

April to June  
**SPRING 2024**

Registration Information on page 5

# Program *Guide*

*Coquitlam Parks, Recreation, Culture and Facilities*



# Welcome to Coquitlam

## Parks, Recreation, Culture and Facilities

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

### New Facilities

As our community grows, so do our recreation facilities. We have two newly renovated facilities opening this spring and summer to serve our public:

#### Town Centre Park Community Centre

Set on the shores of Lafarge Lake, next to the Evergreen Cultural Centre, the Town Centre Park Community Centre will be an inclusive space for exploration and participation. The facility is set to open this spring with drop-in and registered programs available. Find up-to-date information in the online registration system or at [coquitlam.ca/DropIn](https://coquitlam.ca/DropIn). Look for registered summer recreation, arts and culture programs in the Summer Program Guide. Learn more at [coquitlam.ca/TCPC](https://coquitlam.ca/TCPC).

#### Spani Outdoor Pool

Residents of all ages can once again make summer memories at Spani Outdoor Pool. At over 50 years old, the existing pool needed an extensive renovation and expansion to allow for 50 more years of summer fun.

Opening in summer 2024, the pool has been designed with accessibility, sustainability and usability in mind. New amenities include a leisure pool with shallow beach entry, splash area and lazy river, a new warming pool, and new change rooms and washrooms. Learn more at [coquitlam.ca/SpaniRenewal](https://coquitlam.ca/SpaniRenewal).

### 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.**


**1/\$37.30**

**98661**

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

**Number of sessions/price**

**Course ID**

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

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

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



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## All Abilities Welcome!

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

[coquitlam.ca/RecAccess](https://coquitlam.ca/RecAccess)

# Coquitlam Champions Equity, Diversity and Inclusion

## What is Equity, Diversity and Inclusion?

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

## EDI in Coquitlam

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

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

[coquitlam.ca/EDI](https://coquitlam.ca/EDI)

**Coquitlam**





# Sign Me Up

**Online Registration System**  
for Parks, Recreation and Culture programs

## 3 Easy Ways To Register

### 1. Online:

[coquitlam.ca/registration](https://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

### Spring 2024 April to June Programs

Registration opens at 8:30 a.m.

Category	View Online By 6 a.m.	Resident Registration	Non- Resident Registration
Swimming	Jan. 26	Jan. 30	Feb. 1
Skating	Feb. 2	Feb. 6	Feb. 8
Camps	Feb. 9	Feb. 13	Feb. 15
General Programs, Parks, Special Events	Feb. 9	Feb. 20	Feb. 22

## How To Register Online

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

Create an account or login by clicking on the **SignMeUp** banner at [coquitlam.ca/registration](https://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

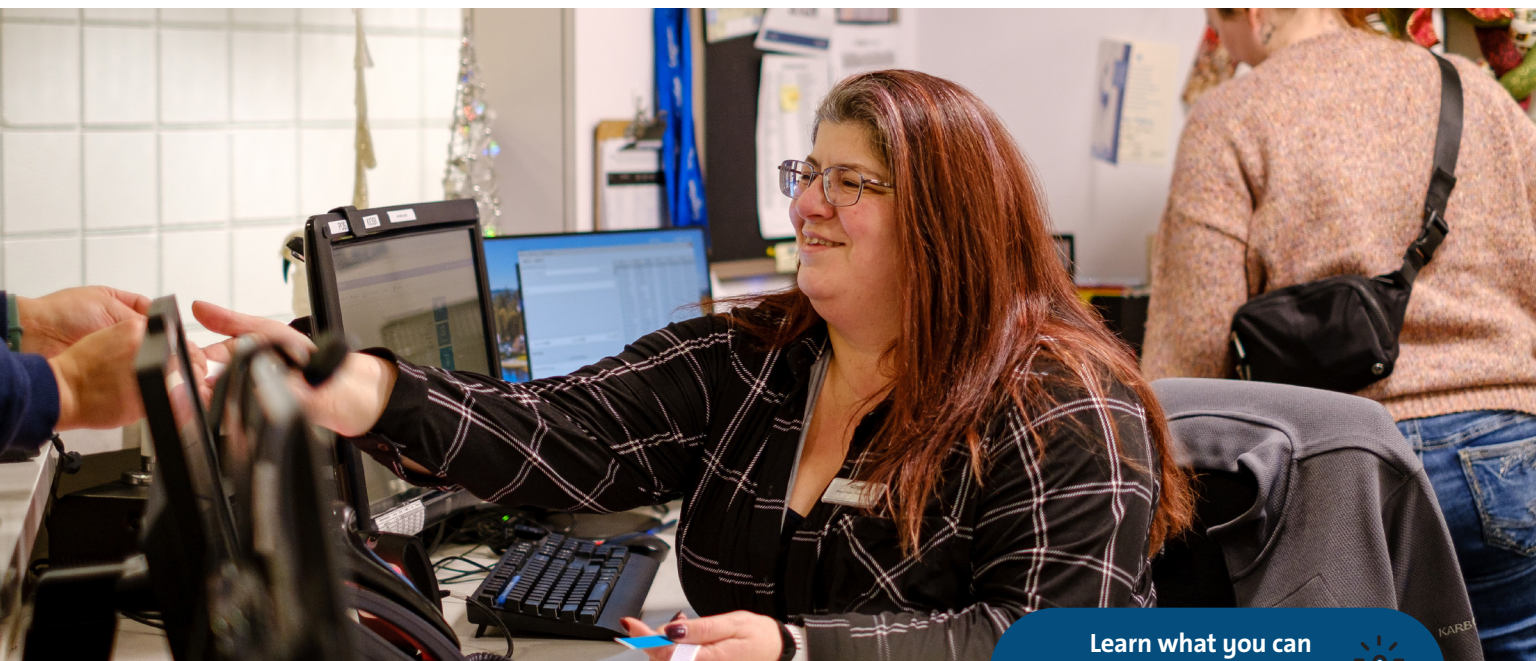
Learn more about the registration system at [coquitlam.ca/registration](https://coquitlam.ca/registration)



**Questions? We're here to help**

604-927-4386 | [prcs\\_info@coquitlam.ca](mailto:prcs_info@coquitlam.ca)

# Admission Fees and Recreation Passes



Learn what you can do with your ONE PASS!  
[coquitlam.ca/OnePass](http://coquitlam.ca/OnePass)



## ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2025.

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

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.29	\$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

## Additional Arena Services

Prices valid through to March 31, 2025.

	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.



# Parks

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



Find all Coquitlam parks and amenities at [coquitlam.ca/ParkFinder](https://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](https://coquitlam.ca/trails).



## Park Spark

*Bringing Coquitlam Parks Alive*

Engage with Park Spark to enjoy and contribute to Coquitlam's parks. Choose from various involvement options:

- Ongoing park care on your own schedule
- Join the Park Spark team for drop-in volunteer activities, such as Lights at Lafarge
- Collaborate on group park projects with your business, community group, or school
- Become a park steward through our Adopt-A-Park programs for amenity additions

For more information and to see upcoming activities, visit [coquitlam.ca/ParkSpark](https://coquitlam.ca/ParkSpark) or email [ParkSpark@coquitlam.ca](mailto: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](https://coquitlam.ca/BadSeed) or email [ParkSpark@coquitlam.ca](mailto:ParkSpark@coquitlam.ca).



## Tree Spree

*Supporting Trees in Coquitlam*

Tree Spree in Coquitlam promotes the value of the city's tree canopy through initiatives like educational walks, workshops, tree giveaways, and planting sessions coordinated by the Park Spark and Urban Forestry Teams.

For more information and to see upcoming activities, visit [coquitlam.ca/TreeSpree](https://coquitlam.ca/TreeSpree) or email [ParkSpark@coquitlam.ca](mailto:ParkSpark@coquitlam.ca).



## 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](https://coquitlam.ca/InspirationGarden) or email [ParkSpark@coquitlam.ca](mailto: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.

Learn how to get involved and find fun drop-in activities at [coquitlam.ca/SpotlightOnSport](https://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](https://coquitlam.ca/AdoptPrograms) or email [ParkSpark@coquitlam.ca](mailto: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](https://coquitlam.ca/CIB) or email [ParkSpark@coquitlam.ca](mailto:ParkSpark@coquitlam.ca).



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

Celebrate International Bat Appreciation Day by learning about your local neighbours of the night! Discover the secret lives of local bats! Learn about their ecological importance and how you can help conserve their natural bat habitat in the community.

at Town Centre Park

W	Apr 17	10 – 11 a.m.	1/ FREE	147302
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**Compost Works (All Ages)**

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

at Town Centre Park

Su	Apr 14	2 – 3 p.m.	1/ FREE	147291
M	Apr 15	5 – 6 p.m.	1/ FREE	147293
Tu	Apr 16	3 – 4 p.m.	1/ FREE	147295

**Compost Works (All Ages)**

Learn why you should compost at home! This International Compost Awareness Week, come find out about the different types of composting methods and techniques, and discover the many creatures that help turn your kitchen scraps into garden gold!

at Town Centre Park

Tu	May 7	3 – 4 p.m.	1/ FREE	147384
Th	May 9	3 – 4 p.m.	1/ FREE	147385

**Earth Week Seed Pops Workshop (All Ages)**

Celebrate Earth Day by adding fun pops of colour in your garden! Join this hands-on wild flower seed-pops workshop all EARTH week long.

at Town Centre Park

M	Apr 22	5 – 6 p.m.	1/ FREE	147314
Tu	Apr 23	3 – 4 p.m.	1/ FREE	147319
W	Apr 24	10 – 11 a.m.	1/ FREE	147316
Th	Apr 25	3 – 4 p.m.	1/ FREE	147312
F	Apr 26	5 – 6 p.m.	1/ FREE	147327
Sa	Apr 27	10 – 11 a.m.	1/ FREE	147329

**Father's Day Planter Workshop (All Ages)**

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

at Town Centre Park

Th	Jun 13	3 – 3:45 p.m.	1/\$40	147464
Sa	Jun 15	3 – 3:45 p.m.	1/\$40	147466
Su	Jun 16	3:30 – 4:15 p.m.	1/\$40	147465

**Full Sun Planter Workshop (All Ages)**

Create a beautiful full sun planter from a colourful selection of flowers and plants to welcome Summer! Perfect for your patio or balcony garden! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	Jun 6	3 – 3:45 p.m.	1/\$40	147459
Su	Jun 9	3 – 3:45 p.m.	1/\$40	147460

**Hanging Basket Workshop (All Ages)**

Create a beautiful hanging basket from a colourful selection of flowers and plants to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	May 2	3 – 3:45 p.m.	1/\$40	147446
Su	May 5	3 – 3:45 p.m.	1/\$40	147447

**Hanging Basket Workshop (All Ages)**

Create a beautiful hanging basket from a colourful selection of flowers and plants. Perfect for your patio or balcony garden! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	May 30	3 – 3:45 p.m.	1/\$40	147457
Su	Jun 2	3:30 – 4:15 p.m.	1/\$40	147458

**Hanging Basket Workshop (All Ages)**

Create a beautiful hanging basket from a colourful selection of flowers and plants to welcome Summer! Perfect addition for your balcony or patio garden! Green thumbs of all ages and abilities are welcome. All supplies included.

**at Town Centre Park**

Th	Jun 20	3 – 3:45 p.m.	1/\$40	147467
Su	Jun 23	3:30 – 4:15 p.m.	1/\$40	147468

**Indoor Planter Workshop (All Ages)**

Create a beautiful indoor planter to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included.

**at Town Centre Park**

Th	Apr 11	3 – 3:45 p.m.	1/\$40	147434
Su	Apr 14	3 – 3:45 p.m.	1/\$40	147435
Th	Apr 25	2 – 2:45 p.m.	1/\$40	147444
Su	Apr 28	3 – 3:45 p.m.	1/\$40	147463

**Indoor Planter Workshop (All Ages)**

Create a beautiful indoor planter to brighten up your home! Green thumbs of all ages and abilities are welcome. All supplies included.

**at Town Centre Park**

Th	May 23	3 – 3:45 p.m.	1/\$40	147445
Su	May 26	3 – 3:45 p.m.	1/\$40	147456

**Inspiration Garden Tour (All Ages)**

Ever wondered about the flora and fauna in the Inspiration Garden and the Garden Walk? Signup for a garden tour with your family and friends. While learning about the seasonal foliage, take some fun photos all season round!

**at Town Centre Park**

Su	Jun 2	2 – 3 p.m.	1/ FREE	147398
Tu	Jun 4	3 – 4 p.m.	1/ FREE	147399
Su	Jun 9	2 – 3 p.m.	1/ FREE	147400
Tu	Jun 11	3 – 4 p.m.	1/ FREE	147401
Tu	Jun 25	3 – 4 p.m.	1/ FREE	147432

**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 3 for details

**Intro to Mason Bees (All Ages)**

Do you enjoy fruits and berries like apples, pears, blueberries and more? Come meet and greet with the pollinators who made it possible: the mason bees! In this introductory workshop, we will observe mason bees' lifecycle, habitat and their roles in pollination.

**at Town Centre Park**

Tu	May 21	3 – 4 p.m.	1/ FREE	147393
W	May 22	10 – 11 a.m.	1/ FREE	147394
Su	May 26	2 – 3 p.m.	1/ FREE	147395

**Mother's Day Planter Workshop (All Ages)**

Join on this special Mother's Day planter making workshop!

Green thumbs of all ages and abilities are welcome. All supplies included.

**at Town Centre Park**

Th	May 9	3 – 3:45 p.m.	1/\$40	147439
Sa	May 11	3 – 3:45 p.m.	1/\$40	147455
Su	May 12	3 – 3:45 p.m.	1/\$40	147441

**Part Sun Planter Workshop (All Ages)**

Create a beautiful part sun planter from a colourful selection of flowers and plants to welcome Spring! Perfect for your patio or balcony garden!

Green thumbs of all ages and abilities are welcome. All supplies included.

**at Town Centre Park**

Th	Apr 18	12 – 12:45 a.m.	1/\$40	147461
Su	Apr 21	3 – 3:45 p.m.	1/\$40	147462

**Plant Lifecycle (All Ages)**

Plants are living things that grow and change throughout their life. Learn about the parts of a plant, plant reproduction, and stages in an interactive and fun way!

**at Town Centre Park**

M	Jun 17	5 – 6 p.m.	1/ FREE	147402
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**Pollinator Garden Walking Tour (All Ages)**

Celebrate Pollinator Week by joining for a garden walking tour with your family and friends. We will be exploring and observing the pollinators from the Inspiration Garden to the Garden Walk.

**at Town Centre Park**

Su	Jun 23	2 – 3 p.m.	1/ FREE	147431
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### Pollinator Power (All Ages)

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

at Town Centre Park

Tu	May 14	3 – 4 p.m.	1/ FREE	147386
Tu	Jun 18	3 – 4 p.m.	1/ FREE	147404

### Pollinator Week Seed Pops Workshop (All Ages)

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

at Town Centre Park

F	Jun 21	5 – 6 p.m.	1/ FREE	147425
Sa	Jun 22	10 – 11 a.m.	1/ FREE	147428

### Pollinators of the World (All Ages)

Learn about the world of pollinators and their important roles in pollination! We will also discuss how to attract local mason bees, butterflies and beetles to your garden!

at Town Centre Park

W	Jun 19	10 – 11 a.m.	1/ FREE	147406
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### Secret Lives of Bats (All Ages)

Learn about your local neighbours of the night! Discover the secret lives of local bats, their ecological importance and how you can help conserve their natural bat habitat in the community

at Town Centre Park

Th	Jun 20	2 – 3 p.m.	1/ FREE	147421
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### Spring Garden Prep Workshop (All Ages)

This hands-on course will cover everything you need to know about starting your edible garden from seed. Learn about preparation, soil mixes, watering, process of germination, direct sowing, and a check list of tools and useful tips for your spring garden!

at Town Centre Park

Su	Apr 7	2 – 3 p.m.	1/ FREE	147279
M	Apr 8	5 – 6 p.m.	1/ FREE	147283
Tu	Apr 9	3 – 4 p.m.	1/ FREE	147284

### Wormy Workshop (All Ages)

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

at Town Centre Park

Su	Apr 28	2 – 3 p.m.	1/ FREE	147298
M	Apr 29	5 – 6 p.m.	1/ FREE	147377
Tu	Apr 30	3 – 4 p.m.	1/ FREE	147300



**Tell us how we did!**

[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)



# Camps

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

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	Apr 19	9 a.m. – 3 p.m.	1/\$41.10	146767
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### 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	Apr 19	9 a.m. – 3 p.m.	1/\$41.10	146768
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### 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	Apr 19	9 a.m. – 3 p.m.	1/\$41.10	147357
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### Poirier 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 Poirier Community Centre**

F	Apr 19	9 a.m. – 3 p.m.	1/\$41.10	147513
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# Outdoor Recreation

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

Mixed Ages



## 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 various locations

W	Apr 17 – Jun 19	10 – 11:30 a.m.	10/\$43.50	146924
Th	Apr 18 – Jun 20	10 – 11:30 a.m.	10/\$43.50	146926

## Backcountry Navigation (16+ yrs)

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

### at Eagle Mountain

Sa	Apr 13	9 a.m. – 2 p.m.	1/\$14.50	146917
Sa	Apr 27	9 a.m. – 2 p.m.	1/\$14.50	146918
Sa	May 11	9 a.m. – 2 p.m.	1/\$14.50	146919
Sa	Jun 15	9 a.m. – 2 p.m.	1/\$14.50	146920
Sa	Jun 29	9 a.m. – 2 p.m.	1/\$14.50	146922

## Beginner Hike: Miller Ravine and the Chines (19+ yrs)

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

### at Miller Ravine and the Chines

W	May 1	6 – 8 p.m.	1/\$5.80	146914
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## Beginner Hike: Mundy Park and Riverview Forest (19+ yrs)

This beginner hike will cover forest, lake, and wetland areas of the well-known Mundy Park and the not so well known narrow trails of Riverview Forest. Time will be taken to enjoy nature as you hike along. Roundtrip distance is 10 km with some elevation change and a couple of steep sections.

### at Mundy Park

Sa	Apr 20	8 – 11:30 a.m.	1/\$10.15	146913
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### Oops! We cancelled it...

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



## Beginner Hiking Program: Burke Mountain Adventures (19+ yrs)

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

### at Burke Mountain Trails

Su	Jun 9 – Jun 23	8 – 10 a.m.	3/\$36.25	146916
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## Intermediate Hike: Ridge Park (19+ yrs)

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

### at Ridge Park

Sa	May 18	8 – 11 a.m.	1/\$8.70	146915
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## Learn to Fish – Como Lake (5 – 15 yrs)

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

### at Como Lake Park

Tu	May 14	6 – 8 p.m.	1/ FREE	146938
Tu	May 28	6 – 8 p.m.	1/ FREE	146940
Tu	Jun 18	6 – 8 p.m.	1/ FREE	146941

## Learn to Fish – Lafarge Lake (5 – 15 yrs)

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

### at Town Centre Park

Th	May 9	6 – 8 p.m.	1/ FREE	146943
Th	May 23	6 – 8 p.m.	1/ FREE	146946
Th	Jun 6	6 – 8 p.m.	1/ FREE	146947
Th	Jun 27	6 – 8 p.m.	1/ FREE	146948

## Presentation: Backpacking and Wilderness Camping (19+ yrs)

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

### at Pinetree Community Centre

W	Jun 12	7 – 9 p.m.	1/\$5.80	146912
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## Presentation: Hiking Safety and Techniques (19+ yrs)

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

### at Dogwood Pavilion

W	Apr 17	6:15 – 8:15 p.m.	1/\$5.80	146896
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## Presentation: Native Plant and Tree Identification (19+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, and learn about what you are seeing while walking and hiking in local forests. With over 35 years of experience hiking local trails, Ian will discuss ways you can enrich your outing by being able to identify native plants and trees. Geared towards beginner naturalists.

### at Dogwood Pavilion

W	May 15	6:15 – 8:15 p.m.	1/\$5.80	146911
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## Presentation: Where to Hike in the Tri-Cities (19+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, and learn where the best places are to hike in the Tri-Cities. With over 35 years of experience hiking local trails, Ian will discuss routes for a variety of comfort and experience levels and showcase trails for those wanting to expand their knowledge. Learn about some local hidden gems. Geared towards beginner and intermediate hikers.

### at Glen Pine Pavilion

W	Apr 24	7 – 9 p.m.	1/\$5.80	146910
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# Early Years

0 – 5 yrs

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



## Adult Participation

### All About Seasons: Spring (2 – 3 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Apr 9 – May 7	9:15 – 10 a.m.	5/\$28.50	146565
Tu	May 14 – Jun 18	9:15 – 10 a.m.	6/\$34.20	146567

### All About Seasons: Spring (3 – 5 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Su	Apr 7 – May 5	9:15 – 10 a.m.	5/\$28.50	146460
Su	May 12 – Jun 16	9:15 – 10 a.m.	6/\$34.20	146461

### Arts, Crafts and Story Time: Barbie (2 – 3 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	May 14	3:30 – 4 p.m.	1/\$4.40	146330
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### Arts, Crafts and Story Time: Bluey (2 – 3 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	Apr 30	3:30 – 4 p.m.	1/\$4.40	146328
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### Arts, Crafts and Story Time: Camping (2 – 3 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)


Th	Jun 20	4 – 4:30 p.m.	1/\$4.40	146835
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### Arts, Crafts and Story Time: Dinosaurs (2 – 3 yrs)

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

at Maillardville Community Centre (1200 Cartier Ave)

Th	May 9	4 – 4:30 p.m.	1/\$4.40	146829
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Programs marked with  are for kids and adults together!

**Arts, Crafts and Story Time: Disney Princesses**

(2 – 3 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 Apr 9 3:30 – 4 p.m. 1/\$4.40 146325


**Arts, Crafts and Story Time: Doctors** (2 – 3 yrs) 

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

at Maillardville Community Centre (1200 Cartier Ave)

Th Jun 13 4 – 4:30 p.m. 1/\$4.40 146834

**Arts, Crafts and Story Time: Dogs With Jobs**

(2 – 3 yrs) 

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

at Maillardville Community Centre (1200 Cartier Ave)

Th May 2 4 – 4:30 p.m. 1/\$4.40 146828

**Arts, Crafts and Story Time: Fairytales** (2 – 3 yrs) 

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

at Maillardville Community Centre (1200 Cartier Ave)

Th Jun 6 4 – 4:30 p.m. 1/\$4.40 146833

**Arts, Crafts and Story Time: Marvelous Monsters**

(2 – 3 yrs) 

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

at Maillardville Community Centre (1200 Cartier Ave)

Th May 23 4 – 4:30 p.m. 1/\$4.40 146831

**Arts, Crafts and Story Time: Mighty Express**

(2 – 3 yrs) 

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

at Poirier Community Centre

Tu May 7 3:30 – 4 p.m. 1/\$4.40 146329

**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.

**Arts, Crafts and Story Time: My Little Pony**

(2 – 3 yrs) 

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

at Poirier Community Centre

Tu Jun 18 3:30 – 4 p.m. 1/\$4.40 146336

**Arts, Crafts and Story Time: Mystery Solvers**

(2 – 3 yrs) 

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

at Maillardville Community Centre (1200 Cartier Ave)

Th May 30 4 – 4:30 p.m. 1/\$4.40 146832

**Arts, Crafts and Story Time: Octonauts** (2 – 3 yrs)



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

at Poirier Community Centre

Tu May 28 3:30 – 4 p.m. 1/\$4.40 146332

**Arts, Crafts and Story Time: Paw Patrol**

(2 – 3 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 Jun 4 3:30 – 4 p.m. 1/\$4.40 146334

**Arts, Crafts and Story Time: Peppa Pig** (2 – 3 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 Apr 23 3:30 – 4 p.m. 1/\$4.40 146327

**All Abilities Welcome!**

Visit page 3 for details





**Arts, Crafts and Story Time: Ponies and Unicorns**

(2 – 3 yrs)

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th Apr 18 4 – 4:30 p.m. 1/\$4.40 146826

**Arts, Crafts and Story Time: Springtime Animals**

(2 – 3 yrs)

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th May 16 4 – 4:30 p.m. 1/\$4.40 146830

**Arts, Crafts and Story Time: Super Mario**

(2 – 3 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 Jun 11 3:30 – 4 p.m. 1/\$4.40 146335

**Arts, Crafts and Story Time: Superheroes**

(2 – 3 yrs)

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

*at Poirier Community Centre*

Tu Apr 16 3:30 – 4 p.m. 1/\$4.40 146326

**Arts, Crafts and Story Time: Thomas and Friends**

(2 – 3 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 May 21 3:30 – 4 p.m. 1/\$4.40 146331

**Arts, Crafts and Story Time: Trains and Planes**

(2 – 3 yrs)

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th Apr 25 4 – 4:30 p.m. 1/\$4.40 146827

**Arts, Crafts and Story Time: Under The Sea**

(2 – 3 yrs)

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th Apr 11 4 – 4:30 p.m. 1/\$4.40 146825

**Ball Hockey (1.5 – 2 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)*

W Apr 10 – May 8 10 – 10:30 a.m. 5/\$22 147390

W May 15 – Jun 19 10 – 10:30 a.m. 6/\$26.40 147391

*at Poirier Community Centre*

Tu Apr 9 – May 7 10:30 – 11 a.m. 5/\$22 146299

Tu May 14 – Jun 18 10:30 – 11 a.m. 6/\$26.40 146300

**Ballet (2 – 3 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa Apr 13 – May 11 10:45 – 11:15 a.m. 5/\$22 146789

Sa May 18 – Jun 22 10:45 – 11:15 a.m. 6/\$26.40 146790

*at Pinetree Community Centre*

Tu Apr 9 – May 7 10:15 – 10:45 a.m. 5/\$22 146398

**Discover Dance (1 – 2 yrs)** 

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

*at Dogwood Pavilion*

Tu	Apr 9 – May 7	9:45 – 10:15 a.m.	5/\$22	146311
Tu	May 14 – Jun 18	9:45 – 10:15 a.m.	6/\$26.40	146312

*at Maillardville Community Centre (1200 Cartier Ave)*

W	Apr 10 – May 8	3:30 – 4 p.m.	5/\$22	146602
W	May 15 – Jun 19	3:30 – 4 p.m.	6/\$26.40	146605

**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	Apr 7 – May 5	10:30 – 11 a.m.	5/\$22	145558
Tu	Apr 9 – May 7	9 – 9:30 a.m.	5/\$22	146308
Sa	Apr 13 – May 11	2 – 2:30 p.m.	5/\$22	147286
Su	May 12 – Jun 16	10:30 – 11 a.m.	6/\$26.40	145559
Tu	May 14 – Jun 18	9 – 9:30 a.m.	6/\$26.40	146310
Sa	May 18 – Jun 15	2 – 2:30 p.m.	5/\$22	147288

*at Pinetree Community Centre*

Tu	Apr 9 – May 7	9:30 – 10 a.m.	5/\$22	146397
Tu	May 14 – Jun 18	9:30 – 10 a.m.	6/\$26.40	146420
Tu	May 14 – Jun 18	10:30 – 11 a.m.	6/\$26.40	146423

**Explore the World of (1 – 2 yrs)** 

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

- Week 1 – Butterflies
- Week 2 – Bees
- Week 3 – Flowers and Trees
- Week 4 – Rainbows
- Week 5 – Bugs and Insects

*at Poirier Community Centre*

Th	Apr 11 – May 9	11:45 a.m. – 12:15 p.m.	5/\$22	147207
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**Explore the World of (2 – 3 yrs)** 

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

- Week 1 – Butterflies
- Week 2 – Bees
- Week 3 – Flowers and Trees
- Week 4 – Rainbows
- Week 5 – Bugs and Insects

*at Pinetree Community Centre*


F	Apr 12 – May 10	9:15 – 10 a.m.	5/\$28.50	146391
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**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	Apr 9 – May 7	11:30 a.m. – 12:15 p.m.	5/\$28.50	146306
Tu	May 14 – Jun 18	11:30 a.m. – 12:15 p.m.	6/\$34.20	146307

**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)*

Su	Apr 7 – May 5	12:45 – 1:30 p.m.	5/\$42.50	146877
Tu	Apr 9 – May 7	9:45 – 10:30 a.m.	5/\$42.50	147403
Su	May 12 – Jun 16	12:45 – 1:30 p.m.	6/\$51	146878
Tu	May 14 – Jun 18	9:45 – 10:30 a.m.	6/\$51	147405

*at Pinetree Community Centre*

Sa	Apr 13 – May 11	9:30 – 10:15 a.m.	5/\$42.50	146707
Sa	May 18 – Jun 22	9:45 – 10:30 a.m.	6/\$51	146708

**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 Centennial Activity Centre*

Sa	Apr 13 – May 11	9:30 – 10 a.m.	5/\$22	147305
Sa	May 18 – Jun 22	9:30 – 10 a.m.	6/\$26.40	147307

**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	May 7 – Jun 11	9:15 – 10 a.m.	6/\$75	146399
F	May 10 – Jun 14	10:15 – 11 a.m.	6/\$75	146404
F	May 10 – Jun 14	11:15 a.m. – 12 p.m.	6/\$75	146405

*at Poirier Community Centre*

W	May 8 – Jun 12	11:15 a.m. – 12 p.m.	6/\$75	147185
Sa	May 11 – Jun 15	10:15 – 11 a.m.	6/\$75	147352



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





**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)*

M	Apr 8 – May 6	4:15 – 5 p.m.	5/\$28.50	146753
Sa	Apr 13 – May 11	9:15 – 10 a.m.	5/\$28.50	146787
M	May 13 – Jun 17	4:15 – 5 p.m.	5/\$28.50	146754
Sa	May 18 – Jun 22	9:15 – 10 a.m.	6/\$34.20	146788

*at Poirier Community Centre*

Th	Apr 11 – May 9	4 – 4:45 p.m.	5/\$28.50	147227
Th	May 16 – Jun 20	4 – 4:45 p.m.	6/\$34.20	147228

**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	Apr 7 – May 5	9:30 – 10:30 a.m.	5/\$46.25	146469
Su	Apr 7 – May 5	11 a.m. – 12 p.m.	5/\$46.25	146477
M	Apr 8 – May 6	10 – 11 a.m.	5/\$46.25	146505
M	May 13 – Jun 17	10 – 11 a.m.	5/\$46.25	146506
Su	May 19 – Jun 16	9:30 – 10:30 a.m.	5/\$46.25	146470
Su	May 19 – Jun 16	11 a.m. – 12 p.m.	5/\$46.25	146479

*at Poirier Community Centre*

M	Apr 8 – May 6	4:45 – 5:45 p.m.	5/\$46.25	145649
Tu	Apr 9 – May 7	10 – 11 a.m.	5/\$46.25	146301
M	May 13 – Jun 17	4:45 – 5:45 p.m.	5/\$46.25	145650
Tu	May 14 – Jun 18	10 – 11 a.m.	6/\$55.50	146302

**Little Chefs: Mother’s Day Marble Dipped Royal Icing Sugar Cookies (3 – 5 yrs)**

Celebrate Mother’s Day weekend by making beautiful and tasty marble dipped sugar cookies with (or for) the Mom in your life in this special 90 minute edition of our popular Little Chefs series! Closed toe shoes are required for all participants and parents.

