Registration Information *on page 5*

January to March
WINTER 2027

Senior's *Guide*

Coquitlam Parks, Recreation and Culture



January to March
WINTER 2027

Welcome to Coquitlam

Parks, Recreation and Culture



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

How to Use This Guide

Drawing for Youth *(8 – 14 yrs)* ← *Title and age(s)*

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

at Poirier Community Centre ← *Location*

F Oct 21 1 – 3 p.m. | 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
2. Log in or create an account
3. Enter the **course ID** into the "keyword" search field

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

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Accessibility and Inclusion

The City of Coquitlam is working to make our services, spaces and programs more welcoming, accessible and inclusive for everyone.

To support this work, the City has adopted its first Accessibility and Inclusion Plan. The Plan builds on our ongoing commitment to equity, diversity, inclusion and accessibility, and provides a guide for reducing barriers so more people can fully participate in community life.

Learn more at **coquitlam.ca/EDI** and **coquitlam.ca/accessibility**.

Coquitlam



Accessibility Awareness

We strive to make community recreation experiences accessible and inclusive for everyone. See a program you like but need some help to get involved? Email Community Access and Support and we'll work with you to find ways to help you participate: **CommunityAccess@coquitlam.ca**

coquitlam.ca/RecAccess

Financial Assistance *for Recreation*

Making recreation more affordable and accessible.

Eligible residents can apply today.

coquitlam.ca/FinancialAssistanceRec

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



SignMeUp

Online Registration System
for Parks, Recreation and Culture programs

3 Easy Ways To Register

1 Online
coquitlam.ca/registration

Available 24 hours a day, 7 days a week

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

How To Register Online

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

Once you have logged into your account, you can:

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

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

Questions? *We're here to help!*
604-927-4386 | prcs_info@coquitlam.ca

2 Over the Phone
604-927-4386

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

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

3 In-person at these facilities:

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

Payment by Visa, MasterCard or American Express is required at the time of online or phone registration. In-person registration accepts payment by Visa, MasterCard, American Express, debit or cash.

We reserve the right to cancel programs. Participants can withdraw up to 5 days (10 days for camps) prior to the start of their program for a full refund. Service fees apply when less than 5 days notice is provided (10 days for camps). No refunds will be given on third day of class or later. Prices listed do not include applicable taxes.

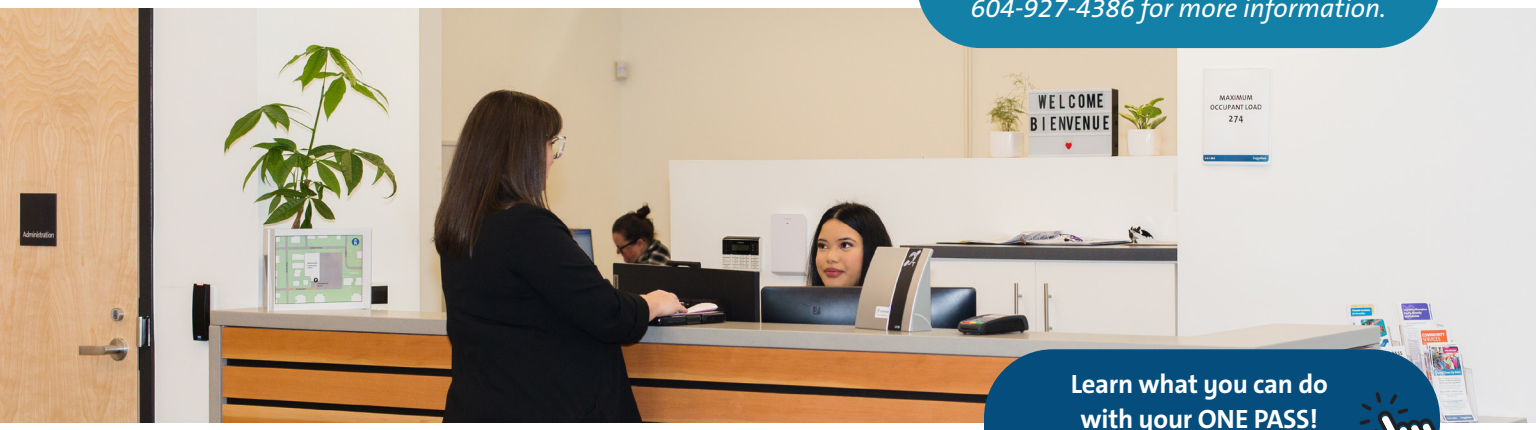
Admission Fees and Recreation Passes

Coquitlam Gift Cards



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

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



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

ONE PASS and Drop-in Fees

Prices valid at all facilities March 31, 2027.

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. No refunds for 10-Visit, 30-Day, 365-Day Passes or 10 Skate Rental Passes. There is a two year expiry on all 10-Visit Passes and 10 Skate Rental Passes.

		Single Drop-In	10-Visit Pass[3]	30-Day Pass	Monthly Cont. Pass[2]	365-Day Pass
Child	**(0 – 12 yrs)**	$3.43	$27.50	$31.60	$22.10	$248
Youth / Student[1]	**(13 – 18 / 19 – 25 yrs)**	$5.10	$40.80	$47.30	$33.20	$373
Adult	**(19 – 64 yrs)**	$6.81	$54.50	$63.20	$44.20	$496
Senior	**(65 – 79 yrs)**	$5.10	$40.80	$47.30	$33.20	$373
Super Senior	**(80 yrs +)**	$3.43	$27.50	$31.60	$22.10	$248
Adult and Tot	**(per person)**	$3.43	$27.50	—	—	—

[1] Students 19 – 25 yrs must present valid full time student ID *[2] A minimum three month commitment is required*
[3] May be shared with family or friends in the same age bracket for drop-in programs that do not require pre-registration. 10 visit passes will expire 2 years from date of purchase.

Additional Arena Services

Prices valid through to March 31, 2027.

	Drop-In	10-Visit Pass
Skate Rentals	$3.43	$27.50
Helmet Rentals	$2.19	$17.40
Skate Sharpening	$5.52	—

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

SCHOOL'S OUT PASS

Only $25

Get unlimited drop-in access to Coquitlam pools, gyms, and rinks during summer, winter, and spring breaks for just $25 with the School's Out Pass!

coquitlam.ca/SchoolsOut

Summer 2026:
June 26 to Sept 7

Winter 2026-2027:
Dec 19 to Jan 3

Spring 2027:
March 13 to 29

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

Parks

Park program registration opens at 8:30 a.m. on November 24 for Coquitlam residents and at 8:30 a.m. on November 26 for non-residents.

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



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

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

Here are some ways to get involved:

Park Spark
Bringing Coquitlam Parks Alive

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

Bad Seed
Weed Out Invasive Plants

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

Inspiration Garden
Growing and Connecting Gardeners

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

Tree Spree
Supporting Trees in Coquitlam

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

Spotlight on Sport
Shining a Spotlight on Community Sport

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

Adopt-A-Park Programs
Help Keep Parks, Trails and Natural Spaces SPARKling

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

Bad Seed

Bad Seed Invasive Weed Pull (All Ages)

Come join the Bad Seed team and help us protect parks across Coquitlam from invasive plants! Join us to learn about invasive species like Himalayan blackberry, Morning glory, and English ivy including how to identify them, what the impacts of invasive species are, and have fun removing them to enhance the habitat value of our natural spaces!
No experience necessary – training, gloves, tools, and snacks are provided!

at Other Locations

Sa	Jan 16	9 – 11:30 a.m.	1/FREE	246670
W	Jan 27	3 – 5 p.m.	1/FREE	246678
Sa	Feb 13	9 – 11:30 a.m.	1/FREE	246671
F	Feb 26	9 – 11:30 a.m.	1/FREE	246672
W	Mar 3	3 – 5 p.m.	1/FREE	246679
W	Mar 17	9 – 11:30 a.m.	1/FREE	246674
F	Mar 19	9 – 11:30 a.m.	1/FREE	246676
W	Mar 24	9 – 11:30 a.m.	1/FREE	246677

Intro to: 'Bad Seeds' – Invasive Plants (All Ages)

Join the Bad Seed team and learn how to identify invasive plants, the negative impacts of these plants to the natural environment, best practices for removal and disposal, and suggestions for what to plant instead!

at Other Locations

Sa	Jan 30	1 – 2 p.m.	1/FREE	246682
Sa	Mar 13	1 – 2 p.m.	1/FREE	246683

Inspiration Garden

All About Mason Bees (All Ages)

Join this hands-on mason bee workshop with the Park Spark Team to learn about these native solitary bees. Find out how you can support pollination and the local natural ecosystem by setting up a mason bee friendly environment in your very own garden! We will talk about the mason bee life cycle and how to become a starter-mason bee keeper. All experiences, ages and abilities welcome!

at Dogwood Pavilion

Th	Jan 28	10 – 11:30 a.m.	1/$7	246506

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Garden Basics: Pollinator Power (All Ages)

Learn about beneficial insects and local pollinators and why they are so important for a healthy garden! We will also discuss how to attract, protect different types of common garden visitors such as mason bees, bumble bees, beetles and other beneficial pollinators in your Spring garden. All Ages Welcome! Family Friendly.

at Town Centre Park

Tu	Mar 23	11 a.m. – 12 p.m.	1/FREE	246232
Sa	Mar 27	10 – 11 a.m.	1/FREE	246233
Sa	Mar 27	1 – 2 p.m.	1/FREE	246234

Garden Basics: Spring Garden Prep (All Ages)

Spring is on it's way to your garden! Join this informative workshop to learn the steps on preparing your garden spaces for the arrival of Spring. There will be demonstrations on starting indoor seeds and taking care of seedlings. Greenthumbs of all levels welcome!

at Dogwood Pavilion

M	Mar 15	7 – 8 p.m.	1/FREE	246503

Garden Basics: Winter Sowing (All Ages)

Start a winter garden by joining this workshop on winter sowing hosted with the Dogwood Garden Club. Learn hands-on of the methods for creating a winter wonderland of vegetables and ornamental plants whether in a DIY planter or directly in your garden beds. Attendees will learn of different winter seeds to start, care and maintenance during the winter months, everyone will be able to bring home their sown containers. All ages welcome!

at Town Centre Park

Su	Jan 3	2 – 3:15 p.m.	1/FREE	246220

at Town Centre Park Community Centre

W	Jan 20	7 – 8:15 p.m.	1/FREE	246229

Garden Tour: Spring Garden (All Ages)

Tour the Garden Walk at Town Centre Park this Spring break! This is a guided walking tour, we will be showcasing the Inspiration Garden and enjoy the vibrant colours of Spring all around us! All ages welcome, family friendly.

at Town Centre Park

F	Mar 19	10 – 10:45 a.m.	1/FREE	246238
F	Mar 19	2 – 2:45 p.m.	1/FREE	246239
M	Mar 22	10 – 10:45 a.m.	1/FREE	246236
M	Mar 22	2 – 2:45 p.m.	1/FREE	246237

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

Inspiration Garden Spring Exploration (All Ages)

Drop in on a Spring Scavenger Hunt at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Drop in anytime between 10 a.m. – 12 p.m.

