar 25 – Mar 28	9 a.m. – 3 p.m.	4/$135.55	140820

Poirier Gym and Swim Camp (7 – 10 yrs)

Join us for this active camp for time in the gym and in the pool each day! Have your child bring a change of clothes, lunch, snacks and a pre-filled water bottle.

at Poirier Community Centre

M – F	Mar 18 – Mar 22	9 a.m. – 3 p.m.	5/$169.45	141487
M – Th	Mar 25 – Mar 28	9 a.m. – 3 p.m.	4/$135.56	141490

Poirier Half Day Arts and Crafts (5 – 7 yrs)

This camp is full of arts, crafts and active games! Have your child bring a change of clothes, snacks and a pre-filled water bottle.

at Poirier Community Centre

M – F	Mar 18 – Mar 22	9 – 11:30 a.m.	5/$87	141508
M – Th	Mar 25 – Mar 28	12:30 – 3 p.m.	4/$69.60	141512

Poirier Half Day Arts and Crafts (7 – 10 yrs)

This camp is full of arts, crafts and active games! Have your child bring a change of clothes, snacks and a pre-filled water bottle.

at Poirier Community Centre

M – F	Mar 18 – Mar 22	12:30 – 3 p.m.	5/$87	141494
M – Th	Mar 25 – Mar 28	9 – 11:30 a.m.	4/$69.60	141499

Early Years

0 – 5 yrs

Coquitlam resident registration for Early Years programs opens at 8:30 a.m. on Nov. 28.
Non-resident registration for Early Years programs opens at 8:30 a.m. on Nov. 30.

Adult Participation

All About Seasons: Winter (2 – 3 yrs)

Spring, Summer, Fall and Winter! Learn about the different seasons and what each one brings. This season come explore Winter through art, crafts and learning activities.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Jan 18 – Feb 15	4:30 – 5:15 p.m.	5/$27.25	140625
Th	Feb 22 – Mar 14	4:30 – 5:15 p.m.	4/$21.80	140628

Baby and Me Hiking (0 – 1.5 yrs)

Program is designed for new parents and babies to enjoy easy to 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

W	Feb 14 – Mar 13	10 – 11:30 a.m.	5/$41.50	141097
Th	Feb 15 – Mar 14	10 – 11:30 a.m.	5/$41.50	141098

Programs marked with are for kids and adults together!

Ball Hockey (1.5 – 2 yrs)

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

at Poirier Community Centre

Tu	Jan 16 – Feb 6	10:30 – 11 a.m.	4/$16.80	140528
Tu	Feb 13 – Mar 12	10:30 – 11 a.m.	5/$21	140529

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 Dogwood Pavilion

Su	Jan 14 – Feb 4	10:30 – 11 a.m.	4/$16.80	140412
Tu	Jan 16 – Feb 6	9:30 – 10 a.m.	4/$16.80	140548
Sa	Jan 20 – Feb 10	2 – 2:30 p.m.	4/$16.80	141016
Su	Feb 11 – Mar 10	10:30 – 11 a.m.	5/$21	140413
Tu	Feb 13 – Mar 12	9:30 – 10 a.m.	5/$21	140549
Sa	Feb 17 – Mar 16	2 – 2:30 p.m.	5/$21	141017

at Pinetree Community Centre

Tu	Jan 16 – Feb 6	9:30 – 10 a.m.	4/$16.80	141068
Tu	Feb 13 – Mar 12	9:30 – 10 a.m.	5/$21	141292

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

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.

Explore, Learn and Create (2 – 3 yrs)

Enhance your child's curiosity and imagination and through hands on exploration, experiments, art creations and more!

at Poirier Community Centre

Tu	Jan 16 – Feb 6	9:30 – 10:15 a.m.	4/$21.80	140531
Tu	Feb 13 – Mar 12	9:30 – 10:15 a.m.	5/$27.25	140532

Gymnastics (1.5 – 2 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	9:15 – 10 a.m.	4/$32.60	141386
Tu	Feb 13 – Mar 12	9:15 – 10 a.m.	5/$40.75	141387

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

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	9 – 9:30 a.m.	4/$16.80	141380
M	Feb 12 – Mar 11	9 – 9:30 a.m.	4/$16.80	141381

Jump Start: Jollyjumpers (1 – 18mos)

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

at Pinetree Community Centre

Tu	Jan 9 – Apr 23	9:15 – 10 a.m.	14/$168	141091
F	Jan 12 – Apr 26	10:15 – 11 a.m.	14/$168	141094
F	Jan 12 – Apr 26	11:15 a.m. – 12 p.m.	14/$168	141096

at Poirier Community Centre

W	Jan 10 – Apr 24	11:15 a.m. – 12 p.m.	14/$168	140600
Sa	Jan 13 – Apr 27	10:15 – 11 a.m.	14/$168	141013

Jump Start: Puddlejumpers (16 – 42mos)

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

at Pinetree Community Centre

Tu	Jan 9 – Apr 23	10:15 – 11 a.m.	14/$168	141092
F	Jan 12 – Apr 26	9:15 – 10 a.m.	14/$168	141093

at Poirier Community Centre

W	Jan 10 – Apr 24	9:15 – 10 a.m.	14/$168	140598
W	Jan 10 – Apr 24	10:15 – 11 a.m.	14/$168	140599
Sa	Jan 13 – Apr 27	11:15 a.m. – 12 p.m.	14/$168	141012

Jump, Tuck and Roll! (1.5 – 2 yrs)

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

at Pinetree Community Centre

Sa	Jan 20 – Feb 17	9:30 – 10:15 a.m.	5/$27.25	141317
Sa	Feb 24 – Mar 16	9:30 – 10:15 a.m.	4/$21.80	141318

at Poirier Community Centre

Su	Jan 14 – Feb 4	9:30 – 10:15 a.m.	4/$21.80	140321
M	Jan 15 – Feb 5	9 – 9:45 a.m.	4/$21.80	140458
M	Jan 15 – Feb 5	4:30 – 5:15 p.m.	4/$21.80	140460
F	Jan 19 – Feb 9	9 – 9:45 a.m.	4/$21.80	140958
Su	Feb 11 – Mar 10	9:30 – 10:15 a.m.	5/$27.25	140322
M	Feb 12 – Mar 11	9 – 9:45 a.m.	4/$21.80	140459
M	Feb 12 – Mar 11	4:30 – 5:15 p.m.	4/$21.80	140461
F	Feb 16 – Mar 15	9 – 9:45 a.m.	4/$21.80	140960

Little Carpenters (3 – 5 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19 – Feb 9	6:15 – 7 p.m.	4/$21.80	141541
F	Feb 16 – Mar 15	6:15 – 7 p.m.	5/$27.25	141542

at Poirier Community Centre

Th	Jan 18 – Feb 8	4 – 4:45 p.m.	4/$21.80	140939
Th	Feb 15 – Mar 14	4 – 4:45 p.m.	5/$27.25	140940
Th	Mar 21	4 – 4:45 p.m.	1/$5.45	141577
Th	Mar 28	4 – 4:45 p.m.	1/$5.45	141578

All Abilities Welcome!

Visit page **6** for details

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 (1200 Cartier Ave)

Su	Jan 14 – Feb 4	9:15 – 10:15 a.m.	4/$35.40	140576
Su	Jan 14 – Feb 4	10:45 – 11:45 a.m.	4/$35.40	140582
M	Jan 15 – Feb 5	10 – 11 a.m.	4/$35.40	140644
Su	Feb 11 – Mar 10	9:15 – 10:15 a.m.	5/$44.25	140580
Su	Feb 11 – Mar 10	10:45 – 11:45 a.m.	5/$44.25	140583
M	Feb 12 – Mar 11	10 – 11 a.m.	4/$35.40	140646

at Poirier Community Centre

M	Jan 15 – Feb 5	4:45 – 5:45 p.m.	4/$35.40	140494
Th	Jan 18 – Feb 8	12 – 1 p.m.	4/$35.40	140917
M	Feb 12 – Mar 11	4:45 – 5:45 p.m.	4/$35.40	140496
Th	Feb 15 – Mar 14	12 – 1 p.m.	5/$44.25	140920
M	Mar 18	4:45 – 5:45 p.m.	1/$8.85	141533
Th	Mar 21	10 – 11 a.m.	1/$8.85	141574
M	Mar 25	4:45 – 5:45 p.m.	1/$8.85	141534
Th	Mar 28	10 – 11 a.m.	1/$8.85	141575

Little Chefs: Valentine's Day Cookies (3 – 5 yrs)

Celebrate Valentines Day by baking some heart shaped sugar cookies and decorating them! Closed toe shoes are required for all participants and parents.

at Poirier Community Centre

W	Feb 14	3 – 4 p.m.	1/$8.85	141586

Little Chefs: Vegetarian Easter (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 (1200 Cartier Ave)

Th	Mar 28	4 – 5 p.m.	1/$8.85	141838
Th	Mar 28	5:30 – 6:30 p.m.	1/$8.85	141839

Little Creators (1 – 2 yrs)

Explore your child's creativity through art, crafts and messy creations. Participants will discover different styles and techniques while creating.

at Pinetree Community Centre

Th	Jan 18 – Feb 8	9:15 – 9:45 a.m.	4/$16.80	141104
Sa	Jan 20 – Feb 10	9:15 – 9:45 a.m.	4/$16.80	141113
Th	Feb 15 – Mar 14	9:15 – 9:45 a.m.	5/$21	141319
Sa	Feb 17 – Mar 16	9:15 – 9:45 a.m.	5/$21	141320
Th	Mar 21	9:15 – 9:45 a.m.	1/$4.20	141610

at Poirier Community Centre

Su	Jan 14 – Feb 4	9:30 – 10 a.m.	4/$16.80	140329
M	Jan 15 – Feb 5	11:30 a.m. – 12 p.m.	4/$16.80	140480
Th	Jan 18 – Feb 8	10:45 – 11:15 a.m.	4/$16.80	140913
Su	Feb 11 – Mar 10	9:30 – 10 a.m.	5/$21	140330
M	Feb 12 – Mar 11	11:30 a.m. – 12 p.m.	4/$16.80	140482
Th	Feb 15 – Mar 14	10:45 – 11:15 a.m.	5/$21	140915
Tu	Mar 19	10:45 – 11:15 a.m.	1/$4.20	141543
Tu	Mar 26	10:45 – 11:15 a.m.	1/$4.20	141544

Little Creators (2 – 3 yrs)

Explore your child's creativity through art, crafts and messy creations. Participants will discover different styles and techniques while creating.

at Pinetree Community Centre

Th	Jan 18 – Feb 8	3:45 – 4:30 p.m.	4/$21.80	141226
Th	Jan 18 – Feb 8	10:15 – 11 a.m.	4/$21.80	141101
Sa	Jan 20 – Feb 10	10:15 – 11 a.m.	4/$21.80	141114
Th	Feb 15 – Mar 14	10:15 – 11 a.m.	5/$27.25	141321
F	Feb 16 – Mar 15	9:30 – 10:15 a.m.	5/$27.25	141323
Sa	Feb 17 – Mar 16	10:15 – 11 a.m.	5/$27.25	141324
W	Mar 20	9:30 – 10:15 a.m.	1/$5.45	141607
Th	Mar 21	10:15 – 11 a.m.	1/$5.45	141608
Sa	Mar 23	9:30 – 10:15 a.m.	1/$5.45	141609
W	Mar 27	9:30 – 10:15 a.m.	1/$5.45	141613

at Poirier Community Centre

Su	Jan 14 – Feb 4	10:30 – 11:15 a.m.	4/$21.80	140331
M	Jan 15 – Feb 5	10:15 – 11 a.m.	4/$21.80	140485
Su	Feb 11 – Mar 10	10:30 – 11:15 a.m.	5/$27.25	140332
M	Feb 12 – Mar 11	10:15 – 11 a.m.	4/$21.80	140487

Little Creators: Easter (1 – 2 yrs)

Explore your child's creativity through art, crafts and messy creations. Participants will discover different styles and techniques while creating.

at Pinetree Community Centre

Tu	Mar 26	9:15 – 9:45 a.m.	1/$4.20	141611

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

Little Creators: Easter (2 – 3 yrs)

Explore your child's creativity through art, crafts and messy creations. Participants will discover different styles and techniques while creating.

at Pinetree Community Centre

Tu	Mar 26	10:15 – 11 a.m.	1/$5.45	141612

Little Creators: Valentine's Day (1 – 2 yrs)

Explore your child's creativity through art, crafts and messy creations. Participants will discover different styles and techniques while creating.

at Poirier Community Centre

W	Feb 14	9:30 – 10 a.m.	1/$4.20	141587

Little Learners (2 – 3 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

Th	Jan 18 – Feb 8	9:30 – 10:15 a.m.	4/$21.80	141074
W	Feb 14 – Mar 13	9:30 – 10:15 a.m.	5/$27.25	141235
Tu	Mar 19	9:30 – 10:15 a.m.	1/$5.45	141606

at Poirier Community Centre

Th	Jan 18 – Feb 8	9:30 – 10:15 a.m.	4/$21.80	140908
Th	Feb 15 – Mar 14	9:30 – 10:15 a.m.	5/$27.25	140910

Little Learners: French (2 – 3 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. This program will be facilitated in both French and English.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	4:45 – 5:30 p.m.	4/$21.80	140702
Tu	Feb 13 – Mar 12	4:45 – 5:30 p.m.	5/$27.25	140704

Multi-Ball (1.5 – 2 yrs)

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

at Centennial Activity Centre

Sa	Jan 20 – Feb 3	2:45 – 3:15 p.m.	3/$12.60	141059
Sa	Feb 17 – Mar 16	2:45 – 3:15 p.m.	4/$16.80	141060

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	9:45 – 10:15 a.m.	4/$16.80	141382
W	Jan 17 – Feb 7	9 – 9:30 a.m.	4/$16.80	141390
M	Feb 12 – Mar 11	9:45 – 10:15 a.m.	4/$16.80	141383
W	Feb 14 – Mar 13	9 – 9:30 a.m.	5/$21	141391

at Pinetree Community Centre

Sa	Jan 20 – Feb 17	9:15 – 9:45 a.m.	4/$16.80	141332
Sa	Feb 24 – Mar 16	9:15 – 9:45 a.m.	4/$16.80	141333

at Smiling Creek Activity Centre

W	Jan 17 – Feb 7	5:15 – 5:45 p.m.	4/$16.80	140186
W	Feb 14 – Mar 13	5:15 – 5:45 p.m.	5/$21	140187

Music Exploration (2 – 3 yrs)

Learn the fundamentals of listening, singing, playing simple instruments and taking turns.

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Feb 7	3:30 – 4 p.m.	4/$16.80	141886
W	Feb 14 – Mar 13	3:30 – 4 p.m.	5/$21	141887

at Poirier Community Centre

M	Jan 15 – Feb 5	9:30 – 10 a.m.	4/$16.80	140470
M	Feb 12 – Mar 11	9:30 – 10 a.m.	4/$16.80	140471
M	Mar 18	9:30 – 10 a.m.	1/$4.20	141524
M	Mar 25	9:30 – 10 a.m.	1/$4.20	141526

Music Exploration (3 – 5 yrs)

Learn the fundamentals of listening, singing, playing simple instruments and taking turns.

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Feb 7	4:15 – 5 p.m.	4/$21.80	141888
W	Feb 14 – Mar 13	4:15 – 5 p.m.	5/$27.25	141889

at Poirier Community Centre

M	Jan 15 – Feb 5	10:15 – 11 a.m.	4/$21.80	140473
F	Jan 19 – Feb 9	4:15 – 5 p.m.	4/$21.80	140975
M	Feb 12 – Mar 11	10:15 – 11 a.m.	4/$21.80	140474
F	Feb 16 – Mar 15	4:15 – 5 p.m.	5/$27.25	140976
M	Mar 18	10:15 – 11 a.m.	1/$5.45	141527
M	Mar 25	10:15 – 11 a.m.	1/$5.45	141529

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Soccer (1.5 – 2 yrs)

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

at Centennial Activity Centre

Su	Jan 14 – Feb 4	9:15 – 9:45 a.m.	4/$16.80	140443
Su	Feb 11 – Mar 10	9:15 – 9:45 a.m.	4/$16.80	140444

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	4:30 – 5 p.m.	4/$16.80	141384
W	Jan 17 – Feb 7	9:45 – 10:15 a.m.	4/$16.80	141388
Tu	Feb 13 – Mar 12	4:30 – 5 p.m.	5/$21	141385
W	Feb 14 – Mar 13	9:45 – 10:15 a.m.	5/$21	141389

at Pinetree Community Centre

Sa	Feb 24 – Mar 16	10 – 10:30 a.m.	4/$16.80	141335

at Poirier Community Centre

Th	Jan 18 – Feb 8	10:30 – 11 a.m.	4/$16.80	140903
Th	Feb 15 – Mar 14	10:30 – 11 a.m.	5/$21	140904

at Smiling Creek Activity Centre

M	Jan 15 – Feb 5	5:15 – 5:45 p.m.	4/$16.80	140180
M	Feb 12 – Mar 11	5:15 – 5:45 p.m.	4/$16.80	140181

Zumbini® (0 – 4 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Th	Jan 18 – Feb 15	10:30 – 11:15 a.m.	5/$39.75	142226
Th	Feb 22 – Mar 14	10:30 – 11:15 a.m.	4/$31.80	142227

at Pinetree Community Centre

M	Jan 8 – Feb 5	9:30 – 10:15 a.m.	5/$39.75	139398
Tu	Jan 9 – Feb 6	1:45 – 2:30 p.m.	5/$39.75	139400
F	Jan 12 – Feb 9	11:15 a.m. – 12 p.m.	5/$39.75	139403
M	Feb 12 – Mar 11	9:30 – 10:15 a.m.	4/$31.80	139399
Tu	Feb 13 – Mar 12	1:45 – 2:30 p.m.	5/$39.75	139402
F	Feb 16 – Mar 15	11:15 a.m. – 12 p.m.	5/$39.75	139404

Arts and Crafts

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

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

at Poirier Community Centre

Tu	Feb 13	4:30 – 5:15 p.m.	1/$5.45	140726

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

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

at Poirier Community Centre

Tu	Feb 6	4:30 – 5:15 p.m.	1/$5.45	140725

Arts, Crafts and Story Time: Disney Princesses (3 – 5 yrs)

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

at Poirier Community Centre

Tu	Jan 16	4:30 – 5:15 p.m.	1/$5.45	140720

Arts, Crafts and Story Time: Magic School Bus (3 – 5 yrs)

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

at Poirier Community Centre

Tu	Feb 27	4:30 – 5:15 p.m.	1/$5.45	140728

Arts, Crafts and Story Time: Mickey Mouse Funhouse (3 – 5 yrs)

Join us for arts, crafts and story time for everything Mickey Mouse Funhouse themed. Children are welcome to come dressed up in Super Mario costumes if they would like.

at Poirier Community Centre

Tu	Mar 19	4:30 – 5:15 p.m.	1/$5.45	141546

Arts, Crafts and Story Time: Paw Patrol (3 – 5 yrs)

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

at Poirier Community Centre

Tu	Mar 5	4:30 – 5:15 p.m.	1/$5.45	140730

Arts, Crafts and Story Time: Peppa Pig (3 – 5 yrs)

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

at Poirier Community Centre

Tu	Jan 30	4:30 – 5:15 p.m.	1/$5.45	140724

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

Arts, Crafts and Story Time: Star Wars (3 – 5 yrs)

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

at Poirier Community Centre

Tu	Mar 26	4:30 – 5:15 p.m.	1/$5.45	141548

Arts, Crafts and Story Time: Super Mario (3 – 5 yrs)

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

at Poirier Community Centre

Tu	Mar 12	4:30 – 5:15 p.m.	1/$5.45	140732

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

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

at Poirier Community Centre

Tu	Jan 23	4:30 – 5:15 p.m.	1/$5.45	140722

Arts, Crafts and Story Time: Thomas and Friends (3 – 5 yrs)

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

at Poirier Community Centre

Tu	Feb 20	4:30 – 5:15 p.m.	1/$5.45	140727

Little Artists (3 – 5 yrs)

Introduce your child to the world of art in this colourful class. Your child will experiment with a variety of art techniques and tools to create beautiful masterpieces!

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	4:15 – 5 p.m.	4/$21.80	141884
F	Jan 19 – Feb 9	5 – 5:45 p.m.	4/$21.80	141537
M	Feb 12 – Mar 11	4:15 – 5 p.m.	4/$21.80	141885
F	Feb 16 – Mar 15	5 – 5:45 p.m.	5/$27.25	141539

at Pinetree Community Centre

W	Feb 14 – Mar 13	4:45 – 5:30 p.m.	5/$27.25	141230
Th	Feb 15 – Mar 14	11:30 a.m. – 12:15 p.m.	5/$27.25	141228
Sa	Feb 17 – Mar 16	11:30 a.m. – 12:15 p.m.	5/$27.25	141325
Th	Mar 21	11:30 a.m. – 12:15 p.m.	1/$5.45	141614

at Poirier Community Centre

Su	Jan 14 – Feb 4	11:45 a.m. – 12:30 p.m.	4/$21.80	140333
M	Jan 15 – Feb 5	12:30 – 1:15 p.m.	4/$21.80	140490
Su	Feb 11 – Mar 10	11:45 a.m. – 12:30 p.m.	5/$27.25	140334
M	Feb 12 – Mar 11	12:30 – 1:15 p.m.	4/$21.80	140491

Little Artists: Easter (3 – 5 yrs)

Introduce your child to the world of art in this colourful class. Your child will experiment with a variety of art techniques and tools to create beautiful masterpieces!

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Mar 30	9:15 – 10 a.m.	1/$5.45	141840

at Pinetree Community Centre

Tu	Mar 26	11:30 a.m. – 12:15 p.m.	1/$5.45	141615

Little Artists: Valentine's Day (3 – 5 yrs)

Introduce your child to the world of art in this colourful class. Your child will experiment with a variety of art techniques and tools to create beautiful masterpieces!

at Poirier Community Centre

W	Feb 14	10:30 – 11:15 a.m.	1/$5.45	141588

Learn and Discover

All About Seasons: Winter (3 – 5 yrs)

Spring, Summer, Fall and Winter! Learn about the different seasons and what each one brings. This season come explore Winter through art, crafts and learning activities.

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	9:15 – 10 a.m.	4/$21.80	140613
Th	Jan 18 – Feb 15	5:45 – 6:30 p.m.	5/$27.25	140617
Su	Feb 11 – Mar 10	9:15 – 10 a.m.	5/$27.25	140614
Th	Feb 22 – Mar 14	5:45 – 6:30 p.m.	4/$21.80	140619

at Pinetree Community Centre

Th	Jan 18 – Feb 8	5 – 5:45 p.m.	4/$21.80	141227
Th	Jan 18 – Feb 8	11:30 a.m. – 12:15 p.m.	4/$21.80	141105

Crocodile Mandarin (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, and crafts. No prior Mandarin experience is necessary. The theme this Winter is "Planes, Trains, and Automobiles." We will learn the different types of transportation, different destinations, and a little bit about giving directions. 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	Jan 13 – Mar 16	10:05 – 11 a.m.	10/$240	141041
Sa	Jan 13 – Mar 16	11:05 a.m. – 12 p.m.	10/$240	141043
Su	Jan 14 – Mar 17	10:05 – 11 a.m.	9/$240	141033
Su	Jan 14 – Mar 17	11:05 a.m. – 12 p.m.	10/$240	141037

Explore the World of (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.
Week 1 – Dinosaurs
Week 2 – Fairy tales
Week 3 – Things that grow
Week 4 – Outer Space

at Pinetree Community Centre

Sa	Jan 20 – Feb 10	11:30 a.m. – 12:15 p.m.	4/$21.80	141634

Explore the World of: Bears (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

Tu	Mar 5	12 – 12:45 p.m.	1/$5.45	140544
W	Mar 13	5:30 – 6:15 p.m.	1/$5.45	140671

Explore the World of: Bees (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

Tu	Jan 16	12 – 12:45 p.m.	1/$5.45	140537
W	Mar 6	5:30 – 6:15 p.m.	1/$5.45	140661

Explore the World of: Dinosaurs (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Pinetree Community Centre

F	Jan 19	9:30 – 10:15 a.m.	1/$5.45	141106

at Poirier Community Centre

W	Feb 7	5:30 – 6:15 p.m.	1/$5.45	140677
Tu	Mar 12	12 – 12:45 p.m.	1/$5.45	140546

Explore the World of: Easter (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Pinetree Community Centre

Th	Mar 28	9:30 – 10:15 a.m.	1/$5.45	141619
Th	Mar 28	9:30 – 10:15 a.m.	1/$5.45	141618

Explore the World of: Emotions (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Jan 31	5:30 – 6:15 p.m.	1/$5.45	140669
Tu	Feb 27	12 – 12:45 p.m.	1/$5.45	140543

Explore the World of: Fairy Tales (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Pinetree Community Centre

F	Jan 26	9:30 – 10:15 a.m.	1/$5.45	141107

Explore the World of: Outer Space (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Pinetree Community Centre

F	Feb 9	9:30 – 10:15 a.m.	1/$5.45	141109
W	Mar 20	10:45 – 11:30 a.m.	1/$5.45	141603
Sa	Mar 23	10:45 – 11:30 a.m.	1/$5.45	141605

at Poirier Community Centre

Tu	Jan 23	12 – 12:45 p.m.	1/$5.45	140536
W	Feb 28	5:30 – 6:15 p.m.	1/$5.45	140674

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

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.