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	May 11	2 – 3:30 p.m.	1/\$10	147194
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**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	May 7 – Jun 11	10:15 – 11 a.m.	6/\$75	146402
W	May 8 – Jun 12	6:30 – 7:15 p.m.	6/\$75	146403
F	May 10 – Jun 14	9:15 – 10 a.m.	6/\$75	146406

*at Poirier Community Centre*

W	May 8 – Jun 12	9:15 – 10 a.m.	6/\$75	147177
W	May 8 – Jun 12	10:15 – 11 a.m.	6/\$75	147182
Sa	May 11 – Jun 15	11:15 a.m. – 12 p.m.	6/\$75	147354

**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 Poirier Community Centre*

Su	Apr 7 – May 5	9:30 – 10:15 a.m.	5/\$28.50	145543
M	Apr 8 – May 6	4:30 – 5:15 p.m.	5/\$28.50	145581
F	Apr 12 – May 10	9 – 9:45 a.m.	5/\$28.50	147237
Su	May 12 – Jun 16	9:30 – 10:15 a.m.	6/\$34.20	145544
M	May 13 – Jun 17	4:30 – 5:15 p.m.	5/\$28.50	145582
F	May 17 – Jun 21	9 – 9:45 a.m.	6/\$34.20	147238

**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 3 for details

**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	Apr 11 – May 9	9:15 – 9:45 a.m.	5/\$22	146383
Sa	Apr 13 – May 11	9:15 – 9:45 a.m.	5/\$22	146392
Th	May 16 – Jun 20	9:15 – 9:45 a.m.	6/\$26.40	146430
Sa	May 18 – Jun 22	9:15 – 9:45 a.m.	6/\$26.40	146438

**at Poirier Community Centre**

Su	Apr 7 – May 5	9:30 – 10 a.m.	5/\$22	145550
M	Apr 8 – May 6	11:30 a.m. – 12 p.m.	5/\$22	146279
Su	May 12 – Jun 16	9:30 – 10 a.m.	6/\$26.40	145551
M	May 13 – Jun 17	11:30 a.m. – 12 p.m.	5/\$22	146280

**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**

M	Apr 8 – May 6	9:15 – 10 a.m.	5/\$28.50	146378
Th	Apr 11 – May 9	10:15 – 11 a.m.	5/\$28.50	146384
Sa	Apr 13 – May 11	10:15 – 11 a.m.	5/\$28.50	146393
M	May 13 – Jun 17	9:15 – 10 a.m.	5/\$28.50	146441
Th	May 16 – Jun 20	10:15 – 11 a.m.	6/\$34.20	146431
Sa	May 18 – Jun 22	10:15 – 11 a.m.	6/\$34.20	146439

**at Poirier Community Centre**

Su	Apr 7 – May 5	10:30 – 11:15 a.m.	5/\$28.50	145552
M	Apr 8 – May 6	10:15 – 11 a.m.	5/\$28.50	146277
Su	May 12 – Jun 16	10:30 – 11:15 a.m.	6/\$34.20	145553
M	May 13 – Jun 17	10:15 – 11 a.m.	5/\$28.50	146278

**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 Poirier Community Centre**

M	Apr 1	9 – 9:30 a.m.	1/\$4.20	148063
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**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 Poirier Community Centre**

M	Apr 1	10 – 10:45 a.m.	1/\$5.70	148064
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**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 Poirier Community Centre**

Th	Apr 11 – May 9	9:15 – 10 a.m.	5/\$28.50	147204
Th	May 16 – Jun 20	9:15 – 10 a.m.	6/\$34.20	147205

**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	Apr 9 – May 7	4 – 4:45 p.m.	5/\$28.50	146951
Tu	May 14 – Jun 18	4 – 4:45 p.m.	6/\$34.20	146952

**Little Nature Explorers (1 – 2 yrs)** 🧑🧒

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

**at Poirier Community Centre**

Th	May 16 – Jun 20	11:45 a.m. – 12:15 p.m.	6/\$26.40	147210
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**Little Nature Explorers (2 – 3 yrs)** 🧑🧒

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

**at Pinetree Community Centre**

F	May 17 – Jun 21	9:15 – 10 a.m.	6/\$34.20	146433
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**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	Apr 7 – May 5	9:15 – 9:45 a.m.	5/\$22	145562
Su	May 12 – Jun 16	9:15 – 9:45 a.m.	6/\$26.40	145563

*at Maillardville Community Centre (1200 Cartier Ave)*

M	Apr 8 – May 6	10 – 10:30 a.m.	5/\$22	147373
Tu	Apr 9 – May 7	4:30 – 5 p.m.	5/\$22	147380
W	Apr 10 – May 8	9:15 – 9:45 a.m.	5/\$22	147389
M	May 13 – Jun 17	10 – 10:30 a.m.	5/\$22	147376
Tu	May 14 – Jun 18	4:30 – 5 p.m.	6/\$26.40	147382
W	May 15 – Jun 19	9:15 – 9:45 a.m.	6/\$26.40	147392

*at Pinetree Community Centre*

Sa	Apr 27 – Jun 8	9 – 9:30 a.m.	6/\$26.40	146702
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*at Poirier Community Centre*

W	Apr 10 – May 8	10:30 – 11 a.m.	5/\$22	147130
W	May 15 – Jun 19	10:30 – 11 a.m.	6/\$26.40	147131

*at Smiling Creek Activity Centre*

M	Apr 8 – May 6	5:15 – 5:45 p.m.	5/\$22	146560
M	May 13 – Jun 10	5:15 – 5:45 p.m.	4/\$17.60	146563

**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	Apr 4 – May 16	10:30 – 11:15 a.m.	7/\$58.45	145779
Th	May 23 – Jun 27	10:30 – 11:15 a.m.	6/\$50.10	145780

*at Pinetree Community Centre*

Tu	Apr 2 – May 14	1:45 – 2:30 p.m.	7/\$58.45	145775
F	Apr 5 – May 17	11:15 a.m. – 12 p.m.	7/\$58.45	145776
M	Apr 8 – May 13	9:30 – 10:15 a.m.	6/\$50.10	145773
Tu	May 21 – Jun 25	1:45 – 2:30 p.m.	6/\$50.10	145778
F	May 24 – Jun 21	11:15 a.m. – 12 p.m.	5/\$41.75	145777
M	May 27 – Jun 24	9:30 – 10:15 a.m.	5/\$41.75	145774

**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.

**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 Maillardville Community Centre (1200 Cartier Ave)*

M	Apr 8 – May 6	9:15 – 9:45 a.m.	5/\$22	147358
M	May 13 – Jun 17	9:15 – 9:45 a.m.	5/\$22	147370

*at Pinetree Community Centre*

Sa	Apr 27 – Jun 8	10:30 – 11 a.m.	6/\$26.40	146704
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*at Smiling Creek Activity Centre*

W	Apr 10 – May 8	5:15 – 5:45 p.m.	5/\$22	146812
W	May 15 – Jun 12	5:15 – 5:45 p.m.	5/\$22	146813

*at Summit Community Centre*

M	Apr 8 – May 6	6:15 – 6:45 p.m.	5/\$22	146543
M	May 13 – Jun 10	6:15 – 6:45 p.m.	4/\$17.60	146544

**Music Exploration (1 – 2 yrs)**

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

*at Poirier Community Centre*

M	Apr 8 – May 6	10:15 – 10:45 a.m.	5/\$22	146263
M	May 13 – Jun 17	10:15 – 10:45 a.m.	5/\$22	146264

**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	Apr 10 – May 8	4:30 – 5 p.m.	5/\$22	146744
W	May 15 – Jun 19	4:30 – 5 p.m.	6/\$26.40	146745

*at Pinetree Community Centre*

W	Apr 10 – May 8	9:15 – 9:45 a.m.	5/\$22	146411
W	May 15 – Jun 19	9:30 – 10 a.m.	6/\$26.40	146426

*at Poirier Community Centre*

M	Apr 8 – May 6	9:30 – 10 a.m.	5/\$22	146261
M	May 13 – Jun 17	9:30 – 10 a.m.	5/\$22	146262



**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	May 14	4:30 – 5:15 p.m.	1/\$5.70	146318
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**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	Apr 30	4:30 – 5:15 p.m.	1/\$5.70	146316
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**Arts, Crafts and Story Time: Camping (3 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	Jun 20	5 – 5:45 p.m.	1/\$5.70	147167
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**Oops! We cancelled it...**

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

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

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	May 9	5 – 5:45 p.m.	1/\$5.70	147153
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**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	Apr 9	4:30 – 5:15 p.m.	1/\$5.70	146313
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**Arts, Crafts and Story Time: Doctors (3 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	Jun 13	5 – 5:45 p.m.	1/\$5.70	147164
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**Arts, Crafts and Story Time: Dogs With Jobs (3 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	May 2	5 – 5:45 p.m.	1/\$5.70	147152
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**Arts, Crafts and Story Time: Fairytales (3 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	Jun 6	5 – 5:45 p.m.	1/\$5.70	147159
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**Arts, Crafts and Story Time: Marvelous Monsters (3 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	May 23	5 – 5:45 p.m.	1/\$5.70	147155
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**Arts, Crafts and Story Time: Mighty Express (3 – 5 yrs)**

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

*at Poirier Community Centre*

Tu	May 7	4:30 – 5:15 p.m.	1/\$5.70	146317
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**Arts, Crafts and Story Time: My Little Pony (3 – 5 yrs)**

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

*at Poirier Community Centre*

Tu	Jun 18	4:30 – 5:15 p.m.	1/\$5.70	146324
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**Arts, Crafts and Story Time: Mystery Solvers (3 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	May 30	5 – 5:45 p.m.	1/\$5.70	147158
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**Arts, Crafts and Story Time: Octonauts (3 – 5 yrs)**

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

*at Poirier Community Centre*

Tu	May 28	4:30 – 5:15 p.m.	1/\$5.70	146321
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**All Abilities Welcome!**

Visit page 3 for details



**Tell us how we did!**

[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)

**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	Jun 4	4:30 – 5:15 p.m.	1/\$5.70	146322
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**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	Apr 23	4:30 – 5:15 p.m.	1/\$5.70	146315
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**Arts, Crafts and Story Time: Ponies and Unicorns (3 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	Apr 18	5 – 5:45 p.m.	1/\$5.70	147149
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**Arts, Crafts and Story Time: Springtime Animals (3 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	May 16	5 – 5:45 p.m.	1/\$5.70	147154
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**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	Jun 11	4:30 – 5:15 p.m.	1/\$5.70	146323
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**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	Apr 16	4:30 – 5:15 p.m.	1/\$5.70	146314
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**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	May 21	4:30 – 5:15 p.m.	1/\$5.70	146320
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**Arts, Crafts and Story Time: Trains and Planes**

(3 – 5 yrs)

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	Apr 25	5 – 5:45 p.m.	1/\$5.70	147151
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**Arts, Crafts and Story Time: Under The Sea** (3 – 5 yrs)

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

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	Apr 11	5 – 5:45 p.m.	1/\$5.70	147146
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**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)*

Th	Apr 11 – May 9	6:15 – 7 p.m.	5/\$28.50	146554
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Th	May 16 – Jun 20	6:15 – 7 p.m.	5/\$34.20	146555
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*at Pinetree Community Centre*

Sa	May 18 – Jun 22	11:30 a.m. – 12:15 p.m.	6/\$34.20	146440
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*at Poirier Community Centre*

Su	Apr 7 – May 5	11:45 a.m. – 12:30 p.m.	5/\$28.50	145554
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M	Apr 8 – May 6	9 – 9:45 a.m.	5/\$28.50	146272
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Su	May 12 – Jun 16	11:45 a.m. – 12:30 p.m.	6/\$34.20	145555
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M	May 13 – Jun 17	9 – 9:45 a.m.	5/\$28.50	146276
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**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 Poirier Community Centre*

M	Apr 1	11:15 a.m. – 12 p.m.	1/\$5.70	148065
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**Learn and Discover**

**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, crafts. No prior Mandarin experience is necessary. The theme this Spring is “Let’s Eat.” We will learn the names different meals and foods, expressing likes and dislikes, and the names of different tastes and eating utensils. Each student may bring one parent or caregiver along to learn along with them. In partnership with Crocodile Mandarin School.

*at Pinetree Community Centre*

Su	Apr 7 – Jun 16	10:05 – 11 a.m.	10/\$240	146927
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Su	Apr 7 – Jun 16	11:05 a.m. – 12 p.m.	10/\$240	146929
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Sa	Apr 13 – Jun 22	10:05 – 11 a.m.	10/\$240	146930
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Sa	Apr 13 – Jun 22	11:05 a.m. – 12 p.m.	10/\$240	146931
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**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 – Butterflies

Week 2 – Bees

Week 3 – Flowers and Trees

Week 4 – Rainbows

Week 5 – Bugs and Insects

*at Pinetree Community Centre*

Sa	Apr 13 – May 11	11:30 a.m. – 12:15 p.m.	5/\$28.50	146394
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*at Poirier Community Centre*

W	Apr 10 – May 8	5:30 – 6:15 p.m.	5/\$28.50	147156
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Th	Apr 11 – May 9	10:30 – 11:15 a.m.	5/\$28.50	147206
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**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*

Th	Apr 11 – May 9	11:30 a.m. – 12:15 p.m.	5/\$28.50	146385
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Th	May 16 – Jun 20	11:30 a.m. – 12:15 p.m.	6/\$34.20	146432
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**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	Apr 9 – May 7	5:15 – 6 p.m.	5/\$28.50	146954
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Tu	May 14 – Jun 18	5:15 – 6 p.m.	6/\$34.20	146955
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**Oops! We cancelled it...**

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

**Little Nature Explorers (3 – 5 yrs)**

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

**at Maillardville Community Centre (1200 Cartier Ave)**

Th	Apr 11 – May 9	9:15 – 10 a.m.	5/\$28.50	146750
F	Apr 12 – May 10	4:15 – 5 p.m.	5/\$28.50	146765
Th	May 16 – Jun 20	9:15 – 10 a.m.	6/\$34.20	146751
F	May 17 – Jun 21	4:15 – 5 p.m.	6/\$34.20	146766

**at Poirier Community Centre**

W	May 15 – Jun 19	5:30 – 6:15 p.m.	6/\$34.20	147169
Th	May 16 – Jun 20	10:30 – 11:15 a.m.	6/\$34.20	147215

**Little Scientists (3 – 5 yrs)**

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

**at Poirier Community Centre**

Tu	Apr 9 – May 7	3:30 – 4:15 p.m.	5/\$28.50	146347
Sa	Apr 13 – May 11	8:45 – 9:30 a.m.	5/\$28.50	147268
Tu	May 14 – Jun 18	3:30 – 4:15 p.m.	6/\$34.20	146349
Sa	May 18 – Jun 22	8:45 – 9:30 a.m.	6/\$34.20	147269

**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	Apr 9 – Jun 20	9:30 – 11:30 a.m.	22/\$298.10	146348
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**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	Apr 8 – Jun 21	9:30 – 11:30 a.m.	32/\$433.60	146496
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**at Pinetree Community Centre**

M/W/F	Apr 8 – Jun 21	9:30 – 11:30 a.m.	32/\$433.60	146333
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**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	Apr 9 – Jun 18	11:30 a.m. – 12:30 p.m.	11/\$74.25	146360
Th	Apr 11 – Jun 20	11:30 a.m. – 12:30 p.m.	11/\$74.25	146364

**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	Apr 8 – Jun 17	11:30 a.m. – 12:30 p.m.	10/\$67.50	146500
W	Apr 10 – Jun 19	11:30 a.m. – 12:30 p.m.	11/\$74.25	146501
F	Apr 12 – Jun 21	11:30 a.m. – 12:30 p.m.	11/\$74.25	146502

**at Pinetree Community Centre**

M	Apr 8 – Jun 17	11:30 a.m. – 12:30 p.m.	10/\$67.50	146338
W	Apr 10 – Jun 19	11:30 a.m. – 12:30 p.m.	11/\$74.25	146343
F	Apr 12 – Jun 21	11:30 a.m. – 12:30 p.m.	11/\$74.25	146345

**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	Apr 12 – May 10	6 – 6:45 p.m.	5/\$28.50	146774
Sa	Apr 13 – May 11	11:30 a.m. – 12:15 p.m.	5/\$28.50	146791
F	May 17 – Jun 21	6 – 6:45 p.m.	6/\$34.20	146775
Sa	May 18 – Jun 22	11:30 a.m. – 12:15 p.m.	6/\$34.20	146792

**at Pinetree Community Centre**

Sa	Apr 13 – May 11	9 – 9:45 a.m.	5/\$28.50	147416
Sa	Apr 13 – May 11	10 – 10:45 a.m.	5/\$28.50	147417
Tu	May 14 – Jun 18	11 – 11:45 a.m.	6/\$34.20	146424
Sa	May 18 – Jun 22	9 – 9:45 a.m.	6/\$34.20	147418
Sa	May 18 – Jun 22	10 – 10:45 a.m.	6/\$34.20	147420



**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	Apr 7 – May 5	11:15 a.m. – 12 p.m.	5/\$28.50	145560
Sa	Apr 13 – May 11	2:45 – 3:30 p.m.	5/\$28.50	147281
Su	May 12 – Jun 16	11:15 a.m. – 12 p.m.	6/\$34.20	145561
Sa	May 18 – Jun 15	2:45 – 3:30 p.m.	5/\$28.50	147282

*at Pinetree Community Centre*

Tu	Apr 9 – May 7	11 – 11:45 a.m.	5/\$28.50	146395
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**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	Apr 11 – May 9	4:30 – 5:15 p.m.	5/\$28.50	147217
Th	May 16 – Jun 20	4:30 – 5:15 p.m.	6/\$34.20	147218

**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	Apr 12 – May 10	5 – 5:45 p.m.	5/\$28.50	146771
F	May 17 – Jun 21	5 – 5:45 p.m.	6/\$34.20	146772

*at Poirier Community Centre*

W	Apr 10 – May 8	4 – 4:45 p.m.	5/\$28.50	147136
W	May 15 – Jun 19	4 – 4:45 p.m.	6/\$34.20	147137

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

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

*at Pinetree Community Centre*

W	May 8 – Jun 12	5:15 – 6:15 p.m.	6/\$85	146408
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*at Poirier Community Centre*

Th	May 9 – Jun 13	6 – 7 p.m.	6/\$85	147234
Sa	May 11 – Jun 15	9 – 10 a.m.	6/\$85	147350

**Mini Performers (4 – 5 yrs)**

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

*at Maillardville Community Centre (1200 Cartier Ave)*

W	Apr 10 – May 8	4:30 – 5:15 p.m.	5/\$28.50	146740
W	May 15 – Jun 19	4:30 – 5:15 p.m.	6/\$34.20	146741

*at Poirier Community Centre*

F	Apr 12 – May 10	4:15 – 5 p.m.	5/\$28.50	147247
F	May 17 – Jun 21	4:15 – 5 p.m.	6/\$34.20	147248

**Musical Exploration (3 – 5 yrs)**

Learn the fundamentals of listening, singing, playing simple instruments and taking turns. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it.

*at Poirier Community Centre*

M	Apr 8 – May 6	11 – 11:45 a.m.	5/\$28.50	146266
M	May 13 – Jun 17	11 – 11:45 a.m.	5/\$28.50	146267

**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 Maillardville Community Centre (1200 Cartier Ave)*

W	Apr 10 – May 8	10:45 – 11:15 a.m.	5/\$22	147409
W	May 15 – Jun 19	10:45 – 11:15 a.m.	6/\$26.40	147411

*at Poirier Community Centre*

Tu	Apr 9 – May 7	9:45 – 10:15 a.m.	5/\$22	146295
Tu	May 14 – Jun 18	9:45 – 10:15 a.m.	6/\$26.40	146296





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

### 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	Apr 7 – May 5	11 – 11:30 a.m.	5/\$22	146865
Su	May 12 – Jun 16	11 – 11:30 a.m.	6/\$26.40	146866

#### at Poirier Community Centre

Tu	Apr 9 – May 7	11:15 – 11:45 a.m.	5/\$22	146297
Tu	May 14 – Jun 18	11:15 – 11:45 a.m.	6/\$26.40	146298

### 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	Apr 13 – May 11	12 – 12:30 p.m.	5/\$22	147321
Sa	May 18 – Jun 22	12 – 12:30 p.m.	6/\$26.40	147322

#### at Smiling Creek Activity Centre

Tu	Apr 9 – May 7	5:15 – 5:45 p.m.	5/\$22	146598
Tu	May 14 – Jun 11	5:15 – 5:45 p.m.	5/\$22	146599

### 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	Apr 13 – May 11	12:45 – 1:15 p.m.	5/\$22	147324
Sa	May 18 – Jun 22	12:45 – 1:15 p.m.	6/\$26.40	147325

#### at Maillardville Community Centre (1200 Cartier Ave)

Sa	Apr 13 – May 11	9:15 – 9:45 a.m.	5/\$22	147500
Sa	May 18 – Jun 22	9:15 – 9:45 a.m.	6/\$26.40	147501

#### at Pinetree Community Centre

Sa	Apr 27 – Jun 8	11:30 a.m. – 12 p.m.	6/\$26.40	146705
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#### at Smiling Creek Activity Centre

Th	Apr 11 – May 9	6 – 6:30 p.m.	5/\$22	146821
Th	May 16 – Jun 13	6 – 6:30 p.m.	5/\$22	146822

#### at Summit Community Centre

M	Apr 8 – May 6	7 – 7:30 p.m.	5/\$22	146540
M	May 13 – Jun 10	7 – 7:30 p.m.	4/\$17.60	146542

### 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)

Su	Apr 7 – May 5	1:45 – 2:30 p.m.	5/\$42.50	146879
Tu	Apr 9 – May 7	2:15 – 3 p.m.	5/\$42.50	147469
Su	May 12 – Jun 16	1:45 – 2:30 p.m.	6/\$51	146880
Tu	May 14 – Jun 18	2:15 – 3 p.m.	6/\$51	147470

#### at Pinetree Community Centre

Sa	Apr 13 – May 11	10:30 – 11:15 a.m.	5/\$42.50	146709
Sa	May 18 – Jun 22	10:30 – 11:15 a.m.	6/\$51	146710

### 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)

Su	Apr 7 – May 5	2:45 – 3:30 p.m.	5/\$42.50	146881
Tu	Apr 9 – May 7	3:15 – 4 p.m.	5/\$42.50	147471
Su	May 12 – Jun 16	2:45 – 3:30 p.m.	6/\$51	146882
Tu	May 14 – Jun 18	3:15 – 4 p.m.	6/\$51	147473

#### at Pinetree Community Centre

Su	Apr 7 – May 5	9:15 – 10 a.m.	5/\$42.50	146685
Sa	Apr 13 – May 11	11:30 a.m. – 12:15 p.m.	5/\$42.50	147235
Su	May 12 – Jun 16	9:15 – 10 a.m.	6/\$51	146686
Sa	May 18 – Jun 15	11:30 a.m. – 12:15 p.m.	5/\$42.50	147236

### 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	Apr 13 – May 11	10:15 – 10:45 a.m.	5/\$22	147308
Sa	May 18 – Jun 22	10:15 – 10:45 a.m.	6/\$26.40	147310