at Town Centre Park

Tu	Mar 16	10 a.m. – 12 p.m.	1/FREE	246231

Inspiration Garden Spring Exploration (All Ages)

Drop in on a Spring Scavenger Hunt at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Drop in anytime between 3 – 5 p.m.

at Town Centre Park

F	Mar 26	3 – 5 p.m.	1/FREE	246235

Planter Workshop: Indoor Tropical (All Ages)

Join this fun indoor planter workshop where we will have a nice selection of tropical plants for you to craft into a warm and colourful creation. Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park Community Centre

W	Feb 3	7 – 8 p.m.	1/$40	246230

Planter Workshop: Spring Colourful Flowers (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park Community Centre

Su	Mar 14	5 – 6 p.m.	1/$40	246223

Planter Workshop: Spring Pollinators (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring pollinators! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park Community Centre

Th	Mar 18	5 – 6 p.m.	1/$40	246225

Planter Workshop: Spring Pollinators (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring pollinators! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park Community Centre

Su	Mar 21	4 – 5 p.m.	1/$40	246227

Planter Workshop: Spring Pollinators (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring pollinators! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park Community Centre

Th	Mar 25	4 – 5 p.m.	1/$40	246228

Pollinators in the Winter (All Ages)

What do you think pollinators are up to during the winter cold months? Join this informative seminar session to learn about the secret world of pollinators' lifecycle in the winter season. All ages welcome.

at Town Centre Park Community Centre

W	Jan 6	7 – 8 p.m.	1/FREE	246214

Waking up the Roses! (All Ages)

Join the Park Spark Team and the Fraser Pacific Rose Society on an introductory 101 workshop on waking up the roses! This is a hands on workshop and we welcome you to bring questions to this session. This workshop welcomes all garden experiences and all ages to attend. Location: The Centennial Rose Garden. Rain or shine.

at Dogwood Pavilion

Sa	Mar 20	9:30 – 11:30 a.m.	1/FREE	246224

Winter Wreaths Workshop (All Ages)

Join this hands-on workshop on creating your very own Winter Wreaths! The Well Worn Trail Artist will be leading this session step by step, with many fun decorations and eco-ideas to share with everyone. This is a family friendly workshop and each attendee will be bringing home their handmade wreath creations.

at Dogwood Pavilion

W	Jan 6	2 – 3:30 p.m.	1/$12	246502

Tree Spree

Intro to: Field Guide Apps (All Ages)

Want to improve your ID skills and learn more about the flora and fauna in Coquitlam? Join the City of Coquitlam's Urban Forestry Team get a crash course in the latest ID Apps that are available for free on your phone. Participants will learn how to use observation apps like Seek and Merlin and have the opportunity to learn and participate in citizen science using iNaturalist. Workshop is open to all levels of technology comfortability.

at Other Locations

Th	Mar 25	10 – 11:30 a.m.	1/FREE	246695

Intro To: Nature Photography (All Ages)

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

at Mundy Park

Sa	Mar 20	10 – 11:30 a.m.	1/FREE	246668



Get Involved in Lights at Lafarge

Join the Park Spark Light Brigade Team!

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

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



Intro to: Pruning (All Ages)

Join us for a pruning workshop that will highlight some key principals, practices, and techniques to consider when pruning your trees. This workshop will cover some typical concerns seen in landscape trees, how to correct for form or prune for aesthetics while maintaining tree health, and how to prepare for extreme weather events.

at Other Locations

Th	Mar 18	2 – 3 p.m.	1/FREE	246700

Tree Spree Tours: Winter Wonderland (All Ages)

Join Coquitlam's Urban Forestry staff on some tree-rific walks! Explore Coquitlam's tree canopy and learn fun facts about all of the amazing types of trees and other flora and fauna that call Coquitlam home.

at Other Locations

W	Jan 13	10 – 11:30 a.m.	1/FREE	246656
Sa	Jan 23	10 – 11:30 a.m.	1/FREE	246657
Sa	Feb 6	10 – 11:30 a.m.	1/FREE	246658
W	Feb 10	10 – 11:30 a.m.	1/FREE	246659
Sa	Mar 6	10 – 11:30 a.m.	1/FREE	246660

Trees and Talons – Live Bird of Prey Presentation (All Ages)

See a live Raptor up close! Learn about the local birds of prey that make their homes in our Urban Forests and the important role that they play in our eco-system at this live bird presentation.

at Town Centre Park Community Centre

Sa	Mar 27	2 – 3 p.m.	1/FREE	246943

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

park spark
BRING COQUITLAM PARKS ALIVE!

Join in the Magic during Lights at Lafarge

Enhance your experience while visiting Lights at Lafarge. We'll be hosting activities throughout January and February, rain or shine.

Visit **coquitlam.ca/ParkSpark** to view the full schedule. Check back often, as activities are still being added!

Saturday, Jan. 9 – Light up the Lake!
Join us for a beautiful evening on the water as we light up the lake with a floating lantern release.

Saturday, Jan. 16 – Fairytale Fun Night
Step into a fairytale for a night of magical activities, whimsical fun, and enchanting surprises.

Friday, Jan. 22 – Superhero Action Night
Suit up for a night of superhero fun with exciting activities, action-packed entertainment, and your favourite heroes!

Saturday, Feb. 13 – Love-Out-Loud!
Share the love with heartfelt messages, family fun, and a chance to celebrate the people who mean the most to you!



Stay Healthy and Active Outdoors!

Make it part of your New Year's Resolution to walk the 1.6 km lake loop and enjoy the lights. They'll remain on until Family Day in February!



Thank You Light Brigade Volunteers!

A big thank you to all our Light Brigade volunteers who help bring the Lights at Lafarge to life each year! From supporting fabrication and installation of our light displays to welcoming the community as Light Hosts at special events, your time and creativity make it all possible. Want to get involved? We'd love to have you on the team!

Email **ParkSpark@coquitlam.ca** to learn more.

Outdoor Recreation

Registration opens at 8:30 a.m. on November 24 for Coquitlam residents and at 8:30 a.m. on November 26 for non-residents.

Mixed Ages



Baby and Me Beginner Hike (0 – 1.5 yrs)

This beginner program is designed to introduce new parents and babies to easy walks/hikes. Must be able to carry baby for 90 mins. Trail and meet up locations will be emailed prior to start of program. Program will run rain or shine.

Tu	Jan 12 – Feb 2	10 – 11:30 a.m.	4/$18.40	244375
Tu	Feb 9 – Mar 9	10 – 11:30 a.m.	5/$23	244380

Baby and Me Intermediate Hike (0 – 1.5 yrs)

This intermediate program is designed for new parents and babies to enjoy moderate hikes. Must be able to carry baby for 2 hours over changing terrain. Trail and meet up locations will be emailed prior to start of program. Program will run rain or shine.

Th	Jan 14 – Feb 4	10 a.m. – 12 p.m.	4/$24.60	244376
Th	Feb 11 – Mar 11	10 a.m. – 12 p.m.	5/$30.75	244387

Beginner Hike: Mundy Park and Riverview Forest (16+ yrs)

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

W	Mar 3	9 a.m. – 12:30 p.m.	1/$10.85	244384

Eco Trekkers (2 – 5 yrs)

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

Sa	Feb 13 – Mar 13	9 – 10 a.m.	5/$15.40	244399
Sa	Feb 13 – Mar 13	10:30 – 11:30 a.m.	5/$15.40	246793

Intermediate Hike: Buntzen Lake Loop (16+ yrs)

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

W	Mar 10	9 a.m. – 1 p.m.	1/$12.40	244385

Intermediate Hike: Winter Hikes and Skills (16+ yrs)

This four week progressive hiking programs is geared towards intermediate hikers. Explore local trails on Burke Mountain, Eagle Mountain, and other nearby trails. Each hike also includes hands-on skills, such as packing for winter hikes, potential hazards, survivor skills which will give participants the confidence to navigate cold-weather environments. Hiking locations will be sent prior to start of the programs.

Su	Feb 21 – Mar 21	9 a.m. – 2:30 p.m.	5/$85.25	244379

Presentation: Hiking Safety and Techniques (16+ yrs)

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

at Town Centre Park Community Centre

Th	Feb 25	6:30 – 8:30 p.m.	1/$6.25	244395

Presentation: Where to Hike in the Tri-Cities (16+ yrs)

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

at Town Centre Park Community Centre

Th	Feb 18	6:30 – 8:30 p.m.	1/$6.25	244391

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

Volunteering













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

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

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

1. Create a Volunteer Profile

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

2. Provide References

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

3. Complete a Police Information Check

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

4. Attend an Orientation Session

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

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

Drop-In Fitness





ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2027.

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

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

		Single Drop-In	10-Visit Pass[3]	30-Day Pass	Monthly Cont. Pass[2]	365-Day Pass
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Youth / Student[1]	**(13 – 18 / 19 – 25 yrs)**	$5.10	$40.80	$47.30	$33.20	$373
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Senior	**(65 – 79 yrs)**	$5.10	$40.80	$47.30	$33.20	$373
Super Senior	**(80 yrs +)**	$3.43	$27.50	$31.60	$22.10	$248
Adult and Tot	**(per person)**	$3.43	$27.50	—	—	—

[1] Students 19 – 25 yrs must present valid full time student ID *[2] A minimum three month commitment is required*

[3] May be shared with family or friends in the same age bracket for drop-in programs that do not require pre-registration. 10 visit passes will expire 2 years from date of purchase.

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Fitness Centre Hours

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

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

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

Getting Started? *Let Us Help*!

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

Adult Orientation LOW COST

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

City Centre Aquatic Complex
Tuesday: **7 – 8 a.m.** | *Tuesday:* **7:15 – 8:15 p.m.**
Thursday: **8 – 9 a.m.** | *Sunday:* **6:30 – 7:30 p.m.**

Poirier Sport and Leisure Complex
Wednesday: **11 a.m. – 12 p.m.** | *Thursday:* **8 – 9 p.m.**
Saturday: **10 – 11 a.m.**

Pinetree Community Centre
Tuesday: **6 – 7 p.m.** **

Glen Pine Pavilion
Monday: **11 a.m. – 12 p.m.****

*** Pending staff availability.*

Youth Orientation LOW COST

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

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

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

Personal *Training*

Looking for a personalized training program?

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

First Assessment Session *(1.25 hrs)*: $82
Assessment session is mandatory for first-time clients.

3 Sessions	5 Sessions	10 sessions
(1-hour per): $196	*(1-hour per)*: $312	*(1-hour per)*: $588

Learn more at **coquitlam.ca/PersonalTraining**

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

Levels of Intensity

Beginner: ●
All Levels: ●●
Challenging: ●●●

Cardio/Strength

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

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

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

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

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

Cycle

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.

Dance4One ●●
All genres of dance inspired by latin, ballroom classics and modern music. Learn movement patterns and have fun enjoying a variety of dance styles. Beginner and intermediate levels available.

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

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

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

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

Strength/Resistance

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

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

Specialty Classes

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

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

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

Levels of Intensity

Beginner: ●
All Levels: ●●
Challenging: ●●●

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

Essentrics Beginner ●
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

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

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

Pilates Yoga Fusion ●●
The best of both worlds, this program will stabilize, mobilize and increase the mind-body connection through a combination of yoga and Pilates.