Explore the World of: Penguins (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

Tu	Feb 6	12 – 12:45 p.m.	1/$5.45	140540
W	Feb 14	5:30 – 6:15 p.m.	1/$5.45	140662

Explore the World of: Rainbows (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

Tu	Mar 19	9:30 – 10:15 a.m.	1/$5.45	141538
W	Mar 20	5:30 – 6:15 p.m.	1/$5.45	141566

Explore the World of: Shapes and Colours (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

Tu	Mar 26	9:30 – 10:15 a.m.	1/$5.45	141540

Explore the World of: Superheroes (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Pinetree Community Centre

W	Mar 27	10:45 – 11:30 a.m.	1/$5.45	141617

Explore the World of: Things that Grow (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Pinetree Community Centre

F	Feb 2	9:30 – 10:15 a.m.	1/$5.45	141108

Explore the World of: Transportation (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

Tu	Jan 30	12 – 12:45 p.m.	1/$5.45	140538
W	Feb 21	5:30 – 6:15 p.m.	1/$5.45	140664

Explore the World of: Trees (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Jan 17	5:30 – 6:15 p.m.	1/$5.45	140666
Tu	Feb 13	12 – 12:45 p.m.	1/$5.45	140541

Explore the World of: Under the Sea (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Jan 24	5:30 – 6:15 p.m.	1/$5.45	140668
Tu	Feb 20	12 – 12:45 p.m.	1/$5.45	140542

Explore the World of: Wild Animals (3 – 5 yrs)

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Mar 27	5:30 – 6:15 p.m.	1/$5.45	141567

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

Tu	Jan 16 – Feb 6	10:45 – 11:30 a.m.	4/$21.80	141064
W	Feb 14 – Mar 13	10:45 – 11:30 a.m.	5/$27.25	141231
W	Feb 14 – Mar 13	3:30 – 4:15 p.m.	5/$27.25	141233
Tu	Mar 19	10:45 – 11:30 a.m.	1/$5.45	141601

at Poirier Community Centre

Tu	Jan 16 – Feb 6	10:45 – 11:30 a.m.	4/$21.80	140534
Tu	Feb 13 – Mar 12	10:45 – 11:30 a.m.	5/$27.25	140535

Little Learners: French (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. This program will be facilitated in both French and English.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	6 – 6:45 p.m.	4/$21.80	140691
Tu	Feb 13 – Mar 12	6 – 6:45 p.m.	5/$27.25	140696

Play and Learn (3 – 4 yrs)

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

at Pinetree Community Centre

Tu/Th	Jan 16 – Mar 14	9:30 – 11:30 a.m.	18/$233.10	141085

Play and Learn (3 – 5 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

M/W/F	Jan 15 – Mar 15	9:30 – 11:30 a.m.	26/$336.70	140647

Play and Learn (4 – 5 yrs)

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

at Pinetree Community Centre

M/W/F	Jan 15 – Mar 15	9:30 – 11:30 a.m.	26/$336.70	140557

Play and Learn: Extended Play (3 – 4 yrs)

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

at Pinetree Community Centre

Tu	Jan 16 – Mar 12	11:30 a.m. – 12:30 p.m.	9/$58.05	141086
Th	Jan 18 – Mar 14	11:30 a.m. – 12:30 p.m.	9/$58.05	141088

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

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Mar 11	11:30 a.m. – 12:30 p.m.	8/$51.60	141175
W	Jan 17 – Mar 13	11:30 a.m. – 12:30 p.m.	9/$58.05	141176
F	Jan 19 – Mar 15	11:30 a.m. – 12:30 p.m.	9/$58.05	141177

Play and Learn: Extended Play (4 – 5 yrs)

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

at Pinetree Community Centre

M	Jan 15 – Mar 11	11:30 a.m. – 12:30 p.m.	8/$51.60	141079
W	Jan 17 – Mar 13	11:30 a.m. – 12:30 p.m.	9/$58.05	141083
F	Jan 19 – Mar 15	11:30 a.m. – 12:30 p.m.	9/$58.05	141084

Performing Arts

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 (1200 Cartier Ave)

F	Jan 19 – Feb 9	5 – 5:45 p.m.	4/$21.80	141492
Sa	Jan 20 – Feb 10	10:45 – 11:30 a.m.	4/$21.80	141559
F	Feb 16 – Mar 15	5 – 5:45 p.m.	5/$27.25	141493
Sa	Feb 17 – Mar 16	10:45 – 11:30 a.m.	5/$27.25	141560

at Pinetree Community Centre

Tu	Jan 16 – Feb 6	11:15 a.m. – 12 p.m.	4/$21.80	141072
Sa	Jan 20 – Feb 10	9 – 9:45 a.m.	4/$21.80	140427
Sa	Jan 20 – Feb 10	10 – 10:45 a.m.	4/$21.80	140428
Tu	Feb 13 – Mar 12	11:15 a.m. – 12 p.m.	5/$27.25	141296
Sa	Feb 17 – Mar 16	9 – 9:45 a.m.	5/$27.25	140856
Sa	Feb 17 – Mar 16	10 – 10:45 a.m.	5/$27.25	140857

at Poirier Community Centre

W	Jan 17 – Feb 7	4 – 4:45 p.m.	4/$21.80	140624
W	Feb 14 – Mar 13	4 – 4:45 p.m.	5/$27.25	140627

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

Discover Dance (3 – 5 yrs)

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

at Dogwood Pavilion

Su	Jan 14 – Feb 4	11:15 a.m. – 12 p.m.	4/$21.80	140441
Tu	Jan 16 – Feb 6	10:15 – 11 a.m.	4/$21.80	140550
Sa	Jan 20 – Feb 10	2:45 – 3:30 p.m.	4/$21.80	141018
Su	Feb 11 – Mar 10	11:15 a.m. – 12 p.m.	5/$27.25	140442
Tu	Feb 13 – Mar 12	10:15 – 11 a.m.	5/$27.25	140552
Sa	Feb 17 – Mar 16	2:45 – 3:30 p.m.	5/$27.25	141020

Hip Hop (3 – 5 yrs)

This high energy class takes the basic movements of hip hop to the next level by combining them into cool new routines.

at Poirier Community Centre

Th	Jan 18 – Feb 8	4:30 – 5:15 p.m.	4/$21.80	140922
Th	Feb 15 – Mar 14	4:30 – 5:15 p.m.	5/$27.25	140923

Jazz (3 – 5 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19 – Feb 9	6 – 6:45 p.m.	4/$21.80	141502
F	Feb 16 – Mar 15	6 – 6:45 p.m.	5/$27.25	141505

at Pinetree Community Centre

Tu	Jan 16 – Feb 6	10:15 – 11 a.m.	4/$21.80	141071
Tu	Feb 13 – Mar 12	10:15 – 11 a.m.	5/$27.25	141294

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 Poirier Community Centre

Th	Jan 11 – Apr 25	6 – 7 p.m.	14/$189	140947
Sa	Jan 13 – Apr 27	9 – 10 a.m.	14/$189	141011

Mini Performers (4 – 5 yrs)

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

at Poirier Community Centre

M	Jan 15 – Feb 5	11:15 a.m. – 12:15 p.m.	4/$21.80	140477
M	Feb 12 – Mar 11	11:15 a.m. – 12:15 p.m.	4/$21.80	140478

Sports and Active Play

Ball Hockey (3 yrs)

Give your child an early start playing ball hockey learning skills through FUNdamental movements and inclusive play. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

at Poirier Community Centre

Tu	Jan 16 – Feb 6	9:45 – 10:15 a.m.	4/$16.80	140524
Tu	Feb 13 – Mar 12	9:45 – 10:15 a.m.	5/$21	140525

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 (1200 Cartier Ave)

Su	Jan 14 – Feb 4	11 – 11:30 a.m.	4/$16.80	141392
Su	Feb 11 – Mar 10	11 – 11:30 a.m.	5/$21	141393

at Poirier Community Centre

Tu	Jan 16 – Feb 6	11:15 – 11:45 a.m.	4/$16.80	140526
Tu	Feb 13 – Mar 12	11:15 – 11:45 a.m.	5/$21	140527

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

Sa	Jan 20 – Feb 3	12:15 – 12:45 p.m.	3/$12.60	141034
Sa	Feb 17 – Mar 16	12:15 – 12:45 p.m.	4/$16.80	141036

Basketball (4 – 5 yrs)

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

at Centennial Activity Centre

Sa	Jan 20 – Feb 3	1 – 1:30 p.m.	3/$12.60	141038
Sa	Feb 17 – Mar 16	1 – 1:30 p.m.	4/$16.80	141039

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 20 – Feb 10	9:15 – 9:45 a.m.	4/$16.80	141406
Sa	Feb 17 – Mar 16	9:15 – 9:45 a.m.	5/$21	141407

at Pinetree Community Centre

Sa	Jan 20 – Feb 17	10:45 – 11:15 a.m.	4/$16.80	141336

at Smiling Creek Activity Centre

Th	Jan 18 – Feb 8	6 – 6:30 p.m.	4/$16.80	140194
Th	Feb 15 – Mar 14	6 – 6:30 p.m.	5/$21	140195

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 (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	10:15 – 11 a.m.	4/$32.60	141416
Tu	Feb 13 – Mar 12	10:15 – 11 a.m.	5/$40.75	141417

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 (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	2:30 – 3:15 p.m.	4/$32.60	141414
Tu	Feb 13 – Mar 12	2:30 – 3:15 p.m.	5/$40.75	141415

at Pinetree Community Centre

Su	Jan 14 – Feb 4	9:15 – 10 a.m.	4/$32.60	141285
Su	Feb 11 – Mar 10	9:15 – 10 a.m.	5/$40.75	141286

All Abilities Welcome!
Visit page **6** for details

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	Jan 20 – Feb 3	10:30 – 11 a.m.	3/$12.60	141073
Sa	Feb 17 – Mar 16	10:30 – 11 a.m.	4/$16.80	141075

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	10:30 – 11 a.m.	4/$16.80	141408
Th	Jan 18 – Feb 8	2:30 – 3 p.m.	4/$16.80	141410
M	Feb 12 – Mar 11	10:30 – 11 a.m.	4/$16.80	141409
Th	Feb 15 – Mar 14	2:30 – 3 p.m.	5/$21	141411

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	Jan 20 – Feb 3	11:15 – 11:45 a.m.	3/$12.60	141076
Sa	Feb 17 – Mar 16	2:45 – 3:15 p.m.	4/$16.80	141077

at Maillardville Community Centre (1200 Cartier Ave)

Th	Jan 18 – Feb 8	3:15 – 3:45 p.m.	4/$16.80	141412
Th	Feb 15 – Mar 14	3:15 – 3:45 p.m.	5/$21	141413

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!

at Pinetree Community Centre

Sa	Jan 20 – Feb 17	10:30 – 11:15 a.m.	5/$27.25	141326
Sa	Feb 24 – Mar 16	10:30 – 11:15 a.m.	4/$21.80	141327

at Poirier Community Centre

Su	Jan 14 – Feb 4	10:30 – 11:15 a.m.	4/$21.80	140323
M	Jan 15 – Feb 5	10 – 10:45 a.m.	4/$21.80	140462
M	Jan 15 – Feb 5	5:30 – 6:15 p.m.	4/$21.80	140464
F	Jan 19 – Feb 9	10 – 10:45 a.m.	4/$21.80	140962
Su	Feb 11 – Mar 10	10:30 – 11:15 a.m.	5/$27.25	140324
M	Feb 12 – Mar 11	10 – 10:45 a.m.	4/$21.80	140463
M	Feb 12 – Mar 11	5:30 – 6:15 p.m.	4/$21.80	140465
F	Feb 16 – Mar 15	10 – 10:45 a.m.	4/$21.80	140963

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

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 Pinetree Community Centre

Sa	Jan 20 – Feb 17	11:30 a.m. – 12:15 p.m.	5/$27.25	141328
Sa	Feb 24 – Mar 16	11:30 a.m. – 12:15 p.m.	4/$21.80	141329

at Poirier Community Centre

Su	Jan 14 – Feb 4	11:30 a.m. – 12:15 p.m.	4/$21.80	140326
M	Jan 15 – Feb 5	11 – 11:45 a.m.	4/$21.80	140466
M	Jan 15 – Feb 5	6:30 – 7:15 p.m.	4/$21.80	140468
F	Jan 19 – Feb 9	11 – 11:45 a.m.	4/$21.80	140965
Su	Feb 11 – Mar 10	11:30 a.m. – 12:15 p.m.	5/$27.25	140327
M	Feb 12 – Mar 11	11 – 11:45 a.m.	4/$21.80	140467
M	Feb 12 – Mar 11	6:30 – 7:15 p.m.	4/$21.80	140469
F	Feb 16 – Mar 15	11 – 11:45 a.m.	4/$21.80	140966

Lacrosse (3 yrs)

Give your child an early start playing lacrosse learning skills through FUNdamental movements and inclusive play. Bringing your own lacrosse stick is recommended, however limited sticks are available upon request. Soft lacrosse balls will be used for this program. 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	Jan 20 – Feb 3	9:30 – 10 a.m.	3/$12.60	141021
Sa	Feb 17 – Mar 16	9:30 – 10 a.m.	4/$16.80	141023

Lacrosse (4 – 5 yrs)

Give your child an early start playing lacrosse learning skills through FUNdamental movements and inclusive play. Bringing your own lacrosse stick is recommended, however limited sticks are available upon request. Soft lacrosse balls will be used for this program.

at Centennial Activity Centre

Sa	Jan 20 – Feb 3	10:15 – 10:45 a.m.	3/$12.60	141025
Sa	Feb 17 – Mar 16	10:15 – 10:45 a.m.	4/$16.80	141026

Multi-Ball (3 – 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	Jan 20 – Feb 3	1:15 – 1:45 p.m.	3/$12.60	141048
Sa	Feb 17 – Mar 16	1:15 – 1:45 p.m.	4/$16.80	141050

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	11:15 – 11:45 a.m.	4/$16.80	141394
W	Jan 17 – Feb 7	10:30 – 11 a.m.	4/$16.80	141400
M	Feb 12 – Mar 11	11:15 – 11:45 a.m.	4/$16.80	141395
W	Feb 14 – Mar 13	10:30 – 11 a.m.	5/$21	141401

at Pinetree Community Centre

Sa	Jan 20 – Feb 17	10 – 10:30 a.m.	4/$16.80	141334
Su	Feb 11 – Mar 10	9:15 – 9:45 a.m.	5/$21	140203

at Smiling Creek Activity Centre

W	Jan 17 – Feb 7	6 – 6:30 p.m.	4/$16.80	140188
W	Feb 14 – Mar 13	6 – 6:30 p.m.	5/$21	140189

Multi-Ball (4 – 5 yrs)

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

at Centennial Activity Centre

Sa	Jan 20 – Feb 3	2 – 2:30 p.m.	3/$12.60	141053
Sa	Feb 17 – Mar 16	2 – 2:30 p.m.	4/$16.80	141057

at Pinetree Community Centre

Sa	Feb 24 – Mar 16	10:45 – 11:15 a.m.	4/$16.80	141337

at Smiling Creek Activity Centre

Th	Jan 18 – Feb 8	5:15 – 5:45 p.m.	4/$16.80	140192
Th	Feb 15 – Mar 14	5:15 – 5:45 p.m.	5/$21	140193

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Preschool Yoga (4 – 6 yrs)

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

at City Centre Aquatic Complex

Sa	Jan 13 – Feb 10	11:30 a.m. – 12:15 p.m.	5/$39.75	139230
Sa	Feb 17 – Mar 16	11:30 a.m. – 12:15 p.m.	5/$39.75	139232

at Maillardville Community Centre (1200 Cartier Ave)

Th	Jan 18 – Feb 15	9:30 – 10:15 a.m.	5/$39.75	142224
Th	Feb 22 – Mar 14	9:30 – 10:15 a.m.	4/$31.80	142225

at Pinetree Community Centre

M	Jan 8 – Feb 5	5:15 – 6 p.m.	5/$39.75	139386
M	Feb 12 – Mar 11	5:15 – 6 p.m.	4/$31.80	139387

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	Jan 14 – Feb 4	10 – 10:30 a.m.	4/$16.80	140445
Su	Feb 11 – Mar 10	10 – 10:30 a.m.	4/$16.80	140446

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	5:15 – 5:45 p.m.	4/$16.80	141398
W	Jan 17 – Feb 7	11:15 – 11:45 a.m.	4/$16.80	141402
Tu	Feb 13 – Mar 12	5:15 – 5:45 p.m.	5/$21	141399
W	Feb 14 – Mar 13	11:15 – 11:45 a.m.	5/$21	141403

at Poirier Community Centre

Th	Jan 18 – Feb 8	9:45 – 10:15 a.m.	4/$16.80	140897
Th	Feb 15 – Mar 14	9:45 – 10:15 a.m.	5/$21	140900

at Smiling Creek Activity Centre

M	Jan 15 – Feb 5	6 – 6:30 p.m.	4/$16.80	140182
M	Feb 12 – Mar 11	6 – 6:30 p.m.	4/$16.80	140183

Soccer (4 – 5 yrs)

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

at Centennial Activity Centre

Su	Jan 14 – Feb 4	10:45 – 11:15 a.m.	4/$16.80	140447
Su	Feb 11 – Mar 10	10:45 – 11:15 a.m.	4/$16.80	140448

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	2:45 – 3:15 p.m.	4/$16.80	141396
W	Jan 17 – Feb 7	3:30 – 4 p.m.	4/$16.80	141404
M	Feb 12 – Mar 11	2:45 – 3:15 p.m.	4/$16.80	141397
W	Feb 14 – Mar 13	3:30 – 4 p.m.	5/$21	141405

at Pinetree Community Centre

Su	Feb 11 – Mar 10	10 – 10:30 a.m.	5/$21	140205

at Poirier Community Centre

Th	Jan 18 – Feb 8	11:15 – 11:45 a.m.	4/$16.80	140901
Th	Feb 15 – Mar 14	11:15 – 11:45 a.m.	5/$21	140902

at Smiling Creek Activity Centre

M	Jan 15 – Feb 5	6:45 – 7:15 p.m.	4/$16.80	140184
M	Feb 12 – Mar 11	6:45 – 7:15 p.m.	4/$16.80	140185

Sport and Games (3 yrs)

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

at Smiling Creek Activity Centre

Tu	Jan 16 – Feb 6	5:15 – 5:45 p.m.	4/$16.80	142209
Tu	Feb 13 – Mar 12	5:15 – 5:45 p.m.	5/$21	142210

Sport and Games (4 – 5 yrs)

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

at Smiling Creek Activity Centre

Tu	Jan 16 – Feb 6	6 – 6:30 p.m.	4/$16.80	142211
Tu	Feb 13 – Mar 12	6 – 6:30 p.m.	5/$21	142212

Oops! We cancelled it...

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

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

Child

6 – 12 yrs

Coquitlam resident registration for Child programs opens at 8:30 a.m. on Nov. 28.
[new line] Non-resident registration for Child programs opens at 8:30 a.m. on Nov. 30.

Learn and Discover

Aide Aux Devoirs Homework Club (10 – 13 yrs)

Join us for a French-led homework club for students in FSL, late immersion, or French immersion programs at school. Participants will start by burning some energy in the gym, followed by a snack and then get the opportunity to receive help with their homework. Any time that is left will be spent playing French language games.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	3:30 – 5 p.m.	4/$40	142002
Tu	Feb 13 – Mar 12	3:30 – 5 p.m.	5/$50	142223

Chess: Beginner (8 – 11 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	5:30 – 6:15 p.m.	4/$21.80	140679
M	Feb 12 – Mar 11	5:30 – 6:15 p.m.	4/$21.80	140681

at Pinetree Community Centre

Tu	Jan 16 – Feb 6	4:30 – 5:15 p.m.	4/$21.80	140632
Tu	Feb 13 – Mar 12	4:30 – 5:15 p.m.	5/$27.25	140839

Chess: Intermediate (8 – 11 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	6:30 – 7:15 p.m.	4/$21.80	140682
M	Feb 12 – Mar 11	6:30 – 7:15 p.m.	4/$21.80	140683

Creative Bakers (6 – 8 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	4:30 – 6 p.m.	4/$53.20	140650
Sa	Jan 20 – Feb 10	9:15 – 10:45 a.m.	4/$53.20	141553
M	Feb 12 – Mar 11	6:30 – 8 p.m.	4/$53.20	140651
Sa	Feb 17 – Mar 16	9:15 – 10:45 a.m.	5/$66.50	141555

All Abilities Welcome!
Visit page 6 for details

Creative Bakers (9 – 11 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	6:30 – 8 p.m.	4/$53.20	140652
Sa	Jan 20 – Feb 10	11:15 a.m. – 12:45 p.m.	4/$53.20	141556
M	Feb 12 – Mar 11	4:30 – 6 p.m.	4/$53.20	140653
Sa	Feb 17 – Mar 16	11:15 a.m. – 12:45 p.m.	5/$66.50	141557

Creative Bakers: Easter (6 – 8 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Mar 25	4 – 5:30 p.m.	1/$13.30	141836

Creative Bakers: Easter (9 – 11 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Mar 25	6 – 7:30 p.m.	1/$13.30	141837

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 (1200 Cartier Ave)

Su	Jan 14 – Feb 4	1 – 2 p.m.	4/$35.40	140585
Th	Jan 18 – Feb 8	5 – 6 p.m.	4/$35.40	140729
Th	Feb 15 – Mar 14	5 – 6 p.m.	5/$44.25	140731

at Poirier Community Centre

M	Jan 15 – Feb 5	6:30 – 7:30 p.m.	4/$35.40	140498
M	Feb 12 – Mar 11	6:30 – 7:30 p.m.	4/$35.40	140500
M	Mar 18	6:30 – 7:30 p.m.	1/$8.85	141535
M	Mar 25	6:30 – 7:30 p.m.	1/$8.85	141536

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 (1200 Cartier Ave)

Th	Jan 18 – Feb 8	6:30 – 7:30 p.m.	4/$35.40	140733
Su	Feb 11 – Mar 10	1 – 2 p.m.	5/$44.25	140587
Th	Feb 15 – Mar 14	6:30 – 7:30 p.m.	5/$44.25	140734

at Poirier Community Centre

W	Jan 17 – Feb 7	4:45 – 5:45 p.m.	4/$35.40	140602
W	Feb 14 – Mar 13	4:45 – 5:45 p.m.	5/$44.25	140604
W	Mar 20	4:45 – 5:45 p.m.	1/$8.85	141569
W	Mar 27	4:45 – 5:45 p.m.	1/$8.85	141570

Creative Minds: Designing a Board Game (8 – 11 yrs)

Have a great idea for a board game? Our instructor will help guide you to make that idea a reality. By the end of this class, you and your family will have a new game to play at home.

at Poirier Community Centre

Sa	Jan 20 – Feb 10	11 a.m. – 12 p.m.	4/$26.60	140997
Sa	Feb 17 – Mar 16	11 a.m. – 12 p.m.	5/$33.25	140998

Crocodile Mandarin A (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 Winter 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 with them. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Jan 13 – Mar 16	9:05 – 10 a.m.	10/$240	141051
Su	Jan 14 – Mar 17	9:05 – 10 a.m.	10/$240	141046

Crocodile Mandarin Junior Academic (5 – 10 yrs)

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

at Pinetree Community Centre

Sa	Jan 13 – Mar 16	12:05 – 1 p.m.	10/$240	141061
Su	Jan 14 – Mar 17	12:05 – 1 p.m.	10/$240	141055

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

EngKidz: Artsy Engineers (7 – 12 yrs)

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

at Pinetree Community Centre

Su	Feb 11 – Mar 17	11 a.m. – 12:30 p.m.	5/$175	140834

EngKidz: Budding Engineers (7 – 12 yrs)

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

at Pinetree Community Centre

Su	Jan 7 – Feb 4	11 a.m. – 12:30 p.m.	5/$175	140813

Young Carpenters (5 – 7 yrs)

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

at Poirier Community Centre

Th	Jan 18 – Feb 8	5:15 – 6 p.m.	4/$21.80	140942
Th	Feb 15 – Mar 14	5:15 – 6 p.m.	5/$27.25	140943
Th	Mar 21	5:15 – 6 p.m.	1/$5.45	141579
Th	Mar 28	5:15 – 6 p.m.	1/$5.45	141580

Young Carpenters (8 – 11 yrs)

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

at Poirier Community Centre

Th	Jan 18 – Feb 8	6:30 – 7:15 p.m.	4/$21.80	140945
Th	Feb 15 – Mar 14	6:30 – 7:15 p.m.	5/$27.25	140946
Th	Mar 21	6:30 – 7:15 p.m.	1/$5.45	141581
Th	Mar 28	6:30 – 7:15 p.m.	1/$5.45	141582

Young Scientists (5 – 7 yrs)

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

at Pinetree Community Centre

Th	Jan 18 – Feb 8	4:15 – 5 p.m.	4/$21.80	140629
Th	Feb 15 – Mar 14	4:15 – 5 p.m.	5/$27.25	140837

Young Scientists (8 – 11 yrs)

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

at Pinetree Community Centre

Th	Jan 18 – Feb 8	5:30 – 6:15 p.m.	4/$21.80	140630
Th	Feb 15 – Mar 14	5:30 – 6:15 p.m.	5/$27.25	140838

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 (1200 Cartier Ave)

M	Jan 15 – Feb 5	5 – 5:45 p.m.	4/$21.80	140667
M	Jan 15 – Feb 5	6 – 6:45 p.m.	4/$21.80	140672
M	Feb 12 – Mar 11	5 – 5:45 p.m.	4/$21.80	140670
M	Feb 12 – Mar 11	6 – 6:45 p.m.	4/$21.80	140673

at Pinetree Community Centre

Th	Jan 18 – Feb 8	5:15 – 6 p.m.	4/$21.80	140430
Th	Jan 18 – Feb 8	7:15 – 8 p.m.	4/$21.80	140431
Th	Feb 15 – Mar 14	5:15 – 6 p.m.	5/$27.25	140851
Th	Feb 15 – Mar 14	7:15 – 8 p.m.	5/$27.25	140852

at Poirier Community Centre

W	Jan 17 – Feb 7	6 – 6:45 p.m.	4/$21.80	140631
W	Feb 14 – Mar 13	6 – 6:45 p.m.	5/$27.25	140633

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 (1200 Cartier Ave)

M	Jan 15 – Feb 5	7 – 7:45 p.m.	4/$21.80	140675
M	Feb 12 – Mar 11	7 – 7:45 p.m.	4/$21.80	140676

at Pinetree Community Centre

Th	Jan 18 – Feb 8	6:15 – 7 p.m.	4/$21.80	140432
Th	Feb 15 – Mar 14	6:15 – 7 p.m.	5/$27.25	140853

at Poirier Community Centre

W	Jan 17 – Feb 7	7 – 7:45 p.m.	4/$21.80	140635
W	Feb 14 – Mar 13	7 – 7:45 p.m.	5/$27.25	140637

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 (1200 Cartier Ave)

Sa	Jan 20 – Feb 10	11:45 a.m. – 12:30 p.m.	4/$21.80	141561
Sa	Feb 17 – Mar 16	11:45 a.m. – 12:30 p.m.	5/$27.25	141563

at Pinetree Community Centre

Sa	Jan 20 – Feb 10	11 – 11:45 a.m.	4/$21.80	140426
Sa	Jan 20 – Feb 10	12 – 12:45 p.m.	4/$21.80	140429
Sa	Feb 17 – Mar 16	11 – 11:45 a.m.	5/$27.25	140854
Sa	Feb 17 – Mar 16	12 – 12:45 p.m.	5/$27.25	140855

at Poirier Community Centre

W	Jan 17 – Feb 7	5 – 5:45 p.m.	4/$21.80	140639
W	Feb 14 – Mar 13	5 – 5:45 p.m.	5/$27.25	140642

Choir (5 – 7 yrs)

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

at Poirier Community Centre

F	Jan 19 – Feb 9	5:30 – 6:15 p.m.	4/$21.80	140977
F	Feb 16 – Mar 15	5:30 – 6:15 p.m.	5/$27.25	140978

Choir (8 – 11 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Feb 7	6 – 7 p.m.	4/$26.60	140716
W	Feb 14 – Mar 13	6 – 7 p.m.	5/$33.25	140717

Discover Dance (5 – 7 yrs)

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

at Dogwood Pavilion

Su	Jan 14 – Feb 4	9:30 – 10:15 a.m.	4/$21.80	140335
Sa	Jan 20 – Feb 10	1 – 1:45 p.m.	4/$21.80	141014
Su	Feb 11 – Mar 10	9:30 – 10:15 a.m.	5/$27.25	140336
Sa	Feb 17 – Mar 16	1 – 1:45 p.m.	5/$27.25	141015

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 Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	9:30 – 10:30 a.m.	4/$26.60	140591
Su	Feb 11 – Mar 10	9:30 – 10:30 a.m.	5/$33.25	140595

at Pinetree Community Centre

W	Jan 17 – Feb 7	4 – 5 p.m.	4/$26.60	140648
W	Feb 14 – Mar 13	4 – 5 p.m.	5/$33.25	140846

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. Dancers will create mini shows to build the confidence to dance and perform in public.

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	2:30 – 3:15 p.m.	4/$21.80	140596
Su	Feb 11 – Mar 10	2:30 – 3:15 p.m.	5/$27.25	140597

at Pinetree Community Centre

F	Jan 19 – Feb 9	5:15 – 6 p.m.	4/$21.80	140423
F	Feb 16 – Mar 15	5:15 – 6 p.m.	5/$27.25	140849

at Poirier Community Centre

Th	Jan 18 – Feb 8	5:30 – 6:15 p.m.	4/$21.80	140924
Th	Feb 15 – Mar 14	5:30 – 6:15 p.m.	5/$27.25	140925

Hip Hop (8 – 11 yrs)

Explore the different styles of hip hop through the foundation elements of urban dance, grooves, body movements and group games. Dancers will create mini shows to build the confidence to dance and perform in public.

at Pinetree Community Centre

F	Jan 19 – Feb 9	6:15 – 7 p.m.	4/$21.80	140425
F	Feb 16 – Mar 15	6:15 – 7 p.m.	5/$27.25	140850

at Poirier Community Centre

Th	Jan 18 – Feb 8	6:30 – 7:15 p.m.	4/$21.80	140929
Th	Feb 15 – Mar 14	6:30 – 7:15 p.m.	5/$27.25	140930

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

Hip Hop: Popping (8 – 11 yrs)

Our expert instructor will break down the fundamentals of this iconic street dance, helping you unleash your inner dancer and develop your own unique style.