### 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.



**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	Apr 13 – May 11	11 – 11:30 a.m.	5/\$22	147318
Sa	May 18 – Jun 22	11 – 11:30 a.m.	6/\$26.40	147320

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

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

**at Poirier Community Centre**

Su	Apr 7 – May 5	10:30 – 11:15 a.m.	5/\$28.50	145545
M	Apr 8 – May 6	5:30 – 6:15 p.m.	5/\$28.50	145583
F	Apr 12 – May 10	10 – 10:45 a.m.	5/\$28.50	147239
Su	May 12 – Jun 16	10:30 – 11:15 a.m.	6/\$34.20	145546
M	May 13 – Jun 17	5:30 – 6:15 p.m.	5/\$28.50	145584
F	May 17 – Jun 21	10 – 10:45 a.m.	6/\$34.20	147240

**Jump, Tuck and Roll! (4 – 5 yrs)**

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

**at Poirier Community Centre**

Su	Apr 7 – May 5	11:30 a.m. – 12:15 p.m.	5/\$28.50	145547
M	Apr 8 – May 6	6:30 – 7:15 p.m.	5/\$28.50	145635
F	Apr 12 – May 10	11 – 11:45 a.m.	5/\$28.50	147241
Su	May 12 – Jun 16	11:30 a.m. – 12:15 p.m.	6/\$34.20	145549
M	May 13 – Jun 17	6:30 – 7:15 p.m.	5/\$28.50	145636
F	May 17 – Jun 21	11 – 11:45 a.m.	6/\$34.20	147242

**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	Apr 13 – May 11	9:30 – 10 a.m.	5/\$22	147290
Sa	May 18 – Jun 22	9:30 – 10 a.m.	6/\$26.40	147294

**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	Apr 13 – May 11	10:15 – 10:45 a.m.	5/\$22	147296
Sa	May 18 – Jun 22	10:15 – 10:45 a.m.	6/\$26.40	147297

**Multi-Ball (3 yrs)**

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

**at Pinetree Community Centre**

Sa	Apr 27 – Jun 8	9:45 – 10:15 a.m.	6/\$26.40	146703
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**at Smiling Creek Activity Centre**

W	Apr 10 – May 8	6 – 6:30 p.m.	5/\$22	146814
W	May 15 – Jun 12	6 – 6:30 p.m.	5/\$22	146815

**at Summit Community Centre**

M	Apr 8 – May 6	5:30 – 6 p.m.	5/\$22	146526
M	May 13 – Jun 10	5:30 – 6 p.m.	4/\$17.60	146536

**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 Smiling Creek Activity Centre**

Th	Apr 11 – May 9	5:15 – 5:45 p.m.	5/\$22	146819
Th	May 16 – Jun 13	5:15 – 5:45 p.m.	5/\$22	146820

**Multi-Ball for Girls (3 yrs)**

Join us for this girls only program. 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	Apr 13 – May 11	1:15 – 1:45 p.m.	5/\$22	147337
Sa	May 18 – Jun 22	1:15 – 1:45 p.m.	6/\$26.40	147339

### Multi-Ball for Girls (4 – 5 yrs)

Join us for this girls only program. 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	Apr 13 – May 11	2 – 2:30 p.m.	5/\$22	147341
Sa	May 18 – Jun 22	2 – 2:30 p.m.	6/\$26.40	147342

### 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	Apr 6 – May 18	11:30 a.m. – 12:15 p.m.	7/\$58.45	145784
Sa	May 25 – Jun 22	11:30 a.m. – 12:15 p.m.	5/\$41.75	145786

#### at Maillardville Community Centre (1200 Cartier Ave)

Th	Apr 4 – May 16	9:30 – 10:15 a.m.	7/\$58.45	145782
Th	May 23 – Jun 27	9:30 – 10:15 a.m.	6/\$50.10	145783

#### at Pinetree Community Centre

M	Apr 8 – May 13	5:15 – 6 p.m.	6/\$50.10	145764
M	May 27 – Jun 24	5:15 – 6 p.m.	5/\$41.75	145765

### 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	Apr 7 – May 5	10 – 10:30 a.m.	5/\$22	145564
Su	May 12 – Jun 16	10 – 10:30 a.m.	6/\$26.40	145565

#### at Maillardville Community Centre (1200 Cartier Ave)

M	Apr 8 – May 6	10:45 – 11:15 a.m.	5/\$22	147415
Tu	Apr 9 – May 7	5:15 – 5:45 p.m.	5/\$22	147422
M	May 13 – Jun 17	10:45 – 11:15 a.m.	5/\$22	147419
Tu	May 14 – Jun 18	5:15 – 5:45 p.m.	6/\$26.40	147423

#### at Poirier Community Centre

W	Apr 10 – May 8	9:45 – 10:15 a.m.	5/\$22	147125
W	May 15 – Jun 19	9:45 – 10:15 a.m.	6/\$26.40	147126

#### at Smiling Creek Activity Centre

M	Apr 8 – May 6	6 – 6:30 p.m.	5/\$22	146587
M	May 13 – Jun 10	6 – 6:30 p.m.	4/\$17.60	146591

### 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	Apr 7 – May 5	10:45 – 11:15 a.m.	5/\$22	145566
Su	May 12 – Jun 16	10:45 – 11:15 a.m.	6/\$26.40	145567

#### at Maillardville Community Centre (1200 Cartier Ave)

W	Apr 10 – May 8	3:30 – 4 p.m.	5/\$22	147484
W	May 15 – Jun 19	3:30 – 4 p.m.	6/\$26.40	147485

#### at Pinetree Community Centre

Su	Apr 7 – May 5	9 – 9:30 a.m.	4/\$17.60	146679
Su	May 12 – Jun 9	9 – 9:30 a.m.	5/\$22	146680

#### at Poirier Community Centre

W	Apr 10 – May 8	11:15 – 11:45 a.m.	5/\$22	147127
W	May 15 – Jun 19	11:15 – 11:45 a.m.	6/\$26.40	147129

#### at Smiling Creek Activity Centre

M	Apr 8 – May 6	6:45 – 7:15 p.m.	5/\$22	146595
M	May 13 – Jun 10	6:45 – 7:15 p.m.	4/\$17.60	146596

### 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	Apr 9 – May 7	6 – 6:30 p.m.	5/\$22	146600
Tu	May 14 – Jun 11	6 – 6:30 p.m.	5/\$22	146601





# Child

6 – 12 yrs

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



## 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	Apr 9 – May 7	3:30 – 5 p.m.	5/\$52.25	147478
Tu	May 14 – Jun 18	3:30 – 5 p.m.	6/\$62.70	147479

### Chess: Beginner (5 – 7 yrs)

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

at Pinetree Community Centre

Tu	Apr 9 – May 7	4:30 – 5:15 p.m.	5/\$28.50	147343
Tu	May 14 – Jun 18	4:30 – 5:15 p.m.	6/\$34.20	147345

### 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	Apr 8 – May 6	5:30 – 6:15 p.m.	5/\$28.50	146557
M	May 13 – Jun 17	5:30 – 6:15 p.m.	5/\$28.50	146558

at Pinetree Community Centre

Tu	Apr 9 – May 7	5:30 – 6:15 p.m.	5/\$28.50	147344
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### 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	Apr 8 – May 6	6:30 – 7:15 p.m.	5/\$28.50	146559
M	May 13 – Jun 17	6:30 – 7:15 p.m.	5/\$28.50	146561

at Pinetree Community Centre

Tu	May 14 – Jun 18	5:30 – 6:15 p.m.	6/\$34.20	147346
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**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	Apr 8 – May 6	4 – 5:30 p.m.	5/\$69.50	146507
Sa	Apr 13 – May 11	9:15 – 10:45 a.m.	5/\$69.50	146798
M	May 13 – Jun 17	4 – 5:30 p.m.	5/\$69.50	146508
Sa	May 18 – Jun 22	9:15 – 10:45 a.m.	6/\$83.40	146800

**at Poirier Community Centre**

W	Apr 10 – May 8	4 – 5:30 p.m.	5/\$69.50	147132
W	May 15 – Jun 19	4 – 5:30 p.m.	6/\$83.40	147133

**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	Apr 8 – May 6	6 – 7:30 p.m.	5/\$69.50	146517
Sa	Apr 13 – May 11	11:15 a.m. – 12:45 p.m.	5/\$69.50	146801
M	May 13 – Jun 17	6 – 7:30 p.m.	5/\$69.50	146518
Sa	May 18 – Jun 22	11:15 a.m. – 12:45 p.m.	6/\$83.40	146803

**at Poirier Community Centre**

W	Apr 10 – May 8	6:15 – 7:45 p.m.	5/\$69.50	147134
W	May 15 – Jun 19	6:15 – 7:45 p.m.	6/\$83.40	147135

**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	Apr 7 – May 5	1:30 – 2:30 p.m.	5/\$46.25	146480
Th	Apr 11 – May 9	4:15 – 5:15 p.m.	5/\$46.25	146760
Th	May 16 – Jun 20	4:15 – 5:15 p.m.	6/\$55.50	146761
Su	May 19 – Jun 16	1:30 – 2:30 p.m.	5/\$46.25	146481

**at Poirier Community Centre**

M	Apr 8 – May 6	6:30 – 7:30 p.m.	5/\$46.25	146258
M	May 13 – Jun 17	6:30 – 7:30 p.m.	5/\$46.25	146260

**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	Apr 11 – May 9	5:45 – 6:45 p.m.	5/\$46.25	146762
Th	May 16 – Jun 20	5:45 – 6:45 p.m.	6/\$55.50	146763

**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 Spring is "Let's Eat." We will learn the names different meals and foods, expressing likes and dislikes, and the names of different tastes and eating utensils. 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	Apr 13 – Jun 22	9:05 – 10 a.m.	10/\$240	146933
Sa	Apr 13 – Jun 22	12:05 – 1 p.m.	10/\$240	147800

**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**

Su	Apr 7 – Jun 16	9:05 – 10 a.m.	9/\$240	146936
Su	Apr 7 – Jun 16	12:05 – 1 p.m.	10/\$240	146934

**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	Apr 7 – May 5	11 a.m. – 12:30 p.m.	5/\$175	147123
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**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	May 12 – Jun 9	11 a.m. – 12:30 p.m.	5/\$175	147122
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**Tell us how we did!**

[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)



**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	Apr 11 – May 9	5:15 – 6 p.m.	5/\$28.50	147230
Th	May 16 – Jun 20	5:15 – 6 p.m.	6/\$34.20	147231

**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	Apr 11 – May 9	6:30 – 7:15 p.m.	5/\$28.50	147232
Th	May 16 – Jun 20	6:30 – 7:15 p.m.	6/\$34.20	147233

**Young Scientists (5 – 7 yrs)**

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

*at Pinetree Community Centre*

Th	Apr 11 – May 9	4:15 – 5 p.m.	5/\$28.50	147363
Th	May 16 – Jun 20	4:15 – 5 p.m.	6/\$34.20	147364

*at Poirier Community Centre*

Tu	Apr 9 – May 7	4:45 – 5:30 p.m.	5/\$28.50	146341
Sa	Apr 13 – May 11	10 – 10:45 a.m.	5/\$28.50	147270
Tu	May 14 – Jun 18	4:45 – 5:30 p.m.	6/\$34.20	146342
Sa	May 18 – Jun 22	10 – 10:45 a.m.	6/\$34.20	147271



**Young Scientists (8 – 11 yrs)**

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

*at Pinetree Community Centre*

Th	Apr 11 – May 9	5:30 – 6:15 p.m.	5/\$28.50	147365
Th	May 16 – Jun 20	5:30 – 6:15 p.m.	6/\$34.20	147366

*at Poirier Community Centre*

Tu	Apr 9 – May 7	6 – 6:45 p.m.	5/\$28.50	146344
Sa	Apr 13 – May 11	11 – 11:45 a.m.	5/\$28.50	147273
Tu	May 14 – Jun 18	6 – 6:45 p.m.	6/\$34.20	146346
Sa	May 18 – Jun 22	11 – 11:45 a.m.	6/\$34.20	147274

**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	Apr 8 – May 6	4:30 – 5:15 p.m.	5/\$28.50	146520
M	Apr 8 – May 6	5:30 – 6:15 p.m.	5/\$28.50	146522
M	May 13 – Jun 17	4:30 – 5:15 p.m.	5/\$28.50	146521
M	May 13 – Jun 17	5:30 – 6:15 p.m.	5/\$28.50	146523

*at Pinetree Community Centre*

Th	Apr 11 – May 9	5:15 – 6 p.m.	5/\$28.50	147367
Th	Apr 11 – May 9	7:15 – 8 p.m.	5/\$28.50	147369
Th	May 16 – Jun 20	5:15 – 6 p.m.	6/\$34.20	147371
Th	May 16 – Jun 20	7:15 – 8 p.m.	6/\$34.20	147372

*at Poirier Community Centre*

W	Apr 10 – May 8	6 – 6:45 p.m.	5/\$28.50	147145
W	May 15 – Jun 19	6 – 6:45 p.m.	6/\$34.20	147147

**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	Apr 8 – May 6	6:30 – 7:15 p.m.	5/\$28.50	146548
M	May 13 – Jun 17	6:30 – 7:15 p.m.	5/\$28.50	146551

*at Pinetree Community Centre*

Th	Apr 11 – May 9	6:15 – 7 p.m.	5/\$28.50	147374
Th	May 16 – Jun 20	6:15 – 7 p.m.	6/\$34.20	147375

*at Poirier Community Centre*

W	Apr 10 – May 8	7 – 7:45 p.m.	5/\$28.50	147148
W	May 15 – Jun 19	7 – 7:45 p.m.	6/\$34.20	147150

**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)**

F	Apr 12 – May 10	7 – 7:45 p.m.	5/\$28.50	146776
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**at Pinetree Community Centre**

Sa	Apr 13 – May 11	11 – 11:45 a.m.	5/\$28.50	147410
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Sa	Apr 13 – May 11	12 – 12:45 p.m.	5/\$28.50	147412
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Sa	May 18 – Jun 22	11 – 11:45 a.m.	6/\$34.20	147413
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Sa	May 18 – Jun 22	12 – 12:45 p.m.	6/\$34.20	147414
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**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 Pinetree Community Centre**

M	Apr 8 – May 6	4:30 – 5:30 p.m.	5/\$34.75	147328
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**at Poirier Community Centre**

F	Apr 12 – May 10	5:30 – 6:15 p.m.	5/\$28.50	147249
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F	May 17 – Jun 21	5:30 – 6:15 p.m.	6/\$34.20	147250
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**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 Pinetree Community Centre**

M	Apr 8 – May 6	6 – 7 p.m.	5/\$34.75	147323
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**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	Apr 7 – May 5	9:30 – 10:15 a.m.	5/\$28.50	145556
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Sa	Apr 13 – May 11	1 – 1:45 p.m.	5/\$28.50	147276
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Su	May 12 – Jun 16	9:30 – 10:15 a.m.	6/\$34.20	145557
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Sa	May 18 – Jun 15	1 – 1:45 p.m.	5/\$28.50	147278
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**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)**

Tu	Apr 9 – May 7	5:45 – 6:45 p.m.	5/\$34.75	146582
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Tu	May 14 – Jun 18	5:45 – 6:45 p.m.	6/\$41.70	146586
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**at Pinetree Community Centre**

W	Apr 10 – May 8	4:15 – 5:15 p.m.	5/\$34.75	147355
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W	May 15 – Jun 19	4:15 – 5:15 p.m.	6/\$41.70	147356
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**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	Apr 7 – May 5	2:30 – 3:15 p.m.	5/\$28.50	146484
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Su	May 12 – Jun 16	2:30 – 3:15 p.m.	6/\$34.20	146485
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**at Pinetree Community Centre**

F	Apr 12 – May 10	5:15 – 6 p.m.	5/\$28.50	147378
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F	May 17 – Jun 21	5:15 – 6 p.m.	6/\$34.20	147379
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**at Poirier Community Centre**

Th	Apr 11 – May 9	5:30 – 6:15 p.m.	5/\$28.50	147220
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Th	May 16 – Jun 20	5:30 – 6:15 p.m.	6/\$34.20	147221
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**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	Apr 12 – May 10	6:15 – 7 p.m.	5/\$28.50	147381
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F	May 17 – Jun 14	6:15 – 7 p.m.	5/\$28.50	147383
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**at Poirier Community Centre**

Th	Apr 11 – May 9	6:30 – 7:15 p.m.	5/\$28.50	147222
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Th	May 16 – Jun 20	6:30 – 7:15 p.m.	6/\$34.20	147223
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**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	Apr 7 – May 5	3:30 – 4:15 p.m.	5/\$28.50	146486
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Su	May 12 – Jun 16	3:30 – 4:15 p.m.	6/\$34.20	146488
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**Jazz (5 – 7 yrs)**

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

**at Maillardville Community Centre (1200 Cartier Ave)**

F	May 17 – Jun 21	7 – 7:45 p.m.	6/\$34.20	146777
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**at Poirier Community Centre**

W	Apr 10 – May 8	5 – 5:45 p.m.	5/\$28.50	147139
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W	May 15 – Jun 19	5 – 5:45 p.m.	6/\$34.20	147141
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### 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	Apr 10 – May 8	5:45 – 6:45 p.m.	5/\$34.75	146742
W	May 15 – Jun 19	5:45 – 6:45 p.m.	6/\$41.70	146743

*at Pinetree Community Centre*

M	May 13 – Jun 17	4:30 – 5:30 p.m.	5/\$34.75	147331
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### 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 Pinetree Community Centre*

M	May 13 – Jun 17	6 – 7 p.m.	5/\$34.75	147332
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*at Poirier Community Centre*

F	Apr 12 – May 10	6:45 – 7:45 p.m.	5/\$34.75	147251
F	May 17 – Jun 21	6:45 – 7:45 p.m.	6/\$41.70	147252

### 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	Apr 6 – May 18	12:45 – 1:30 p.m.	7/\$58.45	145787
Sa	May 25 – Jun 22	12:45 – 1:30 p.m.	5/\$41.75	145788

*at Pinetree Community Centre*

M	Apr 8 – May 13	6:15 – 7 p.m.	6/\$50.10	145771
M	May 27 – Jun 24	6:15 – 7 p.m.	5/\$41.75	145772

### 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)*

F	Apr 12 – May 10	3:30 – 4:30 p.m.	5/\$34.75	147476
F	May 17 – Jun 21	3:30 – 4:30 p.m.	6/\$41.70	147477

#### 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	Apr 10 – May 8	3:30 – 4:15 p.m.	5/\$28.50	147492
W	May 15 – Jun 19	3:30 – 4:15 p.m.	6/\$34.20	147493

*at Pinetree Community Centre*

Su	Apr 7 – May 5	12 – 12:45 p.m.	4/\$22.80	146691
Su	May 12 – Jun 9	12 – 12:45 p.m.	5/\$28.50	146692

#### 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	Apr 7 – May 5	9 – 9:45 a.m.	5/\$28.50	146861
Su	May 12 – Jun 16	9 – 9:45 a.m.	6/\$34.20	146862

#### 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	Apr 7 – May 5	11:45 a.m. – 12:45 p.m.	5/\$34.75	146867
Su	May 12 – Jun 16	11:45 a.m. – 12:45 p.m.	6/\$41.70	146868

**All Abilities Welcome!**

Visit page 3 for details

### 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	Apr 13 – May 11	1:30 – 2:15 p.m.	5/\$28.50	147326
Sa	May 18 – Jun 22	1:30 – 2:15 p.m.	6/\$34.20	147330

#### at Maillardville Community Centre (1200 Cartier Ave)

Su	Apr 7 – May 5	11 – 11:45 a.m.	5/\$28.50	146873
Th	Apr 11 – May 9	4 – 4:45 p.m.	5/\$28.50	147498
Su	May 12 – Jun 16	11 – 11:45 a.m.	6/\$34.20	146874
Th	May 16 – Jun 20	4 – 4:45 p.m.	6/\$34.20	147499

#### at Pinetree Community Centre

Sa	Apr 27 – Jun 8	12:15 – 1 p.m.	6/\$34.20	146706
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#### at Smiling Creek Activity Centre

W	Apr 10 – May 8	6:45 – 7:30 p.m.	5/\$28.50	146816
W	May 15 – Jun 12	6:45 – 7:30 p.m.	5/\$28.50	146817

#### at Summit Community Centre

Th	Apr 11 – May 9	5:30 – 6:15 p.m.	5/\$28.50	146545
Th	May 16 – Jun 6	5:30 – 6:15 p.m.	4/\$22.80	146546

### Basketball (9 – 11 yrs)

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

#### at Centennial Activity Centre

Sa	Apr 13 – May 11	2:30 – 3:30 p.m.	5/\$34.75	147333
Sa	May 18 – Jun 22	2:30 – 3:30 p.m.	6/\$41.70	147334

#### at Maillardville Community Centre (1200 Cartier Ave)

Sa	Apr 13 – May 11	10 – 11 a.m.	5/\$34.75	147502
Sa	May 18 – Jun 22	10 – 11 a.m.	6/\$41.70	147503

#### at Smiling Creek Activity Centre

Th	Apr 11 – May 9	6:45 – 7:45 p.m.	5/\$34.75	146823
Th	May 16 – Jun 13	6:45 – 7:45 p.m.	5/\$34.75	146854

#### at Summit Community Centre

Th	Apr 11 – May 9	6:30 – 7:30 p.m.	5/\$34.75	146547
Th	May 16 – Jun 6	6:30 – 7:30 p.m.	4/\$27.80	146549

### 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	Apr 13 – May 11	11:15 a.m. – 12 p.m.	5/\$28.50	147504
Sa	May 18 – Jun 22	11:15 a.m. – 12 p.m.	6/\$34.20	147505

### 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.



### 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	Apr 10 – May 8	6:30 – 7:30 p.m.	5/\$34.75	147172
W	May 15 – Jun 19	6:30 – 7:30 p.m.	6/\$41.70	147173

#### at Maillardville Community Centre (1200 Cartier Ave)

Su	Apr 7 – May 5	9 – 10 a.m.	5/\$34.75	146871
Su	May 12 – Jun 16	9 – 10 a.m.	6/\$41.70	146872

### Bubble Ball (8 – 10 yrs)

Get active and have fun in an exciting new way. Suitable for all skill levels, bubble ball is a great way to improve your fitness level and have fun at the same time. You will get a chance to play games like soccer, british bulldog, and red rover inside a giant, inflatable bubble. Run, bump, and roll into your friends! This program takes place outdoors on the field behind Smiling Creek Elementary School. In partnership with Stellar Play.

#### at Smiling Creek Activity Centre

W	May 1 – May 22	6 – 7 p.m.	4/\$60	147679
W	May 29 – Jun 12	6 – 7 p.m.	3/\$45	147680



## 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](http://coquitlam.ca/GetActivePass)

### 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	Apr 24 – May 22	6:30 – 7:30 p.m.	5/\$49.50	147160
W	May 29 – Jun 26	6:30 – 7:30 p.m.	5/\$49.50	147161

### Fencing Beginner (6 – 8 yrs)

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

#### at Summit Community Centre

W	Apr 10 – Apr 24	6 – 7 p.m.	3/\$37.50	146673
W	May 1 – May 15	6 – 7 p.m.	3/\$37.50	146674
W	May 22 – Jun 5	6 – 7 p.m.	3/\$37.50	146675

### Fencing Intermediate (6 – 9 yrs)

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

#### at Summit Community Centre

W	Apr 10 – Apr 24	7 – 8 p.m.	3/\$41.25	146676
W	May 1 – May 15	7 – 8 p.m.	3/\$41.25	146677
W	May 22 – Jun 5	7 – 8 p.m.	3/\$41.25	146678

### 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)

Su	Apr 7 – May 5	3:45 – 4:30 p.m.	5/\$42.50	146883
Tu	Apr 9 – May 7	4:15 – 5 p.m.	5/\$42.50	147474
Su	May 12 – Jun 16	3:45 – 4:30 p.m.	6/\$51	146884
Tu	May 14 – Jun 18	4:15 – 5 p.m.	6/\$51	147475

#### at Pinetree Community Centre

Su	Apr 7 – May 5	10:15 – 11 a.m.	5/\$42.50	146687
Su	Apr 7 – May 5	11:15 a.m. – 12 p.m.	5/\$42.50	146689
Su	May 12 – Jun 16	10:15 – 11 a.m.	6/\$51	146688
Su	May 12 – Jun 16	11:15 a.m. – 12 p.m.	6/\$51	146690

### 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	Apr 7 – May 5	10 – 10:45 a.m.	5/\$28.50	146863
Su	May 12 – Jun 16	10 – 10:45 a.m.	6/\$34.20	146864

### Indoor Tennis: Orange (9 – 11 yrs)

Learn the FUNdamental movement skills required to play tennis. Children will be introduced to the basic foundations of tennis from learning to serve, rallying and scoring on an Orange size (3/4) court. In partnership with Tennis For Life

#### at Summit Community Centre

Tu	Apr 9 – Jun 11	6:30 – 7:25 p.m.	9/\$180	148347
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**Indoor Tennis: Red (6 – 8 yrs)**

Learn the FUNdamental movement skills required to play tennis. Children will be introduced to the basic foundations of tennis from learning to serve, rallying and scoring on a RED size (1/4) court. In partnership with Tennis For Life.

at Summit Community Centre

Tu	Apr 9 – Jun 11	5:30 – 6:25 p.m.	9/\$180	148346
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**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	Apr 13 – May 11	11 – 11:45 a.m.	5/\$28.50	147299
Sa	May 18 – Jun 22	11 – 11:45 a.m.	6/\$34.20	147301

**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	Apr 13 – May 11	12 – 12:45 p.m.	5/\$28.50	147303
Sa	May 18 – Jun 22	12 – 12:45 p.m.	6/\$34.20	147304

**Multi-Ball for Girls (6 – 8 yrs)**

Join us for this girls only program. 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	Apr 13 – May 11	2:45 – 3:30 p.m.	5/\$28.50	147347
Sa	May 18 – Jun 22	2:45 – 3:30 p.m.	6/\$34.20	147348

**Outdoor Tennis: Blue (4 – 5 yrs)**

Learn the FUNdamental movement skills required to play tennis. From tracking, catching to throwing and controlling the ball, this program will introduce children to the foundations of tennis. In partnership with Tennis For Life

at Eagle Ridge Outdoor Courts

Tu	Apr 30 – Jun 18	3:30 – 4:25 p.m.	8/\$160	147031
Th	May 2 – Jun 20	3:30 – 4:25 p.m.	8/\$160	147047

**Outdoor Tennis: Orange (9 – 11 yrs)**

Learn the FUNdamental movement skills required to play tennis. Children will be introduced to the basic foundations of tennis from learning to serve, rallying and scoring on an Orange size (3/4) court. In partnership with Tennis For Life

at Eagle Ridge Outdoor Courts

Tu	Apr 30 – Jun 18	5:30 – 6:25 p.m.	8/\$160	147037
Th	May 2 – Jun 20	5:30 – 6:25 p.m.	8/\$160	147049

**Outdoor Tennis: Red (6 – 8 yrs)**

Learn the FUNdamental movement skills required to play tennis. Children will be introduced to the basic foundations of tennis from learning to serve, rallying and scoring on a RED size (1/4) court. In partnership with Tennis For Life.

at Eagle Ridge Outdoor Courts

Tu	Apr 30 – Jun 18	4:30 – 5:25 p.m.	8/\$160	147034
Th	May 2 – Jun 20	4:30 – 5:25 p.m.	8/\$160	147048

**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	Apr 7 – May 5	12:45 – 1:45 p.m.	5/\$34.75	145570
Su	May 12 – Jun 16	12:45 – 1:45 p.m.	6/\$41.70	145571



**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	Apr 7 – May 5	11:30 a.m. – 12:15 p.m.	5/\$28.50	145568
Su	May 12 – Jun 16	11:30 a.m. – 12:15 p.m.	6/\$34.20	145569

**at Maillardville Community Centre (1200 Cartier Ave)**

Tu	Apr 9 – May 7	6 – 6:45 p.m.	5/\$28.50	147482
Sa	Apr 13 – May 11	9 – 9:45 a.m.	5/\$28.50	147508
Tu	May 14 – Jun 18	6 – 6:45 p.m.	6/\$34.20	147483
Sa	May 18 – Jun 22	9 – 9:45 a.m.	6/\$34.20	147509

**at Pinetree Community Centre**

Su	Apr 7 – May 5	9:45 – 10:30 a.m.	4/\$22.80	146681
Su	May 12 – Jun 9	9:45 – 10:30 a.m.	5/\$28.50	146682

**Soccer (9 – 11 yrs)**

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

**at Maillardville Community Centre (1200 Cartier Ave)**

Su	Apr 7 – May 5	1 – 2 p.m.	5/\$34.75	146869
Su	May 12 – Jun 16	1 – 2 p.m.	6/\$41.70	146870

**at Pinetree Community Centre**

Su	Apr 7 – May 5	10:45 – 11:45 a.m.	4/\$27.80	146683
Su	May 12 – Jun 9	10:45 – 11:45 a.m.	5/\$34.75	146684

**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	Apr 9 – May 7	3:30 – 4:15 p.m.	5/\$28.50	147480
Tu	May 14 – Jun 18	3:30 – 4:15 p.m.	6/\$34.20	147481

**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	Apr 13 – May 11	11 – 11:45 a.m.	5/\$28.50	147510
Sa	May 18 – Jun 22	11 – 11:45 a.m.	6/\$34.20	147511

**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	Apr 9 – May 7	6:45 – 7:30 p.m.	5/\$28.50	146603
Tu	May 14 – Jun 11	6:45 – 7:30 p.m.	5/\$28.50	146604



**Planning a birthday party?**

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

A variety of party packages are available at Maillardville, Pinetree and Poirier Community Centres for kids from 0 to 14 years old.