Power Yoga ●●●
Get a full body workout linking breath to movement and focus on fast transitions to increase the heart rate. Burn calories with this powerful blend of yoga poses and postures.

Stretch and Meditation ●
This will be a calming stretching class which will help create a mind-body connection, ending with a nice meditative exercise.

Vinyasa Flow Yoga ●●●
Poses are done in a flowing succession and more quickly than a Hatha class. Improve energy levels in this flowing yoga practice with a relaxing Savasana to follow.

Yin Deep Stretch Yoga ●
A slower paced yoga class suitable for everyone. Postures are held for a longer period of time to target deep connective tissues in the body.

Group Fitness Class Rules

How to have a positive class experience:

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

Be On Time



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

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



Wristbands

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

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

Health and Fitness

Registration opens at 8:30 a.m. on November 24 for Coquitlam residents and at 8:30 a.m. on November 26 for non-residents.



Adult and Baby Yoga (16+ yrs)

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

at Centennial Pavilion

Tu	Jan 5 – Feb 9	11 a.m. – 12 p.m.	6/$66	243475
Tu	Feb 16 – Mar 23	11 a.m. – 12 p.m.	6/$66	243477

Aging with Strength (19+ yrs)

Curious what weight training can do for your fitness level? This class is a four-week program specifically designed for beginners and taught by a fitness trainer. It will include an orientation and etiquette session as well as a full body strength exercises done with weights. Please ask the front desk staff for additional options.

at Glen Pine Pavilion

F	Jan 8 – Feb 5	11 a.m. – 12 p.m.	5/$60	243452
W	Feb 10 – Mar 10	1:30 – 2:30 p.m.	5/$60	243453

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

Barre (13+ yrs)

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

at City Centre Aquatic Complex

Su	Jan 3 – Feb 7	10:45 – 11:45 a.m.	6/$66	243290
M	Jan 4 – Feb 8	6:45 – 7:45 p.m.	6/$66	246349
Th	Jan 7 – Feb 11	5:45 – 6:45 p.m.	6/$66	243289
Su	Feb 14 – Mar 21	10:45 – 11:45 a.m.	6/$66	243291
Th	Feb 18 – Mar 25	5:45 – 6:45 p.m.	6/$66	243292
M	Feb 22 – Mar 22	6:45 – 7:45 p.m.	5/$55	246355

at Poirier Sport and Leisure Complex

Tu	Jan 5 – Feb 9	7:15 – 8:15 p.m.	6/$66	243458
Tu	Feb 16 – Mar 23	7:15 – 8:15 p.m.	6/$66	243459

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 Centennial Pavilion

W	Jan 6 – Feb 10	1 – 2 p.m.	6/$66	243460
W	Feb 17 – Mar 24	12 – 1 a.m.	6/$66	243461

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

Chair Yoga (19+ yrs)

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

at Centennial Pavilion

M	Jan 4 – Feb 8	11 a.m. – 12:15 p.m.	6/$82.50	243482
F	Jan 8 – Feb 12	11:15 a.m. – 12:30 p.m.	6/$82.50	243493
F	Feb 19 – Mar 19	11:15 a.m. – 12:30 p.m.	5/$68.75	243495
M	Feb 22 – Mar 22	11 a.m. – 12:15 p.m.	5/$68.75	243489

at Glen Pine Pavilion

F	Jan 8 – Feb 12	11:45 a.m. – 1 p.m.	6/$82.50	243450
F	Feb 19 – Mar 19	11:45 a.m. – 1 p.m.	5/$68.75	243451

Get Up and Go! (19+ yrs)

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

at Dogwood Pavilion

Tu/Th	Jan 5 – Feb 11	12 – 1 p.m.	12/$132	243503
Tu/Th	Feb 16 – Mar 25	12 – 1 p.m.	12/$132	243504

Group Cycle: Ride and Strength (13+ yrs)

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

at Centennial Pavilion

Tu	Jan 5 – Feb 9	5:45 – 6:45 p.m.	6/$66	246117
Tu	Feb 16 – Mar 23	5:45 – 6:45 p.m.	6/$66	246118

at City Centre Aquatic Complex

W	Jan 6 – Feb 10	6:45 – 7:45 p.m.	6/$66	243306
W	Feb 17 – Mar 24	6:45 – 7:45 p.m.	6/$66	243307

Group Cycle: Valentine's 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

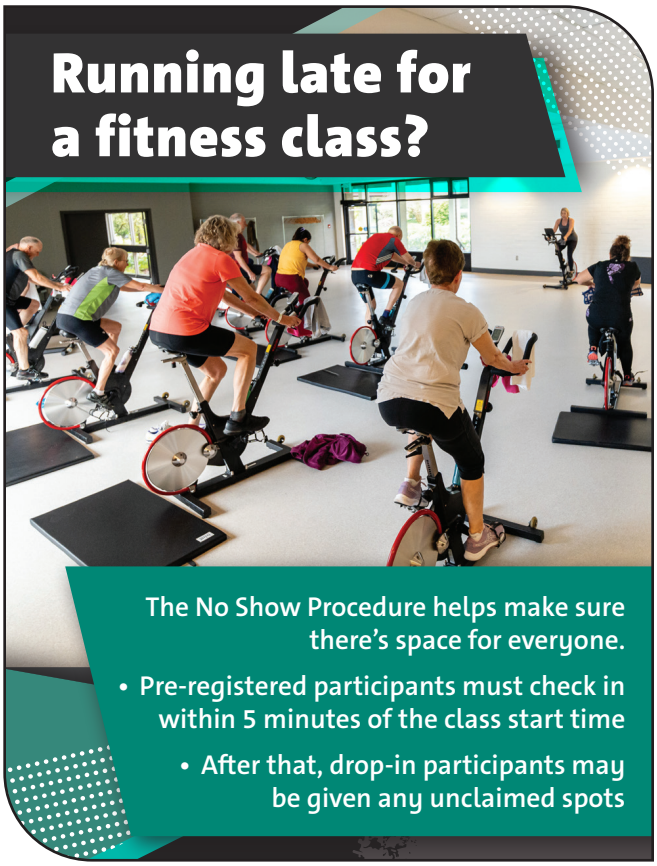
F	Feb 12	7:30 – 8:30 p.m.	1/$18	243301

Kickboxing (19+ yrs)

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

at Pinetree Community Centre

Th	Jan 7 – Jan 28	7:45 – 8:45 p.m.	4/$41.40	244825
Th	Feb 4 – Feb 25	7:45 – 8:45 p.m.	4/$41.40	244826
Th	Mar 4 – Mar 25	7:45 – 8:45 p.m.	4/$41.40	244827



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

M	Jan 4 – Feb 8	6:45 – 7:45 p.m.	6/$66	243293
Tu	Jan 5 – Feb 9	6 – 7 p.m.	6/$66	243295
Tu	Feb 16 – Mar 23	6 – 7 p.m.	6/$66	243296
M	Feb 22 – Mar 22	6:45 – 7:45 p.m.	5/$55	243294

Learn 2 Pilates (13+ yrs)

Learn the fundamentals of Classical Pilates in this supportive, progressive class which introduces beginners to traditional mat exercises while developing core strength, posture, alignment, balance, flexibility and controlled movement. Skills like how to properly engage your core, stabilize your body and move with intention will be taught in a welcoming environment.

at Poirier Sport and Leisure Complex

M	Jan 4 – Feb 8	5 – 6 p.m.	6/$66	244546
M	Feb 22 – Mar 22	5 – 6 p.m.	5/$55	248022

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	Jan 13 – Feb 10	6 – 6:45 p.m.	5/$41.25	243446

at Poirier Sport and Leisure Complex

Th	Feb 18 – Mar 18	10:45 – 11:30 a.m.	5/$41.25	243462

Minds in Motion (19+ yrs)

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

at Centennial Pavilion

Th	Jan 7 – Feb 11	2:15 – 3:45 p.m.	6/$51	243499
Th	Feb 18 – Mar 25	2:15 – 3:45 p.m.	6/$51	243500

Powerhouse Circuit (13+ yrs)

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

at City Centre Aquatic Complex

Th	Jan 7 – Feb 11	5:50 – 6:50 p.m.	6/$66	243302
Th	Feb 18 – Mar 25	5:50 – 6:50 p.m.	6/$66	243303

at Poirier Sport and Leisure Complex

Su	Jan 3 – Feb 7	6 – 7 p.m.	6/$66	243463
Su	Feb 14 – Mar 21	6 – 7 p.m.	6/$66	243464

Prenatal Yoga (16+ yrs)

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

at Pinetree Community Centre

W	Jan 6 – Feb 10	7 – 8 p.m.	6/$66	243447
W	Feb 17 – Mar 24	7 – 8 p.m.	6/$66	243448

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

Restorative Yoga (13+ yrs)

Slow-paced yoga suitable for everyone. Deep stretching and yin posture are held for a longer period of time to target the deep connective tissues of the body, increasing flexibility and range of motion. Restorative yoga postures open the body, and work to de-stress and calm the nervous system.

at City Centre Aquatic Complex

Su	Jan 3 – Feb 7	5:45 – 7 p.m.	6/$82.50	243304
Su	Feb 14 – Mar 21	5:45 – 7 p.m.	6/$82.50	243305

at Maillardville Community Centre

M	Jan 4 – Feb 8	7:30 – 8:45 p.m.	6/$82.50	243406
M	Feb 22 – Mar 22	7:30 – 8:45 p.m.	5/$68.75	243408

Sound Healing Yoga and Meditation (13+ yrs)

Come and experience the therapeutic benefits of a sound healing journey. This class combines some gentle yoga with the soothing vibrations of sound, helping reduce stress and restore balance. In today's chaotic world, sound healing offers a powerful way to calm the mind and support overall wellbeing. Breathe, stretch, and let the sound guide you towards inner peace and relaxation.

at Poirier Sport and Leisure Complex

Th	Jan 14 – Feb 4	8 – 9 p.m.	4/$44	243466
Th	Feb 11 – Mar 4	8 – 9 p.m.	4/$44	243467

Start 2 B Strong (13+ yrs)

Build strength, move better and feel more confident in your fitness journey! This supportive, small-group functional training class introduces a variety of movements and equipment while helping you develop strength, balance, coordination and cardiovascular fitness. Progress at your own pace in a welcoming environment as you learn the fundamentals of functional training and build a strong foundation for continued fitness.

at City Centre Aquatic Complex

Th	Jan 7 – Feb 11	10 – 11 a.m.	6/$66	243297
Th	Feb 18 – Mar 25	10 – 11 a.m.	6/$66	243298

All Abilities Welcome!