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	3:30 – 4:15 p.m.	4/$21.80	140601
Su	Feb 11 – Mar 10	3:30 – 4:15 p.m.	5/$27.25	140603

Jazz (5 – 7 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19 – Feb 9	7 – 7:45 p.m.	4/$21.80	141510
F	Feb 16 – Mar 15	7 – 7:45 p.m.	5/$27.25	141511

Musical Theatre (5 – 7 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Feb 7	4:30 – 5:30 p.m.	4/$26.60	140714
W	Feb 14 – Mar 13	4:30 – 5:30 p.m.	5/$33.25	140715

Musical Theatre (8 – 11 yrs)

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

at Poirier Community Centre

F	Jan 19 – Feb 9	6:45 – 7:45 p.m.	4/$26.60	140980
F	Feb 16 – Mar 15	6:45 – 7:45 p.m.	5/$33.25	140981

Zumba® Kids (7 – 11 yrs)

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

at City Centre Aquatic Complex

Sa	Jan 13 – Feb 10	12:45 – 1:30 p.m.	5/$39.75	139256
Sa	Feb 17 – Mar 16	12:45 – 1:30 p.m.	5/$39.75	139261

at Pinetree Community Centre

M	Jan 8 – Feb 5	6:15 – 7 p.m.	5/$39.75	139395
M	Feb 12 – Mar 11	6:15 – 7 p.m.	4/$31.80	139396

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.

Sports and Active Play

Afternoon Sports (6 – 10 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	3:30 – 4:45 p.m.	4/$33.20	141677
F	Jan 19 – Feb 9	3:30 – 4:45 p.m.	4/$33.20	141679
M	Feb 12 – Mar 11	3:30 – 4:45 p.m.	4/$33.20	141678
F	Feb 16 – Mar 15	3:30 – 4:45 p.m.	5/$41.50	141680

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 (1200 Cartier Ave)

W	Jan 17 – Feb 7	3:30 – 4:15 p.m.	4/$21.80	141663
W	Feb 14 – Mar 13	3:30 – 4:15 p.m.	5/$27.25	141664

at Pinetree Community Centre

Su	Feb 11 – Mar 10	12 – 12:45 p.m.	5/$27.25	141308

Is your child in Grade 5 or 6 this year?

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

Passes are valid from Sept. 5, 2023 – Sept. 2, 2024.

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

Ball Hockey (6 – 8 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	9 – 9:45 a.m.	4/$21.80	141647
Su	Feb 11 – Mar 10	9 – 9:45 a.m.	5/$27.25	141648

at Pinetree Community Centre

Sa	Feb 24 – Mar 16	11:30 a.m. – 12:15 p.m.	4/$21.80	141339

Ball Hockey (9 – 11 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	11:45 a.m. – 12:45 p.m.	4/$26.60	141649
Su	Feb 11 – Mar 10	11:45 a.m. – 12:45 p.m.	5/$33.25	141650

Ball Hockey Skills, Drills and Game Time (6 – 10 yrs)

Players will spend time developing skills and doing drills. Followed by organized game time. Required equipment: CSA approved hockey helmet with face cage, stick, gloves, water bottle and running shoes.

at Poirier Forum

Th	Jan 11 – Mar 14	5 – 6 p.m.	10/$66.50	141971
Sa	Jan 13 – Mar 16	1:30 – 2:30 p.m.	10/$66.50	141968

Basketball (6 – 8 yrs)

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

at Centennial Activity Centre

Sa	Jan 20 – Feb 3	1:45 – 2:30 p.m.	3/$16.35	141042
Sa	Feb 17 – Mar 16	1:45 – 2:30 p.m.	4/$21.80	141044

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	11 – 11:45 a.m.	4/$21.80	141645
Th	Jan 18 – Feb 8	4 – 4:45 p.m.	4/$21.80	141665
Su	Feb 11 – Mar 10	11 – 11:45 a.m.	5/$27.25	141646
Th	Feb 15 – Mar 14	4 – 4:45 p.m.	5/$27.25	141666

at Pinetree Community Centre

Sa	Jan 20 – Feb 17	11:30 a.m. – 12:15 p.m.	4/$21.80	141338
Sa	Feb 24 – Mar 16	12:30 – 1:15 p.m.	4/$21.80	141341

at Smiling Creek Activity Centre

W	Jan 17 – Feb 7	6:45 – 7:30 p.m.	4/$21.80	140190
W	Feb 14 – Mar 13	6:45 – 7:30 p.m.	5/$27.25	140191

at Summit Community Centre

Th	Jan 18 – Feb 8	5:45 – 6:30 p.m.	4/$21.80	140198
Th	Feb 15 – Mar 14	5:45 – 6:30 p.m.	4/$21.80	140199

Basketball (9 – 11 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	4 – 5 p.m.	4/$26.60	141659
Sa	Jan 20 – Feb 10	10 – 11 a.m.	4/$26.60	141671
Tu	Feb 13 – Mar 12	4 – 5 p.m.	5/$33.25	141660
Sa	Feb 17 – Mar 16	10 – 11 a.m.	5/$33.25	141672

at Pinetree Community Centre

Sa	Jan 20 – Feb 17	12:30 – 1:30 p.m.	4/$26.60	141340

at Smiling Creek Activity Centre

Th	Jan 18 – Feb 8	6:45 – 7:45 p.m.	4/$26.60	140196
Th	Feb 15 – Mar 14	6:45 – 7:45 p.m.	5/$33.25	140197

at Summit Community Centre

Th	Jan 18 – Feb 8	6:30 – 7:30 p.m.	4/$26.60	140200
Th	Feb 15 – Mar 14	6:45 – 7:45 p.m.	4/$26.60	140201

Basketball for Girls (6 – 8 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 20 – Feb 10	11:15 a.m. – 12 p.m.	4/$21.80	141669
Sa	Feb 17 – Mar 16	11:15 a.m. – 12 p.m.	5/$27.25	141670

All Abilities Welcome!
Visit page **6** for details

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

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

W	Jan 17 – Feb 7	6:30 – 7:30 p.m.	4/$26.60	140706
W	Feb 14 – Mar 13	6:30 – 7:30 p.m.	5/$33.25	140707

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	9 – 10 a.m.	4/$26.60	141651
Su	Feb 11 – Mar 10	9 – 10 a.m.	5/$33.25	141652

Battle Archery (8 – 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.

at Summit Community Centre

Tu	Jan 16 – Feb 6	5:30 – 6:30 p.m.	4/$60	142205
Tu	Feb 13 – Mar 12	5:30 – 6:30 p.m.	5/$75	142206

Family Kickboxing (8+ 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

W	Jan 10 – Feb 7	6:30 – 7:30 p.m.	5/$47.25	140278
W	Feb 14 – Mar 13	6:30 – 7:30 p.m.	5/$47.25	140286

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 (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	3:30 – 4:15 p.m.	4/$32.60	141667
Tu	Feb 13 – Mar 12	3:30 – 4:15 p.m.	5/$40.75	141668

at Pinetree Community Centre

Su	Jan 14 – Feb 4	10:15 – 11 a.m.	4/$32.60	141287
Su	Jan 14 – Feb 4	11:15 a.m. – 12 p.m.	4/$32.60	141290
Su	Feb 11 – Mar 10	10:15 – 11 a.m.	5/$40.75	141288
Su	Feb 11 – Mar 10	11:15 a.m. – 12 p.m.	5/$40.75	141291

Handball (6 – 8 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	10 – 10:45 a.m.	4/$21.80	141653
Su	Feb 11 – Mar 10	10 – 10:45 a.m.	5/$27.25	141654

I Can Run, Jump and Throw (6 – 8 yrs)

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

at Centennial Activity Centre

Sa	Jan 20 – Feb 3	9:30 – 10:15 a.m.	3/$16.35	141069
Sa	Feb 17 – Mar 16	9:30 – 10:15 a.m.	4/$21.80	141070

Lacrosse (6 – 8 yrs)

Learn and practice the basics of lacrosse. Develop your skills through fun drills and games. Bringing your own lacrosse stick is recommended, however limited sticks are available upon request. Soft lacrosse balls will be used for this program.

at Centennial Activity Centre

Sa	Jan 20 – Feb 3	12 – 12:45 p.m.	3/$16.35	141029
Sa	Feb 17 – Mar 16	12 – 12:45 p.m.	4/$21.80	141030

Lacrosse for Girls (6 – 10 yrs)

Learn and practice the basics of lacrosse. Develop your skills through fun drills and games. Bringing your own lacrosse stick is recommended, however limited sticks are available upon request. Soft lacrosse balls will be used for this program.

at Centennial Activity Centre

Sa	Jan 20 – Feb 3	11 – 11:45 a.m.	3/$16.35	141027
Sa	Feb 17 – Mar 16	11 – 11:45 a.m.	4/$21.80	141028

Pickleball (6 – 10 yrs)

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

at Centennial Activity Centre

Su	Jan 14 – Feb 4	12:45 – 1:45 p.m.	4/$26.60	140451
Su	Feb 11 – Mar 10	12:45 – 1:45 p.m.	4/$26.60	140452

Soccer (6 – 8 yrs)

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

at Centennial Activity Centre

Su	Jan 14 – Feb 4	11:30 a.m. – 12:15 p.m.	4/$21.80	140449
Su	Feb 11 – Mar 10	11:30 a.m. – 12:15 p.m.	4/$21.80	140450

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	6 – 6:45 p.m.	4/$21.80	141657
Sa	Jan 20 – Feb 10	9 – 9:45 a.m.	4/$21.80	141673
Tu	Feb 13 – Mar 12	6 – 6:45 p.m.	5/$27.25	141658
Sa	Feb 17 – Mar 16	9 – 9:45 a.m.	5/$27.25	141674

at Pinetree Community Centre

Su	Feb 11 – Mar 10	10:45 – 11:30 a.m.	5/$27.25	140207

Soccer for Girls (6 – 8 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	3:30 – 4:15 p.m.	4/$21.80	141655
Tu	Feb 13 – Mar 12	3:30 – 4:15 p.m.	5/$27.25	141656

Soccer for Girls (9 – 11 yrs)

Girls will develop their soccer skills through FUNdamental drills and inclusive play.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 20 – Feb 10	11 – 11:45 a.m.	4/$21.80	141675
Sa	Feb 17 – Mar 16	11 – 11:45 a.m.	5/$27.25	141676

Sport and Games (6 – 8 yrs)

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

at Smiling Creek Activity Centre

Tu	Jan 16 – Feb 6	6:45 – 7:30 p.m.	4/$21.80	142213
Tu	Feb 13 – Mar 12	6:45 – 7:30 p.m.	5/$27.25	142214

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 (1200 Cartier Ave)

W	Jan 17 – Feb 7	4:30 – 5:30 p.m.	4/$26.60	141661
W	Feb 14 – Mar 13	4:30 – 5:30 p.m.	5/$33.25	141662

Yoga 4 Kids (7 – 12 yrs)

A playful yoga class focusing on balance, breathing, dancing, stretching and fun! Age appropriate movements designed to foster an enjoyment of yoga.

at Pinetree Community Centre

Th	Jan 11 – Feb 8	6:15 – 7:15 p.m.	5/$50	139389
Th	Feb 15 – Mar 14	6:15 – 7:15 p.m.	5/$50	139390

Visual Arts

Adventures in Art (5 – 7 yrs)

Explore the exciting world of art! This class will cover introductory techniques and tools used to create a variety of art pieces. Build confidence and self-esteem through your adventures in art!

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	5 – 6 p.m.	4/$26.60	140684
Tu	Feb 13 – Mar 12	5 – 6 p.m.	5/$33.25	140686

at Pinetree Community Centre

Su	Jan 14 – Feb 4	10 – 11 a.m.	4/$26.60	140410
M	Jan 15 – Feb 5	4:30 – 5:30 p.m.	4/$26.60	140612
Su	Feb 11 – Mar 10	10 – 11 a.m.	5/$33.25	140844
M	Feb 12 – Mar 11	4:30 – 5:30 p.m.	4/$26.60	140881

at Poirier Community Centre

F	Jan 19 – Feb 9	4 – 5 p.m.	4/$26.60	140968
F	Feb 16 – Mar 15	4 – 5 p.m.	5/$33.25	140970

Tell us how we did!
coquitlam.ca/ProgramEvaluation

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

Adventures in Art (8 – 11 yrs)

Explore the exciting world of art! This class will cover introductory techniques and tools used to create a variety of art pieces. Build confidence and self-esteem through your adventures in art!

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Feb 6	6:30 – 7:30 p.m.	4/$26.60	140687
Tu	Feb 13 – Mar 12	6:30 – 7:30 p.m.	5/$33.25	140689

at Pinetree Community Centre

Su	Jan 14 – Feb 4	11:30 a.m. – 12:30 p.m.	4/$26.60	140411
Su	Feb 11 – Mar 10	11:30 a.m. – 12:30 p.m.	5/$33.25	140845

at Poirier Community Centre

F	Jan 19 – Feb 9	5:15 – 6:15 p.m.	4/$26.60	140972
F	Feb 16 – Mar 15	5:15 – 6:15 p.m.	5/$33.25	140973

Arts, Crafts and Story Time: Barbie (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Feb 13	5:45 – 6:45 p.m.	1/$6.65	140742

Arts, Crafts and Story Time: Bluey (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Feb 6	5:45 – 6:45 p.m.	1/$6.65	140741

Arts, Crafts and Story Time: Disney Princesses (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Jan 16	5:45 – 6:45 p.m.	1/$6.65	140735

Arts, Crafts and Story Time: Magic School Bus (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Feb 27	5:45 – 6:45 p.m.	1/$6.65	140745

Arts, Crafts and Story Time: Mickey Mouse Funhouse (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Mar 19	5:45 – 6:45 p.m.	1/$6.65	141549

Arts, Crafts and Story Time: Paw Patrol (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Mar 5	5:45 – 6:45 p.m.	1/$6.65	140747

Arts, Crafts and Story Time: Peppa Pig (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Jan 30	5:45 – 6:45 p.m.	1/$6.65	140737

Arts, Crafts and Story Time: Star Wars (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Mar 26	5:45 – 6:45 p.m.	1/$6.65	141550

Arts, Crafts and Story Time: Super Mario (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Mar 12	5:45 – 6:45 p.m.	1/$6.65	140748

Arts, Crafts and Story Time: Superheroes (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Jan 23	5:45 – 6:45 p.m.	1/$6.65	140736

Arts, Crafts and Story Time: Thomas and Friends (5 – 7 yrs)

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

at Poirier Community Centre

Tu	Feb 20	5:45 – 6:45 p.m.	1/$6.65	140743

Clay Works (5 – 7 yrs)

Pound, poke, roll and build. Children will have the opportunity to design, sculpt and paint a new object every week while learning basic hand-building techniques.

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Feb 7	6:30 – 7:30 p.m.	4/$26.60	140721
W	Feb 14 – Mar 13	6:30 – 7:30 p.m.	5/$33.25	140723

at Pinetree Community Centre

Tu	Jan 16 – Feb 6	4 – 5 p.m.	4/$26.60	140416
Tu	Feb 13 – Mar 12	4 – 5 p.m.	5/$33.25	140842

Clay Works (8 – 11 yrs)

Pound, poke, roll and build. Children will have the opportunity to design, sculpt and paint a new object every week while learning basic hand-building techniques.

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Feb 7	5 – 6 p.m.	4/$26.60	140718
W	Feb 14 – Mar 13	5 – 6 p.m.	5/$33.25	140719

at Pinetree Community Centre

Tu	Jan 16 – Feb 6	5:30 – 6:30 p.m.	4/$26.60	140418
Tu	Feb 13 – Mar 12	5:30 – 6:30 p.m.	5/$33.25	140843

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 (1200 Cartier Ave)

Th	Jan 18 – Feb 8	4 – 5 p.m.	4/$26.60	140746
Th	Feb 15 – Mar 14	4 – 5 p.m.	5/$33.25	140749

at Pinetree Community Centre

M	Jan 15 – Feb 5	4:15 – 5:15 p.m.	4/$26.60	140414
M	Feb 12 – Mar 11	4:15 – 5:15 p.m.	4/$26.60	140880

at Poirier Community Centre

Sa	Jan 20 – Feb 10	9:30 – 10:30 a.m.	4/$26.60	140995
Sa	Feb 17 – Mar 16	9:30 – 10:30 a.m.	5/$33.25	140996

Comic Creations (8 – 11 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Th	Jan 18 – Feb 8	5:30 – 6:30 p.m.	4/$26.60	140740
Th	Feb 15 – Mar 14	5:30 – 6:30 p.m.	5/$33.25	140744

at Pinetree Community Centre

M	Jan 15 – Feb 5	5:45 – 6:45 p.m.	4/$26.60	140415

Craft and Create (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination.
Week 1: Bird Seed Ornaments
Week 2: Rock Painting
Week 3: Snow Slime
Week 4: Snow Globes

at Poirier Community Centre

Tu	Jan 16 – Feb 6	4 – 5 p.m.	4/$26.60	140556

Craft and Create (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination.
Week 1: Button Art
Week 2: Hand Sewing Craft
Week 3: Wind Chimes
Week 4: Tie Dye
Week 5: Perler Beads

at Poirier Community Centre

Tu	Feb 13 – Mar 12	4 – 5 p.m.	5/$33.25	140558

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

Craft and Create (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination.
Week 1: Bird Seed Ornaments
Week 2: Rock Painting
Week 3: Snow Slime
Week 4: Snow Globes

at Poirier Community Centre

Tu	Jan 16 – Feb 6	5:30 – 6:30 p.m.	4/$26.60	140559

Craft and Create (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination.
Week 1: Button Art
Week 2: Hand Sewing Craft
Week 3: Wind Chimes
Week 4: Tie Dye
Week 5: Perler Beads

at Poirier Community Centre

Tu	Feb 13 – Mar 12	5:30 – 6:30 p.m.	5/$33.25	140561

Craft and Create: Easter (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Easter.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Mar 30	10:30 – 11:30 a.m.	1/$6.65	141841

at Pinetree Community Centre

Th	Mar 28	10:45 – 11:45 a.m.	1/$6.65	141621

Craft and Create: Easter (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Easter.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Mar 30	12 – 1 p.m.	1/$6.65	141842

Craft and Create: Friendship Bracelets (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Friendship Bracelets.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 20	10:45 – 11:45 a.m.	1/$6.65	141783
F	Feb 9	4 – 5 p.m.	1/$6.65	141464
Sa	Feb 24	10:45 – 11:45 a.m.	1/$6.65	141784
F	Mar 15	4 – 5 p.m.	1/$6.65	141473

at Pinetree Community Centre

W	Jan 24	4 – 5 p.m.	1/$6.65	140764
Sa	Jan 27	10:30 – 11:30 a.m.	1/$6.65	140768
W	Feb 28	4 – 5 p.m.	1/$6.65	140860
Sa	Mar 2	10:30 – 11:30 a.m.	1/$6.65	140872

Craft and Create: Friendship Bracelets (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Friendship Bracelets.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 20	9:15 – 10:15 a.m.	1/$6.65	141781
F	Feb 9	5:30 – 6:30 p.m.	1/$6.65	141484
Sa	Feb 24	9:15 – 10:15 a.m.	1/$6.65	141782
F	Mar 15	5:30 – 6:30 p.m.	1/$6.65	141486

at Pinetree Community Centre

W	Jan 24	5:30 – 6:30 p.m.	1/$6.65	140776
Sa	Jan 27	12 – 1 p.m.	1/$6.65	140780
W	Feb 28	5:30 – 6:30 p.m.	1/$6.65	140865
Sa	Mar 2	12 – 1 p.m.	1/$6.65	140877

Craft and Create: Perler Beads (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Perler Beads.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 27	10:45 – 11:45 a.m.	1/$6.65	141787
F	Feb 16	4 – 5 p.m.	1/$6.65	141466
Sa	Mar 2	10:45 – 11:45 a.m.	1/$6.65	141788

at Pinetree Community Centre

W	Jan 17	4 – 5 p.m.	1/$6.65	140763
Sa	Jan 20	10:30 – 11:30 a.m.	1/$6.65	140767
W	Feb 21	4 – 5 p.m.	1/$6.65	140859
Sa	Feb 24	10:30 – 11:30 a.m.	1/$6.65	140870

Craft and Create: Perler Beads (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Perler Beads.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 27	9:15 – 10:15 a.m.	1/$6.65	141785
F	Feb 16	5:30 – 6:30 p.m.	1/$6.65	141488
Sa	Mar 2	9:15 – 10:15 a.m.	1/$6.65	141786

at Pinetree Community Centre

W	Jan 17	5:30 – 6:30 p.m.	1/$6.65	140775
Sa	Jan 20	12 – 1 p.m.	1/$6.65	140779
W	Feb 21	5:30 – 6:30 p.m.	1/$6.65	140864
Sa	Feb 24	12 – 1 p.m.	1/$6.65	140876

Craft and Create: Pony Beads (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Pony Beads.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 26	4 – 5 p.m.	1/$6.65	141461
Sa	Feb 3	10:45 – 11:45 a.m.	1/$6.65	141793
F	Mar 1	4 – 5 p.m.	1/$6.65	141470
Sa	Mar 9	10:45 – 11:45 a.m.	1/$6.65	141794

at Pinetree Community Centre

W	Feb 7	4 – 5 p.m.	1/$6.65	140766
Sa	Feb 10	10:30 – 11:30 a.m.	1/$6.65	140770
W	Mar 13	4 – 5 p.m.	1/$6.65	140862
Sa	Mar 16	10:30 – 11:30 a.m.	1/$6.65	140874

Craft and Create: Pony Beads (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Pony Beads.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 26	5:30 – 6:30 p.m.	1/$6.65	141478
Sa	Feb 3	9:15 – 10:15 a.m.	1/$6.65	141789
F	Mar 1	5:30 – 6:30 p.m.	1/$6.65	141480
Sa	Mar 9	9:15 – 10:15 a.m.	1/$6.65	141791

at Pinetree Community Centre

W	Feb 7	5:30 – 6:30 p.m.	1/$6.65	140778
Sa	Feb 10	12 – 1 p.m.	1/$6.65	140782
W	Mar 13	5:30 – 6:30 p.m.	1/$6.65	140867
Sa	Mar 16	12 – 1 p.m.	1/$6.65	140879

Craft and Create: Sewing (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Sewing.

at Maillardville Community Centre (1200 Cartier Ave)

F	Feb 2	4 – 5 p.m.	1/$6.65	141462
Sa	Feb 10	10:45 – 11:45 a.m.	1/$6.65	141798
F	Mar 8	4 – 5 p.m.	1/$6.65	141471
Sa	Mar 16	10:45 – 11:45 a.m.	1/$6.65	141800

at Pinetree Community Centre

W	Feb 14	4 – 5 p.m.	1/$6.65	140858
Sa	Feb 17	10:30 – 11:30 a.m.	1/$6.65	140868

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 **6** for details

Craft and Create: Sewing (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Sewing.

at Maillardville Community Centre (1200 Cartier Ave)

F	Feb 2	5:30 – 6:30 p.m.	1/$6.65	141482
Sa	Feb 10	9:15 – 10:15 a.m.	1/$6.65	141795
F	Mar 8	5:30 – 6:30 p.m.	1/$6.65	141483
Sa	Mar 16	9:15 – 10:15 a.m.	1/$6.65	141796

at Pinetree Community Centre

W	Feb 14	5:30 – 6:30 p.m.	1/$6.65	140863
Sa	Feb 17	12 – 1 p.m.	1/$6.65	140875

Craft and Create: String Art (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about String Art.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19	4 – 5 p.m.	1/$6.65	141459
Sa	Feb 17	10:45 – 11:45 a.m.	1/$6.65	141803
F	Feb 23	4 – 5 p.m.	1/$6.65	141468

at Pinetree Community Centre

W	Jan 31	4 – 5 p.m.	1/$6.65	140765
Sa	Feb 3	10:30 – 11:30 a.m.	1/$6.65	140769
W	Mar 6	4 – 5 p.m.	1/$6.65	140861
Sa	Mar 9	10:30 – 11:30 a.m.	1/$6.65	140873

at Poirier Community Centre

Tu	Mar 19	4 – 5 p.m.	1/$6.65	141552

Craft and Create: String Art (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about String Art.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19	5:30 – 6:30 p.m.	1/$6.65	141460
Sa	Feb 17	9:15 – 10:15 a.m.	1/$6.65	141802
F	Feb 23	5:30 – 6:30 p.m.	1/$6.65	141475

at Pinetree Community Centre

W	Jan 31	5:30 – 6:30 p.m.	1/$6.65	140777
Sa	Feb 3	12 – 1 p.m.	1/$6.65	140781
W	Mar 6	5:30 – 6:30 p.m.	1/$6.65	140866
Sa	Mar 9	12 – 1 p.m.	1/$6.65	140878

at Poirier Community Centre

Tu	Mar 19	5:30 – 6:30 p.m.	1/$6.65	141554

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

Craft and Create: Tie Dye (5 – 7 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Tie Dye.

at Poirier Community Centre

Tu	Mar 26	4 – 5 p.m.	1/$6.65	141558

Craft and Create: Tie Dye (8 – 11 yrs)

Explore various crafts and artistic techniques to express your unique style and imagination. This week's session will be all about Tie Dye.

at Poirier Community Centre

Tu	Mar 26	5:30 – 6:30 p.m.	1/$6.65	141562

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 (1200 Cartier Ave)

W	Jan 17 – Feb 7	5 – 6 p.m.	4/$26.60	140710
W	Feb 21 – Mar 20	5 – 6 p.m.	5/$33.25	140751

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 (1200 Cartier Ave)

W	Jan 17 – Feb 7	6:30 – 7:30 p.m.	4/$26.60	141171
W	Feb 14 – Mar 13	6:30 – 7:30 p.m.	5/$33.25	141172

at Pinetree Community Centre

M	Feb 12 – Mar 11	5:45 – 6:45 p.m.	4/$25.20	140883

Explore the World of: Bears (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Mar 13	6:45 – 7:30 p.m.	1/$5.45	140703

Explore the World of: Bees (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Mar 6	6:45 – 7:30 p.m.	1/$5.45	140701

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Explore the World of: Dinosaurs (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Feb 7	6:45 – 7:30 p.m.	1/$5.45	140695

Explore the World of: Emotions (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Jan 31	6:45 – 7:30 p.m.	1/$5.45	140693

Explore the World of: Outer Space (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Feb 28	6:45 – 7:30 p.m.	1/$5.45	140699

Explore the World of: Penguins (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Feb 14	6:45 – 7:30 p.m.	1/$5.45	140697

Explore the World of: Rainbows (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Mar 20	6:45 – 7:30 p.m.	1/$5.45	141564

Explore the World of: Transportation (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Feb 21	6:45 – 7:30 p.m.	1/$5.45	140698

Explore the World of: Trees (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Jan 17	6:45 – 7:30 p.m.	1/$5.45	140685

Explore the World of: Under the Sea (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Jan 24	6:45 – 7:30 p.m.	1/$5.45	140692

Explore the World of: Wild Animals (5 – 7 yrs)

Join us each class and explore exciting new worlds through arts, crafts, stories and learning activities. Check each week to find a new topic.

at Poirier Community Centre

W	Mar 27	6:45 – 7:30 p.m.	1/$5.45	141565

Watercolour (8 – 11 yrs)

In this class, students will be exposed to a variety of tips, tricks and techniques used in creating masterpieces in watercolor. It will be taught as an "open-studio" format so all students may work to create anything they desire with an experienced teacher to give them guidance along the way.

at Pinetree Community Centre

M	Jan 15 – Feb 5	6 – 7 p.m.	4/$26.60	140620
M	Feb 12 – Mar 11	6 – 7 p.m.	4/$26.60	140882

All Abilities Welcome!
Visit page **6** for details

Planning a birthday party?

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

Preschool Birthday Party (0 – 5 yrs)
Maillardville Community Centre and Poirier Community Centre

Arts and Crafts Birthday Party (5 – 7 yrs)
Poirier Community Centre

Sports Birthday Party (5 – 11 yrs)
Maillardville Community Centre

Cooking Birthday Party (6 – 10 yrs)
Poirier Community Centre

For more details click on "Sign Me Up" at **coquitlam.ca/ProgramGuide** and search "birthday" or call **604-927-4386**.

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

Youth

11 – 18 yrs

Coquitlam resident registration for Youth programs opens at 8:30 a.m. on Nov. 28.
Non-resident registration for Youth programs opens at 8:30 a.m. on Nov. 30.