Find details and register at [coquitlam.ca/PartyWithUs](http://coquitlam.ca/PartyWithUs)

**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	Apr 10 – May 8	4:30 – 5:30 p.m.	5/\$34.75	147486
W	May 15 – Jun 19	4:30 – 5:30 p.m.	6/\$41.70	147487

**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	Apr 4 – May 16	6:15 – 7:15 p.m.	7/\$73.15	145767
Th	May 23 – Jun 20	6:15 – 7:15 p.m.	5/\$52.25	145768

**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.

## 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)**

Su	Apr 7 – May 5	9:15 – 10:15 a.m.	5/\$34.75	146463
Su	May 12 – Jun 16	9:15 – 10:15 a.m.	6/\$41.70	146464
F	May 17 – Jun 21	4:30 – 5:30 p.m.	6/\$41.70	146784

**at Pinetree Community Centre**

M	Apr 8 – May 6	4:30 – 5:30 p.m.	5/\$34.75	147306
Sa	Apr 13 – May 11	10:30 – 11:30 a.m.	5/\$34.75	147396
M	May 13 – Jun 17	4:30 – 5:30 p.m.	5/\$34.75	147309

**at Summit Community Centre**

Tu	Apr 9 – May 7	5:30 – 7 p.m.	5/\$27.80	148355
Tu	May 14 – Jun 11	6 – 7 p.m.	5/\$27.80	148358

**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)**

Su	Apr 7 – May 5	10:45 – 11:45 a.m.	5/\$34.75	146465
F	Apr 12 – May 10	6 – 7 p.m.	5/\$34.75	146786
Su	May 12 – Jun 16	9:15 – 10:15 a.m.	6/\$41.70	146466

**at Pinetree Community Centre**

Sa	Apr 13 – May 11	12 – 1 p.m.	5/\$34.75	147397
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**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	Apr 10 – May 8	5 – 6 p.m.	5/\$34.75	146746
W	May 15 – Jun 19	5 – 6 p.m.	6/\$41.70	146747

**at Pinetree Community Centre**

Tu	Apr 9 – May 7	4 – 5 p.m.	5/\$34.75	147335
Tu	May 14 – Jun 18	4 – 5 p.m.	6/\$41.70	147338

**at Poirier Community Centre**

F	Apr 12 – May 10	4 – 5 p.m.	5/\$34.75	147243
F	May 17 – Jun 21	4 – 5 p.m.	6/\$41.70	147244

**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	Apr 10 – May 8	6:30 – 7:30 p.m.	5/\$34.75	146748
W	May 15 – Jun 19	6:30 – 7:30 p.m.	6/\$41.70	146749

**at Pinetree Community Centre**

Tu	Apr 9 – May 7	5:30 – 6:30 p.m.	5/\$34.75	147336
Tu	May 14 – Jun 18	5:30 – 6:30 p.m.	6/\$41.70	147340

**at Poirier Community Centre**

F	Apr 12 – May 10	5:15 – 6:15 p.m.	5/\$34.75	147245
F	May 17 – Jun 21	5:15 – 6:15 p.m.	6/\$41.70	147246

**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)**

Tu	Apr 9 – May 7	4:30 – 5:30 p.m.	5/\$34.75	146568
Tu	May 14 – Jun 18	4:30 – 5:30 p.m.	6/\$41.70	146573

**at Pinetree Community Centre**

Sa	May 18 – Jun 15	10:30 – 11:30 a.m.	5/\$34.75	147407
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**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)**

Tu	Apr 9 – May 7	6 – 7 p.m.	5/\$34.75	146575
Tu	May 14 – Jun 18	6 – 7 p.m.	6/\$41.70	146581

**at Pinetree Community Centre**

Sa	May 18 – Jun 22	12 – 1 p.m.	6/\$41.70	147408
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**Tell us how we did!**

[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)



**Craft and Create (5 – 7 yrs)**

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

**at Maillardville Community Centre (1200 Cartier Ave)**

F	Apr 12 – May 10	4:30 – 5:30 p.m.	5/\$34.75	146781
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**at Pinetree Community Centre**

Su	Apr 7 – May 5	10 – 11 a.m.	5/\$34.75	147272
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W	Apr 10 – May 8	4 – 5 p.m.	5/\$34.75	147285
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Su	May 12 – Jun 16	10 – 11 a.m.	6/\$41.70	147277
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W	May 15 – Jun 19	4 – 5 p.m.	6/\$41.70	147289
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**at Poirier Community Centre**

Tu	Apr 9 – May 7	5:45 – 6:45 p.m.	5/\$34.75	146337
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Tu	May 14 – Jun 18	5:45 – 6:45 p.m.	6/\$41.70	146339
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**Craft and Create (8 – 11 yrs)**

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

**at Maillardville Community Centre (1200 Cartier Ave)**

F	May 17 – Jun 21	6 – 7 p.m.	6/\$41.70	146785
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**at Pinetree Community Centre**

Su	Apr 7 – May 5	11:30 a.m. – 12:30 p.m.	5/\$34.75	147275
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W	Apr 10 – May 8	5:30 – 6:30 p.m.	5/\$34.75	147287
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Su	May 12 – Jun 16	11:30 a.m. – 12:30 p.m.	6/\$41.70	147280
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W	May 15 – Jun 19	5:30 – 6:30 p.m.	6/\$41.70	147292
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**Craft and Create: Easter (5 – 7 yrs)**

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

**at Poirier Community Centre**

M	Apr 1	1:30 – 2:30 p.m.	1/\$6.95	148066
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**Drawing (5 – 7 yrs)**

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

**at Maillardville Community Centre (1200 Cartier Ave)**

Th	Apr 11 – May 9	4:30 – 5:30 p.m.	5/\$34.75	146755
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Th	May 16 – Jun 20	4:30 – 5:30 p.m.	6/\$41.70	146756
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**Drawing (8 – 11 yrs)**

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

**at Maillardville Community Centre (1200 Cartier Ave)**

Th	Apr 11 – May 9	6 – 7 p.m.	5/\$34.75	146757
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Th	May 16 – Jun 20	6 – 7 p.m.	6/\$41.70	146758
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**at Pinetree Community Centre**

M	May 13 – Jun 17	6 – 7 p.m.	5/\$34.75	147313
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**Explore the World of (5 – 7 yrs)**

Join us each class and explore exciting new worlds through art, crafts, stories and learning activities.

Week 1 – Butterflies

Week 2 – Bees

Week 3 – Flowers and Trees

Week 4 – Rainbows

Week 5 – Bugs and Insects

**at Poirier Community Centre**

W	Apr 10 – May 8	6:45 – 7:30 p.m.	5/\$28.50	147166
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**Hand Lettering (8 – 11 yrs)**

Learn the fundamentals of creating stylish and unique letter forms. From funky fonts to decorative doodles, learn to master the art of crafting word art that pops off the page.

**at Maillardville Community Centre (1200 Cartier Ave)**

Tu	May 14 – Jun 18	4 – 5 p.m.	6/\$41.70	146622
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**Watercolour (8 – 11 yrs)**

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

**at Maillardville Community Centre (1200 Cartier Ave)**

Tu	Apr 9 – May 7	4 – 5 p.m.	5/\$34.75	146621
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**at Pinetree Community Centre**

M	Apr 8 – May 6	6 – 7 p.m.	5/\$34.75	147311
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**Young Nature Explorers (5 – 7 yrs)**

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

**at Poirier Community Centre**

W	May 15 – Jun 19	6:45 – 7:30 p.m.	6/\$34.20	148049
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# Youth

11 – 18 yrs

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



Check out what we've got for youth in Coquitlam!  
[coquitlam.ca/youth](https://coquitlam.ca/youth)



## Just for Youth

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

If you're 16 years or older, check out the adult section as well—programs are open to teens on a case-by-case basis.

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

[coquitlam.ca/youth](https://coquitlam.ca/youth)

### Connections Youth Lounge at Maillardville Community Centre

- Foosball
- Nintendo Switch (TM)
- Board games
- Community kitchen

### The Getaway Youth Centre at Poirier Community Centre

- Pool
- Table tennis
- Foosball
- Nintendo Switch™
- Board games

### The Landing Youth Centre at Pinetree Community Centre

- Acoustic guitar
- Pool
- Table tennis
- PlayStation®
- Nintendo Switch™
- Board games

### Save the Date!

BC Youth Week  
May 1 – 7

[coquitlam.ca/YouthWeek](https://coquitlam.ca/YouthWeek)

### Tell Us What You Want!

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





**Certifications**

**Standard First Aid Recertification (13+ yrs)**

This is a RECERTIFICATION course. You must bring a past Standard First Aid certification to the class. CPR C is included and this course is a WorkSafeBC Occupational Level 1 equivalent. Valid for three years. 100% attendance is mandatory to be certified.

*at Pinetree Community Centre*

Sa	Apr 13	8:30 a.m. – 5:30 p.m.	1/\$90	147448
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**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	Apr 27	9:30 a.m. – 5 p.m.	1/\$52.15	146794
Sa	Jun 1	9:30 a.m. – 5 p.m.	1/\$52.15	146795

*at Pinetree Community Centre*

Sa	May 4	9:30 a.m. – 5 p.m.	1/\$52.15	147429
Sa	Jun 8	9:30 a.m. – 5 p.m.	1/\$52.15	147430

**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	Apr 13	9:30 a.m. – 3:30 p.m.	1/\$41.70	146793
Sa	May 11	9:30 a.m. – 3:30 p.m.	1/\$41.70	146796
Sa	Jun 15	9:30 a.m. – 3:30 p.m.	1/\$41.70	146797

*at Pinetree Community Centre*

Sa	Apr 20	9:30 a.m. – 3:30 p.m.	1/\$41.70	147424
Sa	May 25	9:30 a.m. – 3:30 p.m.	1/\$41.70	147426
Sa	Jun 22	9:30 a.m. – 3:30 p.m.	1/\$41.70	147427

**Fitness: Youth Orientation**

\$2 (13 – 18 yrs) **LOW COST**

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

*at City Centre 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.
Sun	11 a.m. – 12 p.m.

*at Pinetree Community Centre, pending staff availability*

Mon and Fri, 3:30 – 4:30 p.m.

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

Register at [coquitlam.ca/fitness](http://coquitlam.ca/fitness), call 604-927-4386 or in-person at one of our recreation facilities.

**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	Apr 4 – May 16	7:30 – 8:30 p.m.	7/\$73.15	145769
Th	May 23 – Jun 20	7:30 – 8:30 p.m.	5/\$52.25	145770

**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	Apr 9 – May 7	6:30 – 7:15 p.m.	5/\$28.50	147349
Tu	May 14 – Jun 18	6:30 – 7:15 p.m.	6/\$34.20	147351

**Chess: Intermediate+ (10 – 14 yrs)**

Intermediate and above players will continue to learn the intricacies of chess, such as analytical skills and strategy.

*at Maillardville Community Centre (1200 Cartier Ave)*

M	Apr 8 – May 6	7:30 – 8:15 p.m.	5/\$28.50	146562
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**Tell us how we did!**

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

**Chess: Intermediate+ (12 – 15 yrs)**

Intermediate and above players will continue to learn the intricacies of chess, such as analytical skills and strategy.

*at Maillardville Community Centre (1200 Cartier Ave)*

M	May 13 – Jun 17	7:30 – 8:15 p.m.	5/\$28.50	146564
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**Creative Bakers: Cinnamon Buns (11 – 14 yrs)**

Get a hands-on experience in creating the perfect swirls, gooey goodness, and heavenly aroma by learning the art of cinnamon buns from start to glaze.

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	Apr 13	2 – 3:30 p.m.	1/\$13.90	147180
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**Creative Bakers: Marble Dipped Royal Icing Sugar Cookies (11 – 14 yrs)**

Join fellow aspiring bakers for a hands-on experience where you'll master the art of decorating delicious sugar cookies with mesmerizing marble designs. Learn the tricks of working with royal icing and discover how to create stunning edible masterpieces.

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	Apr 27	2 – 3:30 p.m.	1/\$13.90	147184
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**Creative Bakers: Quiche Florentine and Quiche Lorraine (11 – 14 yrs)**

Dive into the world of flaky crusts, rich eggy custards, and an array of flavourful fillings. Learn to craft two classic and popular dishes – Quiche Lorraine, made with bacon, cheese, and caramelized onions, and its vegetarian sister Quiche Florentine, made with spinach, herbs, and cheese.

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	May 25	2 – 3:30 p.m.	1/\$13.90	147186
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**All Abilities Welcome!**

Visit page 3 for details

**Creative Bakers: Strawberry Rhubarb Pie Pockets (11 – 14 yrs)**

Learn the secrets behind the perfect balance of sweet strawberries and tart rhubarb, master the art of flaky pie crusts, and craft your own handheld, toasty warm pie pockets.

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	Jun 8	2 – 3:30 p.m.	1/\$13.90	147189
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**Creative Cooks: Banh Mi (11 – 14 yrs)**

A popular lunch item in Vietnamese culture, this class is perfect for food enthusiasts and those eager to explore global tastes. This hands-on class will guide you through crafting your own Banh Mi masterpiece. Get ready to savour the layers of deliciousness in every bite!

*at Maillardville Community Centre (1200 Cartier Ave)*

W	Jun 12	6 – 7:30 p.m.	1/\$13.90	146859
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**Creative Cooks: Crispy Chicken Sandwiches (11 – 14 yrs)**

Master the art of creating the perfect, crunchy-on-the-outside, tender-on-the-inside chicken sandwich. Learn the secrets of brining, breading, and frying to achieve that irresistible crispiness. We'll also explore creative toppings and savoury sauces to take your sandwich to the next level.

*at Maillardville Community Centre (1200 Cartier Ave)*

W	May 8	6 – 7:30 p.m.	1/\$13.90	146857
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**Creative Cooks: Shrimp Tacos (11 – 14 yrs)**

Learn to season and cook succulent shrimp, perfect your taco assembly skills, and explore creative topping combinations.

*at Maillardville Community Centre (1200 Cartier Ave)*

W	Apr 17	6 – 7:30 p.m.	1/\$13.90	146856
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**Creative Cooks: Vietnamese Salad Rolls (11 – 14 yrs)**

Dive into the art of crafting these light, fresh, and flavourful delights. Practice the delicate skill of wrapping rice paper around a vibrant assortment of fresh vegetables, herbs, and protein. Perfect for beginners and food enthusiasts alike, this hands-on workshop will guide you through the steps of creating these delicious and healthy rolls.

*at Maillardville Community Centre (1200 Cartier Ave)*

W	May 29	6 – 7:30 p.m.	1/\$13.90	146858
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### 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	Apr 23 – Jun 18	4:30 – 6:30 p.m.	9/\$125.10	147353
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### 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	Apr 11 – May 9	4:30 – 5:15 p.m.	5/\$28.50	147224
Th	May 16 – Jun 20	4:30 – 5:15 p.m.	6/\$34.20	147225

**at Pinetree Community Centre**

F	Apr 12 – May 10	7:15 – 8 p.m.	5/\$28.50	147387
F	May 17 – Jun 21	7:15 – 8 p.m.	6/\$34.20	147388

### Hip Hop: Popping (11 – 14 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	Apr 7 – May 5	4:30 – 5:30 p.m.	5/\$34.75	146490
Su	May 12 – Jun 16	4:30 – 5:30 p.m.	6/\$41.70	146491

## 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	Apr 7 – May 5	9 – 9:45 a.m.	4/\$50	148304
Su	Apr 7 – May 5	10 – 10:45 a.m.	4/\$50	148305
Su	May 12 – Jun 9	9 – 9:45 a.m.	5/\$62.50	148307
Su	May 12 – Jun 9	10 – 10:45 a.m.	5/\$62.50	148308

### 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	Apr 10 – May 8	4:30 – 5:30 p.m.	5/\$34.75	147490
W	May 15 – Jun 19	4:30 – 5:30 p.m.	6/\$41.70	147491

## Performing Arts

### Acro (12 – 15 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	Apr 8 – May 6	7:30 – 8:15 p.m.	5/\$28.50	146552
M	May 13 – Jun 17	7:30 – 8:15 p.m.	5/\$28.50	146553

### Guitar Beginner (12 – 18 yrs)

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

**at Pinetree Community Centre**

W	Apr 10 – May 8	5:30 – 6:30 p.m.	5/\$34.75	147359
W	May 15 – Jun 19	5:30 – 6:30 p.m.	6/\$41.70	147361

### 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.

**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	Apr 7 – May 5	1 – 2 p.m.	4/\$27.80	146693
Su	May 12 – Jun 9	1 – 2 p.m.	5/\$34.75	146694

**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	Apr 7 – May 5	2:15 – 3:15 p.m.	4/\$27.80	146695
Su	May 12 – Jun 9	2:15 – 3:15 p.m.	5/\$34.75	146696

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

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

**at Pinetree Community Centre**

Sa	Apr 13 – Jun 8	2:15 – 5:15 p.m.	7/\$29.40	146701
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**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	Apr 10 – May 8	7:30 – 8:30 p.m.	5/\$34.75	147175
W	May 15 – Jun 19	7:30 – 8:30 p.m.	6/\$41.70	147176

**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	Apr 7 – May 5	12 – 1 p.m.	5/\$34.75	146875
Su	May 12 – Jun 16	12 – 1 p.m.	6/\$41.70	146876



**Tell us how we did!**  
[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)

**All Abilities Welcome!**

Visit page 3 for details

**Basketball Youth League (12 – 18 yrs)**

Have you been wanting to play on a basketball team or would you like more time to play? Come join Pinetree's 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	Apr 13 – Jun 8	2:15 – 5:15 p.m.	7/\$29.40	146700
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**Battle Archery (11 – 15 yrs)**

Take aim and develop your archery skills with foam tipped arrows. Battle Archery is a great activity that develops hand-eye coordination, teamwork, communication skills, and physical fitness. Learn techniques that will enhance your archery form, and increase accuracy. It's dodgeball meets archery, and a whole lot of action! In partnership with Stellar Play.

**at Summit Community Centre**

Tu	Apr 30 – May 21	6 – 7 p.m.	4/\$60	147681
Tu	May 28 – Jun 11	6 – 7 p.m.	3/\$45	147682

**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	Apr 8 – Apr 29	7 – 8 p.m.	4/\$60	146661
M	May 6 – May 27	7 – 8 p.m.	3/\$45	146662
M	Jun 3 – Jun 24	7 – 8 p.m.	4/\$60	146663

**at Poirier Sport and Leisure Complex**

F	Apr 5 – Apr 26	7 – 8 p.m.	4/\$60	147253
F	May 3 – May 24	7 – 8 p.m.	4/\$60	147254
F	May 31 – Jun 21	7 – 8 p.m.	4/\$60	147255

**at Summit Community Centre**

Th	Apr 11 – Apr 25	6 – 7 p.m.	3/\$45	146667
Th	May 2 – May 16	6 – 7 p.m.	3/\$45	146668
Th	May 23 – Jun 6	6 – 7 p.m.	3/\$45	146669

### 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	Apr 8 – Apr 29	8 – 9 p.m.	4/\$65	146664
M	May 6 – May 27	8 – 9 p.m.	3/\$48.75	146665
M	Jun 3 – Jun 24	8 – 9 p.m.	4/\$65	146666

#### at Poirier Sport and Leisure Complex

F	Apr 5 – Apr 26	8 – 9 p.m.	4/\$65	147256
F	May 3 – May 24	8 – 9 p.m.	4/\$65	147257
F	May 31 – Jun 21	8 – 9 p.m.	4/\$65	147258

#### at Summit Community Centre

Th	Apr 11 – Apr 25	7 – 8 p.m.	3/\$48.75	146670
Th	May 2 – May 16	7 – 8 p.m.	3/\$48.75	146671
Th	May 23 – Jun 6	7 – 8 p.m.	3/\$48.75	146672

### Outdoor Tennis: Green (12 – 17 yrs)

Learn the FUNdamental movement skills required to play tennis. Youth will be introduced to the basic foundations of tennis from learning to serve, rallying and scoring on a Green size (Full) court. In partnership with Tennis For Life.

#### at Eagle Ridge Outdoor Courts

Tu	Apr 30 – Jun 18	6:30 – 7:25 p.m.	8/\$160	147043
Th	May 2 – Jun 20	6:30 – 7:25 p.m.	8/\$160	147044



## All Abilities Welcome!

Visit page 3 for details

### 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	Apr 7 – May 5	2 – 3 p.m.	5/\$34.75	145572
Su	May 12 – Jun 16	2 – 3 p.m.	6/\$41.70	145573

#### at Maillardville Community Centre (1200 Cartier Ave)

M	Apr 8 – May 6	4 – 5 p.m.	5/\$34.75	147449
M	May 13 – Jun 17	4 – 5 p.m.	5/\$34.75	147451

### 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	Apr 13 – May 11	12:15 – 1:15 p.m.	5/\$34.75	147506
Sa	May 18 – Jun 22	12:15 – 1:15 p.m.	6/\$41.70	147507

### 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	Apr 7 – May 5	4 – 5 p.m.	5/\$34.75	145574
Su	May 12 – Jun 16	4 – 5 p.m.	6/\$41.70	145575

### 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	Apr 10 – May 8	5:45 – 6:45 p.m.	5/\$34.75	147488
W	May 15 – Jun 12	5:45 – 6:45 p.m.	5/\$34.75	147489

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

Have you been wanting to play on a volleyball team or would you like more time to play? Come join Pinetree's 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 skills and drills before getting into games, and depending on attendance teams may change frequently. All levels welcome!

#### at Pinetree Community Centre

Tu	Apr 9 – Jun 11	7 – 9:30 p.m.	10/\$42	146699
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## Visual Arts

### Creators Workshop: Anime (11 – 14 yrs)

This class is geared towards teens interested in exploring the fundamentals of anime and manga. Delve into the essential aspects of character design, expressions, poses, and storytelling within the context of Japanese-style animation.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Apr 25	7:30 – 8:30 p.m.	1/\$6.95	146841
Th	May 30	7:30 – 8:30 p.m.	1/\$6.95	146842

### Creators Workshop: Hand Lettering (11 – 14 yrs)

Learn the fundamentals of creating stylish and unique letter forms. From funky fonts to decorative doodles, learn to master the art of crafting word art that pops off the page.

at Maillardville Community Centre (1200 Cartier Ave)

Th	May 2	7:30 – 8:30 p.m.	1/\$6.95	146843
Th	Jun 6	7:30 – 8:30 p.m.	1/\$6.95	146844

### Creators Workshop: Macrame Plant Holders (11 – 14 yrs)

Learn the art of knotting and weaving to craft stylish and functional plant hangers, or any other project your heart desires!

at Maillardville Community Centre (1200 Cartier Ave)

Th	May 9	7:30 – 8:30 p.m.	1/\$6.95	146845
Th	Jun 13	7:30 – 8:30 p.m.	1/\$6.95	146846

### 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.

### Creators Workshop: Pop Art (11 – 14 yrs)

Discover the bold and vibrant world of Pop Art and explore the iconic styles of artists like Warhol and Lichtenstein, to name a few. Transform everyday objects into extraordinary works of art by blending vivid colours and eye-catching patterns.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Apr 18	7:30 – 8:30 p.m.	1/\$6.95	146839
Th	May 23	7:30 – 8:30 p.m.	1/\$6.95	146840

### Creators Workshop: Tie Dye (11 – 14 yrs)

Tie dye is to DYE for! Learn cool folding techniques, experiment with vibrant colors, and create your own personalized tie dye masterpieces. Socks will be provided, but participants are welcome to bring a white cotton garment or accessory to dye as well.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Apr 11	7:30 – 8:30 p.m.	1/\$6.95	146836
Th	May 16	7:30 – 8:30 p.m.	1/\$6.95	146837
Th	Jun 20	7:30 – 8:30 p.m.	1/\$6.95	146838

### 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	May 13 – Jun 17	7:30 – 8:30 p.m.	5/\$34.75	147317
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### Watercolour (11 – 14 yrs)

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

at Pinetree Community Centre

M	Apr 8 – May 6	7:30 – 8:30 p.m.	5/\$34.75	147315
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# 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](https://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](mailto:volunteers@coquitlam.ca) or phone 604-927-6076.



# Drop-In Fitness



Check out what you can do with your ONE PASS!  
[coquitlam.ca/OnePass](https://coquitlam.ca/OnePass)



## ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2025.

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

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.29	\$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



## 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, pending staff availability

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 guidelines and how to safely and effectively use the equipment in our fitness centres. Cost \$2. Register online or by calling 604-927-4386.

#### City Centre Aquatic Complex

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

#### Pinetree Community Centre, pending staff availability

Tuesday, 6 – 7 p.m.