Visit page **4** for details

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

Therapeutic Pilates (13+ yrs)

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

at Pinetree Community Centre

M	Feb 22 – Mar 22	10:45 a.m. – 12 p.m.	5/$68.75	246095

at Victoria Community Hall

M	Jan 4 – Feb 8	9:30 – 10:45 a.m.	6/$82.50	243456

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 Maillardville Community Centre

M/W	Jan 4 – Feb 10	1:30 – 2:30 p.m.	12/$156	243397
M/W	Feb 17 – Mar 24	1:30 – 2:30 p.m.	11/$143	243401

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

TIME™ Plus is for people who can do the classic TIME™ exercises with ease, but still need hand supports to exercise. They are ready for greater balance and mobility, but may not be ready to join a regular fitness class. The specialized circuit-style class was created in partnership with the Fraser Health Authority providing a structured, safe and fun environment.

at Centennial Pavilion

Tu/Th	Jan 5 – Feb 11	1 – 2 p.m.	12/$156	243501
Tu/Th	Feb 16 – Mar 25	1 – 2 p.m.	12/$156	243502

Yoga Under the Stars (13+ yrs)

Enjoy your Yoga journey under the star projections on the ceiling and candlelight flickering around you. There will be flowing yoga poses and movement guided by breath work. The sequence will progressively become more challenging and leave the body energized and refreshed.

at City Centre Aquatic Complex

Tu	Jan 5 – Feb 9	8:15 – 9:15 p.m.	6/$66	243308
Tu	Feb 16 – Mar 23	8:15 – 9:15 p.m.	6/$66	243309

at Maillardville Community Centre

Su	Jan 3 – Feb 7	7:45 – 8:45 p.m.	6/$66	243411
Su	Feb 14 – Mar 21	7:45 – 8:45 p.m.	6/$66	243417

Zumba + Lift™ (13+ yrs)

Zumba + Lift™ – where rhythm meets results. This science-based, music-driven workout fuses the high-energy fun of the Zumba® program with the muscle-sculpting power of strength training. Help burn fat, build strength, and boost endurance with alternating intervals of dancing and weightlifting set to an electrifying playlist.

at Maillardville Community Centre

W	Jan 6 – Feb 10	6:30 – 7:30 p.m.	6/$66	243423
W	Feb 17 – Mar 24	6:30 – 7:30 p.m.	6/$66	243425

at Pinetree Community Centre

Th	Jan 7 – Feb 11	7:15 – 8:15 p.m.	6/$66	243442
Th	Feb 18 – Mar 25	7:15 – 8:15 p.m.	6/$66	243443



Bettie Allard **YMCA Coquitlam Resident Access**

Did you know?

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

That means if you are a Coquitlam resident, you have access to this facility without needing a YMCA membership.

Learn more at **coquitlam.ca/YMCA**

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.

Dogwood and Glen Pine Discovery Week





Join us at the Dogwood Pavilion and Glen Pine Pavilion for Discovery Week, January 3 – 9, 2027. Try out single classes, meet the instructor and discover something new in a welcoming, low-pressure setting.

From dance and music to painting, collage and drawing, there is something for everyone. Costs may vary per classe – get in touch with us using one of the methods below to learn more.

Start your new year by discovering all the fun going on at Dogwood and Glen Pine Pavilions!

Jan 3

Collage Workshop – Songbird in the Snow
10 a.m. – 12 p.m.

Jan 4

New Year, New Brush – Ink and Calligraphy
9:30 – 11:30 a.m.

Art Story Journal
2 – 4 p.m.

Jan 5

New Journeys with Pen Line Drawing
9 – 11 a.m.

Drawing with Archival Pens
9:30 – 11:30 a.m.

Exploring the Colour Wheel and Mixing in Acrylics
9:30 a.m.– 12 p.m.

Jan 6

Gouache Workshop – Snowy Winter Morning
9:30 – 11:30 a.m.

Blooms of Hope Illustrations with Pen and Watercolour
11:30 a.m. – 1:30 p.m.

Tea and Sketch
1 – 3 p.m.

Cooking Around the World – France – The Omelette
2:30 – 4 p.m.

Jan 7

Plate Printing – Frost and Ice
9:30 – 11:30 a.m.

A Taste of Ageless Ballet
11 a.m. – 12 p.m.

Winter Themed Gouache Workshop
11:30 a.m. – 1 p.m.

Jan 8

Discover the Joy of Singing
9:30 – 11:30 a.m.

Embroidery Snowflakes
10 – 11:30 a.m.

Winter Watercolour Workshop
11:30 a.m. – 1:30 p.m.

Intro to Line Dance
1:45 – 2:45 p.m.

Intro to Jazz
3 -4 p.m.

Jan 9

Watercolour Wet on Wet Technique
1 – 3 p.m.

Intro to Ukulele
1 – 2 p.m.

Please register in advance.

For more information and costs, visit coquitlam.ca/registration, give us a call at **604-927-4386**, or visit the front desk of Dogwood or Glen Pine Pavilions.

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

Adult

Registration opens at 8:30 a.m. on November 24 for Coquitlam residents and at 8:30 a.m. on November 26 for non-residents.

19 yrs +
(unless otherwise noted)



Cards and Games

Dungeons and Dragons 101 (19+ yrs)

Curious about Dungeons and Dragons but intimidated by the books and not sure where to start? Come join us for D and D 101! Learn the basic game mechanics, create a character and play a short one-shot. Let's go find some adventure together this Winter!

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	6:30 – 8:30 p.m.	5/$25	245564
Th	Feb 18 – Mar 25	6:30 – 8:30 p.m.	6/$30	245565

Learn to Play Bridge (19+ yrs)

Start with understanding the roles of players and the basic rules of play. Continue with bidding, the process of deciding which suit will be trumps for the round and how many tricks a partnership aims to win. Learn tactics and introduce scoring.

at Glen Pine Pavilion

Th	Feb 18 – Mar 25	6:30 – 8:30 p.m.	6/$17.10	245566

Learn to Play Cribbage (19+ yrs)

Learn how to play Cribbage – a very traditional and popular cards games that is good for all ages. The object of the game is to score 121 points which are pegged on the board by points in your hands.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 2	6:15 – 7:15 p.m.	4/$11.40	245533
Tu	Feb 16 – Mar 9	6:15 – 7:15 p.m.	4/$11.40	245534

Dungeons and Dragons Campaign Play (19+ yrs)

Dungeons and Dragons (D and D) is a Tabletop Role Playing Game where players create their characters, create fantasy worlds and embark on quests together. A Dungeon Master will be on hand to lead the game play for this campaign.

at Glen Pine Pavilion

Adventure C

Tu	Jan 12 – Feb 9	6:30 – 8:45 p.m.	5/$25	245531
Tu	Feb 16 – Mar 23	6:30 – 8:45 p.m.	6/$30	245532

Adventure K

W	Jan 13 – Feb 10	2:15 – 5:15 p.m.	5/$25	245539
W	Feb 17 – Mar 24	2:15 – 5:15 p.m.	6/$30	245540

Adventure M

W	Jan 13 – Feb 10	7 – 8:45 p.m.	5/$25	245535
W	Feb 17 – Mar 24	7 – 8:45 p.m.	6/$30	245536

Adventure S

Sa	Jan 16 – Feb 13	12:15 – 2:45 p.m.	5/$25	245744
Sa	Feb 20 – Mar 27	12:15 – 2:45 p.m.	6/$30	245745

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Mahjong Beginner (19+ yrs)

Learn the fundamentals of traditional Hong Kong Style Mahjong in a friendly and supportive environment. Participants will be introduced to the tiles, basic rules, gameplay, and scoring while developing strategy, concentration, and social connections through guided practice and play.

at Dogwood Pavilion

Th	Jan 14 – Feb 18	9:30 – 11:30 a.m.	6/$17.10	242082

Lifelong Learning

Cooking: Bacon, Potato and Cheese Pierogis (16+ yrs)

Learn how to make traditional, hand-crafted pierogis filled with a savory blend of mushrooms, creamy potatoes, and crispy bacon. This hands-on class will guide you through the dough-making and filling techniques to create these comforting, delicious dumplings.

at Maillardville Community Centre

Th	Feb 25	6 – 8 p.m.	1/$31.80	245071

Cooking: Baking with Sourdough Starters (16+ yrs)

Come learn how to make the perfect loaf of sourdough bread and what it takes to have your baking rise to the next level. Bring a jar to take home some starter!

at Maillardville Community Centre

Th	Jan 14	6 – 8 p.m.	1/$31.80	245064
Th	Feb 4	6 – 8 p.m.	1/$31.80	245065
Th	Mar 25	6 – 8 p.m.	1/$31.80	245066

Cooking: Beef Empanadas with Chimichurri Dip (19+ yrs)

Fold savory empanadas stuffed with spiced beef and vegetables and bake them to golden perfection. A zesty chimichurri dip adds a bright, fresh finish.

at Dogwood Pavilion

Sa	Mar 20	9:30 – 11:30 a.m.	1/$31.80	245821

Cooking: Bun Two Ways: Apple Cinnamon Bun and Salmon Cream Cheese Bun (16+ yrs)

Learn to make baked rolls two ways: fragrant apple cinnamon rolls and creamy salmon cream cheese rolls. All skill levels welcome and have a taste at the end!

at Maillardville Community Centre

Th	Mar 18	6 – 8 p.m.	1/$31.80	245093

Cooking: Around the World (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

at Dogwood Pavilion

Africa – Shakshuka

W	Feb 17	3 – 5 p.m.	1/$31.80	245755

China – Sichuan Dan Dan Noodles

W	Feb 10	6 – 8 p.m.	1/$31.80	243221

China – Wonton Soup with Homemade Wontons

W	Feb 24	6 – 8 p.m.	1/$31.80	245529

Italy – Cheese Ravioli

W	Mar 17	6 – 8 p.m.	1/$31.80	243220

Italy – Fettucini Alfredo

W	Mar 24	6 – 8 p.m.	1/$31.80	245752

Jamaica – Curry Patties

W	Mar 3	3 – 5 p.m.	1/$31.80	245754

Korea – Japchae

W	Mar 10	6 – 8 p.m.	1/$31.80	245753

Louisiana – Cajun Jambalaya

W	Feb 3	6 – 8 p.m.	1/$31.80	243230

Mexico – Tamales with Roasted Corn Salad

Sa	Jan 16	9:30 a.m. – 12:30 p.m.	1/$47.70	245790

Thailand – Gaeng Daeng (Red Curry)

W	Jan 13	6 – 8 p.m.	1/$31.80	243238

Vietnam – Bánh Mì

W	Jan 20	3 – 5 p.m.	1/$31.80	245756

West Africa – Peanut Soup

W	Jan 27	6 – 8 p.m.	1/$31.80	245530

No experience necessary and all cooking supplies provided.