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

Just for Youth

Drop-in fitness classes and fitness centre weight rooms are open to youth 16 yrs +, and to 13 – 15 yrs once a fitness orientation has been completed.

Have fun and get active in Coquitlam! We've got lots of drop-in and registered programs for youth 11 – 18 years. 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.

The Getaway Youth Centre
(13 – 18 yrs)

at Poirier Community Centre, 620 Poirier St.

It's all happening at the Getaway Youth Centre! Come by and play foosball, ping pong, billiards or cards. You can also hang out to watch a movie, get a free drink or food, video games, and more! Bring your friends or come meet new ones. Drop-in for free!

Tuesday 12 – 1:15 p.m., 3 – 7 p.m.

Wednesday 3 – 7 p.m.

Thursday 12 – 1:15 p.m., 3 – 7 p.m.

Friday (11 – 18 yrs) 3 – 9:30 p.m.

Closed Saturday and Sunday

The Landing Youth Centre
(13 – 18 yrs)

at Pinetree Community Centre, 1260 Pinetree Way

Explore this positive social space for youth. Check out our pool table, acoustic guitar, ping pong table, video games, fun tournaments, barbecues, movies and more! Drop-in for free!

Monday to Thursday 4:30 – 8:30 p.m.

Friday (11 – 18 yrs) and Saturday 4:30 – 10 p.m.

Connections Youth Lounge
(11 – 18 yrs)

at Maillardville Community Centre, 1200 Cartier Ave.

Join other youth for fun at MCC's Youth Lounge. Hang out, play foosball and video games, grab a snack and more. Bring a friend or two, or even meet someone new. Drop-in for free!

Monday to Thursday 3 – 7 p.m.

Friday 3 – 9 p.m.

Saturday 5 – 9 p.m.

Other Youth Program Opportunities

Fitness: Boot Camp, Indoor Cycling, Yoga, Zumba®, fitness centre, weight room and more.

General Interest: Art, Cooking, Guitar Lessons, Hip Hop and Youth Leadership Development.

Sports: Fencing, Badminton, Basketball, Skating, Soccer and Volleyball.

Certifications

Babysitting Training (10 – 14 yrs)

A course 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. Each student will receive a Child Safe Canada Babysitter Handbook and completion card.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 20	9:30 a.m. – 5 p.m.	1/$49.90	141809
Sa	Feb 17	9:30 a.m. – 5 p.m.	1/$49.90	141811

at Pinetree Community Centre

Sa	Jan 27	9:30 a.m. – 5 p.m.	1/$49.90	140788
Sa	Feb 24	9:30 a.m. – 5 p.m.	1/$49.90	140835

Home Alone Training (10 – 13 yrs)

The 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. Child Safe Canada trained instructor.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Feb 3	9:30 a.m. – 3:30 p.m.	1/$39.90	141813
Sa	Mar 2	9:30 a.m. – 3:30 p.m.	1/$39.90	141814

at Pinetree Community Centre

Sa	Feb 10	9:30 a.m. – 3:30 p.m.	1/$39.90	140793
Sa	Mar 9	9:30 a.m. – 3:30 p.m.	1/$39.90	140836

Fitness

Yoga 4 Youth (13 – 18 yrs)

Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures in a youth-only environment.

at Pinetree Community Centre

Th	Jan 11 – Feb 8	7:30 – 8:30 p.m.	5/$50	139393
Th	Feb 15 – Mar 14	7:30 – 8:30 p.m.	5/$50	139394

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.

Fitness: Youth Orientation

$2 (13 – 18 yrs) LOW COST

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

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

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

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

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

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

Lifelong Learning

Chess: Beginner (11 – 14 yrs)

Beginners will learn what you need to know to begin playing chess, including rules, fundamentals and development of analytical skills. Intermediate players will continue to learn the intricacies of the game, such as analytical skills and strategy.

at Pinetree Community Centre

Tu	Jan 16 – Feb 6	5:30 – 6:15 p.m.	4/$21.80	140638
Tu	Feb 13 – Mar 12	5:30 – 6:15 p.m.	5/$27.25	140840

Chess: Beginner (15 – 18 yrs)

Beginners will learn what you need to know to begin playing chess, including rules, fundamentals and development of analytical skills. Intermediate players will continue to learn the intricacies of the game, such as analytical skills and strategy.

at Pinetree Community Centre

Tu	Jan 16 – Feb 6	6:30 – 7:15 p.m.	4/$21.80	140641
Tu	Feb 13 – Mar 12	6:30 – 7:15 p.m.	5/$27.25	140841

Creative Bakers: Salted Caramel Apple Galettes (11 – 14 yrs)

Learn how to create the perfect galette pastry – a rustic, free-form pie that is suitable for all skill levels. Galettes will be filled with fresh homemade caramel, deliciously tart apples, and topped with sea salt to create the ultimate flavour masterpiece.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Mar 16	2:15 – 3:45 p.m.	1/$13.30	141248

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

Creative Bakers: Sweet and Savoury Crepes (11 – 14 yrs)

Unlock the secrets to creating the perfect crepe, a versatile and mouthwatering French delicacy. This class will explore flavours of both sweet and savoury crepe fillings.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Feb 24	2:15 – 3:45 p.m.	1/$13.30	141247

Creative Bakers: Three Tier Cakes (11 – 14 yrs)

Learn the art of layering, frosting, and decorating three tier cakes like a pro.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Feb 3	2:15 – 3:45 p.m.	1/$13.30	141246

Creative Cooks (11 – 14 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 Poirier Community Centre

W	Jan 17 – Feb 7	6:30 – 7:30 p.m.	4/$35.40	140616
W	Feb 14 – Mar 13	6:30 – 7:30 p.m.	5/$44.25	140618
W	Mar 20	6:30 – 7:30 p.m.	1/$8.85	141572
W	Mar 27	6:30 – 7:30 p.m.	1/$8.85	141573

Youth Leadership Development+ (13 – 15 yrs)

This course introduces youth aged 13 – 15 to the key leadership skills necessary to developing personal and interpersonal growth, as well a chance to practice them through volunteer hours, and pre-employment preparation. Course lessons expose students to three key ideas:

1. Introspection and self-assessment
2. Interacting with others in a team setting
3. Future Planning

Students can expect to leave the course with verified volunteer hours through Coquitlam's volunteer program, a draft resume resulting from resume building workshops, and experience participating in activities designed to stimulate personal growth including teambuilding activities, journaling, public speaking and mock interviews. Students are also introduced to the City of Coquitlam's Youth Strategy as part of a feedback and brainstorming session.

at Pinetree Community Centre

Tu	Jan 16 – Mar 12	4:30 – 6:30 p.m.	9/$119.70	140787

All Abilities Welcome!
Visit page **6** for details

Performing Arts

Contemporary Try It (11 – 14 yrs)

In this contemporary class, we combine classical ballet and modern dance techniques. This class takes strong influence from both classical and popular music, and the movement is highly expressive. We will start with a warm-up, followed by some traveling steps across the floor and a choreography combination to end the class. No dance experience necessary.

at Maillardville Community Centre (1200 Cartier Ave)

F	Feb 2	8 – 9 p.m.	1/$6.65	141528
F	Mar 15	8 – 9 p.m.	1/$6.65	141530

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 Maillardville Community Centre (1200 Cartier Ave)

Su	Feb 11 – Mar 10	10:45 – 11:45 a.m.	5/$33.25	140594

at Pinetree Community Centre

W	Jan 17 – Feb 7	5:30 – 6:30 p.m.	4/$26.60	140645
W	Feb 14 – Mar 13	5:30 – 6:30 p.m.	5/$33.25	140847

Hip Hop (11 – 14 yrs)

Explore the different styles of hip hop through the foundation elements of urban dance, grooves, body movements and group games. Dancers will create mini shows to build the confidence to dance and perform in public. No dance experience required.

at Dogwood Pavilion

Th	Jan 18 – Feb 8	4:30 – 5:15 p.m.	4/$21.80	140935
Th	Feb 15 – Mar 14	4:30 – 5:15 p.m.	5/$27.25	140937

at Pinetree Community Centre

F	Jan 19 – Feb 9	7:15 – 8 p.m.	4/$21.80	140434
F	Feb 16 – Mar 15	7:15 – 8 p.m.	5/$27.25	140848

Jazz Try It (11 – 14 yrs) LOW COST

Jazz is an energetic style of dance built on basic foundational skills of ballet. Students will learn foundational jazz technique skills as well as some high energy choreography in this class. No dance experience required.

at Maillardville Community Centre (1200 Cartier Ave)

F	Feb 23	8 – 9 p.m.	1/$2	141531

Sports and Active Play

Archery (13 – 18 yrs)

Learn beginner target shooting with a bow and arrow. Participants will get a general feel for archery as they are taught rules, safety and proper technique. Equipment is provided. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Feb 11 – Mar 3	9 – 9:45 a.m.	4/$50	142202
Su	Feb 11 – Mar 3	10 – 10:45 a.m.	4/$50	142203

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 (1200 Cartier Ave)

W	Jan 17 – Feb 7	4:30 – 5:30 p.m.	4/$26.60	141852
W	Feb 14 – Mar 13	4:30 – 5:30 p.m.	5/$33.25	141853

Badminton Skills and Drills (11 – 14 yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate. Develop your skills through fun drills and games. Bringing your own racquet is recommended, however limited racquets are available upon request.

at Pinetree Community Centre

Su	Feb 11 – Mar 10	1 – 2 p.m.	5/$33.25	141311

Badminton Skills and Drills (15 – 18 yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate. Develop your skills through fun drills and games. Bringing your own racquet is recommended, however limited racquets are available upon request.

at Pinetree Community Centre

Su	Feb 11 – Mar 10	2:15 – 3:15 p.m.	5/$33.25	141313

Badminton YOUth League (12 – 18 yrs)

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

at Pinetree Community Centre

Sa	Jan 20 – Mar 16	2:15 – 5:15 p.m.	8/$32	141330

Ball Hockey Skills, Drills and Game Time (11 – 15 yrs)

Players will spend time developing skills and doing drills. Followed by organized game time. Required equipment: CSA approved hockey helmet with face cage, stick, gloves, water bottle and running shoes.

at Poirier Forum

Th	Jan 11 – Mar 14	4 – 5 p.m.	10/$66.50	141972

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

Basketball Girls Train and Play (12 – 15 yrs)

Enjoy fun skills, drills and games to help you develop your basketball game. All levels welcome.

at Centennial Activity Centre

W	Jan 17 – Feb 7	7:30 – 8:30 p.m.	4/$26.60	140709
W	Feb 14 – Mar 13	7:30 – 8:30 p.m.	5/$33.25	140711

Basketball Skill Development (12 – 15 yrs)

Enjoy fun skills, drills and games to help you develop your basketball game. All levels welcome.

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	12 – 1 p.m.	4/$26.60	141844
Su	Feb 11 – Mar 10	12 – 1 p.m.	5/$33.25	141845

Basketball YOUth League (12 – 18 yrs)

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

at Pinetree Community Centre

Sa	Jan 20 – Mar 16	2:15 – 5:15 p.m.	8/$32	141331

Battle Archery (13 – 15 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.

at Summit Community Centre

Tu	Jan 16 – Feb 6	6:30 – 7:30 p.m.	4/$60	142207
Tu	Feb 13 – Mar 12	6:30 – 7:30 p.m.	5/$75	142208

Fencing Beginner (9 – 15 yrs)

Our youth program begins with a four-session introductory class, quickly teaching the basic actions of the sport, allowing students to progress in their skills in a short time. 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.

at Pinetree Community Centre

M	Jan 8 – Jan 29	7 – 8 p.m.	4/$60	139831
M	Feb 5 – Feb 26	7 – 8 p.m.	3/$45	139832
M	Mar 4 – Mar 25	7 – 8 p.m.	4/$60	139835

at Poirier Sport and Leisure Complex

F	Jan 12 – Jan 26	7 – 8 p.m.	3/$45	140982
F	Feb 2 – Feb 23	7 – 8 p.m.	4/$60	140983
F	Mar 1 – Mar 22	7 – 8 p.m.	4/$60	140984

Fencing Intermediate (9 – 15 yrs)

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

at Pinetree Community Centre

M	Jan 8 – Jan 29	8 – 9 p.m.	4/$65	139836
M	Feb 5 – Feb 26	8 – 9 p.m.	3/$48.75	139837
M	Mar 4 – Mar 25	8 – 9 p.m.	4/$65	139838

at Poirier Sport and Leisure Complex

F	Jan 12 – Jan 26	8 – 9 p.m.	3/$48.75	140986
F	Feb 2 – Feb 23	8 – 9 p.m.	4/$65	140989
F	Mar 1 – Mar 22	8 – 9 p.m.	4/$65	140990

Pickleball Skill Development (11 – 15 yrs)

It's the fastest growing sport in North America! Enjoy learning the fundamental skills and drills needed to develop your pickleball game. All levels welcome.

at Centennial Activity Centre

Su	Jan 14 – Feb 4	2 – 3 p.m.	4/$26.60	140453
Su	Feb 11 – Mar 10	2 – 3 p.m.	4/$26.60	140454

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	4 – 5 p.m.	4/$26.60	141846
M	Feb 12 – Mar 11	4 – 5 p.m.	4/$26.60	141847

Soccer Skill Development (12 – 15 yrs)

Learn fundamental skills and drills to help you develop your soccer game. All levels welcome.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 20 – Feb 10	12:15 – 1:15 p.m.	4/$26.60	141850
Sa	Feb 17 – Mar 16	12:15 – 1:15 p.m.	5/$33.25	141851

Volleyball Girls Train and Play (11 – 14 yrs)

Learn or continue to perfect your skills. Time will be spent on both drills and play to help prepare for high school volleyball.

at Centennial Activity Centre

Su	Jan 14 – Feb 4	4 – 5 p.m.	4/$26.60	140455
Su	Feb 11 – Mar 10	4 – 5 p.m.	4/$26.60	140456

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 (1200 Cartier Ave)

W	Jan 17 – Feb 7	5:45 – 6:45 p.m.	4/$26.60	141848
W	Feb 14 – Mar 13	5:45 – 6:45 p.m.	5/$33.25	141849

Volleyball YOUth League (12 – 18 yrs)

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

at Pinetree Community Centre

Tu	Jan 16 – Mar 12	7 – 9:30 p.m.	9/$36	140993

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Visual Arts

Comic Creations (12 – 15 yrs)

Youth 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 (1200 Cartier Ave)

Th	Jan 18 – Feb 8	7 – 8 p.m.	4/$26.60	140738
Th	Feb 15 – Mar 14	7 – 8 p.m.	5/$33.25	140739

at Pinetree Community Centre

M	Jan 15 – Feb 5	7 – 8 p.m.	4/$26.60	141998

Drawing (11 – 14 yrs)

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

at Pinetree Community Centre

M	Feb 12 – Mar 11	7 – 8 p.m.	4/$26.60	140885

at Poirier Community Centre

Tu	Jan 16 – Feb 6	7 – 8 p.m.	4/$26.60	140566
Tu	Feb 13 – Mar 12	7 – 8 p.m.	5/$33.25	140567

Watercolor (11 – 14 yrs)

In this class, students will be exposed to a variety of tips, tricks and techniques used in creating masterpieces in watercolor. It will be taught as an "open-studio" format so all students may work to create anything they desire with an experienced teacher to give them guidance along the way.

at Pinetree Community Centre

M	Jan 15 – Feb 5	7:30 – 8:30 p.m.	4/$26.60	140436
M	Feb 12 – Mar 11	7:30 – 8:30 p.m.	4/$26.60	140884

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

Volunteering

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

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

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

1. Create a Volunteer Profile

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

2. Provide References

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

3. Complete a Police Information Check

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

4. Attend an Orientation Session

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

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

Drop-In Fitness

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

ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2024.

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)	$3.29	$26.29	$30	$21	$237
Youth / Student*	(13 – 18 / 19 – 25 yrs)	$4.90	$39.19	$45.25	$31.50	$356
Adult	(19 – 64 yrs)	$6.52	$52.14	$60.50	$42.50	$475
Senior	(65 – 84 yrs)	$4.90	$39.19	$45.25	$31.50	$356
Super Senior	(85 yrs +)	$3.29	$26.29	$30	$21	$237
Parent and Tot	(per person)	$3.29	$26.29	—	—	—

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

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

Fitness Centre Hours

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

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Stat Holidays
CCAC	7 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	10:30 a.m. – 10:30 p.m.
Glen Pine*	10 a.m. – 2 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 4:30 p.m.	9 a.m. – 3 p.m.	Closed
Pine-tree	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	Closed
PSLC	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	8 a.m. – 8 p.m.

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

Getting Started? *Let Us Help*!

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

Youth Orientation LOW COST

An orientation of the facility, the equipment and safe use. Cost $2. Register online or by calling 604-927-4386. *Note: Teens 13 – 15 years MUST take this program to work out in the fitness centres or participate in group fitness classes.*

City Centre Aquatic Complex
Tuesday, 3:30 – 4:30 p.m.
Thursday, 7:15 – 8:15 p.m.
Saturday, 10 – 11 a.m.

Poirier Sport and Leisure Complex
Wednesday, 3:45 – 4:45 p.m.
Thursday, 4:45 – 5:45 p.m.
Sunday, 11 a.m. – 12 p.m.

Pinetree Community Centre
Monday and Friday, 3:30 – 4:30 p.m.

Not available for the listed times? No problem.
Book an appointment with a fitness centre staff.

Adult Orientation LOW COST

Learn 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.

Personal Training

Looking for a personalized training program? Our certified personal trainer will assess your level, learn about your goals and lead you through a custom training program. More personal training information available at coquitlam.ca/personaltraining

Personal Training Costs
Assessment Session* (1.25 hrs): $78 | **3 Sessions** (1 hour per): $186.60
5 sessions (1 hour per): $295 | **10 sessions** (1 hour per): $560
**Assessment session is mandatory for first-time clients.*

Group Fitness Class Rules

How to have a positive class experience:

- Obtain a drop-in fitness ticket from the front desk and bring it to your instructor.
- 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.
- Encouraging words are the best words!
- Respectful language is the only option in our classes.
- Please stay home if you're sick or experiencing any symptoms.
- Avoid leaving water bottles or other items to save spots for yourself or friends.

Be On Time

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

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

Wristbands

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

If you have any questions, comments, or suggestions, please direct them to the trainer on duty.

Drop-In Group Fitness Classes

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

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

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.

POUND® ●●

Let's get loud! Cardio with drumming makes this class a one-of-a-kind fitness experience. All music styles will get you excited to move. No drumming experience necessary.

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, hip hop and cardio kickboxing. The class will finish strong with a core workout and stretch on the mats.

Dance4One ●●

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

Zumba® ●●

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

Zumba Gold® ●

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

Zumba Toning® ●●

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

Levels of Intensity

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

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

Strength/Resistance

Body Basics ●●

Build muscular strength and endurance, with less emphasis on cardio. Use a variety of equipment for a full-body workout. This is a great class for all fitness levels, including beginners.

Iron and HIIT ●●●

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

Specialty Classes

Essentrics ●●

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

Essentrics Beginner ●

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

Gentle Impact 4 Healthy Bones ●

Improve strength, posture, balance and agility through the use of functional exercises, resistance training and appropriate stretches. Great for those with osteoporosis.

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.

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.

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.

Levels of Intensity

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

Health and Fitness

Coquitlam resident registration for Health and Fitness programs opens at 8:30 a.m. on Nov. 28.
Non-resident registration for Health and Fitness programs opens at 8:30 a.m. on Nov. 30.

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

Adult and Baby Yoga (16+ yrs)

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

at Pinetree Community Centre

F	Jan 12 – Feb 16	9:30 – 10:30 a.m.	6/$60	139360
F	Feb 23 – Mar 29	9:30 – 10:30 a.m.	6/$60	139361

Barre (13+ yrs)

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

at City Centre Aquatic Complex

Su	Jan 7 – Feb 11	8:15 – 9:15 a.m.	6/$60	139082
Th	Jan 11 – Feb 15	5:45 – 6:45 p.m.	6/$60	139075
Su	Feb 18 – Mar 24	8:15 – 9:15 a.m.	6/$60	139087
Th	Feb 22 – Mar 28	5:45 – 6:45 p.m.	6/$60	139076

at Poirier Sport and Leisure Complex

Tu	Jan 9 – Feb 13	7:15 – 8:15 p.m.	6/$60	139417
Tu	Feb 20 – Mar 26	7:15 – 8:15 p.m.	6/$60	139418

Bootcamp 4 U and Baby (16+ yrs)

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

at Poirier Sport and Leisure Complex

W	Jan 10 – Feb 14	1 – 2 p.m.	6/$60	139415
W	Feb 21 – Mar 27	1 – 2 p.m.	6/$60	139416

Candlelit Flow (13+ yrs)

A candlelit sequence of flowing yoga poses, with movement guided by breath work. The sequence will progressively become more challenging and leave the body energized and refreshed.

at City Centre Aquatic Complex

F	Jan 12 – Feb 16	8:15 – 9:15 p.m.	6/$60	139089
F	Feb 23 – Mar 29	8:15 – 9:15 p.m.	6/$60	139091

Tell us how we did!
coquitlam.ca/ProgramEvaluation

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

Chair Yoga (19+ yrs)

Designed to achieve mental and physical fitness, learn yoga postures, breathing techniques and meditation. Poses are practiced sitting in a chair. No yoga experience required.

at Centennial Pavilion

M	Jan 8 – Feb 12	10 – 11:15 a.m.	6/$71.70	139423
F	Jan 12 – Feb 16	11:15 a.m. – 12:30 p.m.	6/$71.70	139421
F	Feb 23 – Mar 29	11:15 a.m. – 12:30 p.m.	6/$71.70	139422
M	Feb 26 – Mar 25	10 – 11:15 a.m.	5/$59.75	139424

at Glen Pine Pavilion

F	Jan 12 – Feb 16	11:45 a.m. – 1 p.m.	6/$71.70	139265
F	Feb 23 – Mar 29	11:45 a.m. – 1 p.m.	6/$71.70	139268

Circl Mobility™ (13+ yrs)

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. It is hosted by a certified a Zumba® instructor and designed to help you move your body the way it's intended to and helps you release stress, restore your range of motion, and renew your ability to move better, longer.

at City Centre Aquatic Complex

Tu	Jan 9 – Feb 13	12 – 1 p.m.	6/$60	139093
Tu	Feb 20 – Mar 26	12 – 1 p.m.	6/$60	139094

Foxy Flow (19+ yrs)

Warm up with flowing yoga poses, and then unleash your confidence and playfulness with a high energy heels inspired dance class. BUT... kick off those heels for these cheeky, powerful, vivacious yet graceful movements executed with poise.

at City Centre Aquatic Complex

F	Jan 12 – Feb 16	7 – 8 p.m.	6/$60	141991
F	Feb 23 – Mar 29	7 – 8 p.m.	6/$60	141992

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 8 – Feb 12	7:30 – 8:30 p.m.	6/$60	139409
M	Feb 26 – Mar 25	7:30 – 8:30 p.m.	5/$50	139410

Get Up and Go! (19+ yrs)

An entry-level exercise program for seniors with balance and mobility impairments, who are otherwise unable to attend a community exercise class. Improve strength, balance and coordination. Health screening must be completed at first class. In partnership with Fraser Health Authority – Fall and Injury Prevention.

at Dogwood Pavilion

Tu/Th	Jan 9 – Feb 15	12 – 1 p.m.	12/$120	139433
Tu/Th	Feb 20 – Mar 28	12 – 1 p.m.	12/$120	139434

Group Cycle: Night Ride (19+ yrs)

Join us for a different themed ride each session. We will turn up the music and turn down the lights while you cycle to the beat.

at City Centre Aquatic Complex

F	Jan 19	7:30 – 8:30 p.m.	1/$10	141642
F	Feb 23	7:30 – 8:30 p.m.	1/$10	141644

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	Jan 8 – Feb 12	11:30 a.m. – 1 p.m.	6/$77.40	139425
M	Feb 26 – Mar 25	11:30 a.m. – 1 p.m.	5/$64.50	139426

at Pinetree Community Centre

W	Jan 10 – Feb 14	7:15 – 8:45 p.m.	6/$77.40	139363
W	Feb 21 – Mar 27	7:15 – 8:45 p.m.	6/$77.40	139365

at Poirier Sport and Leisure Complex

M	Jan 8 – Feb 12	6 – 7:30 p.m.	6/$77.40	139419
M	Feb 26 – Mar 25	6 – 7:30 p.m.	5/$64.50	139420

Hatha Yoga and Meditation (13+ yrs)

Create a deeper mind-body connection through gentle yoga poses, breathing exercises, visualization and meditation. Open to all levels.

at Victoria Community Hall

M	Jan 8 – Feb 12	9:30 – 11 a.m.	6/$77.40	139405
M	Feb 26 – Mar 25	9:30 – 11 a.m.	5/$64.50	139406

Kickboxing (19+ yrs)

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

at Pinetree Community Centre

W	Jan 10 – Feb 7	6:30 – 8:45 p.m.	5/$47.25	140290
W	Feb 14 – Mar 13	7:45 – 8:45 p.m.	5/$47.25	140291

All Abilities Welcome!
Visit page **6** for details

Tell us how we did!
coquitlam.ca/ProgramEvaluation

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	Jan 9 – Feb 13	6 – 7 p.m.	6/$60	139095
Tu	Feb 20 – Mar 26	6 – 7 p.m.	6/$60	139096

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

W	Jan 10 – Jan 31	6:30 – 7:30 p.m.	4/$40	139273
W	Feb 7 – Feb 28	6:30 – 7:30 p.m.	4/$40	139275
W	Mar 6 – Mar 27	6:30 – 7:30 p.m.	4/$40	139277

Minds in Motion (19+ yrs)

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

at Centennial Pavilion

Th	Jan 11 – Feb 15	2:15 – 3:45 p.m.	6/$33.30	139429
Th	Feb 22 – Mar 28	2:15 – 3:45 p.m.	6/$33.30	139430

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

Tu	Jan 9 – Feb 13	6:45 – 7:45 p.m.	6/$60	139367
Tu	Feb 20 – Mar 26	6:45 – 7:45 p.m.	6/$60	139385

Restorative Yoga (13+ yrs)

Slow-paced yoga suitable for everyone. Deep stretching and yin posture are held for a longer period of time to target the deep connective tissues of the body, increasing flexibility and range of motion. Restorative yoga postures open the body, and work to de-stress and calm the nervous system.

at City Centre Aquatic Complex

Su	Jan 7 – Feb 11	5:45 – 7 p.m.	6/$71.70	139236
Su	Feb 18 – Mar 24	5:45 – 7 p.m.	6/$71.70	139239

at Dogwood Pavilion

M	Jan 8 – Feb 12	7 – 8:15 p.m.	6/$71.70	139427
M	Feb 26 – Mar 25	7 – 8:15 p.m.	5/$59.75	139428

Ride and Pulse (13+ yrs)

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

at City Centre Aquatic Complex

M	Jan 8 – Feb 12	7:15 – 8:15 p.m.	6/$60	139245
M	Feb 26 – Mar 25	7:15 – 8:15 p.m.	5/$50	139248

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

Together in Movement and Exercise (TIME) is a community-based exercise program for people with balance and mobility challenges. The specialized circuit-style class was created in partnership with the Fraser Health Authority providing a structured, safe and fun environment. Participants must be able to walk 30 feet with or without a walking aid.

at Centennial Pavilion

Tu/Th	Jan 9 – Feb 15	1 – 2 p.m.	12/$132	139431
Tu/Th	Feb 20 – Mar 28	1 – 2 p.m.	12/$132	139432

Yoga Therapy (19+ yrs)

This therapeutic application of Hatha Yoga in a group setting focuses on the physical, energetic, emotional and mental health of the participant. Classes include movement, mindfulness, breath practices, meditation, Yoga Philosophy and teachings on the Anatomy. Learn how to improve your overall health by reducing stress while increasing your strength, flexibility, balance and core. This will include more mobility in the shoulders, hips and spine.

at Victoria Community Hall

W	Jan 10 – Feb 14	9:30 – 11 a.m.	6/$71.70	139407
W	Feb 21 – Mar 27	9:30 – 11 a.m.	6/$71.70	139408

All Abilities Welcome!
Visit page **6** for details

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

Adult

Coquitlam resident registration for Adult programs opens at 8:30 a.m. on Nov. 28.
Non-resident registration for Adult programs opens at 8:30 a.m. on Nov. 30.