#### Glen Pine Pavilion

Monday 11 a.m. – 12 p.m.

#### Poirier Sport and Leisure Complex

Wednesday, 11 a.m. – 12 p.m.  
Thursday, 8 – 9 p.m.  
Saturday, 10 – 11 a.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](http://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](https://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.

### Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

#### Zumba Sentao® ●●

Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. International rhythms and easy-to-follow moves create a one-of-a kind fitness experience for the dance lover.

#### Zumba Toning® ●●

Spice up your fitness routine with Zumba Toning®, a Latin rhythm infused dance cardio class with added light weights to help tone and sculpt your muscles. The perfect class to add to your routine—it's so fun that it's exercise in disguise!

### Strength/Resistance

#### Body Basics ●●

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

### 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.

### Essentrics ●●

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

### Essentrics Beginner ●

A full body workout targeted towards injury prevention and rehabilitation through stretching. Learn the basics of posture alignment, tension release, balance and recovery.

### Gentle Impact 4 Healthy Bones ●

Improve strength, posture, balance and agility through the use of functional exercises, resistance training and appropriate stretches. Great for those with osteoporosis.

### Tai Chi/Qigong ●●

This gentle class focuses on flowing movements performed in a slow, focused manner and accompanies deep breathing. Tai chi cultivates life energy within us and encourages powerful purposeful movement.

## Yoga/Pilates/Stretch

### Family Yoga (7+ yrs) ●

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

### Hatha Yoga ●●

Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures with special emphasis on controlled breathing and posture.

### Pilates ●●

Pilates is a designed practice, targeting core strength, mobility and balance. A series of fluid exercises using breathing techniques and body mechanics in movement sequences.

## Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

### 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.

# Health and Fitness

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



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

## Adult and Baby Yoga (16+ yrs)

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

at Pinetree Community Centre

F	Apr 5 – May 17	9:30 – 10:30 a.m.	7/\$73.15	145741
F	May 24 – Jun 28	9:30 – 10:30 a.m.	6/\$62.70	145742

## 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

Th	Apr 4 – May 16	5:45 – 6:45 p.m.	7/\$73.15	145656
Su	Apr 7 – May 12	8:15 – 9:15 a.m.	6/\$62.70	145678
Th	May 23 – Jun 27	5:45 – 6:45 p.m.	6/\$62.70	145677
Su	May 26 – Jun 23	8:15 – 9:15 a.m.	5/\$52.25	145679

at Poirier Sport and Leisure Complex

Tu	Apr 2 – May 14	7:15 – 8:15 p.m.	7/\$73.15	145599
Tu	May 21 – Jun 25	7:15 – 8:15 p.m.	6/\$62.70	145600

## Bootcamp 4 U and Baby (16+ yrs)

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

at Poirier Sport and Leisure Complex

W	Apr 3 – May 15	1 – 2 p.m.	7/\$73.15	145591
W	May 22 – Jun 26	1 – 2 p.m.	6/\$62.70	145593

## 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	Apr 5 – May 17	8:15 – 9:15 p.m.	7/\$73.15	145680
F	May 24 – Jun 28	8:15 – 9:15 a.m.	6/\$62.70	145681

**All Abilities Welcome!**

Visit page 3 for details



### 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

F	Apr 5 – May 17	11:15 a.m. – 12:30 p.m.	7/\$87.50	145603
M	Apr 8 – May 13	10 – 11:15 a.m.	6/\$75	145602
F	May 24 – Jun 28	11:15 a.m. – 12:30 p.m.	6/\$75	145605
M	May 27 – Jun 24	10 – 11:15 a.m.	5/\$62.50	145604

#### at Glen Pine Pavilion

F	Apr 5 – May 17	11:45 a.m. – 1 p.m.	7/\$87.50	145758
F	May 24 – Jun 28	11:45 a.m. – 1 p.m.	6/\$75	145759

### 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	Apr 2 – May 14	12 – 1 p.m.	7/\$73.15	145683
Tu	May 21 – Jun 25	12 – 1 p.m.	6/\$62.70	145684

### 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	Apr 5 – May 17	12 – 1 p.m.	7/\$73.15	145685
F	May 24 – Jun 28	7 – 8 p.m.	6/\$62.70	145686

#### at Maillardville Community Centre (1200 Cartier Ave)

M	Apr 8 – May 13	7:30 – 8:30 p.m.	6/\$62.70	145756
M	May 27 – Jun 24	7:30 – 8:30 p.m.	5/\$52.25	145757



Tell us how we did!

coquitlam.ca/ProgramEvaluation

### Gentle Hatha Yoga (19+ yrs)

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

#### at Glen Pine Pavilion

W	Apr 3 – May 15	7:45 – 8:45 p.m.	7/\$73.15	145790
W	May 22 – Jun 26	7:45 – 8:45 p.m.	6/\$62.70	148907

#### at Victoria Community Hall

W	Apr 3 – May 15	9:30 – 10:45 a.m.	7/\$87.50	148908
W	May 22 – Jun 26	9:30 – 10:45 a.m.	6/\$75	148909

### Get Up and Go! (19+ yrs)

An entry-level exercise program for seniors with balance and mobility impairments, who are otherwise unable to attend a community exercise class. Improve strength, balance and coordination. Health screening must be completed at first class. In partnership with Fraser Health Authority – Fall and Injury Prevention.

#### at Dogwood Pavilion

Tu/Th	Apr 2 – May 16	12 – 1 p.m.	14/\$146.30	145612
Tu/Th	May 21 – Jun 27	12 – 1 p.m.	12/\$125.40	145613

### Group Cycle: Night Ride (19+ yrs)

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

#### at City Centre Aquatic Complex

F	Apr 19	7:30 – 8:30 p.m.	1/\$10.45	148914
F	May 24	7:30 – 8:30 p.m.	1/\$10.45	148915
F	Jun 14	7:30 – 8:30 p.m.	1/\$10.45	148916

### 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	Apr 8 – May 13	9:30 – 11 a.m.	6/\$81	145753
M	May 27 – Jun 24	9:30 – 11 a.m.	5/\$67.50	145755





### 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	Apr 10 – Apr 24	6:30 – 7:30 p.m.	3/\$31.35	145695
W	May 8 – May 22	6:30 – 7:30 p.m.	3/\$31.35	145735
W	Jun 5 – Jun 19	6:30 – 7:30 p.m.	3/\$31.35	145736

### Learn 2 Yoga (13+ yrs)

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

#### at Pinetree Community Centre

W	Apr 10 – May 8	6 – 6:45 p.m.	5/\$41.75	148912
W	May 22 – Jun 19	6 – 6:45 p.m.	5/\$41.75	148913

#### at Poirier Sport and Leisure Complex

Th	Apr 11 – May 9	10:45 – 11:30 a.m.	5/\$41.75	148910
Th	May 23 – Jun 20	10:45 – 11:30 a.m.	5/\$41.75	148911

### Minds in Motion (19+ yrs)

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

#### at Centennial Pavilion

Th	Apr 4 – May 16	2:15 – 3:45 p.m.	7/\$38.85	145610
Th	May 23 – Jun 27	2:15 – 3:45 p.m.	6/\$33.30	145611

### Outdoor HIIT Bootcamp (13+ yrs)

An outdoor full body workout in a classic boot camp format with power intervals and plyometric movements. Brace yourself for an intense training session.

#### at Maillardville Community Centre (1200 Cartier Ave)

Tu	May 21 – Jun 25	7 – 8 p.m.	6/\$62.70	145760
Th	May 23 – Jun 27	7 – 8 p.m.	6/\$62.70	145761

**All Abilities Welcome!**  
Visit page 3 for details

### 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	Apr 8 – May 13	11:30 a.m. – 1 p.m.	6/\$81	145594
M	May 27 – Jun 24	11:30 a.m. – 1 p.m.	5/\$67.50	145597

#### at Pinetree Community Centre

W	Apr 3 – May 15	7:15 – 8:45 p.m.	7/\$94.50	145743
W	May 22 – Jun 26	7:15 – 8:45 p.m.	6/\$81	145745

#### at Poirier Sport and Leisure Complex

M	Apr 8 – May 13	6 – 7:30 p.m.	6/\$81	145598
M	May 27 – Jun 24	6 – 7:30 p.m.	5/\$67.50	145601

### Kickboxing (19+ yrs)

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

#### at Pinetree Community Centre

W	Apr 24 – May 22	7:45 – 8:45 p.m.	5/\$49.50	147163
W	May 29 – Jun 26	7:45 – 8:45 p.m.	5/\$49.50	147165

### Killer Kettlebells (13+ yrs)

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

#### at City Centre Aquatic Complex

Tu	Apr 2 – May 14	6 – 7 p.m.	7/\$73.15	145687
Tu	May 21 – Jun 25	6 – 7 p.m.	6/\$62.70	145690

### 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	Apr 2 – May 14	6:45 – 7:45 p.m.	7/\$73.15	145746
Tu	May 21 – Jun 25	6:45 – 7:45 p.m.	6/\$62.70	145748

### 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	Apr 7 – May 12	5:45 – 7 p.m.	6/\$75	145737
Su	May 26 – Jun 23	5:45 – 7 p.m.	5/\$62.50	145738

at *Dogwood Pavilion*

M	Apr 8 – May 13	7 – 8:15 p.m.	6/\$75	145606
M	May 27 – Jun 24	7 – 8:15 p.m.	5/\$62.50	145608

### 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	Apr 8 – May 13	7:15 – 8:15 p.m.	6/\$62.70	145739
M	May 27 – Jun 24	7:15 – 8:15 p.m.	5/\$52.25	145740

### 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	Apr 2 – May 16	1 – 2 p.m.	14/\$154	145607
Tu/Th	May 21 – Jun 27	1 – 2 p.m.	12/\$132	145609

### Oops! We cancelled it...

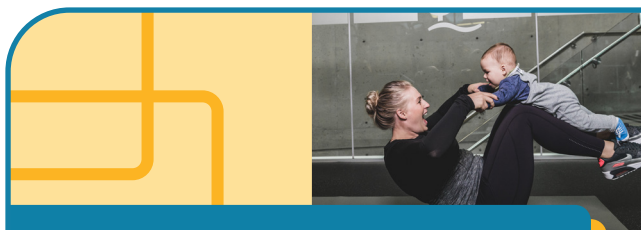
Because we didn't know that you wanted it!  
We recommend registering at least one week prior to class so we can reduce class cancellations.



## 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.*



## Financial Assistance for Recreation

**Making recreation more affordable and accessible.**

**Eligible residents can apply today.**

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



# Adult

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

19 yrs +

(unless otherwise noted)



## Lifelong Learning

### Cooking: Around the World – Japanese (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn how to make Japanese Inari Sushi with a variety of toppings as well as Classic and Strawberry Mochi. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W Jun 19 – Jun 26 6 – 8 p.m. 2/\$45.40 145634

### Cooking: Around the World – Mexican and Middle Eastern (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Mexican Pazole Soup and Middle Eastern Chicken Rice Pilaf with Dried Fruit and Nuts. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W Apr 17 – Apr 24 6 – 8 p.m. 2/\$45.40 145632

### Cooking: Around the World – Moroccan and African (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Moroccan Tijan, Shakshuka with Kafta Meatballs and African Peanut Stew. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W May 22 – May 29 6 – 8 p.m. 2/\$45.40 145633

### Cooking: Baking Fruit Crisps and Crumbles (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 Apr 28 10:30 a.m. – 1:30 p.m. 1/\$34.05 146472



Tell us how we did!

[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)

**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.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa May 4 2 – 4 p.m. 1/\$22.70 146960

**Cooking: Banh Mi (19+ yrs)**

A popular lunch item in Vietnamese culture, this class is perfect for food enthusiasts and those eager to explore global tastes. This hands-on class will guide you through crafting your own Banh Mi masterpiece. Get ready to savour the layers of deliciousness in every bite!

at *Maillardville Community Centre (1200 Cartier Ave)*

W May 22 6 – 8 p.m. 1/\$22.70 146851

**Cooking: Barbecue to Smoker Tips (19+ yrs)**

With a few tips, you can create the indirect low and slow heat of a traditional smoker and produce quality cuts of slow-smoked barbecue. Using BBQ wood chips or compressed hardwood chunks, the cooking comes from the smoke itself rather than just heat. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Jun 23 10:30 a.m. – 1:30 p.m. 1/\$34.05 146498

**Cooking: BBQ Ribs and Coleslaw (19+ yrs)**

Prepare moist barbecue ribs with a crunchy coleslaw for more easy patio season meal ideas. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su May 26 10:30 a.m. – 1:30 p.m. 1/\$34.05 146489

**Cooking: BBQ Salmon with Sides (19+ yrs)**

Salmon is a versatile and flavourful fish to put on the barbecue grill with healthy sides to accompany your salmon dinner. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su May 5 10:30 a.m. – 1:30 p.m. 1/\$34.05 146475

**Cooking: Charcuterie Board Design Essentials (19+ yrs)**

Entertaining made easy with a Charcuterie Board with simple everyday ingredients is an easy appetizer. Learn the essentials of designing and assembling your tray with cured meats, cheeses, crackers, fruit, nuts and more! No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Jun 2 10:30 a.m. – 1:30 p.m. 1/\$34.05 146494



**Cooking: Cheese Artichoke Chicken with Side (19+ yrs)**

Prepare Cheese Artichoke Chicken with accompanying sides. 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. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Apr 7 10:30 a.m. – 1:30 p.m. 1/\$34.05 146467

**Cooking: Cheesecakes (19+ yrs)**

Cheesecakes are a rich, smooth and decadent dessert. There are so many different types of cheesecakes to make and you will learn the basics and some variations. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Jun 9 10:30 a.m. – 1:30 p.m. 1/\$34.05 146495

**Cooking: Chicken Stir-Fry with Sunflower Seeds (19+ yrs)**

From slicing and marinating the chicken to mastering the stir-frying technique, this class will cover it all. Discover the balance of fresh vegetables, aromatic spices, and savoury sauces that make every bite a delight. Traditionally cooked with peanuts, let us show you how sunflower seeds can make a wonderful, nut-free alternative.

at *Maillardville Community Centre (1200 Cartier Ave)*

W Jun 19 6 – 8 p.m. 1/\$22.70 146853

**Cooking: Chilled Noodle Salad (19+ yrs)**

Discover the art of combining chilled noodles with a medley of vibrant vegetables, herbs, and a delectable and hearty nut-free dressing. Truly a wonderful meal to serve on warm days that is easy to customize and is bursting with flavour.

*at Maillardville Community Centre (1200 Cartier Ave)*

W Jun 5 6 – 8 p.m. 1/\$22.70 146852

**Cooking: Chocolate Cupcakes with Buttercream Flowers (19+ yrs)**

Make, bake and decorate delicious chocolate cupcakes. Learn how to make cupcakes, buttercream icing and how to bag icing for making decorations. Learn and practice making piped flowers to decorate. All supplies included and no experience necessary.

*at Dogwood Pavilion*

Th Jun 6 5:30 – 8 p.m. 1/\$28.40 146290

**Cooking: Crispy Chicken Sandwiches (19+ yrs)**

Master the art of creating the perfect, crunchy-on-the-outside, tender-on-the-inside chicken sandwich. Learn the secrets of brining, breading, and frying to achieve that irresistible crispiness. We'll also explore creative toppings and savoury sauces to take your sandwich to the next level.

*at Maillardville Community Centre (1200 Cartier Ave)*

W May 15 6 – 8 p.m. 1/\$22.70 146850

**Cooking: Food Skills for Families (19+ yrs)**

You can shop, cook and eat on a budget. Too often inexpensive packaged foods provide poor nutrition and have negative effects on the health of our families. Food Skills for Families will help you create healthy meals at a low cost, and have fun doing it. The program features flavourful recipes from around the world and teaches you how to modify recipes and cook from scratch.

Sponsored by the BC Centre for Disease Control

*at Glen Pine Pavilion*

Th May 16 – Jun 20 3:30 – 6:30 p.m. 6/ **FREE** 145912

**Cooking: Gazpacho with Homemade Croutons (19+ yrs)**

Blending fresh, seasonal vegetables into a harmonious mix, seasoned to perfection and topped with freshly toasted croutons, this chilled Spanish soup is the ultimate way to beat the heat.

*at Maillardville Community Centre (1200 Cartier Ave)*

W Apr 24 6 – 8 p.m. 1/\$22.70 146848

**Cooking: Ginger-Soy Salmon Rice Bowl (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 Ginger-Soy Salmon Rice Bowl as an all-inclusive meal. No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

Su Apr 14 10:30 a.m. – 1:30 p.m. 1/\$34.05 146468

**Cooking: Homemade Burgers and Fresh-cut Fries (19+ yrs)**

Everyone loves a fresh homemade burger with all the fixings and even more if this favourite meal comes with fresh-cut fries. Learn how to prepare a juicy tasty burger with the perfect seasonings. No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

Su Jun 30 10:30 a.m. – 1:30 p.m. 1/\$34.05 146499

**Cooking: Lavender Earl Grey Tea Cakes with Lemon Glaze (19+ yrs)**

Sweet, delicate and oh-so-pretty, these mini Earl Grey tea cakes are special. Learn to make teacakes and glaze them for an elegant touch. Perfect for a lovely dessert or spring tea party. All supplies included and no experience necessary.

*at Dogwood Pavilion*

Th Apr 25 5:30 – 8 p.m. 1/\$28.40 146287

**Cooking: Mini Strawberry Rhubarb Pies (19+ yrs)**

Learn the secrets behind the perfect balance of sweet strawberries and tart rhubarb, master the art of flaky pie crusts, and leave with your own batch of irresistible mini pies to share (or savour all to yourself).

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa Jun 1 2 – 4 p.m. 1/\$22.70 147171

**Cooking: Pasta with Rose Sauce and Garlic Bread (19+ yrs)**

Learn to make Mediterranean Style Pasta with Chicken and Vegetables in a Rose Sauce and Garlic Bread. 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 Apr 13 9:30 – 11:30 a.m. 1/\$22.70 146094

**All Abilities Welcome!**

Visit page 3 for details



**Cooking: Polka Dot Sugar Cookies (19+ yrs)**

Learn to make sugar cookies and transform them into a piece of art. Learn to make a flood royal icing and how to decorate the cookies using a wet on wet decorating technique. All supplies included and no experience required.

at *Dogwood Pavilion*

Th	Apr 11	5:30 – 8 p.m.	1/\$28.40	146286
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**Cooking: Quiche Florentine and Lorraine (19+ yrs)**

Dive into the world of flaky crusts, rich egg custards, and an array of flavourful fillings. Learn to craft two classic and popular dishes – Quiche Lorraine, made with bacon, cheese, and caramelized onions, and its vegetarian sister Quiche Florentine, made with spinach, herbs, and cheese.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa	Jun 15	2 – 4 p.m.	1/\$22.70	147174
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**Cooking: Rosette Butter Cookies (19+ yrs)**

Being able to pipe the perfect rosette is a skill that takes lots of practice to perfect. Rosette cookies are a fun way to learn and practice your technique. These pretty cookies are ideal for tea parties or as a lovely dessert.

at *Dogwood Pavilion*

Th	May 23	5:30 – 8 p.m.	1/\$28.40	146289
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**Cooking: Royal Icing Sugar Cookies (19+ yrs)**

Perfect for beginners and those looking to advance their existing skills, this hands-on workshop covers baking basics, colour mixing, piping, wet-on-wet techniques, and decorative accents. Learn to transform plain cookies into edible masterpieces with royal icing.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa	Apr 20	2 – 4 p.m.	1/\$22.70	146959
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**Cooking: Shrimp Tacos (19+ yrs)**

Learn to season and cook succulent shrimp, perfect your taco assembly skills, and explore creative topping combinations.

at *Maillardville Community Centre (1200 Cartier Ave)*

W	Apr 10	6 – 8 p.m.	1/\$22.70	146847
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**Cooking: Steak Sandwich with Twice-baked Potatoes (19+ yrs)**

Prepare a steak sandwich with a twice-baked potato, throw in a tossed salad, some drinks and you are ready to enjoy your easy patio season opening meal. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su	May 19	10:30 a.m. – 1:30 p.m.	1/\$34.05	146478
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**Cooking: Stir-fried Rice with Sweet and Sour Pork (19+ yrs)**

Prepare stir-fried rice with easy ingredients on hand to accompany a delicious Sweet and Sour Pork entree made from scratch. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su	Apr 21	10:30 a.m. – 1:30 p.m.	1/\$34.05	146471
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**Cooking: Strawberry Shortcake (19+ yrs)**

Learn to make delicious strawberry shortcake with fresh macerated strawberries and light, fluffy whipped cream. All supplies included and no experience necessary.

at *Dogwood Pavilion*

Th	Jun 20	5:30 – 8 p.m.	1/\$28.40	146292
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**Cooking: Summer Appetizers and Dips (19+ yrs)**

Every week will be a new appetizer or dip prepared from scratch. This class series will have you working with different fresh and seasonal ingredients ensuring that you are prepared to cook the recipes on hand with confidence. This will be a journey into preparing delicious finger foods suitable for the warm summer season filled with picnics and social gatherings. No experience required.

at *Glen Pine Pavilion*

M	Apr 8 – May 13	7 – 8:30 p.m.	6/\$102	146503
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**Cooking: Summer Salads and Dressings (19+ yrs)**

Every week will be a new salad and dressing prepared from scratch. This class series will have you working with different fresh and seasonal ingredients ensuring that you are prepared to cook the recipes on hand with confidence. This will be a journey into preparing delicious salads suitable for the warm summer season. No experience required.

at *Glen Pine Pavilion*

M	May 27 – Jun 24	7 – 8:30 p.m.	5/\$85	146504
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**Cooking: Sweet and Sour Pork with Fried Rice****(19+ yrs)**

Learn to make featured recipes – Sweet and Sour Pork and Vegetable Fried Rice. 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	Jun 15	9:30 – 11:30 a.m.	1/\$22.70	146095
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**Cooking: Vanilla Cupcakes with Buttercream Rosettes (19+ yrs)**

Make, bake and decorate delicious vanilla cupcakes. Learn how to make cupcakes, buttercream icing and how to bag it to achieve a multicolour icing effect. Practice piping multicolour rosettes onto the cupcakes complete with the addition of leaves. All supplies included and no experience necessary.

*at Dogwood Pavilion*

Th	May 9	5:30 – 8 p.m.	1/\$28.40	146288
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**Cooking: Victoria Day High Tea DIY (19+ yrs)**

Make an elegant High Tea platter consisting of a variety of tasty sweet and savoury bites, and sit down to enjoy it with a cup of tea. Feel free to dress your best, or wear a fascinator to get in the spirit!

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	May 18	2 – 4 p.m.	1/\$22.70	146963
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**Cooking: Vietnamese Salad Rolls (19+ yrs)**

Dive into the art of crafting these light, fresh, and flavourful delights. Practice the delicate skill of wrapping rice paper around a vibrant assortment of fresh vegetables, herbs, and protein. Perfect for beginners and food enthusiasts alike, this hands-on workshop will guide you through the steps of creating these delicious and healthy rolls.

*at Maillardville Community Centre (1200 Cartier Ave)*

W	May 1	6 – 8 p.m.	1/\$22.70	146849
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**Emergency Preparedness (15+ yrs)**

Learn how to identify hazards and best prepare yourself and your loved ones in the case of an emergency. These free emergency preparedness sessions hosted by the City of Coquitlam, cover typical hazards found specifically in Coquitlam and include details on emergency supplies, family communication and community preparedness.

*at Dogwood Pavilion*

Th	Jun 20	10 – 11 a.m.	1/ FREE	144553
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*at Glen Pine Pavilion*

Th	Apr 4	10 – 11 a.m.	1/ FREE	143733
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**Finance: Are you a Good Financial Role Model?****(19+ yrs)**

Improve financial management and help adults teach their kids about money. Learn how to self-assess standing as a financial role model, learn the ten healthy habits of financial management and understand SMART goals and effective goal setting. Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

*at Glen Pine Pavilion*

Tu	Apr 30	7 – 8:30 p.m.	1/ FREE	146618
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**Finance: 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*

W	Apr 17	10 – 11:30 a.m.	1/ FREE	146893
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Th	Apr 25	7 – 8:30 p.m.	1/ FREE	146894
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**Finance: Employment Insurance and Special Benefits (19+ yrs)**

Information session 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*

Th	Jun 20	6:30 – 8 p.m.	1/ FREE	146905
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**Finance: 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*

Tu	May 28	7 – 8:30 p.m.	1/ FREE	146619
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**Finance: 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 Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at *Glen Pine Pavilion*

Tu Jun 25 7 – 8:30 p.m. 1/ **FREE** 146620

**Finance: Just Widowed (19+ yrs)**

Equip women with the right strategies for financially recovering after the loss of a partner and maintaining good financial confidence moving forward. How to understand financial needs, budget and plan long term as well as how to prepare your estate will be included. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at *Dogwood Pavilion*

M May 6 10 – 11 a.m. 1/ **FREE** 144542

**Finance: Make Tax Your Hero (19+ yrs)**

Learn how to file a tax return, who should file a tax return, the benefits gained from filing a tax return, why there are taxes and how the tax system works. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at *Dogwood Pavilion*

Th Apr 4 1:30 – 2:30 p.m. 1/ **FREE** 144541

**Finance: 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 by revisiting your budget, develop ways to invest and understanding your credit scores.

Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at *Glen Pine Pavilion*

Th Apr 11 10 – 11:30 a.m. 1/ **FREE** 146617

**Finance: Protect Your Assets by Planning Ahead (19+ yrs)**

Learn the what, why and how of estate planning. Learn how to create a plan to distribute assets, during life or upon death. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at *Dogwood Pavilion*

F Jun 7 10 – 11 a.m. 1/ **FREE** 144543



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

**Finance: Service Canada Pre-Retirement Workshop (19+ yrs)**

Information session on pre-retirement plans from the Service Canada perspective. There are many financial considerations to review and setting goals ahead of time will result into a smooth transition to life in retirement. Presented by Citizen Services Specialist from Service Canada.

at *Glen Pine Pavilion*

Th Apr 25 10 – 11:30 a.m. 1/ **FREE** 146903

**Finance: Stocks: The Nuts and Bolts (19+ yrs)**

This seminar teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discusses common versus preferred stock, dividends, investment strategy and different ways to own stock. Presented by James Leung, Edward Jones.

at *Glen Pine Pavilion*

F Apr 26 2 – 3:30 p.m. 1/ **FREE** 146891

**General: Explore Fascinating Kazakhstan (19+ yrs)**

Kazakhstan is ninth-largest country in the world and yet it remains comparatively unknown. It is vast country in the very heart of Eurasia, where antiquity merges with the future and Eastern traditions are tempered with Western innovations. Visit Almaty-the centre of Tourism in Kazakhstan, see mountains with snow peaks, and learn about ancient history, nature, culture and traditions. An interesting visual and verbal presentation by Milada sharing her own photos and experience.

at *Glen Pine Pavilion*

W Apr 10 10:30 a.m. – 12 p.m. 1/\$12.50 145957

W May 8 10 – 11:30 a.m. 1/\$12.50 145958

**General: Moralities – Origins and Dissemination (19+ yrs)**

A multi-disciplinary approach to examine the research on the origin of moralities. This perspective will be elaborated on in order to explore the way in which moralities spread and change over time. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau who holds numerous degrees in Clinical Psychology and Sociology.

at *Glen Pine Pavilion*

Th May 23 – Jun 27 1 – 3 p.m. 6/\$47.40 145508



**General: The Origins of Consciousness (19+ yrs)**

Engage in this fascinating workshop on the origins of consciousness. A multi-disciplinary approach surrounding the theories of consciousness and evolution over the billions of years of human existence. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau who holds numerous degrees in Clinical Psychology and Sociology.