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

Cooking: Asian Flavours – (19+ yrs)

The Asian Flavours series features the savoury and spicy flavour profiles that showcases this culturally diverse region. Enjoy learning how to prepare and cook the feature dishes of each country focusing on fresh ingredients for a tasty and beautiful presentation that will impress your family and friends.

at Glen Pine Pavilion

Chicken Adobo and Empanadas – Phillipines

Su	Jan 10	10:30am – 1:30pm	1/$47.70	244589

Sweet Garlic Eggplant and Hot Sour Soup – China

Su	Jan 17	10:30am – 1:30pm	1/$47.70	244591

Roti Canai and Chicken Satay – Malaysia

Su	Jan 24	10:30am – 1:30pm	1/$47.70	244592

Glass Noodles with Vegetables and Meat Dumpling Soup

Su	Jan 31	10:30am – 1:30pm	1/$47.70	244593

Chicken Karaage and Sunomono Salad – Japan

Su	Feb 07	10:30am – 1:30pm	1/$47.70	244595

Butter Chicken and Garlic Naan – India

Su	Feb 14	10:30am – 1:30pm	1/$47.70	244597

Lettuce-wrapped Spring Rolls and Braised Pumpkin – Vietnam

Su	Feb 21	10:30am – 1:30pm	1/$47.70	244598

Singapore Noodles and Laksa Soup – Singapore

Su	Feb 28	10:30am – 1:30pm	1/$47.70	244599

Gado Gado Vegetables in Peanut Sauce and Nasi Goreng – Indonesia

Su	Mar 07	10:30am – 1:30pm	1/$47.70	244600

Frikkadels Meatballs and Cashew Nut Curry – Sri Lanka

Su	Mar 14	10:30am – 1:30pm	1/$47.70	244602

Green Papaya Salad and Chicken Peanut Panang Curry – Thailand

Su	Mar 21	10:30am – 1:30pm	1/$47.70	244604

Cooking: Chili Pot Pies with Cornbread Topping (19+ yrs)

Make a comforting, flavour-packed beef chili topped with golden, tender cornbread for the ultimate cozy meal.

at Dogwood Pavilion

Sa	Feb 20	9:30 – 11:30 a.m.	1/$31.80	245843

Cooking: Cinnamon Buns Two Ways (19+ yrs)

Cinnamon Buns two ways! Soft, fluffy and rich in cinnamon flavour with a classic slow rise yeast recipe as well as a faster alternative for those cinnamon bun emergencies.

at Dogwood Pavilion

Sa	Jan 30	9:30 – 11:30 a.m.	1/$31.80	245775

Cooking: Classic Risotto (19+ yrs)

Learn the magic behind taking a humble ingredient like rice and turning into in rich, flavourful, creamy perfection in this special class focusing on classic risotto.

at Dogwood Pavilion

Sa	Feb 27	9:30 – 11:30 a.m.	1/$31.80	245815

Cooking: Delightful Spring Desserts (19+ yrs)

Spring desserts highlights seasonal favourites featuring bright citrus fruits for sunny flavours, buttery cookies and wonderful crumbles and crostatas.

at Glen Pine Pavilion

M	Feb 22 – Mar 22	7 – 8:30 p.m.	5/$119.25	245198

Cooking: East Coast Chowder with Fresh Baked Dinner Rolls (19+ yrs)

Warm up with a comforting East Coast chowder, packed with hearty ingredients and classic coastal flavours. Learn the techniques for creating a rich, flavourful chowder from scratch while making soft, freshly baked rolls to enjoy alongside it.

at Dogwood Pavilion

Sa	Mar 6	9:30 – 11:30 a.m.	1/$31.80	245836

Cooking: Easter Cookies (19+ yrs)

Celebrate spring with this fun class featuring chocolate bird's nest cookies and lemon shortbread. Learn simple techniques for shaping, baking, and adding festive decorative finishes.

at Dogwood Pavilion

Sa	Mar 27	9:30 – 11:30 a.m.	1/$31.80	245813

Cooking: Guinness Chocolate Cupcakes with Creamy Frosting (19+ yrs)

Learn to bake rich, moist Guinness chocolate cupcakes with creamy piped frosting in this fun, hands-on St. Patrick's Day baking class.

at Dogwood Pavilion

Sa	Mar 13	9:30 – 11:30 a.m.	1/$31.80	245811

Cooking: Japanese Ice Cream Mochi (16+ yrs)

Discover the art of making traditional Japanese mochi with ice cream filling. This class will guide you through creating the perfect chewy texture and delicious ice cream.

at Maillardville Community Centre

Th	Feb 18	6 – 8 p.m.	1/$31.80	245070

Cooking: Japanese Milk Bread (16+ yrs)

Learn to make soft, fluffy Japanese milk bread from scratch using traditional techniques. Perfect for home bakers looking to expand their skills with Asian-style breads.

at Maillardville Community Centre

Th	Jan 28	6 – 8 p.m.	1/$31.80	245067

Cooking: Lunar New Year Dim Sum Classics (19+ yrs)

Learn the art of dim sum with this hands-on class where you'll make two classic favourites: soft, steamed BBQ pork buns and savoury Sui Mai dumplings.

at Dogwood Pavilion

Sa	Jan 23	9:30 a.m. – 12:30 p.m.	1/$47.70	245787

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

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

at Maillardville Community Centre

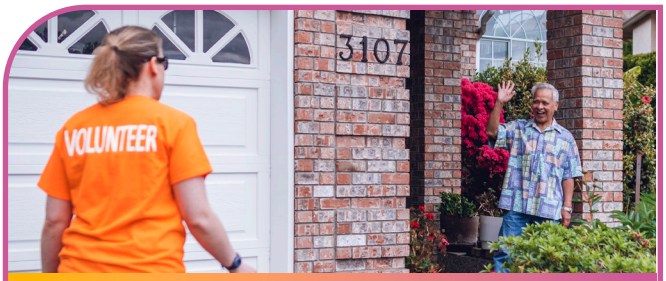
Th	Jan 21	6 – 8 p.m.	1/$31.80	245069

Cooking: Pavlova Cake (16+ yrs)

Bake elegant, airy meringues topped with luscious cream and fresh fruit. This hands-on class masters the iconic, crispy-light dessert. You will make a classic and roll version.

at Maillardville Community Centre

Th	Mar 11	6 – 8 p.m.	1/$31.80	245068



Meaningful Meals *for* Seniors

Volunteer for Meaningful Meals!

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

For more information, visit coquitlam.ca/MeaningfulMeals

Cooking: Potato Latkes and Cheese Blintz (19+ yrs)

Join us to make crispy potato pancakes and cheese filled crepes, classic comfort foods.

at Dogwood Pavilion

Sa	Feb 6	9:30 a.m. – 12:30 p.m.	1/$47.70	245782

Cooking: Strawberry Cream Roulade (19+ yrs)

As a group, learn to make a light, flexible chiffon or genoise sponge cake that rolls perfectly without cracking. Add a creamy strawberry filling and assemble a stunning, cake spiral.

at Dogwood Pavilion

Sa	Feb 13	9:30 – 11:30 a.m.	1/$31.80	245795

Cooking: Vegetarian Buddha Bowls with Tahini Sauce (19+ yrs)

Colourful, nourishing and packed with flavour, Vegetarian Buddha Bowls with delicious creamy Tahini Sauce are the perfect way to start a new year.

at Dogwood Pavilion

Sa	Jan 9	9:30 – 11:30 a.m.	1/$31.80	245826

No experience necessary and all cooking supplies provided.

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

Saturday Family Cooking: DIY Pizza Night and Garlic Sticks (3+ yrs)

Gather the family for a fun, interactive DIY pizza night with toasty garlic sticks. Work together to stretch the crust, layer your favorite toppings, and enjoy a delicious, feast-worthy meal created by the whole team!

at Maillardville Community Centre

Sa	Jan 9	5:30 – 7:30 p.m.	1/$14.60	245085

Saturday Family Cooking: Mac and Cheese with Caesar Salad (3+ yrs)

Come together with the family to learn to make a cozy mac and cheese together! Accompanied by a delicious fresh tossed caesar salad.

at Maillardville Community Centre

Sa	Feb 20	5:30 – 7:30 p.m.	1/$14.60	245087

Saturday Family Cooking: Pasta E Fagiolo with Affogato Dessert (Kid Friendly) (3+ yrs)

Enjoy a fun evening with your whole family, collaborating to make Pasta E Fagioli with Affogato Dessert. (ice cream with coffee or hot chocolate on top). To celebrate at the end, you will have the meal all together.

at Maillardville Community Centre

Sa	Mar 20	5:30 – 7:30 p.m.	1/$14.60	245088

Saturday Family Cooking: Tostadas and Chocolate Molding (3+ yrs)

As a family, you'll learn to build crunchy, flavor-packed tostadas loaded with fresh toppings, followed by learning how to shape chocolate into molds! Enjoy the meal together as a family.

at Maillardville Community Centre

Sa	Feb 6	5:30 – 7:30 p.m.	1/$14.60	245075

Valentine's Special: Baking: Chocolate Strawberry Shortcake (16+ yrs)

Join us for a hands-on culinary workshop where you'll master the art of crafting a decadent chocolate strawberry shortcake. Perfect for all skill levels, this class guides you through baking rich chocolate shortcake and assembling them with seasonal berries and luscious whipped cream.

at Maillardville Community Centre

Th	Feb 11	6 – 8 p.m.	1/$31.80	245091

Finance: Effective Tax Strategies (19+ yrs)

Learn to understand the tax system and to minimize the amount of tax to pay by being proactive in tax planning and detailed record keeping with simple tools to save money.

at Dogwood Pavilion

Su	Feb 28	10 – 11:30 a.m.	1/FREE	246079

at Glen Pine Pavilion

W	Jan 27	6:30 – 8 p.m.	1/FREE	245941

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.

at Dogwood Pavilion

Su	Mar 21	10 – 11:30 a.m.	1/FREE	246080

Finance: Make Tax Your Hero (19+ yrs)

Learn how taxes work and about filing your tax return. Receive an overview of the Canadian Income Tax System and learn the difference about tax deductions and tax credits. Helpful tips and resources for preparing and filing a tax return.

at Glen Pine Pavilion

Sa	Feb 27	1 – 2:30 p.m.	1/FREE	245950

Finance: Personal Planning Overview (19+ yrs)

This introductory session emphasizes the wisdom of planning. It outlines legal, personal and financial plans you may wish to put in place to ensure that your loved ones are able to follow your wishes and needs.

at Dogwood Pavilion

Tu	Jan 26	9:30 – 11 a.m.	1/FREE	245585

Finance: Powers of Attorney (19+ yrs)

There are four types of Power of Attorney (PoA) in BC; most people are familiar with only one. Considerations for selecting and appointing an Attorney and how to change your Attorney, if needed, are also covered.

at Glen Pine Pavilion

F	Mar 19	2 – 3:30 p.m.	1/FREE	246948

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

Learn why every adult should have an estate plan. Learn how to create a plan to distribute assets, during life or upon death.

at Glen Pine Pavilion

F	Mar 12	1:30 – 3 p.m.	1/FREE	245959



Coquitlam Income Tax Clinic Appointments

Appointments are free of charge and taxes are prepared with a Canada Revenue Agency trained volunteer with the Community Volunteer Income Tax Program (CVITP).

If you are unable to attend an appointment in person, there is an option to file your 2026 Income Tax Returns over the phone. Volunteers will pick up all supporting documents and help file the Income Tax Return. *For more information about this service, contact Kim Bortolin, Community Services Coordinator at* **604-927-6093**.