19 yrs +
(unless otherwise noted)

Cards and Games

Learn to Play Poker (19+yrs)

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	Jan 16 – Feb 06	10:30a.m. – 12 p.m.	4/$8	139997
Tu	Feb 20 – Mar 12	10:30a.m. – 12 p.m.	4/$8	139998

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Lifelong Learning

Alzheimer's Society of BC: Adjusting to Living in Long Term Care (19+ yrs)

This workshop will provide tips and strategies for caregivers and family members to help their loved one to adjust to long-term care living once the transition is completed. There are ways to assist with settling into the new living situation and establishing new routines while working closely with the staff care team at the residence. How to advocate and stay connected are key to quality living in long term care. Presented by the Alzheimer's Society of BC.

at Dogwood Pavilion

Th	Mar 21	10 – 11:30 a.m.	1/FREE	141373

Alzheimer's Society of BC: Healthy Brains (19+ yrs)

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. Presented by the Alzheimer's Society of BC.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 23	1 – 2:30 p.m.	1/FREE	142000

Alzheimer's Society of BC: What is Dementia? (19+ yrs)

Explore how to navigate life after a dementia diagnosis alongside others who are also on the dementia journey. Learn practical strategies to live well and access resources that are available at any stage of the disease. For caregivers and those living with dementia. Presented by the Alzheimer's Society of BC.

at Dogwood Pavilion

Tu	Feb 6	10 – 11:30 a.m.	1/FREE	141372

Alzheimer's Society of BC: Creating a Safe Home Environment (19+ yrs)

The home is an important place for everyone. For the person with dementia, a familiar environment can help connect with the past and maintain a sense of self. When modifying a home environment, keep it familiar, striking a balance between safety and independence. Tips for creating a safe home environment will be presented. For both People Living with Dementia and their Caregivers. Presented by the Alzheimer's Society of BC.

at Glen Pine Pavilion

W	Mar 13	1:30 – 3:30 p.m.	1/FREE	140649

Alzheimer's Society of BC: Mapping Your Journey: Stages and Progression of Dementia (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 30	9:30 – 11:30 a.m.	1/FREE	140577

Alzheimer's Society of BC: Recognizing the Journey as a Caregiver (19+ yrs)

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver. 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

W	Feb 28	1 – 2:30 p.m.	1/FREE	140636

Cooking: All About Tarts (19+ yrs)

Learn the art of creating exquisite tarts that are as beautiful as they are delicious. This class will focus on Chocolate Mousse Tarts and Lemon Curd Tarts.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Mar 2	2:15 – 4:15 p.m.	1/$21.70	141240

Cooking: Bacon-Wrapped Chicken Cordon Bleu with Sides (19+ yrs)

Take your culinary skills to the next level and make your social gatherings memorable. Learn how to prepare dishes from scratch using fresh and nutritious ingredients. Prepare the classic Bacon-Wrapped Chicken Cordon Bleu with the accompanying sides. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Feb 18	10:30 a.m. – 1:30 p.m.	1/$32.55	140378

Cooking: Bacon-Wrapped Pork Tenderloin with Roasted Potatoes and Vegetables (19+ yrs)

Pork Roast is a tender protein that is a nice change from the traditional roast beef. Learn how to cook this meat with accompanying sides that compliment the flavour. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Jan 28	10:30 a.m. – 1:30 p.m.	1/$32.55	140390

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

Cooking: Baking Fruit Crumbles and Date Squares (19+ yrs)

Fruit crumbles and date squares both use oatmeal as a key ingredient. Learn how to bake these healthy dessert options from scratch. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Feb 4	10:30 a.m. – 1:30 p.m.	1/$32.55	140397

Cooking: Baking Scones and Loaves (19+ yrs)

Quick breads like scones and loaves are healthy and easy to prepare. Learn how to bake soft, fluffy scones and a nutritious loaf of banana bread. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Feb 25	10:30 a.m. – 1:30 p.m.	1/$32.55	140383

Cooking: Baking with Chocolate (19+ yrs)

Join us for a fun workshop about baking with chocolate and making chocolate confections. Learn to make flourless gluten free chocolate cupcakes and a healthier version of a chocolate truffle. The health benefits of chocolate and swapping out ingredients to make recipes healthier will also be discussed. This is a hands-on class with a chance to try what is made. No experience necessary and all supplies provided.

at Dogwood Pavilion

Th	Feb 8	6 – 8 p.m.	1/$21.70	140133

Cooking: Baking with Sourdough Starters (19+ 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. No experience necessary and all supplies provided.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 20	2:15 – 4:15 p.m.	1/$21.70	141232

Cooking: Beef Stew and Homemade Biscuits (19+ yrs)

Impress your family or friends with spectacular dinner entrees. Learn to make a hearty beef stew with homemade biscuits to soak up the flavourful gravy. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Mar 3	10:30 a.m. – 1:30 p.m.	1/$32.55	140380

Cooking: Butter Chicken (19+ yrs)

Butter Chicken is a dish from northern India, also known as Chicken Makhani. The term Makhani means a smooth, velvety sauce that is rich and flavourful. Create the dishes in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at Dogwood Pavilion

Th	Mar 7	6 – 8 p.m.	1/$21.70	140129

Cooking: Caldereta (Filipino Stew) (19+ yrs)

Learn how to create this rich and savoury stew that is a beloved classic in Filipino households.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16	6 – 8 p.m.	1/$21.70	141258

Cooking: Chili Garlic Noodles (19+ yrs)

Whether you're an Asian cuisine enthusiast or just starting your culinary adventure, this noodle dish is sure to impress. Balancing the fiery heat of chili with the savoury richness of garlic and other umami-packed ingredients, these bold and addictive noodles may just become a new staple at home.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Feb 27	6 – 8 p.m.	1/$21.70	141266

Cooking: Cooking Around the World (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Create the dishes and taste them together in a social setting. Leave each session with new recipes and a deeper understanding of applying international flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W	Jan 24 – Jan 31	6 – 8 p.m.	2/$43.40	140084
W	Feb 21 – Feb 28	6 – 8 p.m.	2/$43.40	140086
W	Mar 20 – Mar 27	6 – 8 p.m.	2/$43.40	140097

All Abilities Welcome!
Visit page **6** for details

Cooking: Food Skills for Families (19+ yrs)

Food Skills for Families Food Sense program is a free, healthy cooking on a budget program that takes place during weekly sessions for 6 weeks. Learn to cook simple and delicious meals, share tips in the kitchen during the hands-on cooking portion and learn to read nutrition labels. This program is sponsored by the BC Centre for Disease Control.

at Dogwood Pavilion

Sa	Jan 13 – Feb 17	10:30 a.m. – 1:30 p.m.	5/ FREE	141439

Cooking: Ham Dinner and Sides (19+ yrs)

Ham is a cured leg of pork that is a wonderful feature item for dinner and great as a leftover. Learn about cooking ham and the side dishes that go well with this choice of meat. No experience required and all supplies provided.

at Glen Pine Pavilion

Su	Mar 10	10:30 a.m. – 1:30 p.m.	1/$32.55	140382

Cooking: Handmade Pasta and Nut-Free Pesto (19+ yrs)

Uncover the secrets of crafting the perfect pasta dough from scratch. This class will also learn how to make a vibrant and aromatic nut-free pesto sauce.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Feb 13	6 – 8 p.m.	1/$21.70	141264

Cooking: Homemade Chili and Buns (19+ yrs)

Chili is a versatile one pot simmering dish cooked with many choices of ingredients with a very robust spice profile that can be adjusted to suit all palates. Chili options are endless. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Jan 14	10:30 a.m. – 1:30 p.m.	1/$32.55	140339

Cooking: Homemade Pizza with Sides (19+ yrs)

There is nothing like a hot crusty homemade pizza! Learn how to make your own dough, or use a ready-made one that you can customize with different toppings. No experience required and all supplies provided.

at Glen Pine Pavilion

Su	Mar 17	10:30 a.m. – 1:30 p.m.	1/$32.55	140384

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.

Cooking: Homemade Spaghetti and Meatballs (19+ yrs)

Take your culinary skills to the next level and make your social gatherings memorable. Learn how to prepare dishes from scratch using fresh and nutritious ingredients. Prepare homemade spaghetti and meatballs with the accompanying sides. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Jan 21	10:30 a.m. – 1:30 p.m.	1/$32.55	140371

Cooking: Knife Skills 101 (19+ yrs)

The key to food preparation and cooking is having basic knife skills. Even experienced cooks continue to learn how to use this tool to slice, dice, chop, mince and more. It is also important to know the different knives to use for the different techniques and how to care for them. This class will have you working with different ingredients ensuring that you are prepared to cook the recipes on hand with confidence. No experience required.

at Glen Pine Pavilion

M	Jan 15 – Feb 12	7 – 8:30 p.m.	5/$81.50	141423

Cooking: Lunar New Year (19+ yrs)

Celebrate Lunar New Year in this themed cooking class. Create the dishes in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at Dogwood Pavilion

Sa	Feb 10	9:30 – 11:30 a.m.	1/$21.70	140134

Cooking: Lunar New Year Chun Juan (Chinese Spring Rolls) (19+ yrs)

Celebrate the upcoming Lunar New Year by learning to create your own Chun Juan, more commonly known as Chinese spring rolls, a beloved and iconic dish in Chinese cuisine.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Feb 6	6 – 8 p.m.	1/$21.70	141263

Cooking: Lunar New Year Japchae (Korean Glass Noodle Stir Fry) (19+ yrs)

Celebrate the upcoming Lunar New Year by learning to create Japchae, a popular Korean dish made with stir fried glass noodles and an array of colourful and flavourful ingredients.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 30	6 – 8 p.m.	1/$21.70	141262

Cooking: Lunar New Year Mango Pudding and Egg Tarts (19+ yrs)

Celebrate Lunar New Year by learning to create two iconic and delectable Asian desserts: Mango Pudding and Egg Tarts.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 27	2:15 – 4:15 p.m.	1/$21.70	141234

Cooking: Plant-Based Cooking (19+ yrs)

Join us for a cooking class focusing on plant-based cooking. Textured plant-based protein alternatives will be introduced in this hands-on cooking class. Create the dishes and taste them together in a social setting. No experience necessary and all supplies provided.

at Dogwood Pavilion

Th	Jan 18	6 – 8 p.m.	1/$21.70	140438

Cooking: Roast Chicken and Mushroom Risotto (19+ yrs)

Take your culinary skills to the next level and make your social gatherings memorable. Learn how to prepare dishes from scratch using fresh and nutritious ingredients. Prepare a roast chicken, mushroom risotto with accompanying sides. . No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Feb 11	10:30 a.m. – 1:30 p.m.	1/$32.55	140376

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Cooking: Salted Caramel Apple Galettes (19+ yrs)

Learn how to create the perfect galette pastry – a rustic, free-form pie that is suitable for all skill levels. Galettes will be filled with fresh homemade caramel, deliciously tart apples, and topped with sea salt to create the ultimate flavour masterpiece.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Mar 9	2:15 – 4:15 p.m.	1/$21.70	141244

Cooking: Sweet and Savoury Crepes (19+ yrs)

Unlock the secrets to creating the perfect crepe, a versatile and mouthwatering French delicacy. This class will explore flavours of both sweet and savoury crepe fillings.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Feb 17	2:15 – 4:15 p.m.	1/$21.70	141238

Cooking: Teriyaki Salmon Bowl and Sides (19+ yrs)

Salmon is a versatile and flavourful fish and a top choice for a healthy heart option. So many different ways to cook this source of low saturated fat protein. Enjoy a delicious Teriyaki Salmon Bowl as an all-inclusive meal. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Mar 24	10:30 a.m. – 1:30 p.m.	1/$32.55	140408

Cooking: The Global Kitchen Series (19+ yrs)

Every week will be a culinary global adventure with international dishes prepared from scratch. This class series will have you working with different ingredients ensuring that you are prepared to cook the recipes on hand with confidence. This will be a journey into preparing delicious meals suitable for all palates. No experience required.

at Glen Pine Pavilion

M	Feb 26 – Mar 25	7 – 8:30 p.m.	5/$81.50	141424

Cooking: Three Tier Cakes (19+ yrs)

Learn the art of layering, frosting, and decorating three tier cakes like a pro.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Feb 10	2:15 – 4:15 p.m.	1/$21.70	141236

Cooking: Tortilla Soup (19+ yrs)

Dive into the world of rich, flavourful, and comforting Tortilla Soup, a dish that embodies the heart and soul of Mexican cooking.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Feb 20	6 – 8 p.m.	1/$21.70	141265

Cooking: Traditional European Pierogies (19+ yrs)

Dive into the world of pierogi making! Start by making the perfect dough, rolling it out, then filling it with a variety of delicious and hearty ingredients, and finishing with learning various folding and pleating techniques to create the ultimate Eastern European dumpling.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Mar 5	6 – 8 p.m.	1/$21.70	141267

Cooking: Traditional Italian Easter Bread (19+ yrs)

Discover the delightful traditions of Italian Easter in this hands-on baking class! Learn to create a classic Italian Easter Bread, known for its delightful blend of lightly sweet flavours and festive decorations. Leave with a delectable treat to share with your loved ones over the holiday weekend.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Mar 30	9:30 – 11:30 a.m.	1/$21.70	141835

Cooking: Vegan Eggplant Cannelloni (19+ yrs)

Uncover the secrets of crafting the perfect vegan cannelloni, filled with a flavourful combination of plant-based ingredients.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 23	6 – 8 p.m.	1/$21.70	141261

Cooking: Vegetarian Thai Green Curry (19+ yrs)

Take a flavourful journey to Southeast Asia and learn to create a perfectly creamy, fragrant, and mouthwatering Vegetarian Thai Green Curry.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Mar 12	6 – 8 p.m.	1/$21.70	141268

Coquitlam RCMP: Elder Abuse and Fraud Prevention (19+ yrs)

The Coquitlam RCMP Community Response Team will present on how to protect yourself from elder abuse, identity theft, fraud, internet and telephone scams. Learn what to do and who to contact if you or someone you know is a victim.

at Dogwood Pavilion

Th	Jan 25	10 – 11:30 a.m.	1/FREE	142103

COSCO: Frauds and Scams (19+ yrs)

We investigate the ways in which fraudsters take in people to rob them of their money and possessions. Seniors are frequent victims and need to be aware of how to protect themselves Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Dogwood Pavilion

F	Mar 22	9:30 – 11 a.m.	1/FREE	141367

COSCO: Healthy Eating for Seniors (19+ yrs)

March is nutrition month. Eating well and maintaining a healthy diet as we age is important even on a tight budget. This session offers tips to help you monitor and adjust your eating and reviews the Canada Food Guidelines. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Glen Pine Pavilion

Th	Mar 14	10 – 11:30 a.m.	1/FREE	139995

COSCO: Heart Operations (19+ yrs)

February is heart month. If you are interested in how the heart operates or are or know someone who may be considering a heart operation, this will provide more information. The heart chambers, valves and blood vessels are described with animated slides, as well as a typical heart operation, diagnosis and short- and longer-term recovery. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Glen Pine Pavilion

Th	Feb 8	1 – 2:30 p.m.	1/FREE	139993

COSCO: Memory and Aging (19+ yrs)

January is Alzheimer's Awareness Month. This workshop explains how memory functions and how it changes as we age. We give tips for improving memory, and information about when to seek help. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Dogwood Pavilion

F	Feb 23	9:30 – 11 a.m.	1/FREE	141366

at Glen Pine Pavilion

Th	Jan 25	10 – 11:30 a.m.	1/FREE	139992

CPA: Estate Planning (19+ yrs)

Learn how to create a plan to distribute assets, during life or upon death. Learning objectives for this session includes understanding the what and why of estate planning, learning about the various tools of estate planning (powers of attorney, wills, joint accounts, gifting, trust), defining dying without a will and highlighting facts on life insurance.
Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

Th	Mar 28	1 – 2:30 p.m.	1/FREE	140539

All Abilities Welcome!
Visit page **6** for details

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

Tell us how we did!
coquitlam.ca/ProgramEvaluation

CPA: Fraud Protection for Seniors (19+ yrs)

Learn how you can protect yourself against fraud. Learning objectives include: understanding what fraud is and how it works, identifying the signs of fraud and how to act on suspicions, learning about the top three scams and understanding why seniors are targeted and know what to do if you are a victim of fraud.
Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

W	Jan 31	10 – 11:30 a.m.	1/ FREE	140523

CPA: Managing Your Money (19+ yrs)

Learn how to save more and spend less. Apply the financial knowledge to be able to make informed decisions about money. Learning objectives include: reading and understanding a pay stub and its relationship to a T4 slip, creating a budget to help develop a savings plan, applying saving money and reducing spending to achieve success and develop ways to invest savings and achieve financial success. Workshops will also cover credit lenders, credit scores, and credit reports, including what they mean and actions that can improve your score.
Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

Tu	Feb 27	7 – 8:30 p.m.	1/ FREE	140533

CPA: Saving Strategies – Easy Concept, Difficult Reality (19+ yrs)

Learn how to save money, pay down debt, spend less and invest in the future. Making a budget, setting SMART goals will be discussed with lots of time for questions and answers. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

M	Jan 29	7 – 8 p.m.	1/ FREE	141429

CPA: The Journey Out of Debt (19+ yrs)

Understand how credit works, the risks, benefits and how to take control of debt. How payday loan companies operate and the cost of borrowing from them will also be discussed with lots of time for questions and answers. Presented by a Chartered Professional Accountants of British Columbia volunteer.

at Dogwood Pavilion

M	Feb 5	7 – 8 p.m.	1/ FREE	141436

CPA: The Strong Woman Investor (19+ yrs)

Learn why women are powerful investors and how to develop strategies to become a strong investor. Considerations for investing, different types of investments and tax implications will also be discussed. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

Th	Mar 7	1:30 – 2:30 p.m.	1/ FREE	141474

Health and Safety: Blood Pressure Clinic (19+ yrs)

Drop-in for a visit with a retired health care professional. We will measure blood pressure and weight and can assist with finding resources for better health. Please wear comfortable clothing that you can reduce to a single layer so our machine gets the most accurate results. No registration required. At Dogwood the 1st and 3rd Wednesday and at Glen Pine the 3rd Tuesday of each month.

at Dogwood Pavilion

W	Jan 17 – Mar 20	11:30 a.m. – 1 p.m.	5/ FREE	141843

at Glen Pine Pavilion

Tu	Jan 16 – Mar 19	11:45 a.m. – 12:45 p.m.	3/ FREE	142069

2023 Income Tax Returns

Have your 2023 income tax returns completed by Canada Revenue Agency trained volunteers. To be eligible for this service, you must be over 50 years of age with a low income or receiving any disability pension. Deceased final returns are not accepted, only simple tax returns. By appointment only. Registration begins in early February.

Watch for more information on how to register coming in the new year.

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

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have a fall risk assessment as well as a 1 on 1 consult with various health professionals for 45 minutes, totaling 2 hours. They will receive a kinesiology assessment as well as 1 on 1 consults with a Pharmacist and Physiotherapist. Various aspects of the participant's fall risk status with be assessed and interventions will be discussed. Registration is required! To register please call 604-374-2273. Presented by Fraser Health.

at Glen Pine Pavilion

Th	Mar 21	8:30 a.m. – 5 p.m.	1/FREE	137977

Information Session: Downsizing Done Right! (19+ yrs)

Time to downsize your home but not sure where to start? Learn our tips and tricks for a successful process, from where to get help, how to streamline your belongings, how staging can help a sale, all the way to finding the perfect sized home in the current competitive market. Presented by Tracey Clermont PREC* and Krista Petersen PREC*, Oakwyn Realty Encore.

at Glen Pine Pavilion

F	Feb 2	10 – 11:30 a.m.	1/FREE	139989
Tu	Feb 6	7 – 8:30 p.m.	1/FREE	139988

Information Session: Guaranteed Income for Retirement (19+ yrs)

This seminar is designed to help people who are concerned about having adequate income in retirement better understand the basics of potential guaranteed income solutions. Presented by James Leung.

at Glen Pine Pavilion

F	Jan 19	2 – 3:30 p.m.	1/FREE	141080

Information Session: Lifesizing Part 1 – Smart Talk on Strata Living (19+ yrs)

There are many factors to consider when thinking about transitioning from a conventional, single-family home to strata. We will discuss the motivations, challenges and benefits while providing a clear picture of "what's in it for you". Also included is a discussion on the new requirement for strata depreciation reports. Presented by Terry Hyska.

at Dogwood Pavilion

Th	Mar 21	1 – 3:30 p.m.	1/FREE	140239

at Glen Pine Pavilion

Th	Feb 22	1 – 4 p.m.	1/FREE	140098

Life Long Learning for Adults *(19+)*

Learn Something New!

- Cooking
- Health
- Languages
- Life skills
- Technology
- Travel

Locations: Maillardville Community Centre, Dogwood Pavilion and Glen Pine Pavilion

Register
coquitlam.ca/registration | 604-927-4386
Stay up to date: **coquitlam.ca/enews**

Information Session: Lifesizing Part 2 – The Dollars and "Sense" of Strata Living (19+ yrs)

There are many cost benefits when considering the transition to strata living. The focus of this workshop is to explore the costs associated with living in strata, compared to a conventional, single-family home. We will cover the common day-to-day expenses, monthly fees, and how to plan for expected and unexpected costs. Also included is a discussion on the new requirement for depreciation/sustainability reports. Presented by Terry Hyska.

at Dogwood Pavilion

Th	Mar 28	1 – 3:30 p.m.	1/FREE	140240

at Glen Pine Pavilion

Th	Feb 29	1 – 4 p.m.	1/FREE	140101

Language: English Learner 1 (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	9:30 – 11 a.m.	5/$10	139368
Th	Feb 22 – Mar 28	9:30 – 11 a.m.	6/$12	139369

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

Language: English Learner 2 (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	1 – 2:30 p.m.	5/$10	139372
Th	Feb 22 – Mar 28	1 – 2:30 p.m.	6/$12	139375

Language: English Learner 3 (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	10:30 a.m. – 12 p.m.	5/$10	139996
Tu	Feb 20 – Mar 26	10:30 a.m. – 12 p.m.	6/$12	139999

Language: English Learner Book Club (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	11:30 a.m. – 12:30 p.m.	5/$10	139370
Th	Feb 22 – Mar 28	11:30 a.m. – 12:30 p.m.	6/$12	139371

Language: Italian Beginner (19+ yrs)

Ciao! Learn basic words, phrases and sentences in Italian to be able to converse and write with others in travel, business or at home. This program is designed for a beginner with no previous experience.

at Glen Pine Pavilion

W	Jan 17 – Feb 14	2 – 3:30 p.m.	5/$38	139951
Tu	Feb 20 – Mar 26	2:30 – 4 p.m.	6/$45.60	139955

Language: Italian Conversation (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	2:30 – 4 p.m.	5/$38	139953
W	Feb 21 – Mar 27	2 – 3:30 p.m.	6/$45.60	139952

Language: Mandarin Beginner (19+ yrs)

Ni Hao! Learn basic words, phrases and sentences in Mandarin to be able to converse and write with others in travel, business or at home. This program is for beginners with no previous experience.

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	6:30 – 8 p.m.	5/$38	140093
Tu	Feb 20 – Mar 26	6:30 – 8 p.m.	6/$45.60	140094

Language: Spanish Beginner (19+ yrs)

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home. This program is designed for a beginner with no previous experience.

at Dogwood Pavilion

Sa	Jan 20 – Feb 17	12:30 – 2 p.m.	5/$38	140824
Sa	Feb 24 – Mar 30	12:30 – 2 p.m.	6/$45.60	140825

at Glen Pine Pavilion

W	Jan 17 – Feb 14	9:30 – 11 a.m.	5/$38	139948
M	Feb 26 – Mar 25	6:30 – 8 p.m.	5/$38	139947

All Abilities Welcome!
Visit page 6 for details

Language: Spanish Conversation (19+ yrs)

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

at Glen Pine Pavilion

M	Jan 15 – Feb 12	6:30 – 8 p.m.	5/$38	139946
W	Feb 21 – Mar 27	9:30 – 11 a.m.	6/$45.60	139949

Lecture Series: Immunity (19+ yrs)

Using a multi-disciplinary approach and evidence based research explore the immune system which is a complex network of cells, tissues and organs. Together it helps the body fight infections and other diseases. Explore immunity systems in humans and animals throughout history.

at Glen Pine Pavilion

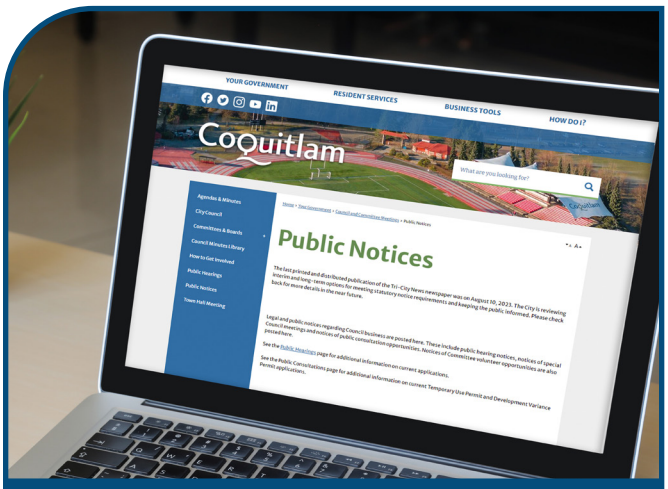
Th	Feb 22 – Mar 28	1 – 3 p.m.	5/$38	139150

Lecture Series: Plagues, Epidemics and Pandemics (19+ yrs)

Using a multi-disciplinary approach to discuss plagues, epidemics and pandemics past and present. As Covid-19 becomes endemic this is an opportunity to explore the topic from both a historical and current day perspective.