**at Glen Pine Pavilion**

Th	Apr 11 – May 16	1 – 3 p.m.	5/\$39.50	145506
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**General: Water Conservation and Urban Wildlife (19+ yrs)**

Learn where Coquitlam drinking water comes from, how it is distributed and tips on how to conserve this precious resource in and around your home. In addition, learn about the wildlife found in Coquitlam and ways we can safely coexist with them. Do you know what to do if you encounter a bear? Join Coquitlam's Urban Wildlife team to learn about bear behavior, safety tips and how to be Bear Smart in Coquitlam. Presented by the City of Coquitlam, Water Conservation Program Coordinator and an Urban Wildlife expert.

**at Dogwood Pavilion**

Tu	Apr 23	10 – 11:30 a.m.	1/ FREE	145225
Sa	May 4	10 – 11:30 a.m.	1/ FREE	145226

**Health: Accessing Services for Dementia (19+ yrs)**

Accessing services for both People Living with Dementia and their Caregivers. Presented by the Alzheimer's Society of BC.

**at Maillardville Community Centre (1200 Cartier Ave)**

F	Apr 5	1 – 2:30 p.m.	1/ FREE	148399
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**Health: Anti-Inflammatory Diets (19+ yrs)**

Inflammation is at the root of many health conditions today and the right nutrition can be instrumental in supporting the body in bringing inflammation down. Learn about nutrition's role in reducing inflammation.

**at Dogwood Pavilion**

Tu	May 28	4 – 5:30 p.m.	1/\$10.50	146099
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**Health: Dementia Diagnosis – What's Next? (19+ yrs)**

Explore how to navigate life after a dementia diagnosis. 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**

Th	May 16	10 a.m. – 12 p.m.	1/ FREE	146497
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**Health: Dementia Friends (19+ yrs)**

Dementia Friends education workshops complement the Dementia-Friendly Communities (DFC) initiative by working to reduce stigma, raising awareness and providing practical suggestions about supporting people living with dementia in the community. Small, everyday actions can help build a community that is inclusive, supportive of and safe for people living with dementia. Presented by the Alzheimer's Society of BC.

**at Glen Pine Pavilion**

W	May 1	1 – 2:30 p.m.	1/ FREE	145993
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**Health: Diabetes Self-Management Program (19+ yrs)**

The Diabetes Self-Management Program is a free six-session workshop. Daily challenges of living with diabetes can be difficult. Gain knowledge, skills and confidence in your ability to manage your symptoms. The workshop helps people living with Type 2 Diabetes. (People with Type 1 diabetes have also found benefit). Participants receive the The "Living a Healthy Life" resource book. Participants should attend all six sessions to get the maximum benefit. Presented by Self-Management BC/University of Victoria.

**at Glen Pine Pavilion**

Sa	May 18 – Jun 22	10 a.m. – 12:30 p.m.	6/ FREE	146045
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**Health: Getting to Know Dementia (19+ yrs)**

Learn practical strategies to live as well as possible after a diagnosis of dementia and explore different types of resources that are available at any stage of the disease. Presented by the Alzheimer’s Society of BC.

at *Glen Pine Pavilion*

F May 17 2 – 3:30 p.m. 1/ **FREE** 146897

**Health: Good Fats, Bad Fats and Heart Health (19+ yrs)**

The most common health condition of our modern world today are cardiovascular and cholesterol issues and can be profoundly impacted with the right nutrition and lifestyle. Learn ways to support your heart with the right nutritional approach.

at *Dogwood Pavilion*

Tu Apr 9 4 – 5:30 p.m. 1/\$10.50 146098

**Health: 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)*

W Jun 12 2 – 3:30 p.m. 1/ **FREE** 148396

**Health: Living Safely with Dementia (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*

Th Jun 13 2 – 3:30 p.m. 1/ **FREE** 146019

**Health: Love your Brain! (19+ yrs)**

Love your brain! There are various ways to prevent and support neurodegenerative conditions like dementia and parkinsons using nutrition and lifestyle approaches. Join me to learn simple things that you can start incorporating to support your brain health.

at *Dogwood Pavilion*

Tu Jun 4 4 – 5:30 p.m. 1/\$10.50 146100

**All Abilities Welcome!**

Visit page 3 for details



**Tell us how we did!**

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

**Health: 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*

W Jun 26 2 – 3:30 p.m. 1/ **FREE** 146029

**Health: Navigating the Dementia Journey (19+ yrs)**

Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources, so that people impacted by dementia have the confidence to navigate the journey ahead. For caregivers and those living with dementia. There will be opportunities for discussion throughout the presentation. For the Caregivers and the People Living with Dementia. Presented by the Alzheimer’s Society of BC.

at *Glen Pine Pavilion*

Th Apr 4 10 – 11:30 a.m. 1/ **FREE** 145978

at *Maillardville Community Centre (1200 Cartier Ave)*

F Jun 7 1 – 2:30 p.m. 1/ **FREE** 148397

**Health: Parkinson’s Disease (19+ yrs)**

April is Parkinson’s Disease Awareness month. This workshop provides a clear explanation of the changes in the brain which cause this disease. Signs and symptoms are discussed, and treatment options are examined.

Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at *Glen Pine Pavilion*

Th Apr 18 10 – 11:30 a.m. 1/ **FREE** 146888

**Health: Skin Conditions (19+ yrs)**

In May, the awareness is on the skin. Four major skin problems are discussed: cancer, shingles, nails fungus and pressure sores. Pictures illustrate potential warning signs. The importance of early diagnosis is emphasized. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at *Glen Pine Pavilion*

Th May 16 10 – 11:30 a.m. 1/ **FREE** 146889

**Health: Sleep (19+ yrs)**

Many older adults find it difficult to get enough sleep and this workshop explores the reasons and remedies. Information about lifestyle changes that may help is also provided. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Dogwood Pavilion

Tu	Apr 9	9:30 – 11 a.m.	1/ FREE	147532
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**Health: Social Connectedness (19+ yrs)**

Loneliness and isolation are unhealthy. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Dogwood Pavilion

Th	Jun 6	9:30 – 11 a.m.	1/ FREE	147533
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**Health: The Healthy Brain (19+ yrs)**

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more. Presented by the Alzheimer's Society of BC.

at Glen Pine Pavilion

W	Apr 24	1 – 2:30 p.m.	1/ FREE	145984
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**Health: Understanding Communication in Dementia (19+ yrs)**

Explore how communication is affected by dementia and learn effective communication strategies. This session is for caregivers. Presented by the Alzheimer's Society of BC.

at Maillardville Community Centre (1200 Cartier Ave)

W	Jun 19	10 – 11:30 a.m.	1/ FREE	148398
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**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	Apr 11 – May 16	9:30 – 11 a.m.	5/\$11.25	145503
Th	May 23 – Jun 27	9:30 – 11 a.m.	6/\$13.50	145509

**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	Apr 11 – May 16	1 – 2:30 p.m.	6/\$13.50	145505
Th	May 23 – Jun 27	1 – 2:30 p.m.	6/\$13.50	145511

**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	May 21 – Jun 25	10:30 a.m. – 12 p.m.	6/\$13.50	145513
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**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	Apr 11 – May 16	11:30 a.m. – 12:30 p.m.	5/\$11.25	145504
Th	May 23 – Jun 27	11:30 a.m. – 12:30 p.m.	6/\$13.50	145510

**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	Apr 10 – May 15	2 – 3:30 p.m.	6/\$47.70	145520
W	May 22 – Jun 26	2 – 3:30 p.m.	6/\$47.70	145521



**Tell us how we did!**  
[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)



**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	Apr 9 – May 14	2:30 – 4 p.m.	6/\$47.70	145516
Tu	May 21 – Jun 25	2:30 – 4 p.m.	6/\$47.70	145517

**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	Apr 13 – May 11	12:30 – 2 p.m.	5/\$39.75	146611
Sa	May 18 – Jun 15	12:30 – 2 p.m.	5/\$39.75	146612

*at Glen Pine Pavilion*

W	Apr 10 – May 15	9:30 – 11 a.m.	6/\$47.70	145518
M	May 27 – Jun 24	6:30 – 8 p.m.	5/\$39.75	145515

**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	Apr 8 – May 13	6:30 – 8 p.m.	6/\$47.70	145514
W	May 22 – Jun 26	9:30 – 11 a.m.	6/\$47.70	148095

**Service Canada: Seniors Benefits: CPP, OAS, GIS and Resources (19+ yrs)**

Information session on Canada Pension and Old Age Security Benefits. Under the Canada Pension program there are things to consider in retirement, Death Benefit, Survivor’s Pension, CPP Disability Benefit, Post Retirement Disability Benefit and Children’s Benefits under CPP Survivors or Disability Benefits. Under Old Age Security, discuss when you can apply for Old Age Security, Auto Enrolment, should you delay receiving OAS rates, and for lower income Seniors -- Guaranteed Income Supplement, Allowance and Allowance for the Survivor. Lots of tips to make sure you are getting all the benefits you are entitled to! Presented by Citizen Services Specialist from Service Canada.

*at Glen Pine Pavilion*

Th	May 30	10 – 11:30 a.m.	1/ <b>FREE</b>	146904
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**Technology: Android Basics (Phone and Tablet) (19+ yrs)**

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	Apr 11	1 – 3 p.m.	1/\$2.25	145497
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**Technology: Computer File Management (19+ yrs)**

Create and manage files on your computer by learning to save, retrieve, rename and find. Learn how to organize documents and photos in your personal digital filing system. Please bring own device for more hands on support and any passwords needed.

*at Glen Pine Pavilion*

Th	May 23	1 – 3 p.m.	1/\$2.25	145500
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**Technology: iPad and iPhone Basics (19+ yrs)**

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	Apr 25	1 – 3 p.m.	1/\$2.25	145498
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**Technology: Managing Digital Passwords (19+ yrs)**

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	Jun 20	1 – 3 p.m.	1/\$2.25	145502
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## Technology: Photography Using a Smartphone (19+ yrs)

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	May 9	1–3 p.m.	1/\$2.25	145499
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## Technology: Tools for Travel (19+ yrs)

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	Jun 6	1–3 p.m.	1/\$2.25	145501
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## Wellness: Aging Gracefully – Spiritual 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 spiritual wellness to elevate awareness as you discover a new YOU and your own true nature! Please bring a journal and a pen or pencil.

at *Dogwood Pavilion*

M	Apr 15	6–8 p.m.	1/\$14	145905
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## Wellness: Building Immunity (19+ yrs)

Finding yourself falling ill frequently with colds and coughs? Learn how to build and support your body's immunity system by getting optimum nutrition and following certain lifestyle practices.

at *Glen Pine Pavilion*

Tu	Apr 16	6:30–8 p.m.	1/\$10.50	145897
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## Wellness: Building Stress Resilience (19+ yrs)

Do you know how, what and when you eat can impact how you cope with stressors in life and build resilience and even help maintain your energy? Learn how to build resilience to stress by focusing on your nutrition and making sure that the right foods are consumed daily.

at *Glen Pine Pavilion*

Tu	May 21	6:30–8 p.m.	1/\$10.50	145904
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## Connect with Coquitlam!

Stay informed on what's happening in your community at [coquitlam.ca/connect](https://coquitlam.ca/connect)

## Wellness: Love your Gut! (19+ yrs)

90% of the illnesses begin in the gut. It always starts from common issues like gas, bloating, acidity, constipation etc. that can at the beginning stages be easily addressed before they become chronic and lead to other health issues. Understand the basic foundations of our digestion and how to support it with the right nutrition and lifestyle.

at *Glen Pine Pavilion*

Tu	Jun 11	6:30–8 p.m.	1/\$10.50	145906
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## Wellness: Move it or Lose it – The importance of moving everyday (19+ yrs)

As we age, it's common for many of us to become less active, leading to a more sedentary lifestyle and a rapid acceleration of the aging process. But it doesn't have to be that way. Learn how to rejuvenate your body and mind in just 20 minutes a day by using gentle, intentional movements to nurture your body.

at *Centennial Pavilion*

Sa	May 25	11 a.m. – 1 p.m.	1/\$35	145763
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**All Abilities Welcome!**

Visit page 3 for details

**Wellness: Seeking Calmness (19+ yrs)**

Enhance your quality of life through guided meditations, introspective exercises and dynamic heartfelt conversations to discover how you can experience calmness everyday. Peace and happiness awaits! Please bring a journal and a pen or pencil.

at Dogwood Pavilion

M	May 13	6 – 8 p.m.	1/\$14	146097
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**Wellness: Social Connectedness and Loneliness (19+ yrs)**

Loneliness and isolation are unhealthy. The World Health Organization recognizes loneliness as an epidemic and can contribute to premature death. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Glen Pine Pavilion

Th	Jun 20	10 – 11:30 a.m.	1/ <b>FREE</b>	146890
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**Wellness: Spring Gratitude – Reset and Recharge (All Ages)**

This workshop aims to help participants embrace the spirit of spring, cultivate gratitude, and reset their minds to start the summer months strong and prepare for the upcoming season of reflection and renewal.

at Centennial Pavilion

Sa	Apr 20	10 a.m. – 12 p.m.	1/\$35	145762
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**Wellness: The Art of Mindful Creativity (19+ yrs)**

Discover essential practices for experiencing more joy, peace and contentment every day in your life! Bring in your coffee/tea or lunch and tap into the magic of creativity within yourself as you go practice meditations, enjoy music and quiet conversation.

at Glen Pine Pavilion

Tu	Apr 9	11:30 a.m. – 1:30 p.m.	1/\$10.50	145961
Tu	Apr 23	11:30 a.m. – 1:30 p.m.	1/\$10.50	145962

**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

M	May 27 – Jun 24	2:15 – 3:15 p.m.	5/\$42.75	145491
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**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. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Apr 8 – May 13	6:45 – 8:15 p.m.	6/\$77.10	145932
M	May 27 – Jun 24	6:45 – 8:15 p.m.	5/\$64.25	145934

**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	Apr 9 – May 14	4:45 – 5:45 p.m.	6/\$51.30	145959
Tu	May 21 – Jun 25	4:45 – 5:45 p.m.	6/\$51.30	145960

**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	May 23 – Jun 27	6:45 – 7:30 p.m.	6/\$38.40	145473
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## Oops! We cancelled it...

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

### 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	Apr 9 – May 14	5:15 – 6:15 p.m.	6/\$51.30	145474
Tu	May 21 – Jun 25	5:15 – 6:15 p.m.	6/\$51.30	145475

### 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	Apr 10 – May 15	5 – 6 p.m.	6/\$51.30	146092
W	May 22 – Jun 26	5 – 6 p.m.	6/\$51.30	146093

### 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	Apr 9 – May 14	7:45 – 8:45 p.m.	6/\$51.30	145476
Tu	May 21 – Jun 25	7:45 – 8:45 p.m.	6/\$51.30	145478

### Dance: Brazilian Samba (19+ yrs)

This class introduces the fundamental steps, hip movements, and cultural roots of Samba, the dynamic dance and music genre from Brazil. Perfect for all levels, join us for a spirited exploration of the infectious rhythms and vibrant energy that define this iconic Brazilian art form. Get ready to move, groove, and experience the joy of Samba!

#### at Maillardville Community Centre (1200 Cartier Ave)

F	May 17 – Jun 21	6:15 – 7:15 p.m.	6/\$51.30	147806
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### Dance: Choreographed Jazz (19+ yrs)

No partner, no problem! Learn choreographed dance jazz routines suitable for all levels of dancers.

#### at Glen Pine Pavilion

Th	Apr 11 – May 16	11 a.m. – 12 p.m.	5/\$42.75	145493
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### Dance: Choreographed Themed Music (19+ yrs)

No partner, no problem! Learn choreographed Dance styles based on a different theme music each week for all dance levels.

#### at Glen Pine Pavilion

Th	May 23 – Jun 27	11 a.m. – 12 p.m.	6/\$51.30	145494
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### Dance: Contemporary (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	Apr 12 – May 10	8 – 9 p.m.	5/\$42.75	147195
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### Dance: Dare to Dance Explorations (19+ yrs)

This gentle introduction to creative dance is open to all dance abilities. Explore how to create movement, and how to develop self-expression through multiple dance forms and movement focusing on Jazz/Hip Hop/Line Dance and some other dance styles like Salsa and Ballet.

#### at Glen Pine Pavilion

Su	Apr 7 – May 12	11:30 a.m. – 12:30 p.m.	6/\$51.30	145485
Su	May 19 – Jun 30	11:30 a.m. – 12:30 p.m.	7/\$59.85	145486

### 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	Apr 11 – May 16	6:45 – 7:30 p.m.	6/\$38.40	145472
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### Dance: Hip Hop Beginner (19+ yrs)

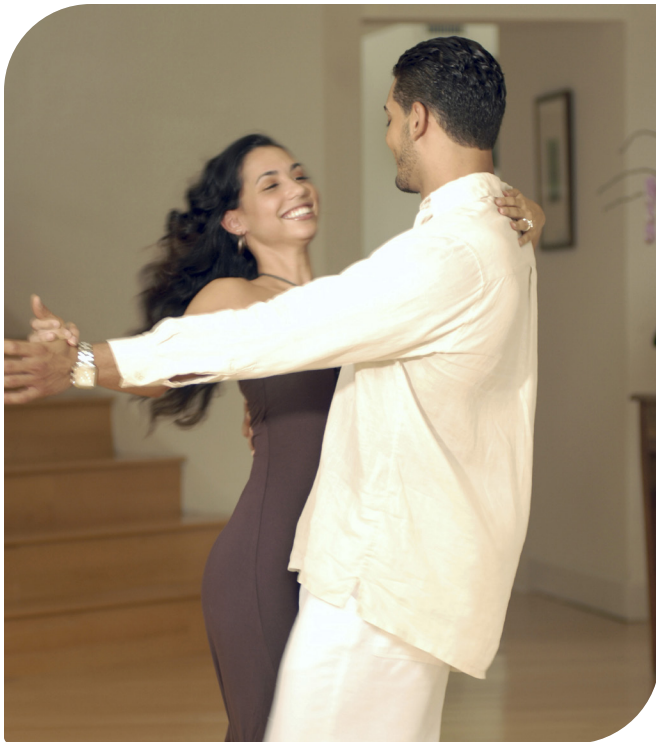
Learn beginner hip hop movements in this interactive dance program. Build foundations in bouncing, grooving, and moving on beat as you exercise your body and mind.

#### at Dogwood Pavilion

Th	Apr 11 – May 16	7:15 – 8:15 p.m.	6/\$51.30	146482
Th	May 30 – Jun 27	7:15 – 8:15 p.m.	5/\$42.75	146487

**All Abilities Welcome!**

Visit page 3 for details



**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 Glen Pine Pavilion*

M	Apr 8 – May 13	2:15 – 3:15 p.m.	6/\$51.30	145490
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*at Maillardville Community Centre (1200 Cartier Ave)*

F	Apr 5 – May 10	6:15 – 7:15 p.m.	6/\$51.30	147168
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**Dance: Latin All Levels (19+ yrs)**

Build on your abilities in Latin dances such as Salsa, Tango and Bachata with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

*at Dogwood Pavilion*

Sa	May 18 – Jun 15	10:45 – 11:45 a.m.	5/\$42.75	146251
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**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	Apr 13 – May 11	10:45 – 11:45 a.m.	5/\$42.75	146250
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**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*

Tu	Apr 9 – May 14	3:15 – 4:15 p.m.	6/\$51.30	145949
F	Apr 12 – May 17	2:15 – 3:15 p.m.	6/\$51.30	145951
Tu	May 21 – Jun 25	3:15 – 4:15 p.m.	6/\$51.30	145950
F	May 24 – Jun 28	2:15 – 3:15 p.m.	5/\$42.75	145952

**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	Apr 9 – May 14	2 – 3 p.m.	6/\$51.30	145936
Tu	May 21 – Jun 25	2 – 3 p.m.	6/\$51.30	145947

*at Glen Pine Pavilion*

M	Apr 8 – May 13	5:15 – 6:15 p.m.	6/\$51.30	145480
M	May 27 – Jun 24	5:15 – 6:15 p.m.	5/\$42.75	145482

**Dance: Lyrical Beginner (19+ yrs)**

Lyrical is similar to contemporary and modern styles of dance. It is an elegant and emotive style of dance that draws from ballet technique. Students will learn choreography and ballet technique to supplement the choreography they will learn in this class.

*at Glen Pine Pavilion*

Su	Apr 7 – May 12	12:45 – 1:45 p.m.	6/\$51.30	145469
Su	May 19 – Jun 30	12:45 – 1:45 p.m.	7/\$59.85	145470

**Dance: Nightclub Two Step Beginner Workshop (19+ yrs)**

Nightclub Two Step dancing for two! Diversify your dancing with this contemporary social dance. Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

*at Dogwood Pavilion*

Sa	May 18	1:30 – 3:30 p.m.	1/\$17.10	147615
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**Dance: Pop Jazz (19+ yrs)**

Pop Jazz is an energetic style of dance built on basic foundational skills of lyrical ballet combined with jazz funk and hip hop. Students will learn 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	May 17 – Jun 21	8 – 9 p.m.	6/\$51.30	147197
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**Dance: Tango Beginner Workshop (19+ yrs)**

Tango dancing for two! Diversify your dancing with this lively 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	Apr 20	1:30 – 3:30 p.m.	1/\$17.10	147613
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**Dance: Waltz Beginner Workshop (19+ yrs)**

Waltz dancing for two! This elegant dance will surely liven your afternoon. 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	Jun 15	1:30 – 3:30 p.m.	1/\$17.10	147616
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**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	Apr 8 – May 13	5 – 6:30 p.m.	6/\$73.20	145871
M	May 27 – Jun 24	5 – 6:30 p.m.	5/\$61	145872

**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	Apr 9 – May 14	7:45 – 8:45 p.m.	6/\$41.10	145917
Tu	May 21 – Jun 25	7:45 – 8:45 p.m.	6/\$41.10	145918

**at Maillardville Community Centre (1200 Cartier Ave)**

Tu	Apr 9 – May 7	7 – 8 p.m.	5/\$34.25	146588
Tu	May 14 – Jun 18	7 – 8 p.m.	6/\$41.10	146594

**Music: Ukulele Beginner (19+ yrs)**

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

**at Dogwood Pavilion**

Sa	Apr 13 – May 18	10:30 a.m. – 12 p.m.	6/\$61.80	146252
Sa	May 25 – Jun 29	10:30 a.m. – 12 p.m.	6/\$61.80	146253

**at Glen Pine Pavilion**

Tu	Apr 9 – May 14	6:30 – 7:30 p.m.	6/\$41.10	145913
Tu	May 21 – Jun 25	6:30 – 7:30 p.m.	6/\$41.10	145916

**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	Apr 7 – May 5	11 a.m. – 12 p.m.	4/\$60	148306
Su	May 12 – Jun 9	11 a.m. – 12 p.m.	5/\$75	148309

## Adapted Aqua Movement

(19+ years)



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

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

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

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



**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	Apr 10 – May 8	5:45 – 6:45 p.m.	5/\$49.50	147494
W	May 15 – Jun 19	5:45 – 6:45 p.m.	6/\$59.40	147495

*at Pinetree Community Centre*

Su	Apr 7 – May 5	3:30 – 5 p.m.	4/\$59.40	146697
Su	May 12 – Jun 9	3:30 – 5 p.m.	5/\$74.25	146698

**Basketball: Low Impact (19+ yrs)**

Learn or improve your basketball skills focusing on low impact skills and game play. Ideal if you're looking to stay active and be gentle on your joints. Lessons include skill development for all levels of play from beginner to intermediate.

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	Apr 11 – May 9	10:15 – 11:15 a.m.	5/\$49.50	148406
Th	May 16 – Jun 20	10:15 – 11:15 a.m.	6/\$59.40	148407

**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	Apr 9 – Apr 30	11 a.m. – 12:30 p.m.	4/\$59.40	146066
W	Apr 10 – May 1	11 a.m. – 12:30 p.m.	4/\$59.40	146081
Tu	May 7 – May 28	11 a.m. – 12:30 p.m.	4/\$59.40	146069
W	May 8 – May 29	11 a.m. – 12:30 p.m.	4/\$59.40	146083
Tu	Jun 4 – Jun 25	11 a.m. – 12:30 p.m.	4/\$59.40	146077
W	Jun 5 – Jun 26	11 a.m. – 12:30 p.m.	4/\$59.40	146085



**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.

**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	Apr 7 – May 5	10:45 a.m. – 12:15 p.m.	4/\$59.40	145914
Su	May 19 – Jun 9	10:45 a.m. – 12:15 p.m.	4/\$59.40	145915

*at Maillardville Community Centre (1200 Cartier Ave)*

M	Apr 8 – May 6	5:15 – 6:45 p.m.	5/\$74.25	147452
M	May 13 – Jun 17	5:15 – 6:45 p.m.	5/\$74.25	147454

*at Poirier Forum*

W	Apr 10 – May 1	12:45 – 2:15 p.m.	4/\$59.40	146087
W	May 8 – May 29	12:45 – 2:15 p.m.	4/\$59.40	146088
W	Jun 5 – Jun 26	12:45 – 2:15 p.m.	4/\$59.40	146089

**Soccer: Low Impact (19+ yrs)**

Learn or improve your soccer skills focusing on low impact skills and game play. Ideal if you're looking to stay active and be gentle on your joints. Lessons include skill development for all levels of play from beginner to intermediate.

*at Maillardville Community Centre (1200 Cartier Ave)*

Th	Apr 11 – May 9	9 – 10 a.m.	5/\$49.50	148404
Th	May 16 – Jun 20	9 – 10 a.m.	6/\$59.40	148405

**Volleyball: Skills and Drills (16+ 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	Apr 11 – May 9	5:45 – 6:45 p.m.	5/\$49.50	147496
Th	May 16 – Jun 20	5:45 – 6:45 p.m.	6/\$59.40	147497

**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. Some beginner experience is recommended.

*at Centennial Activity Centre*

Su	Apr 7 – May 12	5:30 – 6:30 p.m.	6/\$59.40	147617
Su	May 19 – Jun 23	5:30 – 6:30 p.m.	6/\$59.40	147618

## Visual Arts

**Crafts: Air Dry Clay Workshop (19+ yrs)**

Learn best practices, the properties of this type of clay and leave the class with a vase that will be ready to be sanded and painted once fully dry.

No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

Th	Apr 11	6:30 – 8:30 p.m.	1/\$19.20	145909
Th	Jun 27	6:30 – 8:30 p.m.	1/\$19.20	145754

**Crafts: All Natural SPF Skincare (19+ yrs)**

Customize your sun protection – worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a SPF lip balm. All supplies included. Course provided by Cheryl Theilade from Sentimental Creations.

