



SUMMER

# *Child & Youth*

Pass

ONLY  
\$20

Unlimited access to all drop-in programs for kids 0 – 18 yrs old

*Valid June 15 to September 5, 2018*

[coquitlam.ca/summerpass](http://coquitlam.ca/summerpass)



Coquitlam

## CHILD

### AFTERNOON SPORTS DROP-IN (6 – 10 YRS)

Get active! Join in on a variety of different sports and gym games. There is no registration available for this class; it is drop-in only. Sign up starts 30 minutes ahead of time. For safety reasons, parents must stay with their child until the drop-in begins.

*at Summit Community Centre*

M–F Jul 9 – Aug 24 1–3 p.m.

*at Victoria Community Hall*

M–F Jul 9 – Aug 24 1–3 p.m.

### STICK, RING & PUCK (0 – 12 YRS)

An opportunity to practise stick handling and shooting. Must wear a caged helmet. Bring your own stick, gloves and puck. Slap shots and scrimmages are not permitted. Maximum of 45 people on the ice.

*at Poirier Sport & Leisure Complex*

Su Jul 29 – Sep 2 12:15 – 1:15 p.m.

### ZUMBA® KIDS (6 – 12 YRS) **NEW**

An exhilarating and easy-to-follow, Latin-inspired, high-energy dance party!

*at Poirier Sport & Leisure Complex*

Sa May 5 – Sep 1 12:15 – 1 p.m.

# park play

**FREE**

Join us for active games, sports, chalk art, bubbles and more.

Children can drop-in with our play leaders anytime, but caregivers are required to stay in the playground area. Park Play may be cancelled in bad weather. No drop-in on statutory holidays.

#### ***Mondays at Glen Park***

***July 9 – Aug. 27 | 10 a.m. – 12 p.m.***

#### ***Tuesdays at Princeton Park***

***July 3 – Aug. 28 | 12:30 – 2:30 p.m.***

#### ***Wednesdays***

***at Blue Mountain Park***

***July 4 – Aug. 29 | 10 a.m. – 12 p.m.***

#### ***Thursdays***

***at Mountain View Park***

***July 5 – Aug. 30 | 12:30 – 2:30 p.m.***

#### ***Fridays at Victoria Park***

***July 6 – Aug. 31 | 10 a.m. – 12 p.m.***

## ADULT & CHILD

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Programs marked with a 🌟🌟 are for kids and adults together!

### **CREATIVE PLAY: TREE TOTS (1 – 5 YRS)** 🌟🌟

In addition to providing ample opportunity for spontaneous play, our instructor will dedicate the last 15 minutes of class to more structured activities such as circle time, songs and stories. This is a great opportunity to prepare your child for preschool, with a focus on sharing and cooperation.

at Pinetree Community Centre

Tu/Th Jul 3 – Aug 30

9:30 – 11:30 a.m.

### **LITTLE EXPLORERS ADULT & CHILD (3 – 5 YRS)** NEW 🌟🌟

Explore nature at this outdoor drop-in for preschoolers and their grown-ups. Each session includes a short guided nature walk and hands-on activities. Parent participation is required. May be cancelled in bad weather. Tuesdays: Hoy Creek (meet at Pinetree Community Centre) Thursdays: Mundy Park (meet at picnic shelter). Group leaves promptly at 10:30 a.m. so please arrive early.

at Mundy Park

Th Jul 5 – Aug 30

10:30 – 11:30 a.m.

at Pinetree Community Centre

Tu Jul 3 – Aug 28

10:30 – 11:30 a.m.

### **LITTLE MOVERS PLAYTIME (1 – 5 YRS)** 🌟🌟

Join your child as they explore a variety of stations including our ball bath, mini basketball hoops, parachute games, arts, crafts and circle time.

at Poirier Community Centre

F Jul 6 – Aug 31

9:30 – 11:30 a.m.