Finance: Service Canada Presentations (19+ yrs)

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.
Feb 23 with CRA Information for People with Disabilities
Mar 5 with CRA Information on Seniors Benefits
Mar 24 Preparing for Retirement Information

at Glen Pine Pavilion

Tu	Feb 23	3:30 – 5 p.m.	1/FREE	246073
F	Mar 5	2 – 3:30 p.m.	1/FREE	246076
W	Mar 24	6:30 – 8 p.m.	1/FREE	246074

Finance: Ten Healthy Habits of Financial Management (19+ yrs)

Learn how to become a better money manager through the presentation and discussion.

at Dogwood Pavilion

Su	Jan 31	10 – 11:30 a.m.	1/FREE	246078

General: Hiking Adventures Slideshow (19+ yrs)

Grab a treat or purchase and early lunch to sit back and enjoy the slideshow. Presented by volunteer Terry McCullough, view his visually captivating photographs set to music and his exciting tales of adventurous travel and hiking experiences.
Jan Fall Colours: Montmorency/Levis Quebec
Feb Fall Colours: Eastern Township Quebec
Mar Spring Flowers: Okanagan

at Glen Pine Pavilion

F	Jan 15	11 a.m. – 12:30 p.m.	1/FREE	246956
F	Feb 19	11 a.m. – 12:30 p.m.	1/FREE	246957
F	Mar 19	11 a.m. – 12:30 p.m.	1/FREE	246958

General: Let's Put a Spotlight on Ageism! (19+ yrs)

We'll explore how ageism shapes attitudes, behaviours, and experiences across generations. Every day, ageism routinely manifests through casual jokes, patronizing speech, and false assumptions about an older adult's ability to contribute to society. This persistent exposure damages the self-esteem of seniors. Let's look at how stereotypes, prejudice, and discrimination affect us all. We'll have fun looking at the similarities of the "baby boomers" and try to understand the impact of ageism on all generations.

at Dogwood Pavilion

Tu	Jan 19	9:30 – 11 a.m.	1/FREE	246077

Health and Safety: Early Dementia Support Group (19+ yrs)

1st and 3rd Thursday of each month. Having a diagnosis of Alzheimer's disease or another dementia affects many areas of your life and people in this situation experience a variety of feelings. Early-stage support groups provide a place for people living with early symptoms of dementia to come together with others also living the dementia experience and discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.

at Glen Pine Pavilion

1st and 3rd Thursday of each month

Jan 7 – Mar 18		1:30 – 3 p.m.	6/FREE	245577

All Abilities Welcome!
Visit page **4** for details

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

Health and Safety: Reducing the Risk of Falls in Older Adults (19+ yrs)

A combination of targeted exercise to improve balance, some practical modifications to the home environment, and regular medical reviews are strategies that can reduce falls in older adults. There are some ways that can be easily implemented and will be discussed in this session.

at Glen Pine Pavilion

Su	Feb 28	12 – 1:30 p.m.	1/FREE	247094

Health and Safety: Injury Prevention and Training for Runners (19+ yrs)

Learn practical strategies for building training consistency, optimizing running form, and recognizing early signs of overuse. There are techniques to improve running performance while reducing injury risk.
The session aims to help runners stay healthy, train sustainably, and support long-term participation in the sport.

at Glen Pine Pavilion

Su	Mar 21	12 – 1:30 p.m.	1/FREE	247095

Health: Accessing Services (19+ yrs)

Learn about the services available to those with dementia and their caregivers and how to access them.

at Dogwood Pavilion

Th	Feb 11	1:30 – 3 p.m.	1/FREE	245172

Health: Aging in Place (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 28	9:30 – 11 a.m.	1/FREE	245974

Health: Chronic Diseases (19+ yrs)

Four of the diseases that could affect the health of seniors are Cancer, Diabetes, Heart Disease and Lung Disease. This workshop briefly outlines each one in terms of its risk factors, early warning signs and tips for managing and living with the disease.

at Dogwood Pavilion

Tu	Feb 16	10 – 11:30 a.m.	1/FREE	245586

Tell us how we did!
coquitlam.ca/ProgramEvaluation

Health: Chronic Pain Self-Management Program (19+ yrs)

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

at Glen Pine Pavilion

F	Jan 22 – Feb 26	1 – 3:30 p.m.	6/FREE	245357

Health: Dealing with Stress (19+ yrs)

None of us can lead totally stress-free lives. However, excessive stress can harm your quality of life. This workshop helps to identify stressors and offer tips on how to handle sources of stress.

at Glen Pine Pavilion

F	Feb 12	2 – 3:30 p.m.	1/FREE	245982

Health: Hearing (19+ yrs)

The anatomy of the ear, common causes of hearing loss, various remedies and some tips on how to choose hearing aids are presented.

at Dogwood Pavilion

M	Mar 22	10:30 a.m. – 12 p.m.	1/FREE	245587

Health: Introduction to Brain Health (19+ yrs)

It is 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.

at Dogwood Pavilion

Tu	Mar 2	10:30 – 11:30 a.m.	1/FREE	245174

Health: Osteoarthritis, Sarcopenia, Osteopenia and Age-related Management (19+ yrs)

Learn evidence-informed approaches to managing symptoms and promoting healthy aging without relying solely on medical or surgical interventions. Topics include the role of exercise, strength training, mobility, and lifestyle interventions to support joint health, maintain function, and improve quality of life.

at Glen Pine Pavilion

Su	Jan 17	12 – 1:30 p.m.	1/FREE	247093

Health: Personal Planning on the Dementia Journey (19+ yrs)

Early in the dementia journey it can feel daunting to think about what lies ahead – but it's important to plan now, before communication and decision-making become more challenging. Personal planning is for what happens to and for you during your lifetime. Learn how to begin planning early for important legal, health-care and financial decisions.

at Glen Pine Pavilion

Th	Feb 18	1:30 – 3 p.m.	1/FREE	245774

Health: Recognizing the Journey as a Caregiver (19+ yrs)

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver.

at Glen Pine Pavilion

Th	Jan 21	10 – 11:30 a.m.	1/FREE	245777

Health: Supporting Friends on the Dementia Journey (19+ yrs)

Friends, neighbours and extended family are important sources of support for the family. Perhaps you want to help but don't know where to begin. There are ways to make your support or visits meaningful for people with dementia and their caregivers.

at Glen Pine Pavilion

F	Mar 12	2 – 3:30 p.m.	1/FREE	245800

Health: Understanding and Adapting to Communication on the Dementia Journey (19+ yrs)

Understand how dementia affects communication and learn some useful tips and strategies for your conversations with people living with dementia as they progress through the stages of the disease.

at Glen Pine Pavilion

F	Feb 26	2 – 3:30 p.m.	1/FREE	245793

Health: What is Dementia? (19+ yrs)

The term "dementia" doesn't actually refer to one, specific disease. Rather, it's an overall term for a set of symptoms that are caused by disorders affecting the brain. Explore how to navigate life after a dementia diagnosis alongside others who are also on the dementia journey. Learn practical strategies to live well and access resources that are available at any stage of the disease.

at Glen Pine Pavilion

F	Jan 29	2 – 3:30 p.m.	1/FREE	245783

International Women's Day: Tea Party: Baking: Lemon-Lavender Scones with Homemade Lemon Curd and Tea (16+ yrs)

Come celebrate International Women's Day with us by having fun learning the art of baking lemon-lavender scones and silky homemade lemon curd. Pair your fresh treats with a warm, soothing cup of tea.

at Maillardville Community Centre

Th	Mar 4	6 – 8 p.m.	1/$31.80	245092

Language: Creative Writing All Levels (19+ yrs)

Discover the joy of storytelling in this engaging creative writing class designed for all levels. Through instructor prompts and guided activities, engage your imagination, develop writing skills, and share ideas in a supportive environment. Perfect for expressing yourself and bringing your stories to life.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	10:15 – 11:45 a.m.	5/$56	245159
Sa	Feb 20 – Mar 27	10:15 – 11:45 a.m.	6/$67.20	245161

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	7 – 8:30 p.m.	5/$56	245567
Th	Feb 18 – Mar 25	7 – 8:30 p.m.	6/$67.20	245568

Language: English Language Learner Book Club (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	11:30 a.m. – 12:30 p.m.	5/$14.25	245559
Th	Feb 18 – Mar 25	11:30 a.m. – 12:30 p.m.	6/$17.10	245560

Language: English Learner 1 (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	9:30 – 11 a.m.	5/$14.25	245557
Th	Feb 18 – Mar 25	9:30 – 11 a.m.	6/$17.10	245558

Language: English Learner 2 (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	1 – 2:30 p.m.	5/$14.25	245561
Th	Feb 18 – Mar 25	1 – 2:30 p.m.	6/$17.10	245562

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

Language: English Learner 3 (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	9:30 – 11 a.m.	5/$14.25	244658
Tu	Feb 16 – Mar 23	9:30 – 11 a.m.	6/$17.10	244660

Language: Japanese Beginner (19+ yrs)

Discover the beauty of the Japanese language and culture in this fun and interactive beginner friendly course learning basic words and phrases for business, travel or pleasure. This program is designed for a beginner with no or some previous experience.

at Glen Pine Pavilion

Sa	Jan 16 – Feb 20	1 – 2:30 p.m.	6/$67.20	245234

Language: Korean Beginner (19+ yrs)

Annyeonghaseyo! Learn basic words, phrases and sentences in Korean to be able to converse and to write Hangul which is the writing system of the Korean language.

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	10:15 – 11:45 a.m.	5/$56	244610

Language: Korean Intermediate (19+ yrs)

For those who have some basic knowledge of the Korean language, continue building your skills with a strong focus on practical conversation and cultural understanding. Taught at a lower intermediate level.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	7 – 8:30 p.m.	5/$56	244619
Su	Feb 14 – Mar 21	10:15 – 11:45 a.m.	6/$67.20	244615
Tu	Feb 16 – Mar 23	7 – 8:30 p.m.	6/$67.20	244620

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.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	2 – 3:30 p.m.	5/$56	245165
Sa	Feb 20 – Mar 27	2 – 3:30 p.m.	6/$67.20	245166

at Glen Pine Pavilion

W	Feb 17 – Mar 24	9:30 – 11 a.m.	6/$67.20	244651

Language: Spanish Foundations (19+ yrs)

If your goal is to learn a new language, this class with a native Spanish speaker is a great start to develop natural pronunciation and basic grammar.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	12:15 – 1:45 p.m.	5/$56	245163
Sa	Feb 20 – Mar 27	12:15 – 1:45 p.m.	6/$67.20	245164

at Glen Pine Pavilion

M	Jan 11 – Feb 8	7 – 8:30 p.m.	5/$56	244647
W	Jan 13 – Feb 10	9:30 – 11 a.m.	5/$56	244649
M	Feb 22 – Mar 22	7 – 8:30 p.m.	5/$56	244648

LIfe Skills: Turning Your Goals Into Action (16 – 30 yrs)

Need help turning your goals into action but not sure where to start? This workshop is designed to help you gain clarity, build momentum, and leave with practical steps that you can start using right away. Through interactive activities and in-depth discussions, young adults will explore strategies to balance life in key areas, set realistic goals, and identify obstacles like mental health challenges or substance use that can get in the way. Participants will leave with clear insights, simple tools, a personalized action plan and a better understanding of the resources and community support that can help them move forward with confidence. Session is FREE of charge and pizza and refreshments will be included. Offered in partnership with Share Family and Community Services.