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	1 – 3 p.m.	5/$38	139148



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Tell us how we did!
coquitlam.ca/ProgramEvaluation

Qi Gong Try It (19+ yrs) LOW COST

This gentle class focuses on flowing movements performed in a slow, focused manner and accompanies deep breathing. Most exercises can also be done from a chair.

at Dogwood Pavilion

Su	Jan 7	11 a.m. – 12 p.m.	1/$2	142097

Service Canada: Canada Pension Plan (CPP) and Old Age Security (OAS) (19+ yrs)

Information session on the Canada Pension Plan (CPP) and Old Age Security (OAS) benefits. Includes information on contributions, planning for retirement, and types of benefits such survivor benefits, death benefit, disability benefits (CPPD), enrolling in OAS, and allowances. Presented by Citizen Services Specialist from Service Canada.

at Dogwood Pavilion

M	Feb 12	6:30 – 8 p.m.	1/FREE	141369

Service Canada: Employment Insurance and Special Benefits (19+ yrs)

Information session on on Employment Insurance Benefits covering regular benefits, and special benefits: Sickness, Maternity and Parental Benefits, Caregiver Benefits for Adults, Caregiver Benefits for Children and Compassionate Care Benefits. Explanations on how some of these benefits can be combined, eligibility and how to apply. Presented by Citizen Services Specialist from Service Canada.

at Glen Pine Pavilion

Tu	Mar 19	6:30 – 8 p.m.	1/FREE	140520

Service Canada: Newcomers to Canada Presentation (19+ yrs)

This presentation gives an overview of federal government programs and services from children to seniors. We cover how to access our services, Telephone Interpretation Services, Canada Child Benefit, Employment Insurance, Benefits for Seniors, Canada Learning Bond and other Education Savings Incentives, Student Loans and Grants, Apprenticeship Supports and tools and resources (like the Benefit Finder)! Presented by Citizen Services Specialist from Service Canada.

at Glen Pine Pavilion

W	Jan 31	6:30 – 8 p.m.	1/FREE	140492

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

Service Canada: Services for Seniors (19+ yrs)

Information session on various services available for Seniors in Canada and how to access them. Presented by Citizen Services Specialist from Service Canada.

at Dogwood Pavilion

Th	Mar 14	1 – 2:30 p.m.	1/ FREE	141370

at Glen Pine Pavilion

Th	Feb 22	10 – 11:30 a.m.	1/ FREE	140511

Technology: Android Basics (Phone and Tablet) (19+ yrs) LOW COST

Learn some of the common functions of your Android device including how to set up email, manage contacts, download apps, security and more. Please bring your Android phone or tablet along with you to class. Samsung, LG, Google, Sony, Motorola, etc. – anything that is not an iPhone or iPad.

at Glen Pine Pavilion

Th	Jan 25	1 – 3 p.m.	1/$2	139379

Technology: Introduction to Libby App (19+ yrs)

Learn how to use Coquitlam Public Library's digital collection of eBooks, eAudiobooks, and more through the Libby app. 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.

at Dogwood Pavilion

Tu	Feb 27	7 – 8 p.m.	1/ FREE	141426
F	Mar 15	10 – 11 a.m.	1/ FREE	141427

Technology: iPad and iPhone Basics (19+ yrs) LOW COST

Learn the basic features and apps on your iPad / iPhone. Discuss security settings and accessing the internet. Bring your iPad / iPhone to this hands-on class.

at Glen Pine Pavilion

Th	Feb 8	1 – 3 p.m.	1/$2	139939

Technology: Managing Digital Passwords (19+ yrs) LOW COST

Password management is very important to secure your information in the digital world. A set of principles and best practices to be followed by users while storing and managing passwords in an efficient manner is critical to prevent unauthorized access. Please bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	Mar 14	1 – 3 p.m.	1/$2	139941

Technology: Photography Using a Smartphone (19+ yrs) LOW COST

Using your smartphone to capture photos that are candid or planned is a great way to save special memories of people and places. Smartphone photography is good as any image taken by a full camera. Tips and tricks will make your photos or videos amazing and can be shared by email, on social media or even printed. Please bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	Feb 22	1 – 3 p.m.	1/$2	139940

Technology: Tools for Travel (19+ yrs) LOW COST

Planning on travelling somewhere? Why not learn how your phone, tablet or laptop can help plan your vacation. Do not miss out on some of the best restaurants to try or places to see. Use online maps to navigate, language translators to communicate and maybe get some great local deals through special tickets or coupons.

at Glen Pine Pavilion

Th	Mar 28	1 – 3 p.m.	1/$2	139942

Wellness: Aging Gracefully – Emotional Wellness (19+ yrs)

Aging Gracefully is a 4 part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on emotional wellness to increase happiness and joy of life as you alleviate stress, anxiety, fear and sadness, coming home to unconditional love, acceptance for yourself and others. Please bring a journal and a pen or pencil.

at Dogwood Pavilion

M	Mar 11	6 – 8 p.m.	1/$12.50	140954

Wellness: Aging Gracefully – Mindful Wellness (19+ yrs)

Aging Gracefully is a 4 part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this first session on mindful wellness to expand consciousness as you live fully in moments and become gracious and open hearted in your life journey. Please bring a journal and a pen or pencil.

at Dogwood Pavilion

M	Jan 15	6 – 8 p.m.	1/$12.50	140952

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.

Wellness: Aging Gracefully – Physical Wellness (19+ yrs)

Aging Gracefully is a 4 part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on physical wellness to enhance body wellness as you discover better choices in daily habits and practices for better sleep, dieting and exercising. Please bring a journal and a pen or pencil.

at Dogwood Pavilion

M	Feb 12	6 – 8 p.m.	1/$12.50	140953

Wellness: Breathwork and Mindfulness (19+ yrs)

Invest in your wellness by learning mindful awareness in the present moment. Feel inspired and embrace your inner peace as you explore mindfulness techniques such as: guided relaxation, breathing for wellness and self-compassion.

at Centennial Pavilion

Su	Jan 21	11 a.m. – 1 p.m.	1/$30	141635

Wellness: Gut Microbiome (19+ yrs)

Learn about the world of probiotics, prebiotics and ways to support your immunity by balancing the colonies of bacteria and allowing them to reverse disease and restore our overall health and well-being.

at Glen Pine Pavilion

Tu	Mar 12	6:30 – 8 p.m.	1/$12.70	139116

Wellness: Heart Health (19+ yrs)

A healthy heart is central to overall good health and embracing a healthy lifestyle can prevent heart disease and lower your risk. Learn about nutrition to support a healthy heart and steps you can take to protect your heart at any age.

at Dogwood Pavilion

F	Feb 16	10 a.m. – 12 p.m.	1/$12.50	140439

Wellness: Inflammation 101 (19+ yrs)

Any disease or chronic condition shows up in the body as inflammation. Learn the difference between acute and chronic inflammation and ways to support your body through nutrition to bring it down. We will also be talking about anti-inflammatory foods.

at Glen Pine Pavilion

Tu	Feb 13	6:30 – 8 p.m.	1/$12.70	139115

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Wellness: Living Life to the Full (19+ yrs)

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles. Course content and materials are practical and easily applied to everyday life situations. You will learn self confidence, problem-solving, stress management, motivation, dealing with unhelpful thoughts and anger management. Presented by Canadian Mental Health Association.

at Dogwood Pavilion

Th	Feb 8 – Mar 28	1 – 2:30 p.m.	8/FREE	140829

at Glen Pine Pavilion

M	Feb 5 – Mar 25	6 – 7:30 p.m.	8/FREE	139966

Wellness: Living Life to the Full Information Session (19+ yrs)

Join us for an information session to learn about the free program Living Life to the Full which will be starting in early February. This eight week program is designed to help people deal with everyday life challenges and learn self-management skills. Presented by Canadian Mental Health Association.

at Dogwood Pavilion

Th	Jan 25	1 – 2:30 p.m.	1/FREE	140830

at Glen Pine Pavilion

M	Jan 22	6 – 7:30 p.m.	1/FREE	139963

Wellness: Mindful Happiness (19+ yrs)

Discover essential practices for experiencing more joy, peace and contentment every day in your life!

at Glen Pine Pavilion

W	Jan 31	6 – 8 p.m.	1/$12.70	139121
Tu	Feb 13	10 a.m. – 12 p.m.	1/$12.70	139118

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

Wellness: Path of Growing Younger (19+ yrs)

Be inspired and uplifted in a rejuvenating talk on how to grow younger with passing years. Learn essential tips and ways to master important techniques for creating a healthier mind, body, heart and spirit. Greater balance, overall wellness and increased satisfaction in life awaits.
Week 1: Mindful Wellness
Week 2: Youthful Body
Week 3: Heartfelt Living
Week 4: Spiritual Renewal

at Glen Pine Pavilion

Tu	Jan 16 – Feb 6	10 a.m. – 12 p.m.	4/$50.80	139117
W	Feb 21 – Mar 13	6 – 8 p.m.	4/$50.80	139123
Th	Feb 22 – Mar 14	6:30 – 8:30 p.m.	4/$50.80	139119

Wellness: Stress and Nutrition (19+ yrs)

Do you know there's a link between how consuming different types of food and when you eat these foods can help you support yourself during stress. Come learn how stress impacts the body and what you can do nutritionally to support your health during stressful times.

at Glen Pine Pavilion

Tu	Jan 23	6:30 – 8 p.m.	1/$12.70	139114

Wellness: The Reiki Way (19+ yrs)

Join group conversations to discover basics for healing yourself and living with more kindness and generosity.

at Glen Pine Pavilion

Th	Mar 14	10 a.m. – 12 p.m.	1/$12.70	139120
W	Mar 20	6 – 8 p.m.	1/$12.70	139122

Wellness: Towel Pilates (0+ yrs)

This workshop offers a fun new twist to your Pilates training while also stimulating your central nervous system. You will use a towel as a prop to develop dynamic stability, assist with mobility, improve proprioception, and increase your core strength. Please bring a towel or scarf that is approximately 12 inches wide and 40 – 48 inches long.

at Centennial Pavilion

Su	Mar 10	11 a.m. – 1 p.m.	1/$30	141627

Wellness: Transitioning to a Plant-Based Diet (19+ yrs)

Learn about and how to make the move to a plant-based diet. Learn tips and tricks for creating complete proteins with plant-based ingredients and leave with new recipes to try.

at Dogwood Pavilion

F	Jan 12	10 a.m. – 12 p.m.	1/$12.50	140440

Wellness: Yoga Therapy for Anxiety and Depression (19+ yrs)

Anxiety and Depression manifest in many ways and can influence all levels of the human experience including physical, emotional, mental and spiritual. In this workshop, you will be introduced to simple but powerful tools of Yoga that can bring change and support your healing process. No previous yoga experience needed.

at Centennial Pavilion

Sa	Feb 10	1 – 4 p.m.	1/$45	141638

Performing Arts

Dance: Ageless Ballet Moves (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	11 a.m. – 12 p.m.	5/$41	139972
M	Feb 26 – Mar 25	2:15 – 3:15 p.m.	5/$41	139971

Dance: Argentine Tango Beginner (19+ yrs)

Argentine Tango dancing for two! Have fun learning the foundations of this rhythmic dance originating from the suburbs of Buenos Aires. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

M	Jan 15 – Feb 12	6:45 – 8:15 p.m.	5/$61.50	140316
M	Feb 26 – Mar 25	6:45 – 8:15 p.m.	5/$61.50	140317

Dance: Ballet Beginner (19+ yrs)

Have fun learning the graceful artform of ballet for the first time with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	4:45 – 5:45 p.m.	5/$41	140807
Tu	Feb 20 – Mar 26	4:45 – 5:45 p.m.	6/$49.20	140808

Dance: Ballroom Intermediate Workshop (19+ yrs)

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

at Glen Pine Pavilion

Th	Feb 22 – Mar 28	6:45 – 7:30 p.m.	6/$36.90	139092

Dance: Bellydance Basics (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	5:15 – 6:15 p.m.	5/$41	139097
Tu	Feb 20 – Mar 26	5:15 – 6:15 p.m.	6/$49.20	139098

Dance: Bellydance Beginner (19+ yrs)

Learn the fundamentals of belly dance in a fun and welcoming environment. Practice classic postures with the traditional hip and shoulder movements.

at Dogwood Pavilion

W	Jan 17 – Feb 14	5 – 6 p.m.	5/$41	140124
W	Feb 21 – Mar 27	5 – 6 p.m.	6/$49.20	140125

Dance: Bellydance Intermediate (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	7:45 – 8:45 p.m.	5/$41	139099
Tu	Feb 20 – Mar 26	7:45 – 8:45 p.m.	6/$49.20	139100

Dance: Cha-Cha Beginner Workshop (19+ yrs)

Cha-Cha-Challenge your mind and body as the instructor introduces various elements of this rhythmic dance. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Mar 30	1:30 – 3:30 p.m.	1/$16.40	140828

Dance: Choreographed Intermediate (19+ yrs)

No partner, no problem! Learn choreographed Line Dance styles such as Salsa, Cha Cha, Rumba, Bachata, Mambo and more!

at Glen Pine Pavilion

Su	Jan 14 – Feb 11	11:30 a.m. – 12:30 p.m.	5/$41	139079
Su	Feb 18 – Mar 24	11:30 a.m. – 12:30 p.m.	6/$49.20	139081

Dance: Choreographed Jazz (19+ yrs)

No partner, no problem! Learn choreographed dance jazz routines suitable for all levels of dancers.

at Glen Pine Pavilion

M	Jan 15 – Feb 12	2:15 – 3:15 p.m.	5/$41	139969
Th	Feb 22 – Mar 21	11 a.m. – 12 p.m.	5/$41	139976

Dance: Contemporary Basics (19+ yrs)

In this contemporary class, we combine various dance techniques. This class takes strong influence from popular music, and the movement is highly expressive. Suitable for beginners with no dance experience.

at Glen Pine Pavilion

Su	Feb 18 – Mar 24	12:45 – 1:45 p.m.	6/$49.20	139102

Dance: Contemporary Try It (19+ yrs)

In this contemporary class, we combine classical ballet and modern dance techniques. This class takes strong influence from both classical and popular music, and the movement is highly expressive. We will start with a warm-up, followed by some traveling steps across the floor and a choreography combination to end the class. This adult dance is suitable for beginners with no dance experience.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19	8 – 9 p.m.	1/$8.20	141513
F	Feb 9	8 – 9 p.m.	1/$8.20	141514
F	Mar 1	8 – 9 p.m.	1/$8.20	141515

Dance: First Steps – Latin Ballroom Beginner Workshop (19+ yrs)

Have you always wanted to take that first step and learn how to ballroom dance to Latin music? Learn beginner steps for the most popular Latin ballroom dances for couples. Dance is a great way to exercise your body and mind together.

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	6:45 – 7:30 p.m.	5/$30.75	139088

All Abilities Welcome!
Visit page **6** for details

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

Dance: Foxtrot Beginner Workshop (19+ yrs)

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. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Feb 24	1:30 – 3:30 p.m.	1/$16.40	140827

Dance: Hip Hop Beginner (19+ yrs)

Learn beginner hip hop movements in this interactive dance program. Build foundations in bouncing, grooving, and moving on beat as you exercise your body and mind.

at Dogwood Pavilion

Th	Jan 18 – Feb 15	7:15 – 8:15 p.m.	5/$41	140799
Th	Feb 22 – Mar 28	7:15 – 8:15 p.m.	6/$49.20	140800

at Glen Pine Pavilion

Su	Jan 14 – Feb 11	12:45 – 1:45 p.m.	5/$41	139101

Dance: Jazz Try It (19+ yrs)

Jazz is an energetic style of dance built on basic foundational skills of ballet. Students will learn foundational jazz technique skills as well as some high energy choreography in this class. No dance experience required.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 26	8 – 9 p.m.	1/$8.20	141519
F	Feb 16	8 – 9 p.m.	1/$8.20	141521
F	Mar 8	8 – 9 p.m.	1/$8.20	141522

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

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

Dance: Lady Style Bachata (19+ yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19 – Feb 9	6:15 – 7:15 p.m.	4/$32.80	141547

Dance: Latin Beginner (19+ yrs)

Have fun learning Latin dances such as Salsa, Tango and Bachata for the first time with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Dogwood Pavilion

Sa	Jan 20 – Feb 17	10:45 – 11:45 a.m.	5/$41	140126
Sa	Feb 24 – Mar 30	10:45 – 11:45 a.m.	6/$49.20	140127

Dance: Line Dance All Levels (19+ yrs)

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

at Dogwood Pavilion

F	Jan 19 – Feb 16	2:15 – 3:15 p.m.	5/$41	140814
F	Feb 23 – Mar 22	2:15 – 3:15 p.m.	5/$41	140815

Dance: Line Dance Beginner (19+ yrs)

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

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	1:30 – 2:30 p.m.	5/$41	140810
Tu	Feb 20 – Mar 26	1:30 – 2:30 p.m.	6/$49.20	140812

at Glen Pine Pavilion

M	Jan 15 – Feb 12	5:15 – 6:15 p.m.	5/$41	141418
M	Feb 26 – Mar 25	5:15 – 6:15 p.m.	5/$41	141419

Dance: Popping Beginner (19+ yrs)

Our expert instructor will break down the fundamentals of this iconic street dance, helping you unleash your inner dancer and develop your own unique style.

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	4:30 – 5:30 p.m.	4/$32.80	140609
Su	Feb 11 – Mar 10	4:30 – 5:30 p.m.	5/$41	140610

Dance: Relive the Disco 70s Workshop (19+ yrs)

No partner, no problem! Relive the fun of the urban nightlife scene of the 70s with the disco music beats and sounds incorporating musical elements from African, Latin American and Western rock and blues. Dance the morning away in this workshop – dress up if you wish!

at Glen Pine Pavilion

M	Jan 29	3:30 – 4:30 p.m.	1/$8.20	139980

Dance: Salsa Intermediate (19+ yrs)

Have fun further developing your salsa skills with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Maillardville Community Centre (1200 Cartier Ave)

F	Feb 16 – Mar 15	6:15 – 7:15 p.m.	5/$41	141551

Dance: Swing Beginner Workshop (19+ yrs)

Swing dancing for two! Experience the rhythm and flow of this upbeat dance. Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Jan 27	1:30 – 3:30 p.m.	1/$16.40	140826

Dance: Themed Music Dance Workshop (19+ yrs)

Learn new dance moves to different themed music in this workshop. No dance experience or partner required to have fun in this class where the emphasis is on new skills, learning choreography and building dance muscle memory.

at Glen Pine Pavilion

M	Jan 15	3:30 – 4:30 p.m.	1/$8.20	139978
M	Jan 22	3:30 – 4:30 p.m.	1/$8.20	139979
M	Feb 5	3:30 – 4:30 p.m.	1/$8.20	139981
M	Feb 12	3:30 – 4:30 p.m.	1/$8.20	139982
M	Feb 26	3:30 – 4:30 p.m.	1/$8.20	139983
M	Mar 4	3:30 – 4:30 p.m.	1/$8.20	139984
M	Mar 11	3:30 – 4:30 p.m.	1/$8.20	139985
M	Mar 18	3:30 – 4:30 p.m.	1/$8.20	139986
M	Mar 25	3:30 – 4:30 p.m.	1/$8.20	139987

Drama: Introduction to Improv Theatre (19+ yrs)

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

at Glen Pine Pavilion

M	Jan 15 – Feb 12	5 – 6:30 p.m.	5/$58.50	139957
M	Feb 26 – Mar 25	5 – 6:30 p.m.	5/$58.50	139958

Music: Guitar Beginner (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	7:45 – 8:45 p.m.	5/$32.75	140104
Tu	Feb 20 – Mar 26	7:45 – 8:45 p.m.	6/$39.30	140105

Music: Ukulele Beginner (19+ yrs)

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

at Dogwood Pavilion

Sa	Jan 20 – Feb 17	10:30 a.m. – 12 p.m.	5/$49.25	140822
Sa	Feb 24 – Mar 30	10:30 a.m. – 12 p.m.	6/$59.10	140823

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	6:30 – 7:30 p.m.	5/$32.75	140102
Tu	Feb 20 – Mar 26	6:30 – 7:30 p.m.	6/$39.30	140103

Tell us how we did!
coquitlam.ca/ProgramEvaluation

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

Sports and Active Play

Archery (19+ yrs)

For beginners wanting to shoot targets with a bow and arrow. Program includes rules, safety and proper technique. All equipment is provided. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Feb 11 – Mar 3	11 a.m. – 12 p.m.	4/$60	142204

Badminton: Skills and Drills (19+ yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Feb 7	5:45 – 6:45 p.m.	4/$37.80	141856
W	Feb 14 – Mar 13	5:45 – 6:45 p.m.	5/$47.25	141857

at Pinetree Community Centre

Su	Feb 11 – Mar 10	3:30 – 5 p.m.	5/$71	141315

Adapted Aqua Movement

(19+ years)

NEW!

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**.

Pickleball: Beginner (19+ yrs)

Learn the basics of pickleball. Lessons include skill development for those who are new to the sport.

at Poirier Forum

Tu	Jan 9 – Feb 6	11 a.m. – 12:30 p.m.	5/$71	140106
W	Jan 10 – Jan 31	11 a.m. – 12:30 p.m.	4/$56.80	140109
W	Feb 7 – Feb 28	11 a.m. – 12:30 p.m.	4/$56.80	140110
Tu	Feb 13 – Mar 12	11 a.m. – 12:30 p.m.	5/$71	140107
W	Mar 6 – Mar 27	11 a.m. – 12:30 p.m.	4/$56.80	140111

Pickleball: Skills and Drills (19+ yrs)

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

at Centennial Activity Centre

Su	Jan 14 – Feb 4	10:45 a.m. – 12:15 p.m.	4/$56.80	140088
Su	Feb 18 – Mar 17	10:45 a.m. – 12:15 p.m.	4/$56.80	140089

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	5:15 – 6:45 p.m.	4/$56.80	141854
M	Feb 12 – Mar 11	5:15 – 6:45 p.m.	4/$56.80	141855

at Poirier Forum

W	Jan 10 – Jan 31	12:45 – 2:15 p.m.	4/$56.80	140112
W	Feb 7 – Feb 28	12:45 – 2:15 p.m.	4/$56.80	140113
W	Mar 6 – Mar 27	12:45 – 2:15 p.m.	4/$56.80	140114

Volleyball: Beginner (19+ yrs)

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

at Centennial Activity Centre

Su	Jan 14 – Feb 4	5:30 – 6:30 p.m.	4/$37.80	140831
Su	Feb 11 – Mar 10	5:30 – 6:30 p.m.	4/$37.80	140832

Volleyball: Skills and Drills (19+ yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Th	Jan 18 – Feb 8	5:45 – 6:45 p.m.	4/$37.80	141858
Th	Feb 15 – Mar 14	5:45 – 6:45 p.m.	5/$47.25	141859

All Abilities Welcome!
Visit page **6** for details

Visual Arts

Art Studio Sampler (19+ yrs)

Join us for this fun art studio sampler class to try a little of everything. Try your hand at drawing, acrylic and watercolour painting and see what ignites your passion. All supplies included and no experience required.

at Dogwood Pavilion

Th	Jan 25 – Feb 15	6 – 8 p.m.	4/$73.60	141024

Crafts: Aromatherapy and the Art of Blending (19+ yrs)

Aromatic essences derived from portions of the plants – discover an alternative form of wellness! Working with the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. All supplies included. Course provided by Cheryl Theilade from Scentimental Creations.

at Glen Pine Pavilion

Th	Mar 14	6:30 – 8:45 p.m.	1/$38	139991

Crafts: Introduction to Weaving (19+ yrs)

Join us for an introductory weaving workshop and learn to make a coaster using a mini loom and yarn. The project will be completed over 2 sessions. Instructor, Laura R. will acknowledge the knowledge keepers who helped guide her interest/passion in weaving and the types of material (cedar, suede and leather) in addition to wool and cotton. She is from the Haida/Tsimshian First Nations, Metlakatla, B.C.

at Dogwood Pavilion

F	Feb 2 – Feb 9	10 a.m. – 12 p.m.	2/$15.20	140994

Crafts: Macramé Ornaments (19+ yrs)

Learn Macramé to create ornaments! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th	Feb 1	6:30 – 8:30 p.m.	1/$18.40	139128
Th	Mar 14	6:30 – 8:30 p.m.	1/$18.40	139133

Crafts: Natural Hair Care (19+ yrs)

Using herbs, essential oils, organic butters and botanicals, make your own body lotion, herbal shampoo, citrus hair spray and a moisture lip balm. Take home recipes on hair rinses, detanglers, conditioners, dandruff control treatment and deep conditioners. All supplies included. Course provided by Cheryl Theilade from Scentimental Creations.

at Glen Pine Pavilion

Th	Feb 1	6:30 – 8:45 p.m.	1/$38	139990

Crafts: Winter Themed Craft (19+ yrs)

Enjoy an evening of crafting a winter themed item for your home or to gift. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th	Jan 11	6:30 – 8:30 p.m.	1/$18.40	141990

Digital Art: Creating a Mandala Colouring Page using Procreate® on a Tablet (19+ yrs)

Learn to create mandalas that can be used as colouring pages. This digital art class challenges you to use your iPad and apple pencil in the Procreate® drawing app. This workshop will guide you through the basic functions, brushes, and guides in Procreate®.

at Glen Pine Pavilion

Th	Feb 15	6:30 – 8:30 p.m.	1/$12.50	139132

Digital Art: Introduction to Using Procreate® on a Tablet (19+ yrs)

This digital art class challenges you to use your iPad and apple pencil in the Procreate® drawing app. This workshop will guide you through the basic functions, brushes, and guides in Procreate®.

at Glen Pine Pavilion

Th	Jan 18 – Jan 25	6:30 – 8:30 p.m.	2/$25	139127
Th	Feb 22 – Feb 29	6:30 – 8:30 p.m.	2/$25	139134

Digital Art: Paint a Portrait with Procreate® on a Tablet (19+ yrs)

This digital art class challenges you to use your iPad and apple pencil to create a beautiful portrait in the Procreate® drawing app. This workshop will guide you through the basic functions, brushes, and guides in Procreate®.

at Glen Pine Pavilion

Th	Feb 8	6:30 – 8:30 p.m.	1/$12.50	139130

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

Drawing: Architectural Structures (19+ yrs)

This course focuses on drawing architectural structures emphasizing the rendering of light, shadow and more when drawing in black and white. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

F	Jan 19 – Feb 16	11:30 a.m. – 1 p.m.	5/$37.50	139163

Drawing: Beginner (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

M	Jan 15 – Feb 12	11:45 a.m. – 1:45 p.m.	5/$50	139974

at Glen Pine Pavilion

Su	Jan 14 – Feb 11	12:15 – 1:45 p.m.	5/$37.50	140082
Su	Feb 18 – Mar 24	12:15 – 1:45 p.m.	6/$45	140083
F	Feb 23 – Mar 22	11:30 a.m. – 1 p.m.	5/$37.50	139171

Drawing: Botanicals (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

W	Feb 28 – Mar 27	9:30 – 11:30 a.m.	5/$50	142070

Drawing: Coloured Pencils (19+ yrs)

Learn the tips and tricks that go into creating a drawing composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

M	Jan 15 – Feb 12	9 – 11:30 a.m.	5/$62.50	139961
M	Feb 26 – Mar 25	9 – 11:30 a.m.	5/$62.50	139962

Oops! We cancelled it...

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

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Drawing: Intermediate (19+ yrs)

This course focuses on further developing techniques of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on building on existing experience that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

M	Feb 26 – Mar 25	11:45 a.m. – 1:45 p.m.	5/$50	139977

at Glen Pine Pavilion

W	Jan 17 – Feb 14	6:30 – 8:30 p.m.	5/$50	140090
W	Feb 21 – Mar 27	6:30 – 8:30 p.m.	6/$60	140091

Drawing: Portraits (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

W	Jan 17 – Feb 21	9:30 – 11:30 a.m.	6/$60	141454

Drawing: Portraits (19+ yrs)

This course focuses on further developing techniques of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on building on existing experience that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Maillardville Community Centre (1200 Cartier Ave)

W	Feb 7 – Feb 21	10 a.m. – 12 p.m.	3/$30	141274

Drawing: Urban Sketching (19+ yrs)

Explore the urban landscape while learning techniques and tools of sketching buildings and structures, translating the energy and character of a city onto your sketchbook. Participants are required to bring supplies listed on the receipt.