### **YOGA: FREE PLAY (1 – 5 YRS)** NEW 🌟🌟

The focus is on mixing play and yoga to create a dynamic program that allows kids and adults to have fun and be more physically fit together! The class will have stations that use the principles of yoga while playing games, singing and working on physical literacy skills. Regular admission rates apply for adults.

at Poirier Community Centre

M May 7 – Jun 25

9:30 – 11:30 a.m.

## FAMILY

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### **BADMINTON: ALL WELCOME (7 YRS +)**

Bring your friends and family together for a great time to exercise, have fun and socialize. Limited racquets and birdies are available if needed. At Pinetree, participants with a valid and current ONE PASS can reserve a spot at 8 a.m. the morning of the drop-in.

at Centennial Activity Centre

Th Jul 5 – Aug 30 6:30 – 8:30 p.m.

F Jul 6 – Aug 31 6:30 – 8:30 p.m.

at Pinetree Community Centre

M Jul 2 – Aug 27 8 – 10 p.m.

W Jul 4 – Aug 29 8 – 10 p.m.

### **BADMINTON: FAMILY (6 – 12 YRS)**

Adult participation is mandatory in this family drop-in. A 'family' is considered at least one adult (19 yrs +) and at least one child (6 – 12 yrs). Please bring your own equipment.

at Pinetree Community Centre

Sa Jul 7 – Aug 25 3:30 – 5:30 p.m.

### **FAMILY OPEN GYM (ALL AGES)**

Share the gym with other families to enjoy sporting activities such as soccer, basketball and games. Sports and games equipment provided.

at Centennial Activity Centre

Sa May 5 – Sep 1 1 – 3 p.m.

at Poirier Forum

F Jul 20 – Aug 31 5 – 7 p.m.

### **FAMILY SKATE (ALL AGES)**

Features a preschool play area and lap skating. Family admission rates apply to those without a Summer Pass (each family member pays child admission rates, up to a maximum of 5 people). Regular rental rates apply.

at Poirier Sport & Leisure Complex

Su Jul 1 – Sep 2 1:30 – 3 p.m.

### **FAMILY YOGA (7 YRS +)**

Increase your flexibility and body balance through yoga. You will learn poses that are short in duration to try in a pair, family team or on your own.

at Poirier Sport & Leisure Complex

Su May 6 – Sep 2 3 – 4 p.m.

### **TABLE TENNIS: ALL WELCOME (7 YRS +)**

Limited paddles and balls available, please bring your own if possible. Limited space available each session. Participants with a valid and current ONE PASS or Summer Pass can reserve a spot at 8 a.m. the morning of the drop-in.

at Pinetree Community Centre

Sa Jul 7 – Aug 25 2:30 – 5:30 p.m.

Sa Jul 7 – Aug 25 6:30 – 9:30 p.m.

### **TOONIE SKATE (ALL AGES)**

The entire ice is devoted to lap skating. Equipment rental is free. Limit of 200 people admitted on the ice surface.

at Poirier Sport & Leisure Complex

W Jun 27 – Jul 18 6:30 – 7:45 p.m.

F Jun 29 – Aug 31 6:30 – 7:45 p.m.

## YOUTH

### DROP-IN FITNESS (13 – 18 YRS)

Teens 13 years and up can drop into our fitness centres to work out or access any of our drop-in fitness classes offered throughout Coquitlam. Yoga, cycling, Pilates, Zumba®, TRX, HIIT, POUND®, aquafit and more. More than 150 weekly drop-in fitness classes available! Find the drop-in fitness schedule with all our classes at [coquitlam.ca/fitness](http://coquitlam.ca/fitness).

### FITNESS ORIENTATION (13 – 18 YRS)

LDW CDST

Learn everything there is to know about fitness in a weight room from a certified weight trainer including proper techniques to train safely and efficiently

**Cost: \$2.00**

*at City Centre Aquatic Complex*

Thursdays, 7:30 – 8:30 p.m. & Sundays, 11 a.m. – 12 p.m.