at Pinetree Community Centre

Th	Feb 25	7:15 – 8:45 p.m.	1/FREE	246350

Technology: Android Phones and Tablets Workshop (19+ yrs)

Learn some of the common functions of your Android device (not iphone or ipad) including how to set up email, manage contacts, download apps, security and more.

at Glen Pine Pavilion

Th	Jan 28	1:30 – 3 p.m.	1/$2.85	245569

Technology: Digital Security for Tech Devices (19+ yrs)

Making tech devices safe involves securing them against digital threats like malware and unauthorized access, protecting your privacy, and managing physical safety.

at Glen Pine Pavilion

Th	Mar 25	1:30 – 3 p.m.	1/$2.85	245573

Technology: iPad and iPhone Workshop (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 14	1:30 – 3 p.m.	1/$2.85	245563

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	Feb 11	1:30 – 3 p.m.	1/$2.85	245570

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	Feb 25	1:30 – 3 p.m.	1/$2.85	245571

Technology: Using a Smartphone Camera (19+ yrs)

Using the camera on a smartphone to take photos and videos is easy. Bring your device for a hands on session on using this function to capture images, live footage and QR codes that can be shared by email or on social media.

at Glen Pine Pavilion

Th	Mar 11	1:30 – 3 p.m.	1/$2.85	245572

Wellness: Bloating, Reflux and Constipation (16+ yrs)

Bloating, reflux or constipation can persist even when you're trying to eat well. Explore how digestion works and how everyday nutrition and lifestyle factors can influence digestive health.

at Dogwood Pavilion

Tu	Feb 9	4 – 5:30 p.m.	1/$14.10	245711

Wellness: Diabetes Self-Management Program (19+ yrs)

Daily challenges of living with diabetes can be difficult. Gain knowledge, skills and confidence in your ability to manage your symptoms, balance activity, nutrition and medication.

at Dogwood Pavilion

Sa	Jan 16 – Feb 20	9:30 a.m. – 12 p.m.	6/FREE	246086

Wellness: Health Lab – What's Getting in the Way of a Good Night's Sleep? (19+ yrs)

Go beyond simply learning about sleep. Explore the foundations of restorative sleep, then use guided reflection to look at your own patterns and habits. Leave with one or two realistic changes to experiment with and notice what works for you. No previous session required.

at Glen Pine Pavilion

Tu	Mar 16	3:30 – 5 p.m.	1/$14.10	245925

Wellness: Health Lab: Constipation – What's Getting in the Way? (16+ yrs)

Go beyond simply adding fibre. Explore the nutrition and lifestyle foundations of healthy bowel movements, then use guided reflection to look at your own patterns. Leave with one or two simple changes to try and notice what works for you.

at Dogwood Pavilion

Tu	Mar 2	4 – 5:30 p.m.	1/$14.10	245713

Wellness: Living Life to the Full Information Session (19+ yrs)

Join us for an information session to learn about the free program Living Life to the Full which will be starting in early February, an eight week program designed to help people deal with everyday life challenges and learn self-management skills.

at Glen Pine Pavilion

Th	Jan 14	9:30 – 11 a.m.	1/FREE	245366

at Poirier Community Centre

Tu	Jan 12	10 – 11:30 a.m.	1/FREE	246812

Wellness: Living Life to the Full Workshop (19+ yrs)

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles. You will learn self confidence, problem-solving, stress management, motivation, dealing with unhelpful thoughts and anger management.

at Glen Pine Pavilion

Th	Feb 4 – Mar 25	9:30 – 11 a.m.	8/FREE	245367

at Poirier Community Centre

Tu	Jan 19 – Mar 9	10 – 11:30 a.m.	8/FREE	246815

Oops! We cancelled it...

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

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

Wellness: Tai Chi in a Chair (19+ yrs)

Seated Taichi offers a low-impact workout based on the flowing movements of Taichi to build balance, strength, and flexibility without stressing the joints. Slow controlled movements are synchronized with breath to allow the whole body to flow.

at Glen Pine Pavilion

M	Jan 11 – Feb 8	7:15 – 8:15 p.m.	5/$47	244654
M	Feb 22 – Mar 22	7:15 – 8:15 p.m.	5/$47	244655

Wellness: Tai Chi Walking Workshop (19+ yrs)

Slow controlled mindful shifting of weight is the foundation of Taichi Walking. It does not ensure weight loss but the practice of Taichi Walking will improve your body's balance, coordination, and energy and stimulate your connection between mind and movement.

at Glen Pine Pavilion

W	Jan 13 – Feb 10	7:30 – 8:30 p.m.	5/$47	244656
W	Feb 17 – Mar 24	7:30 – 8:30 p.m.	6/$56.40	244657

Wellness: Why Am I Still Tired? (19+ yrs)

Spending enough hours in bed but still waking up tired? Explore how daily rhythms, nutrition, movement, stress and evening habits can influence sleep quality, and learn practical ways to support more restorative sleep and better daytime energy.

at Glen Pine Pavilion

Tu	Feb 16	3:30 – 5 p.m.	1/$14.10	246543



Performing Arts

Choose Your Level

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

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

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

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

Foundation

Dance: American Tango Foundations Workshop (19+ yrs)

A modern take on a classic tango. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at Dogwood Pavilion

Sa	Mar 20	1:30 – 3:30 p.m.	1/$21.90	245580

Dance: Ballroom for One Foundations (19+ yrs)

Learn the fundamentals of ballroom dance—no partner required! Focus on rhythm, posture, and footwork for a variety of ballroom styles, helping you build confidence and grace on the dance floor.

at Dogwood Pavilion

Su	Jan 10 – Feb 7	10:15 – 11:15 a.m.	5/$54.75	244782
Su	Feb 14 – Mar 21	10:15 – 11:15 a.m.	6/$65.70	244784

Foundation

Dance: Bellydance Foundations (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	5:15 – 6:15 p.m.	5/$54.75	244638
Tu	Feb 16 – Mar 23	5:15 – 6:15 p.m.	6/$65.70	244640

Dance: Bollywood Foundations Workshop (19+ yrs)

Join this fun Bollywood dance workshop that's designed for everyone and any level of dancer, no experience required. Learn the basics of Bollywood.

at Dogwood Pavilion

F	Jan 29	2:15 – 3:45 p.m.	1/$16.43	245583
Th	Feb 11	10 – 11:30 a.m.	1/$16.43	245582
F	Mar 12	2:15 – 3:45 p.m.	1/$16.43	245584

Dance: Chinese Classical Foundations (19+ yrs)

An introduction to the graceful movements and techniques of Chinese classical dance, taught through age-appropriate choreography and creative movement. Skills taught include posture, flexibility, coordination, balance, and expressive storytelling through dance.

at Pinetree Community Centre

Sa	Jan 16 – Feb 6	5:15 – 6:15 p.m.	4/$43.80	244127
Sa	Feb 13 – Mar 13	5:15 – 6:15 p.m.	5/$54.75	244128

Dance: Cross Step Waltz Foundations Workshop (19+ yrs)

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

at Dogwood Pavilion

M	Feb 8	6 – 8 p.m.	1/$21.90	245117

Dance: Foxtrot Foundations Workshop (19+ yrs)

Diversify your dancing with this classic Foxtrot dance. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at Dogwood Pavilion

Sa	Jan 23	1:30 – 3:30 p.m.	1/$21.90	245578

Dance: Hip Hop Foundations (16+ yrs)

This dynamic course is designed for adults of all skill levels. You will explore the foundational moves of Hip Hop while building rhythm, coordination, and personal style in a supportive and fun environment.

at Pinetree Community Centre

F	Jan 15 – Feb 5	7:30 – 8:30 p.m.	4/$43.80	244083
F	Feb 12 – Mar 12	7:30 – 8:30 p.m.	5/$54.75	244084

Dance: Line Dance Foundations (19+ yrs)

Jump into this introductory line dance program designed for absolute beginners. Dance to several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Dogwood Pavilion

Tu	Jan 12 – Feb 9	2:15 – 3:15 p.m.	5/$54.75	245427
Tu	Feb 16 – Mar 23	2:15 – 3:15 p.m.	6/$65.70	245431

at Glen Pine Pavilion

M	Jan 11 – Feb 8	6:15 – 7:15 p.m.	5/$54.75	244644

Dance: Rumba Foundations (19+ yrs)

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

at Dogwood Pavilion

M	Feb 22 – Mar 22	6 – 7 p.m.	5/$54.75	245116

Dance: Rumba Foundations Workshop (19+ yrs)

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

at Dogwood Pavilion

Sa	Feb 20	1:30 – 3:30 p.m.	1/$21.90	245579

Music: Guitar Foundations (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 Centennial Activity Centre

W	Jan 13 – Feb 3	7:30 – 8:30 p.m.	4/$37.20	245143
W	Feb 10 – Mar 10	7:30 – 8:30 p.m.	5/$46.50	245144

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	7:30 – 8:30 p.m.	5/$46.50	244629
Tu	Feb 16 – Mar 23	7:30 – 8:30 p.m.	6/$55.80	244631

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

Foundation

Music: Karaoke Voice Skills Foundations (19+ yrs)

Love singing along to your favourite songs? Our Karaoke Class is a fun and supportive way to build confidence, improve your singing skills, and enjoy making music with others. Learn simple techniques for breathing, posture, and vocal control from an experienced instructor while singing the songs you know and love. This class is all about having fun and finding your voice.

at Dogwood Pavilion

Th	Jan 14 – Feb 11	4:30 – 5:30 p.m.	5/$46.50	245147
Th	Feb 18 – Mar 25	4:30 – 5:30 p.m.	6/$55.80	245148

Music: Singing Voice Skills Foundations (19+ yrs)

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

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	12:15 – 1:45 p.m.	5/$69.75	244624
Su	Feb 14 – Mar 21	12:15 – 1:45 p.m.	6/$83.70	244625

Music: Ukulele Foundations (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	1 – 2 p.m.	5/$46.50	245547
Sa	Feb 20 – Mar 20	1 – 2 p.m.	5/$46.50	245548

at Glen Pine Pavilion

M	Jan 11 – Feb 8	7 – 8 p.m.	5/$46.50	244632
M	Feb 22 – Mar 22	7 – 8 p.m.	5/$46.50	244637



Beginner

Dance: Argentine Tango Beginner (19+ yrs)

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

at Dogwood Pavilion

M	Feb 22 – Mar 22	7:15 – 8:15 p.m.	5/$54.75	245115

Dance: Bellydance Beginner (19+ yrs)

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

at Dogwood Pavilion

W	Jan 13 – Feb 10	5 – 6 p.m.	5/$54.75	245141
W	Feb 17 – Mar 24	5 – 6 p.m.	6/$65.70	245142

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

F	Jan 15 – Feb 12	1:45 – 2:45 p.m.	5/$54.75	246392

at Glen Pine Pavilion

M	Feb 22 – Mar 22	6:15 – 7:15 p.m.	5/$54.75	244645

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 Glen Pine Pavilion

Su	Feb 14 – Mar 21	11 a.m. – 12 p.m.	6/$55.80	244623

Oops! We cancelled it...