*at Glen Pine Pavilion*

Th	May 2	6:30 – 9 p.m.	1/\$38	145733
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**Crafts: Goat Milk Soap-Making Basics (19+ yrs)**

Learn to Make Goat Milk Soap using fresh, raw, unprocessed milk from a local farm. In class, students will learn the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of the lactic acid. Goat milk contains alpha-hydroxy acids such as lactic acid which help remove dead skin cells from your skin's surface. From pre-blended bases, make a long-lasting oat n' honey goat milk soap. All supplies included. Course provided by Cheryl Theilade from Sentimental Creations.

*at Glen Pine Pavilion*

Th	Apr 4	6:30 – 9 p.m.	1/\$38	145732
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**Crafts: Introduction to Macramé (19+ yrs)**

Join us for the introductory class on Macramé and create a cute wristlet! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. No experience necessary and all supplies provided.

*at Dogwood Pavilion*

M	Apr 15	6 – 8 p.m.	1/\$19.20	146101
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**Oops! We cancelled it...**

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

**Crafts: Macramé Headbands Workshop (19+ yrs)**

Learn Macramé to create headbands! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. In this workshop students will decorate plain plastic headband by wrapping it in macrame knots. We will also learn how to make a stretchy and flexible macrame headband without the pre-made headband base. No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

Th	May 9	6:30 – 8:30 p.m.	1/\$19.20	145744
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**Crafts: Macramé Necklace Workshop (19+ yrs)**

Learn Macramé to create a necklace! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. In this workshop students will learn simple knots to create two different and fashionable necklaces made with thick macramé cord. No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

Th	May 30	6:30 – 8:30 p.m.	1/\$19.20	145747
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**Crafts: Macramé Tea Towel Holder Workshop (19+ yrs)**

Learn Macramé to create a tea towel holder! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. In this workshop students will be using wooden rings and cord to create a macramé tea towel holder from scratch. A combination of basic and intermediate knots will be used for this project. No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

Th	Apr 18	6:30 – 8:30 p.m.	1/\$19.20	145910
Th	Jun 6	6:30 – 8:30 p.m.	1/\$19.20	145749



**Tell us how we did!**  
[coquitlam.ca/ProgramEvaluation](http://coquitlam.ca/ProgramEvaluation)

**Digital Art: Introduction to Procreate® (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 Dogwood Pavilion*

M	Apr 29	6 – 8 p.m.	1/\$12.50	146102
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**Drawing: Animals (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	May 22 – Jun 26	9:30 – 11:30 a.m.	6/\$63	145585
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**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	Apr 8 – May 13	11:45 a.m. – 1:45 p.m.	6/\$63	145578
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*at Glen Pine Pavilion*

Su	Apr 7 – May 12	12:15 – 1:45 p.m.	6/\$47.40	145789
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F	May 24 – Jun 28	11:30 a.m. – 1 p.m.	6/\$47.40	145728
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**Drawing: Charcoal and Pastels (19+ yrs)**

Learn all about the exciting world of charcoal and pastels. Basic approach, drawing, techniques, mixing and blending, materials, finishing and more will be covered. All supplies included and no experience necessary.

*at Dogwood Pavilion*

Th	Apr 11 – May 16	5:30 – 7 p.m.	6/\$47.40	147226
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Th	May 23 – Jun 27	5:30 – 7 p.m.	6/\$47.40	147229
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**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 Glen Pine Pavilion*

M	Apr 8 – May 13	3:15 – 4:45 p.m.	6/\$47.40	145874
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M	May 27 – Jun 24	3:15 – 4:45 p.m.	5/\$39.50	145876
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**Drawing: Coloured Pencils Portraits (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	Apr 8 – May 13	9 – 11:30 a.m.	6/\$78.60	145238
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**Drawing: Coloured Pencils Spring Florals (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	May 27 – Jun 24	9 – 11:30 a.m.	5/\$65.50	145577
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## Town Centre Park Community Centre

Opening Spring 2024

Our revamped community centre will offer amenities for all interests, abilities and ages including:

- Art studio
- Multi-purpose rooms
- Large community living room
- Indoor/outdoor program spaces
- Meeting spaces
- Praguery Café

Learn more at [coquitlam.ca/TCPC](http://coquitlam.ca/TCPC)

### 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	May 27 – Jun 24	11:45 a.m. – 1:45 p.m.	5/\$52.50	145579
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*at Glen Pine Pavilion*

Su	May 26 – Jun 30	12:15 – 1:45 p.m.	6/\$47.40	145791
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### Drawing: Movement in the Human Body (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 Glen Pine Pavilion*

F	Apr 12 – May 17	11:30 a.m. – 1 p.m.	6/\$47.40	145727
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### Drawing: Nature Flowers and Plants (19+ yrs)

This course focuses on the fundamentals of drawing nature – flowers and plants. Working on skills emphasizing the rendering of light, shadow, perspective and more. Participants are required to bring supplies listed on the receipt.

*at Glen Pine Pavilion*

Tu	May 21 – Jun 25	9:30 – 11 a.m.	6/\$47.40	145880
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### Drawing: Plein Air Drawing in the Rose Garden (19+ yrs)

Be inspired by the roses and structures in the Centennial Rose Garden at Dogwood Pavilion in this plein air drawing class. Build confidence in discovering the pleasures and restraints of drawing in the outdoors and complete a rose garden themed drawing with the support of the class instructor, local artist Danica Noort.

*at Dogwood Pavilion*

W	Jun 19	6 – 8 p.m.	1/\$10.50	145877
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W	Jun 26	6 – 8 p.m.	1/\$10.50	145879
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### Drawing: Figures (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	Apr 10 – May 15	9:30 – 11:30 a.m.	6/\$63	145580
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### Drawing: Hand Lettering (19+ yrs)

Transform words into captivating works of art! Our experienced instructor will guide you through the fundamentals of letterform, composition, and style. Perfect for beginners and enthusiasts alike. Participants are required to bring supplies listed on the receipt.

*at Maillardville Community Centre (1200 Cartier Ave)*

W	Apr 10 – May 8	10 a.m. – 12 p.m.	5/\$52.50	146738
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Tu	May 14 – Jun 18	5:30 – 7:30 p.m.	6/\$63	146624
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**Drawing: Portraits (19+ yrs)**

This course focuses on the fundamentals of drawing portraits in black and white drawings working on skills emphasizing the rendering of light, shadow and more. Participants are required to bring supplies listed on the receipt.

*at Glen Pine Pavilion*

Tu	Apr 9 – May 14	9:30 – 11 a.m.	6/\$47.40	145878
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**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)*

Tu	Apr 9 – May 7	5:30 – 7:30 p.m.	5/\$52.50	146623
W	May 15 – Jun 19	10 a.m. – 12 p.m.	6/\$63	146739

**Introduction to Knitting (19+ yrs)**

Join us for an introductory knitting class to learn to make things from yarn. Knitting is fun, creative and has many health benefits. Presented by a volunteer from the Dogwood Variety Crafts group who would like to share her skills. All supplies provided.

*at Dogwood Pavilion*

M	Apr 8 – May 13	10 – 11:30 a.m.	6/\$36	145576
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**Mixed Media: How to Fill Your Sketchbook (19+ yrs)**

Exploring fun artistic exercises to get you filling up your sketchbook. Draw and paint using a variety of different tools to help you expand your creative techniques. Participants are required to bring supplies listed on the receipt.

*at Glen Pine Pavilion*

Th	Apr 11 – May 16	10 a.m. – 12 p.m.	6/\$63	146202
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**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	Apr 10 – May 15	12:30 – 3 p.m.	6/\$78.60	145590
W	May 22 – Jun 26	12:30 – 3 p.m.	6/\$78.60	145592

**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	Apr 11 – May 16	9:30 – 11:30 a.m.	6/\$63	145595
Th	May 23 – Jun 27	9:30 – 11:30 a.m.	6/\$63	145596

*at Glen Pine Pavilion*

Tu	Apr 9 – May 14	6:30 – 8:30 p.m.	6/\$63	145725
Sa	Apr 13 – May 18	10 a.m. – 12 p.m.	6/\$63	145526
Tu	May 21 – Jun 25	6:30 – 8:30 p.m.	6/\$63	145726
Sa	May 25 – Jun 29	10 a.m. – 12 p.m.	6/\$63	145527

**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	Apr 9 – May 14	9 – 11:30 a.m.	6/\$78.60	145524
Tu	May 21 – Jun 25	9 – 11:30 a.m.	6/\$78.60	145525
W	May 22 – Jun 26	6:30 – 8:30 p.m.	6/\$63	145795

**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	Jun 24	9:30 – 11:30 a.m.	1/\$19.20	145682
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**Painting: Acrylic Florals (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 floral-themed painting. No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

M	May 6 – May 13	9:30 – 11:30 a.m.	2/\$38.40	145541
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**Tell us how we did!**  
[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)

**Painting: Acrylic Landscapes/Nature (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 Jun 10 – Jun 17 9:30 – 11:30 a.m. 2/\$38.40 145676

**Painting: Acrylic Paint Night – Peonies (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 Jun 6 6 – 8 p.m. 1/\$19.20 145873

**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. Suitable for beginners but all levels are welcome. Participants will need the supplies listed on the receipt.

at *Dogwood Pavilion*

Th Apr 11 – May 9 6 – 8 p.m. 5/\$52.50 145875

**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 *Glen Pine Pavilion*

Th May 16 – May 23 6:30 – 8:30 p.m. 2/\$38.40 145734

**Painting: Colour Theory with Watercolours (19+ yrs)**

Learn essential skills for watercolour in this easy to start class. We will learn paint consistency, how to mix paint, along with fun easy exercises to build your skills. No experience needed. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

Th May 23 – Jun 27 10 a.m. – 12 p.m. 6/\$63 146203

**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. 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*

Su May 26 – Jun 30 10:15 a.m. – 12 p.m. 6/\$47.40 145793

**Painting: Ink Wash Painting Intermediate (19+ yrs)**

This intermediate step by step class is learning more about Asian-style ink wash painting. This class will continue to cover essential skills like colour mixing, proportion and composition as you explore the ink wash style of painting that is unique and different from western art. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

W Apr 10 – May 15 6:30 – 8:30 p.m. 6/\$63 145794

**Painting: Introduction to Acrylic Painting – Birch Trees (19+ yrs)**

With the theme of Birch Trees try out acrylic painting in this introductory class. Learn about different materials, tools, and techniques. Over two sessions, you will build confidence and complete a painting through a step by step method and the support of the class instructor, local artist Eileen H. All supplies included.

at *Dogwood Pavilion*

Tu May 7 – May 14 6 – 8 p.m. 2/\$38.40 145815

**All Abilities Welcome!**

Visit page 3 for details



**Painting: Introduction to Watercolour (19+ yrs)**

This beginner class is a great introduction to watercolour painting. Learn about different materials, tools and techniques. Over two sessions, you will build confidence and complete a painting with the support of the class instructor, local artist David Myles. All supplies are included.

*at Dogwood Pavilion*

Sa	Apr 20 – Apr 27	9:30 – 11:30 a.m.	2/\$38.40	145642
Th	May 23 – May 30	6 – 8 p.m.	2/\$38.40	145646

**Painting: Painting Reflections in Acrylics (19+ yrs)**

Designed to accommodate individual levels and interests, the emphasis is on painting reflections – glass and water, transparent versus opaque qualities and the versatility of acrylic paint. No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

M	May 27 – Jun 3	9:30 – 11:30 a.m.	2/\$38.40	145675
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**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	Apr 9 – Apr 16	6 – 8 p.m.	2/\$38.40	145813
Tu	Jun 4 – Jun 11	6 – 8 p.m.	2/\$38.40	145814

*at Glen Pine Pavilion*

M	Apr 8 – Apr 15	9:30 – 11:30 a.m.	2/\$38.40	145531
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**Painting: Spring Patio 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 Glen Pine Pavilion*

Th	Apr 25	6:30 – 8:30 p.m.	1/\$19.20	145911
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**Painting: Textures with Palette Knife and Sponge (19+ yrs)**

Try a different painting technique using a palette knife to scrape, push or draw colours and a sponge to create texture. No experience necessary and all supplies provided.

*at Glen Pine Pavilion*

M	Apr 22 – Apr 29	9:30 – 11:30 a.m.	2/\$38.40	145534
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**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	Apr 9 – May 14	12:30 – 3 p.m.	6/\$78.60	145588
Th	Apr 11 – May 16	12:30 – 3 p.m.	6/\$78.60	145639
Tu	May 28 – Jun 25	12:30 – 3 p.m.	5/\$65.50	145589
Th	May 30 – Jun 27	12:30 – 3 p.m.	5/\$65.50	145641

*at Glen Pine Pavilion*

F	Apr 12 – May 17	9 – 11 a.m.	6/\$63	145729
F	May 24 – Jun 28	9 – 11 a.m.	6/\$63	145730

**Painting: Watercolour Cityscapes (19+ yrs)**

Learn the basics of painting cityscapes using watercolours 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	May 5 – May 12	10:30 a.m. – 12 p.m.	2/\$15.80	145785
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**Painting: Watercolour Flowers (19+ yrs)**

Learn the basics of painting flowers using watercolour paints 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	Apr 21 – Apr 28	10:30 a.m. – 12 p.m.	2/\$15.80	145781
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**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	Apr 9 – May 14	9:30 a.m. – 12 p.m.	6/\$78.60	145586
Tu	May 28 – Jun 25	9:30 a.m. – 12 p.m.	5/\$65.50	145587



**Tell us how we did!**  
[coquitlam.ca/ProgramEvaluation](http://coquitlam.ca/ProgramEvaluation)



## Community Recreation Job Fair

Friday, March 8, 5 – 7 p.m.

Saturday, March 9, 9:30 – 11:30 a.m.

Pinetree Community Centre, 1260 Pinetree Way

We're hiring auxiliary and casual positions, including:

- Recreation instructors
- Support staff
- Supervisors
- Lifeguards
- Fitness staff
- Program leaders
- Event staff
- ... and more

Meet City staff and learn first-hand about:

- Upcoming job opportunities
- Qualification requirements
- What makes a great application



Find out more about working with the City of Coquitlam and how to sign up for job alerts at [coquitlam.ca/careers](https://coquitlam.ca/careers).

### Painting: Watercolour Landscapes (19+ yrs)

Learn the basics of landscape 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 Apr 7 – Apr 14 10:30 a.m. – 12 p.m. 2/\$15.80 145766

### Painting: Watercolour Painting in the Rose Garden (19+ yrs)

Join us for a special watercolour painting class outdoors in the Rose Garden. Over two sessions, you will build confidence and complete a painting with the support of the instructor, local artist David Myles. Suitable for beginners but all levels welcome. All supplies are included.

at Dogwood Pavilion

Th Jun 20 – Jun 27 6 – 8 p.m. 2/\$38.40 145647

**All Abilities Welcome!**

Visit page 3 for details

### Photography: Smartphone Camera – Outdoor Landscapes (19+ yrs)

Want that postcard-worthy photo? Take your outdoor photography to new levels with your smartphone in this interactive course. Don't miss another moment of nature's beautiful landscape.

at Dogwood Pavilion

Th May 30 – Jul 4 7:15 – 8:15 p.m. 6/\$31.50 146610

### Photography: Smartphone Camera – Portraits and Macros (19+ yrs)

Learn to take portraits and close-up shots in this hands-on program! Use your smartphone camera to capture beautiful moments in new ways with our experienced instructor.

at Dogwood Pavilion

Th Apr 11 – May 16 7:15 – 8:15 p.m. 6/\$31.50 146606

### 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 Apr 10 – May 15 6 – 8 p.m. 6/\$62.40 145901

W May 22 – Jun 26 6 – 8 p.m. 6/\$62.40 145902

### 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. All supplies provided.

at Dogwood Pavilion

W Apr 10 – May 15 1:30 – 3:30 p.m. 6/\$62.40 145898

W May 22 – Jun 26 1:30 – 3:30 p.m. 6/\$62.40 145899





# 50 Plus Services and Activities

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



## 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](https://coquitlam.ca/50Plus)



### Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | [coquitlam.ca/dogwood](https://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 Ct. | 604-927-6940 | [coquitlam.ca/GlenPine](https://coquitlam.ca/GlenPine)

#### Amenities:

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





## Dogwood Pavilion Activity Groups (50+ yrs)

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 40 groups and clubs to support the cultural, physical, educational and social needs of adults who are 50+. These activities are led by volunteer leaders and supported by the Board of Directors. Membership in the society is required for ongoing participation. Activity fees may apply. *To register for, or learn more about Dogwood Activity Group programs, visit [DogwoodSeniors50Plus.com](https://www.dogwoodseniors50plus.com), email [DogwoodSeniors50Plus@gmail.com](mailto:DogwoodSeniors50Plus@gmail.com), or call 604-927-6098.* Activities take place at Dogwood Pavilion or the neighbouring buildings.

### Bocce

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

F May – Sept 9:30 – 11:30 a.m.

### Book Club

If you like reading, come and join us each month as we enjoy the works of a specific author. This group meets every 3rd Wednesday of the month.

Third Wednesday of the month 1:30 – 3:30 p.m.

### Bridge: Casual

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.

W 12:30 – 3:30 p.m.

### Bridge: Duplicate

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

F 1 – 4 p.m.

### Bridge: Social

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. A welcoming social atmosphere for players who enjoy the game.

Tu 1 – 4 p.m.

### Canadian Council of the Blind

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

Th 1 – 3 p.m.

### Canasta

Canasta is a card game resembling Rummy. It is played by 2 pairs of partners and the aim is to collect sets of cards.

W 5:30 – 8:15 p.m.

### Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

Tu/Th 1:45 – 3:45 p.m.

### Chess

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

M 12:30 – 4 p.m.

### Coquitlam Art Club

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

W 12:30 – 3 p.m.

### Crafting Group

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

W 9 a.m. – 3:30 p.m.

### Cribbage

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

Th 9:30 a.m. – 12 p.m.

### Cribbage: 10-Card

A social card game played in partners using a 10-Card Cribbage board.

M 12:30 – 3:30 p.m.

### Dogwood Ambassadors

The ambassadors meet and greet the public and give tours of Dogwood Pavilion. They also assist with setting up special events and serving light refreshments.

Third Monday of the month 1:30 – 2:30 p.m.

## Lend a Hand!



### Have fun, develop new skills and meet new people

We are always looking for volunteers to be:

- Cashiers
- Kitchen Assistants
- Meaningful Meals Delivery Drivers
- *and much more*

For more information on becoming a City of Coquitlam volunteer, call 604-927-6076 or visit [coquitlam.ca/volunteer](http://coquitlam.ca/volunteer).

#### Drama

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

**M/Th** **1:45 – 3:45 p.m.**

#### Floor Hockey

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

**Tu** **6:30 – 8:15 p.m.**

#### Friendship Circle

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

**Tu** **1 – 2:30 p.m.**

#### Garden Club

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

**Second Tuesday of the month** **6:15 – 8:30 p.m.**

#### Genealogy

Genealogy meets to discuss family history and different methods of researching historical records.

**First Monday of the month** **1:30 – 3:30 p.m.**

#### Lapidary

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

**M/Tu/W/Th** **9:30 a.m. – 2:30 p.m.**

#### Life Writing

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

**Fourth Thursday of the month** **1 – 3 p.m.**

#### Mexican Train

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.

**Th** **12:15 – 3:30 p.m.**

#### Mixed Bag Band

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

**Su** **10:30 a.m. – 1:30 p.m.**

#### Photography Group

Come and share your photos and knowledge of photography.

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

#### Pickleball

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

**M/W/F** **8:45 – 10:45 a.m.**

**M/F** **11 a.m. – 1 p.m.**

**M/F** **1:15 – 3:15 p.m.**

#### Quilting

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

**First and third Wednesday** **6:15 – 8:15 p.m.**

**Third Friday** **9 a.m. – 3 p.m.**



### Scrabble

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

Tu 12:30 – 4 p.m.

### Snooker

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

### Social Dance

Social dance meets weekly to enjoy ballroom and latin dancing.

Th 6:30 – 8:15 p.m.

### Songsters

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

Tu 1:45 – 5 p.m.

### South Asian Group

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

Fourth Wednesday of the month 6:30 – 8:15 p.m.

First and third Thursday of the month 10 a.m. – 12 p.m.

### Table Tennis

Table tennis is a sport in which 2 or 4 players hit a lightweight ball back and forth across a table using small solid racquets.

Su 9 a.m. – 12 p.m.

M 4:15 – 6:30 p.m.

W 4:15 – 8:15 p.m.

### Turn Up and Paint

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

W 9:30 – 11:30 a.m.

### Women Helping Others

Women Helping Others provides opportunities for 50+ women who are single, widowed, divorced or have a partner living in assisted living care, to be involved in the community.

W 10 a.m. – 12 p.m.

### Woodcarving

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

Th 1 – 3:30 p.m.

### Woodcarving – Fantasy Houses

This group creates whimsical houses with cottonwood bark. Each member works on an individual project and must bring their own tools and materials.

M 1 – 3 p.m.

### Woodworking

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

M/Tu/W/Th/F 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](http://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	Apr 12 – May 17	12 – 3:45 p.m.	6/\$3.30	145322
F	May 24 – Jun 28	12 – 3:45 p.m.	6/\$3.30	145323

### 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	Apr 3 – May 15	9 a.m. – 12 p.m.	7/\$3.85	145301
W	May 22 – Jun 26	9 a.m. – 12 p.m.	6/\$3.30	145302

### Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

#### at Glen Pine Pavilion

Sa	Apr 6 – May 18	12 – 2:45 p.m.	7/\$3.85	145332
Sa	May 25 – Jun 29	12 – 2:45 p.m.	5/\$2.75	145333

### Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

#### at Glen Pine Pavilion

W	Apr 3 – May 15	1 – 3 p.m.	7/\$3.85	145303
W	May 22 – Jun 26	1 – 3 p.m.	6/\$3.30	145304

### 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	Apr 8 – May 13	12:30 – 4 p.m.	6/\$3.30	145254
M	May 27 – Jun 24	12:30 – 4 p.m.	5/\$2.75	145255

### 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	Apr 12 – May 17	12 – 4:15 p.m.	6/\$3.30	145324
F	May 24 – Jun 28	12 – 4:15 p.m.	6/\$3.30	145325

### 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	Apr 2 – May 14	6 – 8:15 p.m.	7/\$3.85	145295
Sa	Apr 6 – May 18	11:30 a.m. – 2:30 p.m.	7/\$3.85	145330
Tu	May 21 – Jun 25	6 – 8:15 p.m.	6/\$3.30	145296
Sa	May 25 – Jun 29	11:30 a.m. – 2:30 p.m.	6/\$3.30	145331

### Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

#### at Glen Pine Pavilion

M	Apr 8 – May 13	1 – 4 p.m.	6/\$3.30	145261
M	May 27 – Jun 24	1 – 4 p.m.	5/\$2.75	145262

### 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	Apr 12 – May 17	1:30 – 3:30 p.m.	6/\$3.30	145326
F	May 24 – Jun 28	1:30 – 3:30 p.m.	6/\$3.30	145327

**Chinese Choir (50+ yrs)**

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

*at Glen Pine Pavilion*

W	Apr 3 – May 15	9 – 10:30 a.m.	7/\$3.85	145299
W	May 22 – Jun 26	9 – 10:30 a.m.	6/\$3.30	145300

**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	Apr 2 – May 14	1 – 3 p.m.	7/\$3.85	145268
Tu	May 21 – Jun 25	1 – 3 p.m.	6/\$3.30	145269

**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	Apr 12 – May 17	9:30 – 11:30 a.m.	6/\$3.30	145320
F	May 24 – Jun 28	9:30 – 11:30 a.m.	6/\$3.30	145321

**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	Apr 8 – May 13	9:30 – 11:30 a.m.	6/\$3.30	145252
M	May 27 – Jun 24	9:30 – 11:30 a.m.	5/\$2.75	145253

**Friendship Group (50+ yrs)**

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

*at Glen Pine Pavilion*

M	Apr 8 – May 13	1 – 3 p.m.	6/\$3.30	145256
M	May 27 – Jun 24	1 – 3 p.m.	5/\$2.75	145260

**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	Apr 4 – May 16	1:30 – 3:30 p.m.	6/\$3.30	145309
Th	May 23 – Jun 27	1:30 – 3:30 p.m.	6/\$3.30	145310

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

The Glen Pine Singers enjoy meeting weekly and singing together.

*at Glen Pine Pavilion*

M	Apr 8 – May 13	9:15 – 10:30 a.m.	6/\$3.30	145249
M	May 27 – Jun 24	9:15 – 10:30 a.m.	5/\$2.75	145250

**Iranian Friendship Group A (Active) (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	Apr 2 – Jun 25	1:30 – 4 p.m.	13/\$3.85	145290
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**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	Apr 9 – Jun 18	1:30 – 4 p.m.	6/\$3.30	145291
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**Karaoke (50+ yrs)**

Come out and enjoy some karaoke singing.

*at Glen Pine Pavilion*

Tu	Apr 2 – May 14	1:30 – 5 p.m.	7/\$3.85	145276
Th	Apr 4 – May 16	3:30 – 6 p.m.	6/\$3.30	145311
Tu	May 21 – Jun 25	1:30 – 5 p.m.	6/\$3.30	145294
Th	May 23 – Jun 27	3:30 – 6 p.m.	6/\$3.30	145312

**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	Apr 8 – May 13	2:15 – 4:30 p.m.	6/\$3.30	145263
M	May 27 – Jun 24	2:15 – 4:30 p.m.	5/\$2.75	145264

**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	Apr 22 – Jun 24	7 – 8:30 p.m.	3/\$1.65	145265
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**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	Apr 3 – May 15	1 – 4 p.m.	7/\$3.85	145305
W	May 22 – Jun 26	1 – 4 p.m.	6/\$3.30	145306

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

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Thursday evening.

at *Glen Pine Pavilion*

Th	Apr 4 – May 16	6 – 8:30 p.m.	6/\$3.30	148873
Th	May 23 – Jun 27	6 – 8:30 p.m.	5/\$2.75	148876

**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	Apr 5 – May 17	1:30 – 4 p.m.	7/\$3.85	145315
F	May 24 – Jun 28	1:30 – 4 p.m.	6/\$3.30	145316

**Outdoor Yard Games (50+ yrs)**

Meet in Spirit Square to play outdoor yard games like Bocce, Lawn Darts, Giant Jenga, Toss Games and more.

at *Parks (Neighbourhood)*

Tu	Apr 2 – May 14	1 – 4 p.m.	7/\$3.85	145273
Tu	May 21 – Jun 25	1 – 4 p.m.	6/\$3.30	145275

**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	Apr 2 – May 14	1 – 3 p.m.	7/\$3.85	145270
Tu	May 21 – Jun 25	1 – 3 p.m.	6/\$3.30	145271

**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	Apr 5 – May 17	9 a.m. – 12 p.m.	7/\$3.85	145313
F	May 24 – Jun 28	9 a.m. – 12 p.m.	6/\$3.30	145314

**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	Apr 12 – May 17	9:30 – 11:30 a.m.	6/\$3.30	145318
F	May 24 – Jun 28	9:30 – 11:30 a.m.	6/\$3.30	145319

**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	Apr 2 – May 14	2 – 4:30 p.m.	7/\$3.85	145292
Sa	Apr 6 – May 18	12 – 2:45 p.m.	7/\$3.85	145328
Tu	May 21 – Jun 25	2 – 4:30 p.m.	6/\$3.30	145293
Sa	May 25 – Jun 29	12 – 2:45 p.m.	5/\$2.75	145329

**Tennis (50+ yrs)**

The Glen Pine Tennis group meets on Tuesdays from 9 – 11 a.m. This is a recreation group that enjoys playing tennis.

at *Town Centre Park*

Tu	Apr 2 – May 14	9 – 11 a.m.	7/\$3.85	145266
Tu	May 21 – Jun 25	9 – 11 a.m.	6/\$3.30	145267

**Traditional 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*

M	Apr 8 – May 13	9 a.m. – 12 p.m.	6/\$3.30	145247
M	May 27 – Jun 24	9 a.m. – 12 p.m.	5/\$2.75	145248

**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	Apr 4 – May 16	1 – 4 p.m.	6/\$3.30	145307
Th	May 23 – Jun 27	1 – 4 p.m.	6/\$3.30	145308



# Bus Trips



These are all *Enjoy the Journey* all-inclusive trips. Learn more at [EnjoyTheJourney.ca](https://www.enjoythejourney.ca)

## Butchart Gardens High Tea (50+ yrs)

A beautiful, colorful garden with an interesting history and over 1000 varieties of plants. Browse the different gardens at your leisure and then enjoy an afternoon tea lunch. Don't forget to save time for the gift shop!