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Jan 31	10 a.m. – 12 p.m.	3/$30	141273
Tu	Feb 27 – Mar 12	5:30 – 7:30 p.m.	3/$30	141272

Mixed Media: Doodling Joy and Colouring Bliss (19+ yrs)

Scientific research supports the idea that doodling and coloring enhances creativity, spirituality, and problem solving. A great way to spend a calming Friday afternoon with some blank paper, colouring sheets, and different art tools guided by a nurturing and caring wellness facilitator. No experience required.

at Glen Pine Pavilion

F	Jan 26	1:30 – 3 p.m.	1/$7.50	141437
F	Feb 2	1:30 – 3 p.m.	1/$7.50	141953
F	Feb 9	1:30 – 3 p.m.	1/$7.50	141954
F	Feb 16	1:30 – 3 p.m.	1/$7.50	141955

Painting: Acrylic All Levels (19+ yrs)

Learn how to use the paintbrush and prepare the canvas. Explore colour mixing, colour theory, composition, the greyscale and capturing the light in a fun, low pressure environment. Some experience with acrylic painting is required to participate. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

W	Jan 17 – Feb 14	12:30 – 3 p.m.	5/$62.50	139964
W	Feb 21 – Mar 27	12:30 – 3 p.m.	6/$75	139965

Painting: Acrylic Beginner (19+ yrs)

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

Th	Jan 18 – Feb 15	9:30 – 11:30 a.m.	5/$50	139967
Th	Feb 22 – Mar 28	9:30 – 11:30 a.m.	6/$60	139970

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	6:30 – 8:30 p.m.	5/$50	139151
Sa	Jan 20 – Feb 17	10 a.m. – 12 p.m.	5/$50	139110
Tu	Feb 20 – Mar 26	6:30 – 8:30 p.m.	6/$60	139152
Sa	Feb 24 – Mar 30	10 a.m. – 12 p.m.	6/$60	139111

Painting: Acrylic Beyond the Basics (19+ yrs)

Explore colour mixing, colour theory, composition, the greyscale and capturing the light in a fun, low pressure environment. Painting experience required. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	9 – 11:30 a.m.	5/$62.50	139108
Tu	Feb 20 – Mar 26	9 – 11:30 a.m.	6/$75	139109

Painting: Acrylic Elementary Colour Mixing (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Jan 15 – Jan 22	9:30 – 11:30 a.m.	2/$36.80	139103

Painting: Acrylic Elements of Good Composition (19+ yrs)

This beginner step by step workshop is an excellent introduction to acrylic painting. This class will focus on the elements of good composition on the canvas as well as essential skills like colour mixing and proportion. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Mar 25 – Mar 25	9 – 11:30 a.m.	1/$18.50	139107

Painting: Acrylic Ocean Waves (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. Learning to paint ocean waves requires essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Jan 29 – Feb 5	9:30 – 11:30 a.m.	2/$36.80	139104

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

Painting: Acrylic Paint Night – Cherry Blossoms (19+ yrs)

Join Danica N. for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included.

at Dogwood Pavilion

Th	Mar 7	6 – 8 p.m.	1/$25	141056

Painting: Acrylic Painting Clouds (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. Learn how to create clouds using essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Mar 11 – Mar 18	9:30 – 11:30 a.m.	2/$36.80	139106

Painting: Acrylic Painting with Bold Bright Colours (19+ yrs)

Join us for a unique acrylic painting class which will emphasize using bold, bright, expressive colours with instructor, Danica N. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Dogwood Pavilion

Th	Feb 22 – Feb 29	6 – 8 p.m.	2/$36.80	142071

Painting: Acrylic Value Study Painting in Black and White (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. Painting in black and white uses essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Feb 26 – Mar 4	9:30 – 11:30 a.m.	2/$36.80	139105

Painting: Ink Wash Painting Beginner (19+ yrs)

This beginner step by step class is an excellent introduction to Asian-style ink wash painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over four sessions you will learn the skills that make ink wash style of painting unique and different from western art. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	9:30 – 11:30 a.m.	5/$50	140085
Th	Feb 22 – Mar 28	9:30 – 11:30 a.m.	5/$50	140087

Oops! We cancelled it...

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

Painting: Pet Portraits in Acrylic (19+ yrs)

Paint a portrait of your pet in acrylic on canvas. Learn animal portraiture in a step by step approach with the support of local artist and class instructor, Eileen H. Essentials of acrylic painting, such as colour mixing, proportion and composition will be covered. Suitable for beginners but all levels welcome. All supplies included. Please bring an 8x10 picture of your pet.

at Dogwood Pavilion

Tu	Jan 23 – Jan 30	6 – 8 p.m.	2/$36.80	141371

Painting: Portraits in Black and White (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Dogwood Pavilion

Tu	Feb 27 – Mar 5	6 – 8 p.m.	2/$36.80	141376

Painting: Valentine's Bottle Lantern (19+ yrs)

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative lantern. Finish the lantern with fairy lights inside to create a beautiful glow. Step by step instructions provided along with the support of the class instructor and local artist, Eileen H. No experience necessary and all supplies provided.

at Dogwood Pavilion

Tu	Feb 6	6 – 8 p.m.	1/$25	141368

Painting: Watercolour Basics (19+ yrs)

Learn the basics of watercolour painting in this 1.5 hour workshop format. Explore skills and techniques that are necessary for a beginner to this medium of art. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Su	Jan 14 – Feb 11	10:30 a.m. – 12 p.m.	5/$37.50	140078
Su	Feb 18 – Mar 24	10:30 a.m. – 12 p.m.	6/$45	140080

All Abilities Welcome!

Visit page **6** for details

Painting: Watercolour Beginner (19+ yrs)

Learn the basics of watercolour painting. Explore skills and techniques that are necessary for a beginner to this medium of art. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	12:30 – 3 p.m.	5/$62.50	139954
Th	Jan 18 – Feb 15	12:30 – 3 p.m.	5/$62.50	141457
Tu	Feb 27 – Mar 26	12:30 – 3 p.m.	5/$62.50	139956

at Glen Pine Pavilion

F	Jan 19 – Feb 16	9 – 11 a.m.	5/$50	139153
F	Feb 23 – Mar 22	9 – 11 a.m.	5/$50	139155

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Jan 30	5:30 – 7:30 p.m.	3/$30	141269

Painting: Watercolour Intermediate (19+ yrs)

This course focuses on the intermediate fundamentals of watercolouring. As a group we explore various techniques and skills to bring our art to its highest point. Supply list can be found on your receipt.

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	9:30 a.m. – 12 p.m.	5/$62.50	139959
Tu	Feb 27 – Mar 26	9:30 a.m. – 12 p.m.	5/$62.50	139960

Maillardville Community Centre

Our new facility offers amenities for all interests, abilities and ages:

- Gymnasium
- Fitness/dance studio
- Children's indoor/ outdoor program spaces
- Teaching kitchen
- Multipurpose rooms
- Youth and Seniors lounge
- Room rentals

Find out more at **coquitlam.ca/MCC**

Painting: Watercolour Winter Landscapes (19+ yrs)

Capture this season's beauty through watercolour winter landscapes. Participants are required to bring supplies listed on the receipt.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Feb 6 – Feb 20	5:30 – 7:30 p.m.	3/$30	141271
W	Feb 28 – Mar 13	10 a.m. – 12 p.m.	3/$30	141275

Photography: Beginner Photography (19+ yrs)

This course is designed for people with their first, or new Single Lens Reflex (SLR) Digital Camera. Topics covered include basic functions, shutter speeds, F-stops, modes, flash, lenses and exposure. Bring your own camera. Dress for the weather, some outdoor photography will be included.

at Dogwood Pavilion

Sa	Feb 10 – Mar 9	12:30 – 2 p.m.	5/$38	140816

Photography: Smartphone Camera Essentials (19+ yrs)

Unlock the power of your smartphone camera in this hands-on program. Discover the art of dynamic shooting angles, composition, and harness the magic of light and colour to take stunning photos from your everyday device. We'll show you how to enhance your shots with useful editing resources to make your pictures truly pop!

at Dogwood Pavilion

Th	Jan 18 – Feb 15	7:15 – 8:15 p.m.	5/$25.35	142086
Th	Feb 22 – Mar 21	7:15 – 8:15 p.m.	5/$25.35	142088

Woodcarving Beginner (19+ yrs)

Learn new skills to create a variety of woodcarvings such as animals or caricatures. No experience necessary and all supplies provided.

at Dogwood Pavilion

W	Jan 17 – Feb 14	6 – 8 p.m.	5/$50	140099
W	Feb 21 – Mar 27	6 – 8 p.m.	6/$60	140100

Woodcarving Intermediate (19+ yrs)

Develop new skills to create a variety of woodcarvings including animals, caricatures and relief panels. Continuing students are welcome to learn new techniques and work on projects. Beginner experience is required for this class and all supplies provided.

at Dogwood Pavilion

W	Jan 17 – Feb 14	1:30 – 3:30 p.m.	5/$50	140095
W	Feb 21 – Mar 27	1:30 – 3:30 p.m.	6/$60	140096

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

50 Plus Services and Activities

Coquitlam resident registration for 50+ Services and Activities opens at 8:30 a.m. on Nov. 28.
Non-resident registration for 50+ Services and Activities opens at 8:30 a.m. on Nov. 30.

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
- Lounge
- Library
- Rose garden, bocce court and surrounding gardens
- 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

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 50 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**.

Biking (50+ yrs)

The biking group typically meets to cycle outdoors during early Spring to late Fall depending on weather.

at Dogwood Pavilion

W	Jan 3 – Mar 27	9 a.m. – 3 p.m.

Book Club (50+ yrs)

If you like reading, come and join us each month as we enjoy the works of a specific author. This group meets every 3rd Wednesday of the month.

at Dogwood Pavilion

W	Jan 17 – Mar 20	1:30 – 3:30 p.m.

Bridge: Casual (50+ yrs)

Bridge is a 4 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.

at Dogwood Pavilion

W	Jan 3 – Mar 27	12:30 – 3:30 p.m.

Bridge: Duplicate (50+ yrs)

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

at Centennial Pavilion

F	Jan 5 – Mar 22	1 – 4 p.m.

Bridge: Social (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. A welcoming social atmosphere for players who enjoy the game.

at Dogwood Pavilion

Tu	Jan 2 – Mar 26	1 – 4 p.m.

Bridge: Social Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. This group is for intermediate players.

at Dogwood Pavilion

Sa	Jan 6 – Mar 30	12:45 – 4 p.m.

Canadian Council of the Blind (50+ yrs)

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

at Dogwood Pavilion

Th	Jan 4 – Mar 28	1 – 3 p.m.

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by 2 pairs of partners and the aim is to collect sets of cards.

at Dogwood Pavilion

W	Jan 3 – Mar 27	5:30 – 8:15 p.m.

Carpet Bowling (50+ yrs)

Carpet Bowling is an indoor variant of lawn bowling.

at Dogwood Pavilion

Tu/Th	Jan 2 – Mar 28	1:45 – 3:45 p.m.

Chess (50+ yrs)

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

at Dogwood Pavilion

M	Jan 8 – Mar 25	12:30 – 4 p.m.

Coquitlam Art Club (50+ yrs)

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.

at Dogwood Pavilion

W	Jan 3 – Mar 27	12:30 – 3 p.m.

Crafting Group (50+ yrs)

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.

at Dogwood Pavilion

W	Jan 3 – Mar 27	9 a.m. – 3:30 p.m.

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

Cribbage (50+ yrs)

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

at Dogwood Pavilion

Th	**Jan 4 – Mar 28**	**9:30 a.m. – 12 p.m.**

Cribbage: 10-Card (50+ yrs)

A social card game played in partners using a 10-Card Cribbage board.

at Dogwood Pavilion

M	**Jan 8 – Mar 25**	**12:30 – 3:30 p.m.**

Dogwood Ambassadors (50+ yrs)

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. This group meets on the 3rd Monday of the month.

at Dogwood Pavilion

M	**Jan 15 – Mar 18**	**1:30 – 2:30 p.m.**

Drama (50+ yrs)

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

at Dogwood Pavilion

M/Th	**Jan 4 – Mar 28**	**1:45 – 3:45 p.m.**

Floor Hockey (50+ yrs)

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

at Dogwood Pavilion

Tu	**Jan 2 – Mar 26**	**6:30 – 8:15 p.m.**

Friendship Circle (50+ yrs)

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.

at Dogwood Pavilion

Tu	**Jan 2 – Mar 26**	**1 – 2:30 p.m.**

Garden Club (50+ yrs)

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. This group meets every 2nd Tuesday of the month.

at Dogwood Pavilion

Tu – Tu	**Jan 9 – Mar 12**	**6:15 – 8:30 p.m.**

Genealogy (50+ yrs)

Genealogy meets to discuss family history and different methods of researching historical records. This group meets the 1st Monday of the month.

at Dogwood Pavilion

M	**Jan 8 – Mar 4**	**1:30 – 3:30 p.m.**

Hiking (50+ yrs)

The three Dogwood hiking groups, Striders, Trekkers and Cliff Huggers, hike weekly on Mondays throughout the year.

at Dogwood Pavilion

M	**Jan 8 – Mar 25**	**8:30 a.m. – 4:30 p.m.**

Lapidary (50+ yrs)

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

at Dogwood Pavilion

M/Tu/W/Th	**Jan 2 – Mar 28**	**9:30 a.m. – 2:30 p.m.**

Life Writing (50+ yrs)

This informal group meets to discuss their life experiences, with the goal of writing them down one story at a time to make a family history. They meet on the 4th Monday of the month.

at Dogwood Pavilion

M	**Jan 22 – Mar 25**	**1 – 3 p.m.**

Mexican Train (50+ yrs)

Mexican Train is a game where the object is for all players to play all their dominoes from their hand onto 1 or more trains.

at Dogwood Pavilion

Th	**Jan 4 – Mar 28**	**12:15 – 3:30 p.m.**

Mixed Bag Band (50+ yrs)

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

at Dogwood Pavilion

Su	Jan 7 – Mar 24	10:30 a.m. – 1:30 p.m.

Photography Group (50+ yrs)

Come and share your photos and knowledge of photography. This group meets on the 1st and 3rd Wednesday of the month.

at Dogwood Pavilion

W	Jan 17 – Mar 20	6:30 – 8:15 p.m.

Pickleball – Dogwood Pavilion Seniors' Society (50+ yrs)

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

at Poirier Forum

M/W/F	Jan 3 – Mar 29	8:45 – 10:45 a.m.
M/F	Jan 5 – Mar 29	11 a.m. – 1 p.m.
M/F	Jan 5 – Mar 29	1:15 – 3:15 p.m.

Quilting (50+ yrs)

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. Sessions include full days of sewing, where members work on personal projects or group donation projects as well as monthly meetings complete with show and tells and demos. Many donation projects go to Bea's Kloset, Meals-on-Wheels and the Transition House. This group meets on the 1st and 3rd Friday and the 3rd Wednesday each month.

at Dogwood Pavilion

F	Jan 5 – Mar 15	9 a.m. – 3 p.m.
W	Jan 17 – Mar 20	6:15 – 8:15 p.m.

Roamers RV Club (50+ yrs)

If you love to travel by RV, camper, motor home and 5th wheel, come join us! The group organizes camp outs throughout the season. This group meets on the 2nd Monday of the month.

at Dogwood Pavilion

M	Jan 15 – Mar 11	1 – 3 p.m.

Scrabble (50+ yrs)

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

at Dogwood Pavilion

Tu	Jan 2 – Mar 26	12:30 – 4 p.m.

Snooker (50+ yrs)

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

at Dogwood Pavilion

M/Tu/W/Th	Jan 2 – Mar 28	8:45 a.m. – 8:15 p.m.
F/Sa	Jan 5 – Mar 30	8:45 a.m. – 4:15 p.m.
Su	Jan 7 – Mar 24	9:15 a.m. – 1:45 p.m.

Social Dance (50+ yrs)

Social dance meets weekly to enjoy ballroom and latin dancing.

at Dogwood Pavilion

Th	Jan 11 – Mar 28	6:30 – 8:15 p.m.

Lend a Hand!

Have fun, develop new skills and meet new people

We are always looking for volunteers to be:

- **Cashiers**
- **Kitchen Assistants**
- **Meaningful Meals Delivery Drivers**
- ***and much more***

For more information on becoming a City of Coquitlam volunteer, call 604-927-6076 or visit coquitlam.ca/volunteer.

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

Songsters (50+ yrs)

This choir meets weekly to sing together and learn new songs. Occasionally this group performs at social functions and events in the community. This group only accepts new members at the beginning of each season. Inquire with the group leader for seasonal registration deadlines.

at Dogwood Pavilion

Tu	**Jan 2 – Mar 26**	**1:45 – 5 p.m.**

South Asian Group (50+ yrs)

This is a social and support group for the South Asian community. They meet on the 4th Wednesday and the 1st and 3rd Thursday of each month.

at Dogwood Pavilion

Th	**Jan 4 – Mar 21**	**10 a.m. – 12 p.m.**
W	**Jan 24 – Mar 27**	**6:30 – 8:15 p.m.**

Table Tennis (50+ yrs)

Table tennis is a sport in which 2 or 4 players hit a lightweight ball back and forth across a table using small solid racquets.

at Dogwood Pavilion

W	**Jan 3 – Mar 27**	**4:15 – 8:15 p.m.**
Su	**Jan 7 – Mar 24**	**9 a.m. – 12 p.m.**
M	**Jan 8 – Mar 25**	**4:15 – 6:30 p.m.**

Turn Up and Paint (50+ yrs)

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

at Dogwood Pavilion

W	**Jan 3 – Mar 27**	**9:30 – 11:30 a.m.**

Women Helping Others (50+ yrs)

Women Helping Others provides opportunities for 50+ women who are widowed, divorced, have a partner living in assisted living care, or are single to be involved in a community.

at Dogwood Pavilion

W	**Jan 3 – Mar 27**	**10 a.m. – 12 p.m.**

Woodcarving (50+ yrs)

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

at Dogwood Pavilion

Th	**Jan 4 – Mar 28**	**1 – 3:30 p.m.**

Woodcarving – Fantasy Houses (50+ yrs)

This group creates whimsical houses with cottonwood bark. Each member works on an individual project and must bring their own tools and materials. The volunteer provides assistance with safety, tips and techniques.

at Dogwood Pavilion

M	**Jan 8 – Mar 25**	**1 – 3 p.m.**

Woodworking (50+ yrs)

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

at Dogwood Pavilion

M/Tu/W/Th/F	**Jan 2 – Mar 28**	**8:30 a.m. – 1 p.m.**

Glen Pine Pavilion Activity Groups

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.

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.

at Glen Pine Pavilion

F	Jan 12 – Feb 16	12 – 3:45 p.m.	6/$3	138871
F	Feb 23 – Mar 22	12 – 3:45 p.m.	5/$2.50	138872

Art Group (50+ yrs)

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

at Glen Pine Pavilion

W	Jan 10 – Feb 14	9 a.m. – 12 p.m.	6/$3	138853
W	Feb 21 – Mar 27	9 a.m. – 12 p.m.	6/$3	138854

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

at Glen Pine Pavilion

Sa	Jan 13 – Feb 17	12 – 2:45 p.m.	6/$3	138881
Sa	Feb 24 – Mar 30	12 – 2:45 p.m.	6/$3	138882

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

at Glen Pine Pavilion

W	Jan 10 – Feb 14	1 – 3 p.m.	6/$3	138857
W	Feb 21 – Mar 27	1 – 3 p.m.	6/$3	138858

Bridge All-Levels (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere. Scoring is optional, and attending with a partner is not necessary. Partners will rotate during the afternoon so players need to be prepared to play with everyone in this all-levels Bridge group.

at Glen Pine Pavilion

M	Jan 8 – Feb 12	12:30 – 4 p.m.	6/$3	138824
M	Feb 26 – Mar 25	12:30 – 4 p.m.	5/$2.50	138825

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 – not interchangeable – at time of registration they will need to answer a prompt on a questionnaire for their quartet name.

at Glen Pine Pavilion

F	Jan 12 – Feb 16	12 – 4:15 p.m.	6/$3	138873
F	Feb 23 – Mar 22	12 – 4:15 p.m.	5/$2.50	138874

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by 2 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 7) cards of the same rank in order to obtain points for a canasta.

at Glen Pine Pavilion

Tu	Jan 9 – Feb 13	6 – 8:15 p.m.	6/$3	138849
Sa	Jan 13 – Feb 17	11:30 a.m. – 2:30 p.m.	6/$3	138879
Tu	Feb 20 – Mar 26	6 – 8:15 p.m.	6/$3	138850
Sa	Feb 24 – Mar 30	11:30 a.m. – 2:30 p.m.	6/$3	138880

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

at Glen Pine Pavilion

M	Feb 26 – Mar 25	1 – 4 p.m.	5/$2.50	138829

Carpet Bowling (50+ yrs)

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

at Glen Pine Pavilion

F	Jan 12 – Feb 16	1:30 – 3:30 p.m.	6/$3	138875
F	Feb 23 – Mar 22	1:30 – 3:30 p.m.	5/$2.50	138876

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

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

at Glen Pine Pavilion

W	Jan 10 – Feb 14	9 – 10:30 a.m.	6/$3	138851
W	Feb 21 – Mar 27	9 – 10:30 a.m.	6/$3	138852

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.

at Glen Pine Pavilion

Tu	Jan 9 – Feb 13	1 – 3 p.m.	6/$3	138835
Tu	Feb 20 – Mar 26	1 – 3 p.m.	6/$3	138836

Cribbage (50+ yrs)

Cribbage, or crib, is a card game, traditionally for two players but can be played with more. The main objective of cribbage is to gain a score of 121 points through a series of rounds involving strategic card playing.

at Glen Pine Pavilion

F	Jan 12 – Feb 16	9:30 – 11:30 a.m.	6/$3	138883
F	Feb 23 – Mar 22	9:30 – 11:30 a.m.	5/$2.50	138884

Dance Group (50+ yrs)

A platform to share your passion for dancing. Try a variety of dances from different cultures that are both choreographed and freeform.

at Glen Pine Pavilion

W	Jan 10 – Feb 14	2:15 – 3:45 p.m.	6/$3	138861
W	Feb 21 – Mar 27	2:15 – 3:45 p.m.	6/$3	138862

English Social Club (50+ yrs)

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

at Glen Pine Pavilion

M	Jan 8 – Feb 12	9:30 – 11:30 a.m.	6/$3	138821
M	Feb 26 – Mar 25	9:30 – 11:30 a.m.	5/$2.50	138823

Friendship Group (50+ yrs)

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

at Glen Pine Pavilion

M	Jan 8 – Feb 12	1 – 3 p.m.	6/$3	138826
M	Feb 26 – Mar 25	1 – 3 p.m.	5/$2.50	138827

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

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

at Glen Pine Pavilion

Th	Jan 11 – Feb 15	1:30 – 3:30 p.m.	6/$3	138865
Th	Feb 22 – Mar 28	1:30 – 3:30 p.m.	6/$3	138866

Glen Pine Singers (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

at Glen Pine Pavilion

M	Jan 8 – Feb 12	9:15 – 10:30 a.m.	6/$3	138819
M	Feb 26 – Mar 25	9:15 – 10:30 a.m.	5/$2.50	138820

Iranian Friendship Group A (Active Activities) (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Group A is for more active activities such as exercises, dance and movement.

at Glen Pine Pavilion

Tu	Jan 9 – Mar 19	1:30 – 4 p.m.	6/$3	138839

Iranian Friendship Group B (Games, Social) (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Group B is for less active social activities such as games, bingo, conversations.

at Glen Pine Pavilion

Tu	Jan 16 – Mar 26	1:30 – 4 p.m.	6/$3	138840

Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

at Glen Pine Pavilion

Tu	Jan 9 – Feb 13	1:30 – 5 p.m.	6/$3	138841
Th	Jan 11 – Feb 15	3:30 – 6 p.m.	6/$3	138843
Tu	Feb 20 – Mar 26	1:30 – 5 p.m.	6/$3	138842
Th	Feb 22 – Mar 28	3:30 – 6 p.m.	6/$3	138844

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.

at Glen Pine Pavilion

M	Jan 8 – Feb 12	2:15 – 4:30 p.m.	6/$3	138830
M	Feb 26 – Mar 25	2:15 – 4:30 p.m.	5/$2.50	138833

Machine Embroidery (50+ yrs)

An opportunity for those who enjoy machine embroidery to meet weekly to show and tell their work. Discussion and conversation only. No need to bring sewing machines. 4th Monday of each month.

at Glen Pine Pavilion

M	Jan 22 – Mar 25	7 – 8:30 p.m.	3/$1.50	138834

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.

at Glen Pine Pavilion

W	Jan 10 – Feb 14	1 – 4 p.m.	6/$3	138859
W	Feb 21 – Mar 27	1 – 4 p.m.	6/$3	138860

Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Friday afternoon.

at Glen Pine Pavilion

F	Jan 12 – Feb 16	1:30 – 4 p.m.	6/$3	138877
F	Feb 23 – Mar 22	1:30 – 4 p.m.	5/$2.50	138878

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.

at Glen Pine Pavilion

Tu	Jan 9 – Feb 13	1 – 3 p.m.	6/$3	138837
Tu	Feb 20 – Mar 26	1 – 3 p.m.	6/$3	138838

Quilting (50+ yrs)

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects.

at Glen Pine Pavilion

F	Jan 12 – Feb 16	9 a.m. – 12 p.m.	6/$3	138867
F	Feb 23 – Mar 22	9 a.m. – 12 p.m.	5/$2.50	138868

Scrabble (50+ yrs)

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

at Glen Pine Pavilion

F	Jan 12 – Feb 16	9:30 – 11:30 a.m.	6/$3	138869
F	Feb 23 – Mar 22	9:30 – 11:30 a.m.	5/$2.50	138870

Table Tennis (50+ yrs)

Social game with similar principles of lawn tennis, table tennis is a game played on a flat table divided into 2 equal courts separated by a flexed net across the middle.

at Glen Pine Pavilion

Tu	Jan 9 – Feb 13	2 – 4:30 p.m.	6/$3	138845
Sa	Jan 13 – Feb 17	12 – 2:45 p.m.	6/$3	138847
Tu	Feb 20 – Mar 26	2 – 4:30 p.m.	6/$3	138846
Sa	Feb 24 – Mar 30	12 – 2:45 p.m.	6/$3	138848

Whist with a Twist (50+ yrs)

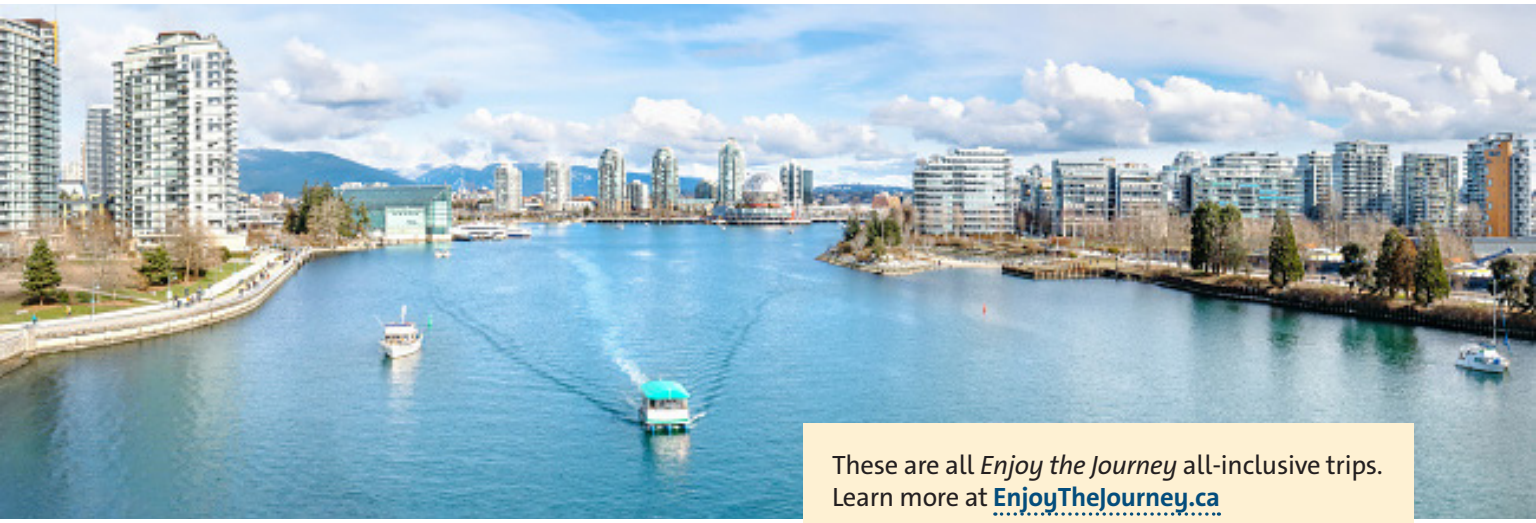
Social card game usually played in 2 pairs of players, in which points are scored according to the number of tricks won.

at Glen Pine Pavilion

Th	Jan 11 – Feb 15	1 – 4 p.m.	6/$3	138863
Th	Feb 22 – Mar 28	1 – 4 p.m.	6/$3	138864

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

Bus Trips



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

A Tourist in Your Own Town (50+ yrs)

Take the Aqua Bus on a narrated cruise of False Creek, stroll through the Bloedel Conservatory, and visit Hycroft Manor for a guided tour and lunch in the elegant dining room. Enjoy a neighborhood coach tour of Gastown and Chinatown and board the West Coast Express at Waterfront to Mission City.

Leave Glen Pine at 8:45 a.m. Estimated return at 6:30 p.m.
Leave Dogwood at 9 a.m. Estimated return at 6:15 p.m.

Activity Level: Easy

- Hycroft Manor – lunch in elegant dining room
- Aqua Bus Narrated Cruise
- West Coast Express
- Neighborhood Coach Tour
- Bloedel Conservatory

W	**Mar 20**	**8:45 a.m. – 6:30 p.m.**	**1/$129**	**140040**

Chinese New Year Celebrations (50+ yrs)

This exciting, fun-filled parade event features lion dances, marching bands, parade floats, martial arts performances, cultural dance troupes, firecrackers, and more.