*at Poirier Sport & Leisure Complex*

Tuesdays, 7:30 – 8:30 p.m. & Saturdays, 11 a.m. – 12 p.m.

**Register at [coquitlam.ca/fitness](http://coquitlam.ca/fitness)**

### BADMINTON (13 – 18 YRS)

Join your friends for a game of badminton. Drop-in only, arrive early to guarantee a space. Bring your own racquet and birdies/shuttles.

*at Centennial Activity Centre*

Tu Jul 3 – Aug 28 6:30 – 8:30 p.m.

*at Pinetree Community Centre*

W Jul 4 – Aug 29 5:45 – 7:45 p.m.

F Jul 6 – Aug 31 5:45 – 7:45 p.m.

Sa Jul 7 – Aug 25 5:45 – 7:45 p.m.

### BASKETBALL (13 – 18 YRS)

Brush up on your skills, learn new ones or join a game of pick up in this casual drop-in.

*at Centennial Activity Centre*

W Jul 4 – Aug 29 6:30 – 8:30 p.m.

F Jul 6 – Aug 31 8:30 – 10:30 p.m.

*at Pinetree Community Centre*

M Jul 2 – Aug 22 5:45 – 7:45 p.m.

Tu Jul 3 – Aug 28 5:45 – 7:45 p.m.

Th Jul 5 – Aug 30 5:45 – 7:45 p.m.

F Jul 6 – Aug 31 8 – 10 p.m.

Sa Jul 7 – Aug 25 8 – 10 p.m.

## **DODGEBALL (13 – 18 YRS)**

Ready, aim, fire! Gather your friends and join us for a night of fast-paced dodgeball fun.

*at Pinetree Community Centre*

F Jul 6 – Aug 31 6 – 8 p.m.

## **STICK, RING & PUCK (13 YRS +)**

An opportunity to practise stick handling and shooting. Those under 18 must wear a caged helmet. Bring your own stick, gloves and puck. Scrimmages are not permitted. Maximum of 35 people on the ice.

*at Poirier Sport & Leisure Complex*

Su Jul 29 – Sep 2 3:15 – 4:15 p.m.

## **TOONIE SKATE (13 – 18 YRS)**

Friday night skate for teens! Rentals included with admission.

*at Poirier Sport & Leisure Complex*

F Jun 29 – Aug 31 8 – 9:15 p.m.

## **VOLLEYBALL (13 – 18 YRS)**

Bump, set and spike! Bring your friends or make some new ones and have a good time while getting a great workout.

*at Centennial Activity Centre*

M Jul 9 – Aug 27 7 – 8:30 p.m.

*at Pinetree Community Centre*

Th Jul 5 – Aug 30 5:45 – 7:45 p.m.

## **SWIMMING**

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Drop-in swimming at all of Coquitlam's facilities is included! Find up to date schedule information online.

### **INDOOR POOLS**

**City Centre Aquatic Complex**      **Poirier Sport & Leisure Complex**

1210 Pinetree Way

633 Poirier Street

[coquitlam.ca/ccac](http://coquitlam.ca/ccac)

[coquitlam.ca/pslc](http://coquitlam.ca/pslc)

### **OUTDOOR POOLS**

[coquitlam.ca/outdoorpools](http://coquitlam.ca/outdoorpools)

**Eagle Ridge Outdoor Pool**

2689 Guildford Way

**Spani Outdoor Pool**

655 Hillcrest Street (in Mundy Park)

*\*For every child under seven who has a Summer Child & Youth Pass, one adult can get in for free when using the pool in order to supervise the child. One adult can supervise up to three children under seven.*

## **WIBIT WARS**

See how fast you can complete this aquatic obstacle course! Participants must be comfortable in deep water to participate.

*at City Centre Aquatic Complex*

W/Su Jul 4 – Sep 2 11 a.m. – 3 p.m.