Leave Glen Pine at 8 a.m. Estimated return at 8 p.m.

Leave Dogwood at 8:15 a.m. Estimated return at 7:45 p.m.

\*Additional \$36 ferry fee for 64 years and under\*

Activity Level: Easy

Trip includes:

Admission to Butchart Gardens

- Afternoon Tea lunch
- Sidney Waterfront

Trip provided by ENJOY the Journey

M	Jun 3	8 a.m. – 8 p.m.	1/\$169	145810
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## Historical Cumberland (50+ yrs)

Once a bustling coal mining island community Cumberland is home to a fascinating period of BC history. Discover the original company buildings and hear the stories of the rich, the poor, the powerful and the rebellious.

Leave Glen Pine at 6:45 a.m. Estimated return at 8:30 p.m.

Leave Dogwood at 7 a.m. Estimated return at 8:15 p.m.

\*Additional \$36 ferry fee for 64 years and under\*

Activity Level: Easy

Trip includes:

- Cumberland Museum and Archives guided tour
- Lunch at 4 Quarters Restaurant
- Ice cream Loves real fruit ice cream

Trip provided by ENJOY the Journey.

W	Jun 12	6:45 a.m. – 8:30 p.m.	1/\$149	145811
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### North Pender Island (50+ yrs)

A beautiful ferry ride through the gulf islands transports us to Otter Bay. We visit the island’s charming homestead museum, lunch at an idyllically situated restaurant and finish with a sweet treat and hot drink at Pender Chocolates in Hope Bay.

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

\*Additional ferry fee for 64 years and under\*

Activity Level: Easy

Trip Includes:

- Museum admission
- Local Step On Guide
- Lunch at Port Browning Marina
- Chocolates Pender Chocolate

Trip provided by ENJOY the Journey

W	May 8	8:15 a.m. – 8:15 p.m.	1/\$149	145808
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### Saltspring Island Saturday Market (50+ yrs)

With over 140 artisans this market has earned its reputation as a hot bed for world class artisans and organic farmers. Vendors are joined by local entertainment, creating a fun and festive vibe.

Leave Glen Pine at 6:15 a.m. Estimated return at 7 p.m.  
Leave Dogwood at 6:30 a.m. Estimated return at 6:45 p.m.

\*Additional ferry fee for 64 years and under\*

Activity Level: Easy

Trip Includes:

- 4 hrs at the market in Ganges (meals on your own)
- Sacred Mountain Lavender (optional)
- Scenic sail through Gulf Islands

Trip provided by ENJOY the Journey.

Sa	May 25	6:15 a.m. – 7 p.m.	1/\$129	145809
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### Simply Sooke (50+ yrs)

Soak in the views from your waterside lunch spot before “walking the Spit” and visiting a few charming stores showcasing products from talented island artisans. Finally visit the local “hidden gem,” the Artisan’s Garden.

Leave Glen Pine at 7:30 a.m. Estimated return at 8 p.m.  
Leave Dogwood at 7:15 a.m. Estimated return at 7:45 p.m.

\*Additional \$36 ferry fee for 64 years and under\*

Activity Level: Easy

Trip Includes:

- Lunch at 17 Mile House Pub
- Escorted walk, Whiffin Spit, Sooke
- Heritage Row + Artisan Garden

Trip provided by ENJOY the Journey.

Th	Apr 25	7:30 a.m. – 8 p.m.	1/\$149	145804
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### Skagit Valley Tulip Festival (USA) (50+ yrs)

Every spring the Skagit valley area comes alive with a blaze of colour. Tip toe through the tulips between La Conner and Mt Vernon before feasting on a BBQ Salmon lunch.

Leave Glen Pine at 7:45 a.m. Estimated return at 6:15 p.m.  
Leave Dogwood at 8 a.m. Estimated return at 6 p.m.

\*Must have passport/travel documentation, Vaccination status and insurance documents for USA Travel\*

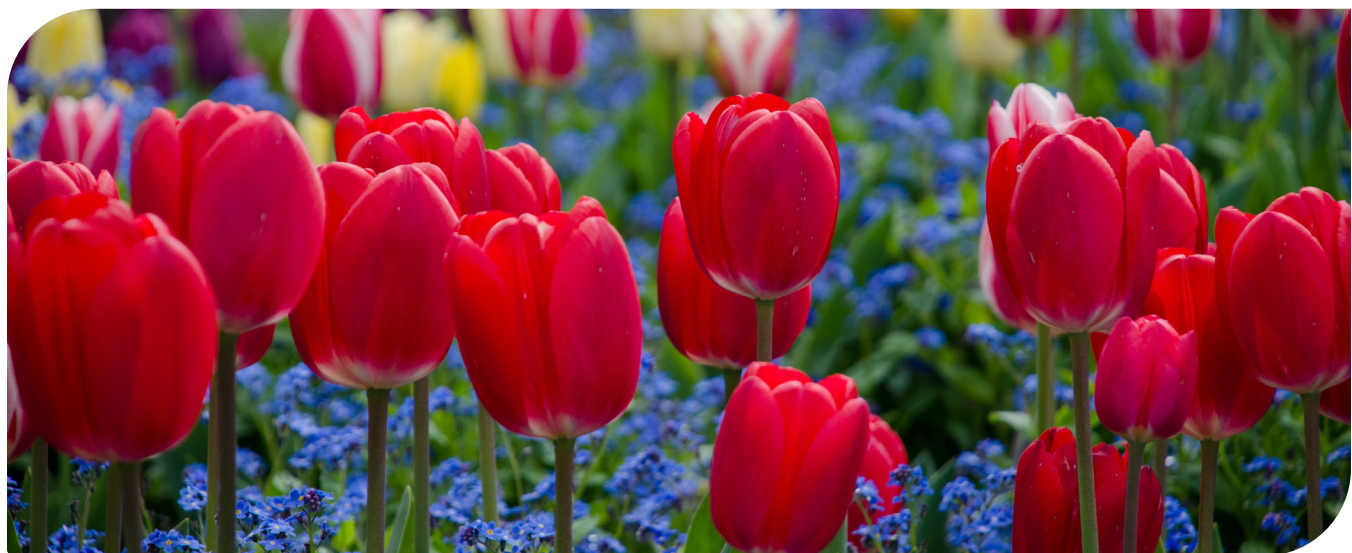
Activity Level: Easy

Trip includes:

- Admission to Roozengarde show gardens
- Roozengarde tulip field walk
- Kiwanis Club Salmon BBQ Lunch
- La Conner, free time

Trip provided by ENJOY the Journey.

F	Apr 12	7:45 a.m. – 6:15 p.m.	1/\$129	145801
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# Special Events

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



## April

### 1 Creative Cooks: Easter Brunch Edition (3+ yrs)

Join us on Easter 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 Poirier Community Centre

M	Apr 1	9:15 – 10:45 a.m.	1/\$10	148056
M	Apr 1	11:15 a.m. – 12:45 p.m.	1/\$10	148057

### 1 Family Arts and Crafts: Easter Edition (3+ yrs)

Join us for our Family Arts and Crafts: Easter Edition. Only the child has to register. This is a parent participation program.

at Poirier Community Centre

M	Apr 1	2:45 – 3:45 p.m.	1/\$6.95	148067
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### 3 Maillardville Music and Muffins (19+ yrs)

Grab a tea or coffee and a muffin and join in with the Jammer's band practice.

at Maillardville Community Centre (1200 Cartier Ave)

W	Apr 3	12:30 – 2 p.m.	1/\$5	148401
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### 5 Carpet-Bowling Tournament 2024 (19+ yrs)

The Glen Pine Carpet-Bowling group hosts the 12th Annual Tournament on Friday, April 5. Catch some action in the Great Room as 8 teams play-off to win the coveted trophy! Spectators are welcome to cheer the teams. Tournament begins at 9:15 a.m. Awards presented at the end of the tournament.

at Glen Pine Pavilion

F	Apr 5	9 a.m. – 4 p.m.	1/ <b>FREE</b>	
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## April continued

### 12 Afternoon Tea Dance (19+ yrs)

Enjoy an afternoon of social dancing at Dogwood with great music! Novice, intermediate and advanced dancers welcome. After dancing, socialize with fellow dancers and enjoy some refreshments.

at Dogwood Pavilion

F Apr 12 2–4 p.m. 1/\$8 147209

### 17 National Canadian Film Day (19+ yrs)

Join us to watch a film in celebration of National Canadian Film Day. The theme this year is "Films that artificial intelligence could never make."

at Dogwood Pavilion

W Apr 17 6–8 p.m. 1/ FREE 145233

at Glen Pine Pavilion

W Apr 17 1–3 p.m. 1/ FREE 146908

### 19 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 Apr 19 1–2:30 p.m. 1/\$13.90 147362

### 20 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 Apr 20 5:30–8:30 p.m. 1/\$20 146807

### 22 Earth Day Movie: Addicted to Plastic (19+ yrs)

*Addicted to Plastic* (2008) 85m Documentary

For better and for worse, no ecosystem or segment of human activity has escaped the shrink-wrapped grasp of plastic. ADDICTED TO PLASTIC is a global journey to investigate what we really know about the material of a thousand uses and why there's so darn much of it. On the way we discover a toxic legacy, and the men and women dedicated to cleaning it up.

at Dogwood Pavilion

M Apr 22 1–3 p.m. 1/ FREE 145236

### 22 Earth Day Movie: Biggest Little Farm (19+ yrs)

Purchase a snack or lunch at the Lemon Tree Cafe to celebrate Earth Day with a free movie – *The Biggest Little Farm* (2018) Rated PG 1 hr 36 mins

This documentary follows the birth and growth of Apricot Lane Farms, a plot of land purchased by John and Molly Chester to fulfill their dreams of creating a farm based on an unconventional method of diversity and interdependence.

at Glen Pine Pavilion

M Apr 22 11 a.m. – 12:30 p.m. 1/ FREE 146909



### 27 Earth Day: Swap and Sale (19+ yrs)

Sustainability meets second-hand style! Dive into a treasure trove of pre-loved goodies, celebrating the themes of reduce, reuse and upcycle. From trendy fashion to outgrown toys and charming home décor, this event aims to provide good finds for everyone. Register to be a table vendor by April 20, or attend the event for free!

Also happening on the same day is Coquitlam's Repair Café. Bring broken items to be fixed by handy volunteers. Details at [coquitlam.ca/RepairCafe](http://coquitlam.ca/RepairCafe).

at Centennial Pavilion

Sa Apr 27 9:30 a.m. – 3 p.m. 1/\$30 148607

### 26 Dogwood Social Evening: Spring (19+ yrs)

Come enjoy a Spring themed evening with drinks, dinner, and live performance. Menu: Chicken Pot Pie, Roasted Vegetables, Gravy, Green Salad, Dessert Square, Coffee, Tea, and Water. 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 Apr 26 5:30–9:30 p.m. 1/\$36.90 144363



## May

### 4 and 18 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	May 4	5:30 – 8:30 p.m.	1/\$20	146808
Sa	May 18	5:30 – 8:30 p.m.	1/\$20	146809

### 5, 6 and 7 Dogwood Drama Production (All Ages)

The Dogwood Drama Group meets weekly to prepare and practice a seasonal production to perform. For tickets, please purchase through the Dogwood Designs Gift Shop, Jean Baker at 604-931-5243, or at the door on performance days.

at Dogwood Pavilion

Su/M/Tu	May 5, 6, 7	1:30 – 2:45 p.m.	3/\$10	
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### 8 Maillardville Music and Muffins (19+ yrs)

Grab a tea or coffee and a muffin and join in with the Jammer's band practice.

at Maillardville Community Centre (1200 Cartier Ave)

W	May 8	12:30 – 2 p.m.	1/\$5	148402
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### 9 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	May 9	5:30 – 8:30 p.m.	1/\$36.50	145698
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### 10 Afternoon Tea Dance (19+ yrs)

Enjoy an afternoon of social dancing at Dogwood with great music! Novice, intermediate and advanced dancers welcome. After dancing, socialize with fellow dancers and enjoy some refreshments.

at Dogwood Pavilion

F	May 10	2 – 4 p.m.	1/\$8	147211
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### 11 Intergenerational Cooking Workshop: Tea Party Menu (8+ yrs)

Join us for this special intergenerational class for adults and kids together. Create and bake some tea party classics in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at Dogwood Pavilion

Sa	May 11	9:30 – 11:30 a.m.	1/\$22.70	146096
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## May continued

### 12 Creative Cooks: Mother's Day Afternoon High Tea (6+ yrs)

Join us on Mother's Day for a special 90 minute High Tea edition of our popular Creative Cooks series! Make an elegant High Tea platter consisting of a variety of tasty bites, and sit down to enjoy it with your family and a cup of tea. Feel free to dress your best, or wear a fascinator to get in the spirit! Each person attending must register. This is an adult participation program.

at Maillardville Community Centre (1200 Cartier Ave)

Su	May 12	2:15 – 3:45 p.m.	1/\$10	146476
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### 12 Creative Cooks: Mother's Day Brunch (3+ yrs)

Join us on Mother's 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)

Su	May 12	9:15 – 10:45 a.m.	1/\$10	146473
Su	May 12	11:15 a.m. – 12:45 p.m.	1/\$10	146474

### 12 Mother's Day High Tea (1+ yrs)

Celebrate Mother's Day with your favourite people – 4 per table. (Price is for a table) This is a family-friendly event featuring live entertainment. Wear your fanciest hat or fascinator and bring your favourite tea cup and saucer. Set menu of traditional tea sandwiches, desserts, and tea. Ingredients may contain nuts, gluten, and other common allergens.

at Glen Pine Pavilion

Su	May 12	11 a.m. – 12:30 p.m.	1/\$76	146509
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### 16 Victorian Afternoon Tea (19+ yrs)

Join us for an afternoon Victorian afternoon tea with live entertainment. Wear your fanciest hat or fascinator and bring your favourite tea cup and saucer. Set menu of traditional tea sandwiches, desserts, and tea.

at Dogwood Pavilion

Th	May 16	2 – 3:30 p.m.	1/\$19	147170
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### 20 Creative Cooks: Victoria Day High Tea (6+ yrs)

Join us on Victoria Day for a special 90 minute High Tea edition of our popular Creative Cooks series! Make an elegant High Tea platter consisting of a variety of tasty bites, and sit down to enjoy it with your family and a cup of tea. Feel free to dress your best, or wear a fascinator to get in the spirit! Each person attending must register. This is an adult participation program.

at Maillardville Community Centre (1200 Cartier Ave)

M	May 20	9:30 – 11 a.m.	1/\$10	146515
M	May 20	11:30 a.m. – 1 p.m.	1/\$10	146516

### 24 Glen Pine Live: The Driftsmen (19+ yrs)

Glen Pine Live present The Driftsmen, a group of musicians with a passion for classic rock music and performing in front of an enthusiastic audience. Join in for a great dinner followed by entertainment that is certainly going to have your feet tapping. The dance floor is always ready and waiting for all moves. Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace)

Menu: Ham, Scalloped Potatoes with fresh vegetables and dessert.

Doors open at 5:45 p.m. Dinner begins at 6 p.m.

Entertainment begins at 7:30 p.m. Bar serving alcoholic and non-alcoholic beverages.

at Glen Pine Pavilion

F	May 24	6 – 9:45 p.m.	1/\$30	146597
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### 26 Spring Clean-Up Sale in Spirit Square (19+ yrs)

Sell or shop for gently used clothes, housewares, books, toys or other pre-loved treasures at the Spring Clean-Up Sale in Spirit Square outside Glen Pine Pavilion, across from City Hall.

There will be an outdoor concession and admission is free to attend.

Register to sell your wares for \$30/table at [coquitlam.ca/registration](https://coquitlam.ca/registration) using the course ID 146510. Last day for registration is May 11.

Coquitlam's City-Wide Garage Sale is also on the same weekend—participate or shop around. Find details at [coquitlam.ca/GarageSale](https://coquitlam.ca/GarageSale).

at Spirit Square, across from City Hall

Su	May 26	9 a.m. – 1 p.m.	1/ <b>FREE</b>	
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# June

## 1 and 15 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	Jun 1	5:30 – 8:30 p.m.	1/\$20	146810
Sa	Jun 15	5:30 – 8:30 p.m.	1/\$20	146811

## 5 Maillardville Music and Muffins (19+ yrs)

Grab a tea or coffee and a muffin and join in with the Jammer's band practice.

at **Maillardville Community Centre (1200 Cartier Ave)**

W	Jun 5	12:30 – 2 p.m.	1/\$5	148403
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## 6 BBQ Luncheon: Seniors Week (19+ yrs)

Join us for a special BBQ celebrating Seniors Week. Event is outside if weather permits in Spirit Square. Menu: Steak Sandwich, Fries and Vegetable and Dessert (Cake)

at **Spirit Square**

Th	Jun 6	11:30 a.m. – 1 p.m.	1/\$20	146574
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## 7 Dogwood Social Evening: Summer (19+ yrs)

Come enjoy a Summer 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	Jun 7	5:30 – 9:30 p.m.	1/\$36.90	144364
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## 8 Spring Fashion Show (19+ yrs)

An afternoon fashion show featuring style, colour and accessories from members of the community and live entertainment.

Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

at **Glen Pine Pavilion**

Sa	Jun 8	1 – 3 p.m.	1/ <b>FREE</b>	146519
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## 13 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	Jun 13	5:30 – 8:30 p.m.	1/\$36.50	145731
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## June continued

### 14 Afternoon Tea Dance (19+ yrs)

Enjoy an afternoon of social dancing at Dogwood with great music! Novice, intermediate and advanced dancers welcome. After dancing, socialize with fellow dancers and enjoy some refreshments.

at Dogwood Pavilion

F	Jun 14	2 – 4 p.m.	1/\$8	147219
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### 14 KAIROS Blanket Exercise (19+ yrs)

The KAIROS Blanket Exercise is an experiential workshop that explores the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada. The workshop helps people to understand how the colonization of this land impacts those who were here long before settlers arrived. It engages people's minds and hearts in understanding why the relationship between Indigenous and non-Indigenous peoples is often broken and how we can take action together.

at Glen Pine Pavilion

F	Jun 14	9 a.m. – 12 p.m.	1/\$50	147865
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### 16 Father's Day Breakfast Buffet (Up to 12 yrs)

Celebrate Father's Day with a family-friendly buffet of all the favourite breakfast foods. There is special pricing for 12 and unders to attend with their special people. After enjoying this big breakfast, head out full of energy to enjoy this day doing something fun together.

at Glen Pine Pavilion

Su	Jun 16	10:30 a.m. – 12 p.m.	1/\$15	146541
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### 16 Father's Day Breakfast Buffet (13+ yrs)

Celebrate Father's Day with a family-friendly buffet of all the favourite breakfast foods. There is special pricing for 12 and unders to attend with their special people. After enjoying this big breakfast, head out full of energy to enjoy this day doing something fun together.

at Glen Pine Pavilion

Su	Jun 16	10:30 a.m. – 12 p.m.	1/\$22	146524
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### 21 Poirier Youth Celebrate Pride! 2nd Annual BBQ (13 – 18 yrs)

Celebrate Pride at the Poirier Getaway Youth Centre! Bring your friends and join us for a fun night of celebrations creating a safe, inclusive, and resourceful night with a BBQ, games and music. For LGBTQ2S+ and allied youth – everyone is welcome!

at Centennial Pavilion

F	Jun 21	6:30 – 8:30 p.m.	1/ FREE	147368
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### 22 Maillardville Youth Pride Night! (11 – 18 yrs)

Celebrate Pride at the Maillardville Connections Youth Lounge! Bring your friends and join us for a fun, safe and inclusive night with games, snacks, music and more. For LGBTQ2S+ and allied youth – everyone is welcome!

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jun 22	5 – 9 p.m.	1/ FREE	148896
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### 22 Maillardville Youth Pride: Rainbow Layer Cakes (11 – 18 yrs)

Celebrate Pride in the Maillardville Test Kitchen! Learn the art of decorating with buttercream and create your own tasty rainbow layer cake. For LGBTQ2S+ and allied youth – everyone is welcome!

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jun 22	2 – 4 p.m.	1/\$2	148658
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### 22 and 23 Spring Visual Arts Show and Sale (19+ yrs)

Join us for the Spring Visual Arts Show and Sale. The Coquitlam Art Club, Dogwood Variety Crafts, Lapidary, Photography Club, Woodworkers and Woodcarvers will have items displayed and for sale at both Dogwood Pavilion and Centennial Pavilion.

at Dogwood Pavilion

Sa	Jun 22	9 a.m. – 4 p.m.	1/ FREE	147895
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Su	Jun 23	9 a.m. – 4 p.m.	1/ FREE	148075
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### 27 BBQ Luncheon: Canada Day (19+ yrs)

Join us for a special BBQ celebrating Canada with entertainment. Wear Red and/or White to celebrate Canada. Event is outside if weather permits in Spirit Square. Menu: Salmon OR Chicken Burger, Caesar Salad and Vegetables with Dessert.

at Spirit Square

Th	Jun 27	11:30 a.m. – 1 p.m.	1/\$20	146566
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[coquitlam.ca/CoquitlamConnect](https://coquitlam.ca/CoquitlamConnect)

E-News

## Coquitlam

Parks, Recreation, and Culture

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- Latest special event information
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# Coquitlam's Spring Celebration Weeks

Join us for these week-long provincial and national celebrations to recognize and highlight those who help make Coquitlam a great place to live, learn and play! Visit the webpages for activity details and program information.



**Volunteer Week** April 14 – 20  
Free events and activities to recognize Coquitlam volunteers.  
[coquitlam.ca/volunteer](http://coquitlam.ca/volunteer)

## Youth Week May 1 – 7

Fun events to highlight the interests, accomplishments and diversity of Coquitlam youth.

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



## Seniors Week June 2 – 8

Coquitlam celebrates Seniors! Look forward to live music, fun events and free activities to celebrate seniors!

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

Seniors Week Presenting Partner



## AccessAbility Week

May 26 – June 1

Learn about how Coquitlam is recognizing diverse abilities and striving to become a more accessible and inclusive city.

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



**Keep up to date as events and activities are announced!**

Sign up for the Parks, Recreation and Culture E-News at [coquitlam.ca/enews](http://coquitlam.ca/enews).



# 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



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# COQUITLAM'S VENUE FOR LIVE ARTS EVENTS & EXPERIENCES




**SPRING BREAK  
ART CAMPS &  
FREE ACTIVITIES**

Learn new skills and get creative this spring! Check out our **FREE** family activities, art exhibitions, and Spring Break Camps online.



**LIVE THEATRE  
EVENTS FOR KIDS  
& FAMILIES**

Every year, Evergreen presents a whole series of shows for young audiences, including our Spring Break Festival - Tickets start at \$10!

Box Office: 604.927.6555 |    @evergreenarts  
[www.evergreenculturalcentre.ca](http://www.evergreenculturalcentre.ca)

# Coquitlam HERITAGE

We are celebrating our 40th anniversary with our new exhibit, **A LOOK BACK.**

Our exhibit will highlight what it was like growing up in the 80s and 90s during a time of mixtapes, video games, zines and fan culture while showcasing our own growth through the years as a community organization. Did you know that we used to be a toy museum? The exhibit also features the wonderful toys we collected through the decades.

Join us as we explore themes of nostalgia and look at how the “good old days” were not necessarily true for everyone.

Exhibit will run from March 7 - July 31, 2024  
on display at Mackin House



## THURSDAY MASHUP

Thursday Mash-Up is our new series of free drop-in events happening on Thursday evenings twice a month. This series is focused around sharing and creating, and features topics like craft nights, book events, and show and tells. Be sure to check our website for upcoming topics.

## OTHER EVENTS

**APR 4** | PJ Story Time with the Coquitlam Public Library (Ages 3-8)

**APR 5** | Looking Back: Expressions of History Opening Reception at Place Des Arts  
This exhibit showcases artwork by Coquitlam residents who are highlighting their connection to the history of the city.

**APR 20** | Earth Day Workshop

**May 11** | Mother's Day Workshop

**June** | Indigenous Voices, Community Action

A presentation series by Indigenous elders and community leaders about their history and lived experience as Indigenous peoples.



# Bettie Allard YMCA

## 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](http://BettieAllardYMCA.ca) to learn more about getting started today.

**[BettieAllardYMCA.ca](http://BettieAllardYMCA.ca)**

955 Emerson St., Coquitlam, BC

  @bettieallardymca



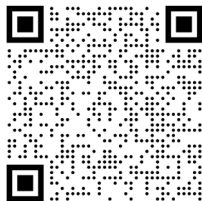
## Fun and Games in the Library Lounge

Welcome to the Library Lounge at our Poirier branch! This new space is designed for social interactions and features tabletop games and puzzles for all ages.

Special programming like Dungeons & Dragons and Boardgame Nights are scheduled throughout the year.



To learn more, scan the QR code below or visit [coqlibrary.ca/services/library-lounge](http://coqlibrary.ca/services/library-lounge)

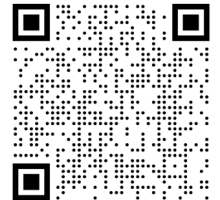


## Tech Tools and Toys in the Discovery Lab

The new Discovery Lab at our City Centre branch is a unique space where you can explore and experiment with technology, games, and eResources.

The room features our Lendable Technology collection as well as a staff member to do demonstrations and answer your questions on most days.

To learn more, scan the QR code below or visit [coqlibrary.ca/services/discovery-lab](http://coqlibrary.ca/services/discovery-lab)



*We are grateful for the Province of BC's  
Enhancement Grant that made the  
Library Lounge and Discovery Lab possible.*

City Centre Branch & Library Link | 1169 Pinetree Way  
Poirier Branch | 575 Poirier Street  
604-554-7323 | [ask@coqlibrary.ca](mailto:ask@coqlibrary.ca)



# Sign Me Up

## Online Registration System

[coquitlam.ca/registration](https://coquitlam.ca/registration)