Leave Glen Pine at 9:30 a.m. Estimated return at 5 p.m.
Leave Dogwood at 9:45 a.m. Estimated return at 4:45 p.m.

Activity Level: Easy

- Chinese New Year Parade (escorted entry)
- Folding Chair Provided
- Chinatown Plaza Parade Viewing
- Lunch Peaceful Restaurant
- Dr. Sun Yat-Sen Classical Chinese Garden

Su	**Feb 11**	**9:30 a.m. – 5 p.m.**	**1/$109**	**140033**

Fraser River Discovery Tour (50+ yrs)

Discover the Mighty Fraser and see the working river at its finest including an informational stop at the Discovery Center prior to boarding! 2.5-hour voyage up to the Douglas Island Wildlife Preserve as well as to the mouth of the Pitt River. Get your cameras ready for this narrated educational tour!

Leave Glen Pine at 9 a.m. Estimated return at 4 p.m.
Leave Dogwood at 9:15 a.m. Estimated return at 3:45 p.m.

Activity Level: Easy

- Paddlewheeler River Boat Tour
- Discover the Fraser Lunch Cruise
- Fraser River Discovery Center
- Westminster Quay Public Market

Tu	**Mar 26**	**9 a.m. – 4 p.m.**	**1/$159**	**140044**

Northwest Flower and Garden Show (USA) (50+ yrs)

The Washington State Convention Centre in Seattle hosts The 2024 Northwest Flower and Garden Show. Take 4 hours free time to explore six acres of flowers, plants, gardens, exhibits, seminars and many other features.

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

Activity Level: Easy Level

- Northwest Flower and Garden Show Admission
- 4 hours free time at show
- Haggen Ferndale/Burlington Washroom / Food Stops – Meals on your own.

Must have valid passport/travel documentation, Vaccination status and insurance documents for USA Travel

F	**Feb 16**	**7:45 a.m. – 8:15 p.m.**	**1/$119**	**140036**

Special Events

Coquitlam resident registration for Special Events opens at 8:30 a.m. on Nov. 28.
Non-resident registration for Special Events opens at 8:30 a.m. on Nov. 30.

January

2 Intergenerational Art Studio: Collage *(8+ yrs)*

Take an art class together with your child in this fun family art class. Learn to create a collage with local artist and instructor, Danica N. All supplies included and no experience necessary. All participants will complete their own art work.

at Dogwood Pavilion

Tu	**Jan 2**	**9:30 – 11:30 a.m.**	**1/$18.40**	**141447**

4 Intergenerational Art Studio: Acrylic Painting Winter Wonderland *(8+ yrs)*

Take an art class together with your child in this fun family art class. Learn to paint an acrylic masterpiece led by local artist and instructor, Danica N. All supplies included and no experience necessary. All participants will complete their own art work.

at Dogwood Pavilion

Th	**Jan 4**	**9:30 – 11:30 a.m.**	**1/$18.40**	**141448**

4 Winter Break Family Movie Matinee at Dogwood Pavilion: *Ballerina (5+ yrs)*

Price includes the movie and light refreshments. This is a parent/grandparent/adult participation event. Movie: *Ballerina* (2017) General 89m. A orphaned girl arrives in Paris from Brittany. Félicie Milliner is 11 and has no money but one big, passionate dream: to become a dancer. With nothing left to lose, Félicie takes a big risk: she 'borrows' a spoiled brats identity and enters the Opera Ballet School. But how long can she be someone else? Mentored by the tough and mysterious cleaner, Odette, Félicie learns that talent is not enough – it takes hard work to be better than her ruthless, conniving fellow students. That and friendship. Felicie's inventive, exhausting and charismatic best friend Victor also has a dream: becoming a famous inventor. Together, they both encourage each other to reach for the stars.

at Dogwood Pavilion

Th	**Jan 4**	**1:30 – 4 p.m.**	**1/$5**	**141442**

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

January *continued*

6 Musical Performance by Phoenix Ensemble *(5+ yrs)* LOW COST

Join us for a musical performance by local high school musicians, Phoenix Ensemble. This ensemble is a group of friends who will perform a variety of pieces with a mix of styles including some unique Chinese instruments.

at Dogwood Pavilion

Sa	Jan 6	3 – 4:15 p.m.	1/$2	141306

13 and 27 Kids Night In *(6 – 10 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 handmade snack and a movie on the big screen projector.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jan 13	5:30 – 8:30 p.m.	1/$20	141815
Sa	Jan 27	5:30 – 8:30 p.m.	1/$20	141816

25 Paint and Pasta Night *(19+ yrs)*

Join in for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included. Meal will be served during the first hour of the program followed by a two-hour painting session.

at Glen Pine Pavilion

Th	Jan 25	5:30 – 8:30 p.m.	1/$31.75	139112

26 Poirier Youth Pride: MasterChef Cook-Off *(13 – 18 yrs)* LOW COST

Celebrate diversity within our Coquitlam Youth! Join us for a safe and inclusive MasterChef Cook-Off at the Poirier Community Centre. Bring your friends and join us for a fun night of creating a delicious meal. For LGBTQ2S+ and allied youth – everyone is welcome!

at Poirier Community Centre

F	Jan 26	6:30 – 8:30 p.m.	1/$2	141585

snow angels PROGRAM

Start a Winter Tradition

Volunteer as a Snow Angel

Lend a helping hand this winter by assisting those who are unable to clear their City sidewalks.

- Volunteers must be 16 years or older, or accompanied by an adult.
- Snow Angels are provided with training, shovels, reflective vests, scarves, toques, ice cleats and mittens.
- Once an official volunteer, "*when it snows you go!*"

Sign up as a volunteer today at **coquitlam.ca/SnowAngels**

February

10 and 24 Kids Night In *(6 – 10 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 handmade snack and a movie on the big screen projector.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Feb 10	5:30 – 8:30 p.m.	1/$20	141818
Sa	Feb 24	5:30 – 8:30 p.m.	1/$20	141819

9 Dogwood Social Evening: Sock Hop *(19+ yrs)*

Come enjoy a Sock Hop themed evening with drinks, dinner, and live performance. Doors open at 5:15 p.m.. Dinner begins at 6 p.m.. Entertainment begins at 7:15 p.m.. Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

at Dogwood Pavilion

F	Feb 9	5:30 – 9:30 p.m.	1/$35	140238

9 Lunar New Year Eve Luncheon *(19+ yrs)*

Year of the Dragon (Wood Dragon) according to the Chinese Zodiac calendar represents power, success, honor, and luck among the Chinese. Chinese New Year 2024 falls on Saturday, February 10 and celebrations culminate with the Lantern Festival on the 15th day. Join us for a special luncheon with entertainment. Menu: Sweet and Sour Pork, Chicken Chow Mein, Vegetable Chop Suey and Spring Roll with Dessert.

at Glen Pine Pavilion

F	Feb 9	11:30 a.m. – 1 p.m.	1/$18	140678

14 Valentine's Day Luncheon *(19+ yrs)*

Join us for a Valentine's Day luncheon. Originally Saint Valentine and, through later folk traditions with Cupid, this day has become a global, cultural, religious, and commercial celebration of romance and love. Menu: Steak and Prawns, Baked Potato, Steamed Vegetables with Dessert. Entertainment included.

at Glen Pine Pavilion

W	Feb 14	11:30 a.m. – 1 p.m.	1/$18	140547

18 Maillardville Gets Together *(All Ages)*

Come and spend some quality time with your family, friends, and neighbours at this fun and FREE event for all ages, including play equipment for kids, crafts and table games, foosball, table tennis, and more! Pre-registration is recommended. Each person attending must register.

at Maillardville Community Centre (1200 Cartier Ave)

Su	Feb 18	5 – 7 p.m.	1/FREE	141828

18 Pinetree Family Day Event *(All Ages)*

Celebrate Family Day at Poirier Community Centre. Take part in family oriented crafts, games and activities.

at Pinetree Community Centre

Su	Feb 18	10 a.m. – 1 p.m.	1/FREE	141993

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

February *continued*

19 Creative Cooks: Family Day Brunch Edition *(3+ yrs)*

Join us on Family Day for a special 90 minute brunch edition of our popular Creative Cooks series! Make a delicious breakfast meal from scratch and sit down to enjoy it with your family. Each person attending must register. This is an adult participation program.

at Maillardville Community Centre (1200 Cartier Ave)

M	Feb 19	9:15 – 10:45 a.m.	1/$8	141829
M	Feb 19	11:15 a.m. – 12:45 p.m.	1/$8	141830

19 Poirier Family Day Event *(All Ages)*

Celebrate Family Day at Poirier Community Centre. Take part in family oriented crafts, games and activities.

at Poirier Community Centre

M	Feb 19	10 a.m. – 1 p.m.	1/FREE	141583

23 Creative Cooks: MasterChef Edition *(11 – 14 yrs)*

No cooking experience necessary, this event is for any foodies who are looking for a good time and lots of laughs. You will be teamed up with other youth to see if you can create a delicious (or not so delicious...) dish to eat.

at Poirier Community Centre

F	Feb 23	1 – 2:30 p.m.	1/$13.30	141477

23 Indoor Plant Swap and Talk *(19+ yrs)*

Expand your plant collection and learn about caring for indoor plants from other plant enthusiasts in this casual information and plant exchange. This program is in partnership with the Dogwood Seniors Society Garden Club. Bring a healthy plant, plant baby, cutting, or propagation to trade or share if you wish.

at Dogwood Pavilion

F	Feb 23	1 – 2:30 p.m.	1/FREE	141378

23 Lunar New Year Musical Performance by Phoenix Ensemble *(5+ yrs)*

Celebrate the Lunar New Year with a musical performance by local high school musicians, Phoenix Ensemble. This ensemble is a group of friends who will perform a variety of pieces with a mix of styles including some unique Chinese instruments. Light refreshments provided.

at Dogwood Pavilion

F	Feb 23	3 – 4:15 p.m.	1/$5	141301

28 Maillardville Leap Year Tea *(19+ yrs)*

Come join us for a valentine's day tea and a chance to meet new people! Coffee, tea, sandwiches, baked goods and entertainment are provided.

at Maillardville Community Centre (1200 Cartier Ave)

W	Feb 28	10 a.m. – 12 p.m.	1/$16	142001

28 Poirier Youth Pink Shirt Day Event *(13 – 18 yrs)*

Come join other youth at the Poirier Getaway Youth Centre in a casual environment and share your experiences of how you have taken a stand against bullying. You will also learn about resources available if you or someone you know is experiencing bullying.

at Centennial Pavilion

W	Feb 28	3:30 – 5:30 p.m.	1/FREE	141584

March

7 Paint and Pasta Night *(19+ yrs)*

Join in for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included. Meal will be served during the first hour of the program followed by a two-hour painting session.

at Glen Pine Pavilion

Th	**Mar 7**	**5:30 – 8:30 p.m.**	**1/$31.75**	**139113**

8 International Women's Day Presentation: How to Build up and Support Each Other *(19+ yrs)*

Celebrate International Women's Day and join us for a presentation by Willy Martin, President of the Dogwood Pavilion Seniors Society. The presentation will focus on how we can build up and support each other so that it is all good in the sisterhood!

at Dogwood Pavilion

F	**Mar 8**	**10 – 11:30 a.m.**	**1/FREE**	**140956**

8 International Women's Day presents Hidden Figures. *(All Ages)*

International Women's Day is a fitting occasion to view an empowering biographical drama about the African-American mathematicians who who served a vital role in NASA during the early years of the U.S. space program. The film has a strong female cast including Taraji P. Henson as Katherine Johnson, Octavia Spencer as Dorothy Vaughan, and Janelle Monáe as Mary Jackson. Grab a hot beverage and be inspired by viewing this movie.

at Glen Pine Pavilion

F	**Mar 8**	**10 a.m. – 12:15 p.m.**	**1/FREE**	**141956**

9 Kids Night In *(6 – 10 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 handmade snack and a movie on the big screen projector.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	**Mar 9**	**5:30 – 8:30 p.m.**	**1/$20**	**141820**

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

March *continued*

15 Glen Pine Live: St. Patrick's Day *(19+ yrs)*

Celebrate St. Patrick's Day with an evening of great music and good food. The live band playing will have your toes tapping and the luck of the Irish in everyone will make this a lively celebration. Dressing up in green is optional. Menu: Burger Bar, Salad, Vegetables and Dip. Dessert: Assorted Pies with Ice-cream.

Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

Doors open at 5:45pm. Dinner begins at 6:00pm. Entertainment begins at 7:30pm.

at Glen Pine Pavilion

F	**Mar 15**	**6 – 9 p.m.**	**1/$35**	**142816**

16 Spring Break Brunch Intergenerational Cooking Class *(8+ yrs)*

Join us for this special event for adults and kids together. Create and bake some brunch menu classics in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at Dogwood Pavilion

Sa	**Mar 16**	**9:30 – 11:30 a.m.**	**1/$21.70**	**141322**

18 Spring Break Family Movie Night at Dogwood Pavilion: *Free Willy (4+ yrs)*

Price include the movies and light refreshments. This is a parent/grandparent/adult participation event. Movie: *Free Willy* (1993) Family 112m. A heartwarming family drama about a troubled young boy's touching friendship with an Orca whale who is the star attraction at his local adventure park. When the boy learns of the unfortunate plans the park has for his friend, however, he sets forth a plan of his own and risks his life to return Willy to his natural habitat.

at Dogwood Pavilion

M	**Mar 18**	**6 – 8:30 p.m.**	**1/$5**	**141446**

19 Spring Break Movie: *Paw Patrol (2021) (4+ yrs)*

Bring family and friends to Glen Pine during Spring Break to enjoy a family movie together. Price includes the movie, a snack and a drink (pop or juice). All movies are adult participation and open to ages 4+. Each person attending, registers. $5/person

Paw Patrol (2021) Rated G 1 hr 26 mins Animation, Action, Adventure

Ryder and the pups are called to Adventure City to stop Mayor Humdinger from turning the bustling metropolis into a state of chaos.

at Glen Pine Pavilion

Tu	**Mar 19**	**10:30 a.m. – 12:30 p.m.**	**1/$5**	**141957**

19 and 26 Spring Break Pet Portrait Intergenerational Painting Class *(8+ yrs)*

Take an art class together with your child in this fun family art class. Paint a portrait of your pet in acrylic on canvas. Learn animal portraiture in a step by step approach with the support of local artist and class instructor, Eileen H. Essentials of acrylic painting, such as colour mixing, proportion and composition will be covered. Suitable for beginners but all levels welcome. All supplies included. Please bring an 8x10 picture of your pet. Each class participant will create their own artwork.

at Dogwood Pavilion

Tu	**Mar 19 – Mar 26**	**6 – 8 p.m.**	**2/$36.80**	**141377**

21 Nowruz – First Day of Spring Luncheon *(19+ yrs)*

Nowruz, also known as Persian New Year, has been observed for more than 3000 years as the victory of spring over darkness. Menu: Fish, Rice and Steamed Vegetables with Dessert. Entertainment is included.

at Glen Pine Pavilion

Th	**Mar 21**	**11:30 a.m. – 1 p.m.**	**1/$18**	**140553**

March *continued*

21 Spring Break Family Games Night *(4+ yrs)*

Bring family and friends to Glen Pine during Spring Break to enjoy a family games night together. Price includes a snack and a drink (pop or juice). Each person attending, registers. $5/person. Welcome to bring your favourite family games to play with others you will meet.

at Glen Pine Pavilion

Th	**Mar 21**	**6:30 – 8:30 p.m.**	**1/$5**	**141959**

25 Spring Break Family Movie Night at Dogwood Pavilion: *Animal Crackers (2017) (5+ yrs)*

Price includes the movie and light refreshments. This is a parent/grandparent/adult participation event.
Movie: *Animal Crackers* (2017) Adventure/Comedy, 94 min Owen Huntington's life is one continuous loop of work, eat, and sleep. Then, one day, Owen discovers a long lost Uncle passed away – and left his Circus to Owen. What could have been a blessing – soon unfolds into a curse. The circus is broke. The animals are all gone. But something magical happens. Owen discovers Buffalo Bob's secret. A box of Animal Crackers that gives the bearer the ability to become any animal in the box. Suddenly – there's hope. If Owen can use the box to become these animals and perform people will come. He'll be rich. But Owen forgot one thing. Buffalo Bob had a brother. Horatio P. Huntington. Owner of the largest chain of circuses in the world. And Horatio would stop at nothing to get his hands on the Magical Animal Crackers

at Dogwood Pavilion

M	**Mar 25**	**6 – 8:30 p.m.**	**1/$5**	**141443**

26 Spring Break Movie: *Paw Patrol The Mighty Movie (2023) (4+ yrs)*

Bring family and friends to Glen Pine during Spring Break to enjoy a family movie together. Price includes the movie, a snack and a drink (pop or juice). All movies are adult participation and open to ages 4+. Each person attending, registers. $5/person.

Paw Patrol The Mighty Movie (2023) Rated G 1 hr 28 mins Animation, Action, Adventure

A magical meteor crash lands in Adventure City and gives the PAW Patrol pups superpowers, transforming them into The Mighty Pups.

at Glen Pine Pavilion

Tu	**Mar 26**	**10:30 a.m. – 12:30 p.m.**	**1/$5**	**141958**

28 Easter Luncheon *(19+ yrs)*

Easter is one of the most festive events among Christians worldwide. Join us for a luncheon and entertainment to celebrate the occasion. Menu: Ham, Scalloped Potatoes, Steamed Vegetables and Dessert.

at Glen Pine Pavilion

Th	**Mar 28**	**11:30 a.m. – 1 p.m.**	**1/$18**	**140555**

28 Easter Luncheon *(19+ yrs)*

Join us to celebrate spring and the Easter holiday. Entertainment by Concerts in Care. Menu: Baked Ham, Scalloped Potatoes, Coleslaw, Coffee/Tea and Lemon Meringue Pie

at Dogwood Pavilion

Th	**Mar 28**	**11:30 a.m. – 1:30 p.m.**	**1/$18**	**141289**

28 Spring Break Family Art Craft Night *(4+ yrs)*

Bring family and friends to Glen Pine during Spring Break to enjoy a family art night together. Price includes supplies and snacks. Each person attending, registers.

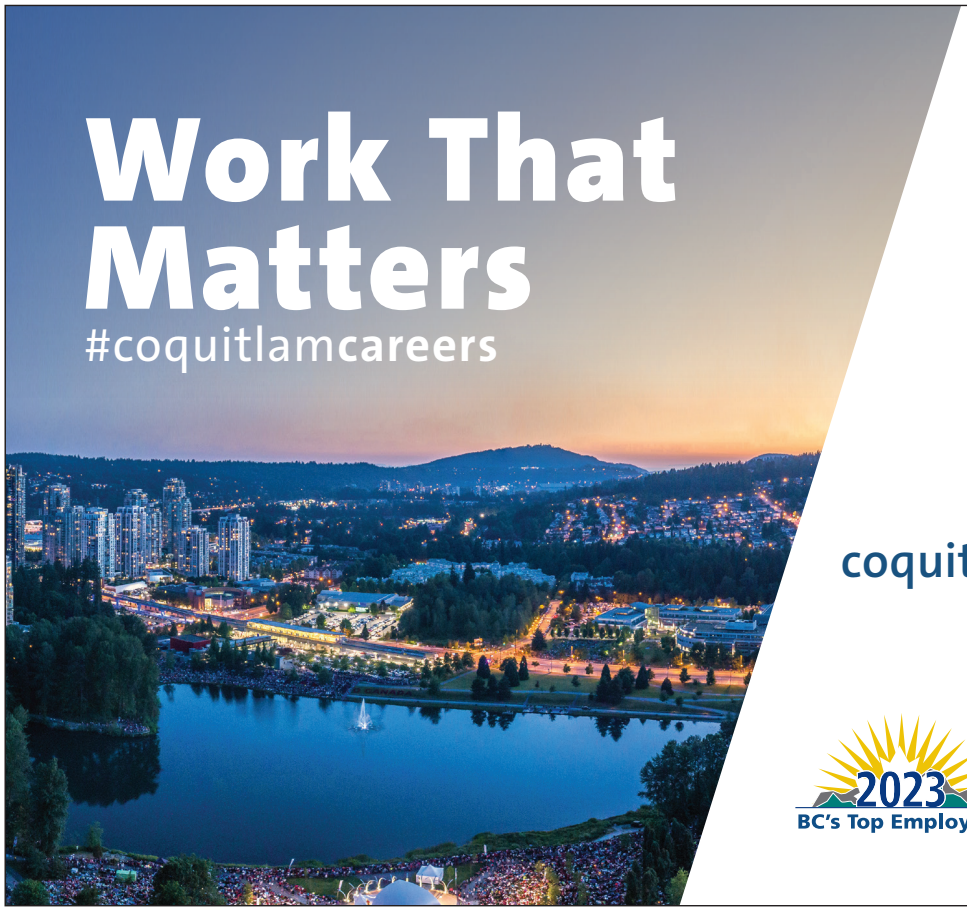
at Glen Pine Pavilion

Th	**Mar 28**	**6:30 – 8:30 p.m.**	**1/$18.40**	**141960**

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

Work That Matters

#coquitlamcareers



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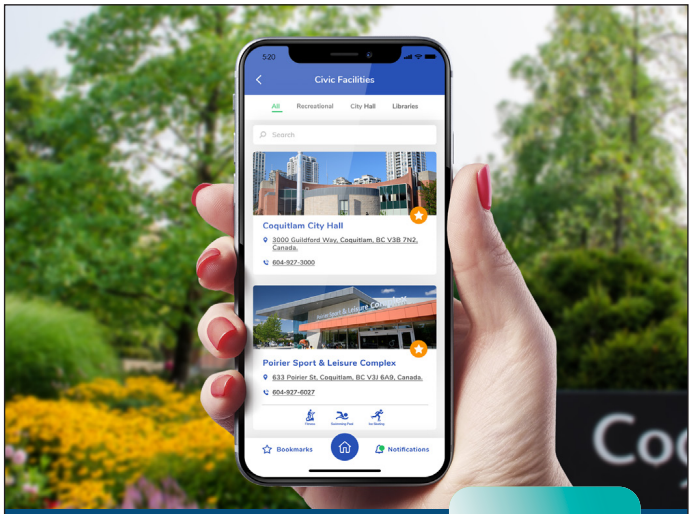

Swipe, tap, click and connect with Coquitlam

coquitlam connect

The City's CoquitlamConnect app provides users access to information about City services, facilities, events and more.

coquitlam.ca/CoquitlamConnect

E-News

Coquitlam

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Arts and Culture

See it! Learn it! Do it!

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

Coquitlam Public Library *City Centre Branch*

1169 Pinetree Way | 604-554-7323

Coquitlam Public Library *Poirier Branch*

575 Poirier St. | 604-554-7323

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636

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

home to multi-disciplinary learning

home to self-expression

home to creative exploration

PLACE DES ARTS

home to our arts community

Find the class that is right for you!
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EVERGREEN Cultural Centre

art gallery evergreen

COQUITLAM'S VENUE FOR LIVE ARTS EVENTS & EXPERIENCES

2023-24 SEASON EVENTS

Our Season of live arts events has shows for all ages! Scan the QR code to see what shows we have to offer.

VISIT OUR ART GALLERY

Visit the Art Gallery at Evergreen Wed - Sun to see our curated exhibitions. Admission is always free!

Box Office: 604.927.6555 | @evergreenarts

www.evergreenculturalcentre.ca

TD Canada Canadian Heritage Patrimoine canadien bc touring council British Columbia Arts Council British Columbia Coquitlam

Supported by the Province of British Columbia

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

WINTER 23/24

COQUITLAM HERITAGE GUIDE

www.coquitlamheritage.ca museum@coquitlamheritage.ca 604-516-6151 1116 Brunette Ave, Coquitlam

COQUITLAM HERITAGE TURNS 40!

We are turning 40 in 2024. Come celebrate with us at **COQUITLAM HERITAGE'S 40TH**, an exhibition chronicling our past, present and proposing our aspirations for the future. Join us for the opening reception in March and special events throughout the year. Keep an eye on our website/newsletter for more details.

Coquitlam Heritage Society Logo from the 1990s

EXCITING EVENTS AND EXHIBITS THIS SEASON

THURSDAYS IN THE PARLOUR

Come Slow Down at Mackin House. We are now open THURSDAY EVENINGS. Come by to play parlour and board games, knit, make postcards, write letters and more! Check our website for the activity of the week. You are also welcome to just stop by to visit and have a quiet evening by the fire with a cup of tea before the activity.

NOVEMBER, 2023

Exhibit - Riverview: An Artist's Point of View | Sept - Feb, Mackin House

Exhibit - Intersectionality and Urban Spaces | Nov 1 - 30, Coq Library - City Centre

Indigenous Voices, Community Action | Nov 23

Holiday Bread Making Workshop| Nov 25

DECEMBER, 2023

Exhibit - Get Your Game On | Dec 1 - 31, Mackin House

Winter Wonders | Dec 3

Celebrations of Light| Dec 9

Prepare Ahead Holiday Cookie Workshop | Dec 10

JANUARY , 2024

Beginner Cheesemaking Workshop | Jan 25

MEMBER APPRECIATION EVENT

Rug Hooking: A quick intro to tools and techniques | Jan 13

$40 per person, FREE for members

BECOME A MEMBER, ENJOY THE PERKS!

more info on our website.

SUBSCRIBE to our newsletter, **REGISTER** for an event, become a **MEMBER** at **www.coquitlamheritage.ca**

Coquitlam HERITAGE

preserve • honour • promote

Start Swim Lessons Today!

Get your child water safe at the Bettie Allard YMCA. Our continuous swim lessons are run at convenient times for parents and children. Lessons are taught by qualified instructors trained in the philosophies and disciplines set by YMCA Canada.

Start immediately and your child's time slot is yours for as long as you wish.

Visit our website at BettieAllardYMCA.ca to learn more about getting started today.

BettieAllardYMCA.ca

955 Emerson St., Coquitlam, BC

@bettieallardymca

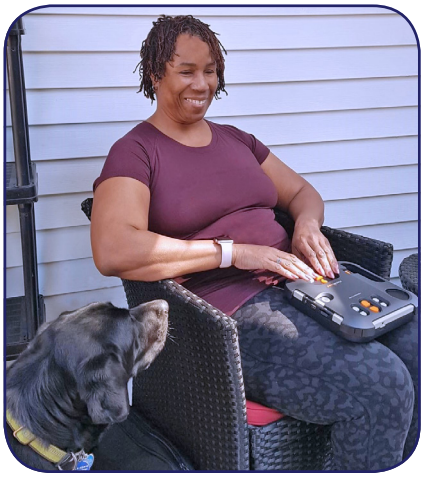
Course fees do not include applicable taxes. Details subject to change.

COQUITLAM public library

See all the Library news & events at coqlibrary.ca

ACCESSIBILITY SERVICES

Audiobooks



The Library has a collection of audiobooks exclusively for people who are unable to read regular print material due to visual or physical challenges.

These items are available at the Poirier branch to registered audiobook customers only.

Home Delivery

Coquitlam residents aged 60+ and Coquitlam residents who are temporarily or permanently homebound in private homes or care centres are eligible for home delivery. The Library will select materials based on individual preferences and needs, and deliver them monthly.

Library materials are available in a variety of formats, including: large print, CDs, eBooks, eAudiobooks, MP3, and DAISY. Players may be available by request.

Register

To register for the Audiobook collection or Home Delivery service, please scan the QR code or contact the Library at **outreach@coqlibrary.ca** or **604-554-7335.**

Volunteer Tech Help for Adults Aged 60+

The Tech Ambassador program connects volunteers with Coquitlam residents aged 60+ who need help using devices like phones, tablets, and computers.

Apply to volunteer as a Tech Ambassador, or get help with technology at: **outreach@coqlibrary.ca** or **604-554-7335**.

City Centre Branch & Library Link
1169 Pinetree Way

Poirier Branch
575 Poirier Street

Phone: 604-554-7323 | Email: ask@coqlibrary.ca

Sign Me Up

Online Registration System

coquitlam.ca/registration

Coquitlam