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

Intermediate

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

W	Jan 13 – Feb 10	7:45 – 8:45 p.m.	5/$54.75	244652
W	Feb 17 – Mar 24	7:45 – 8:45 p.m.	6/$65.70	244653

Dance: Choreographed Bellydance (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	7:45 – 8:45 p.m.	5/$54.75	244641
Tu	Feb 16 – Mar 23	7:45 – 8:45 p.m.	6/$65.70	244642

Music: Ukulele Intermediate (19+ yrs)

Expand your chord vocabulary and further develop your skill set and work towards a new set of songs by the end of the course. Please bring your own ukulele.

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	11 a.m. – 12 p.m.	5/$46.50	244621

All Levels

Dance: Ageless Ballet All Levels (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 Dogwood Pavilion

Tu	Jan 12 – Feb 9	12:45 – 1:45 p.m.	5/$54.75	244847
Tu	Feb 16 – Mar 23	12:45 – 1:45 p.m.	6/$65.70	244848

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	11 a.m. – 12 p.m.	5/$54.75	245421
Th	Feb 18 – Mar 25	11 a.m. – 12 p.m.	6/$65.70	245423

Dance: Ballroom All Levels – Rumba (19+ yrs)

Slow tempo and focus on rhythmic changes makes this one of the best Latin ballroom dances for all skill levels. Each person in the couple/partner grouping must register. Solo dancers welcome.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	6:45 – 7:30 p.m.	5/$41	245436

Dance: Ballroom All Levels – Waltz (19+ yrs)

The Waltz is a foundational ballroom dance characterized by a flowing rhythm and the "rise and fall" action that makes it appealing to dancers of all skill levels. Each person in the couple/partner grouping must register. Solo dancers welcome.

at Glen Pine Pavilion

Th	Feb 18 – Mar 25	6:45 – 7:30 p.m.	6/$49.20	245443

Dance: Bollywood – All Levels (19+ yrs)

Join this casual, fun Bollywood dance class that's designed for everyone and any level of dancer, no experience required.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	6:15 – 7:45 p.m.	4/$65.68	245931
Su	Feb 7 – Mar 7	6:15 – 7:45 p.m.	5/$82.10	245936

Dance: Hip Hop All Levels (16+ yrs)

This dynamic course is designed for adults of all skill levels. You will explore the foundational moves of Hip Hop while building rhythm, coordination, and personal style in a supportive and fun environment.

at Maillardville Community Centre

Su	Jan 10 – Jan 31	3:45 – 4:45 p.m.	4/$43.80	246150
Su	Feb 7 – Mar 7	3:45 – 4:45 p.m.	5/$54.75	246151

Dance: Jazz All Levels (19+ yrs)

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

at Dogwood Pavilion

F	Jan 15 – Feb 12	3 – 4 p.m.	5/$54.75	246400

at Glen Pine Pavilion

M	Jan 11 – Feb 8	2:30 – 3:30 p.m.	5/$54.75	245419
M	Feb 22 – Mar 22	2:30 – 3:30 p.m.	5/$54.75	245420

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

All Levels

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	Jan 12 – Feb 9	3:30 – 4:30 p.m.	5/$54.75	245430
Tu	Feb 16 – Mar 23	3:30 – 4:30 p.m.	6/$65.70	245432
F	Feb 19 – Mar 19	3 – 4 p.m.	5/$54.75	245171

Dance: Persian Dance All Levels (19+ yrs)

Persian dance is a very graceful and refined dance focusing on cardio – the torso, arms, and hands along with facial expression and very different from Bellydancing. The music is upbeat and uplifting and fun for everyone who love dance.

at Glen Pine Pavilion

M	Jan 11 – Feb 8	5 – 6 p.m.	5/$54.75	245750
M	Feb 22 – Mar 22	5 – 6 p.m.	5/$54.75	245751

Drama: Improv Theatre Workshop (19+ yrs)

Improvisational acting! Improv is all about saying 'yes, and,' accepting offers, and expressing yourself while working as a team through fun and entertaining games. No scripts and no rehearsals.

at Glen Pine Pavilion

W	Jan 13	7 – 8:30 p.m.	1/$17.20	245549
W	Jan 27	7 – 8:30 p.m.	1/$17.20	245550
W	Feb 10	7 – 8:30 p.m.	1/$17.20	245551
W	Feb 24	7 – 8:30 p.m.	1/$17.20	245552
W	Mar 10	7 – 8:30 p.m.	1/$17.20	245553
W	Mar 24	7 – 8:30 p.m.	1/$17.20	245554

at Town Centre Park Community Centre

W	Feb 17	7:30 – 9 p.m.	1/$17.20	245010

Music: Let's Sing! A Musical Journey (19+ yrs)

Join us for an enjoyable hour of singing as we explore a different musical style each week—from Country and Blues to Soul, Folk, Rock, and more. No experience is required—just bring your voice and enjoy the music.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	6:15 – 7:15 p.m.	5/$46.50	244626
Tu	Feb 16 – Mar 23	6:15 – 7:15 p.m.	6/$55.80	244627

Sports and Active Play

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 Pinetree Community Centre

Su	Jan 31 – Mar 7	2:30 – 4 p.m.	6/$93.60	245169

Boorman Archery 16 yrs+ (16+ yrs)

For beginners wanting to shoot targets with a bow and arrow. Program includes rules, safety and proper technique. All equipment is provided. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Feb 14 – Mar 14	9 – 10 a.m.	4/$60	245151
Su	Feb 14 – Mar 14	10:15 – 11:15 a.m.	4/$60	245152
Su	Feb 14 – Mar 14	11:30 a.m. – 12:30 p.m.	4/$60	245153

Pickleball Clinic: Attacks and Counter Attacks (16+ yrs)

Stay aggressive and stay in the point. Learn how to react faster, counter attack with confidence, and create stronger more effective attack shots to keep pressure on your opponents.

at Maillardville Community Centre

F	Mar 5	1:15 – 3:15 p.m.	1/$20.70	246246

Adapted Aqua Movement

(19+ years)



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

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

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

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



Pickleball Clinic: Respect the X (16+ yrs)

Learn where to be and why it matters! This positioning clinic focuses on court awareness, partner movement and understanding the "X" to help you stay in the right place at the right time.

at Maillardville Community Centre

F	Jan 29	1:15 – 3:15 p.m.	1/$20.70	246247

Pickleball Clinic: Serves, Returns and Blocks (16+ yrs)

Elevate your fundamentals and gain a competitive edge! Learn a variety of serve styles to keep opponents guessing, sharpen your return game, and develop reliable blocks that reset play with control and confidence.

at Maillardville Community Centre

F	Jan 15	1:15 – 3:15 p.m.	1/$20.70	246243

Pickleball Clinic: Transition Zone Play (16+ yrs)

Learn how to master the mid-court! This clinic focuses on smart positioning, shot selection and movement through the transition zone. Build confidence taking control between the baseline and kitchen to turn defense into offense.

at Maillardville Community Centre

F	Feb 19	1:15 – 3:15 p.m.	1/$20.70	246245

Pickleball Clinic: Volleys vs Drop Shots (16+ yrs)

Through drills and game-based activities, build confidence using both shots to create opportunities and take control of the rally. Focusing on developing control, placement and decision-making so you can choose the right shot at the right time.

at Maillardville Community Centre

F	Feb 5	1:15 – 3:15 p.m.	1/$20.70	246244

Pickleball: Learn to Play (16+ yrs)

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

16+ yrs

at Maillardville Community Centre

M	Jan 11 – Feb 1	3:30 – 5 p.m.	4/$62.40	246162
M	Feb 22 – Mar 15	3:30 – 5 p.m.	4/$62.40	246163

19+ yrs

at Poirier Forum

Tu	Jan 12 – Feb 9	11 a.m. – 12:30 p.m.	5/$78	245124
W	Jan 13 – Feb 10	11 a.m. – 12:30 p.m.	5/$78	245137
Th	Jan 14 – Feb 11	11 a.m. – 12:30 p.m.	5/$78	245149
Tu	Feb 16 – Mar 23	11 a.m. – 12:30 p.m.	6/$93.60	245125
W	Feb 17 – Mar 24	11 a.m. – 12:30 p.m.	6/$93.60	245138
Th	Feb 18 – Mar 25	11 a.m. – 12:30 p.m.	6/$93.60	245150

Pickleball: Round Robin Play (16+ yrs)

Single-day round robin play for players at all levels, facilitated by city staff.

at Maillardville Community Centre

F	Jan 22	1:30 – 4:30 p.m.	1/$15.60	246240
F	Feb 12	1:30 – 4:30 p.m.	1/$15.60	246241
F	Mar 12	1:30 – 4:30 p.m.	1/$15.60	246242

Oops! We cancelled it...

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

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

Pickleball: Skill Progression (16+ yrs)

Build on the foundations, refine your technique, improve consistency and develop stronger gameplay strategies through guided instruction and practice. Some experience required.

at Centennial Activity Centre

Su	Jan 10 – Jan 31	11 a.m. – 12:30 p.m.	4/$62.40	244751
Su	Feb 7 – Mar 7	11 a.m. – 12:30 p.m.	5/$78	244752

at Maillardville Community Centre

M	Jan 11 – Feb 1	5:15 – 6:45 p.m.	4/$62.40	246164
M	Feb 22 – Mar 15	5:15 – 6:45 p.m.	4/$62.40	246165

Pickleball: Skill Progression (19+ yrs)

Build on the foundations, refine your technique, improve consistency and develop stronger gameplay strategies through guided instruction and practice. Some experience required.

at Poirier Forum

W	Jan 13 – Feb 10	12:45 – 2:15 p.m.	5/$78	245139
W	Feb 17 – Mar 24	12:45 – 2:15 p.m.	6/$93.60	245140

Seniors Can Move (50+ yrs)

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

at Maillardville Community Centre

Tu	Jan 5 – Mar 9	10 – 11 a.m.	10/$52	246166
Tu	Jan 5 – Mar 9	11:15 a.m. – 12:15 p.m.	10/$52	246167
Tu	Jan 5 – Mar 9	1 – 2 p.m.	10/$52	246168

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 Centennial Activity Centre

Su	Jan 10 – Jan 31	5:15 – 6:15 p.m.	4/$41.40	244761
Su	Feb 7 – Mar 7	5:15 – 6:15 p.m.	5/$51.75	244762

at Maillardville Community Centre

Th	Jan 14 – Feb 4	6 – 7 p.m.	4/$41.40	246204
Th	Feb 11 – Mar 11	6 – 7 p.m.	5/$51.75	246205

All Abilities Welcome!
Visit page **4** for details

Visual Arts

Choose Your Level

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

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

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

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

Foundation

Crafts: Relief Carving and Printmaking Workshop (19+ yrs)

Join us in creating your own linoleum carving and ink print. Learn to safely carve and transfer your image into personalized art stamps.

at Dogwood Pavilion

Sa	Jan 23 – Jan 30	10 a.m. – 12 p.m.	2/$44.20	245574
Su	Feb 21 – Feb 28	11 a.m. – 1 p.m.	2/$44.20	245575
Sa	Mar 13 – Mar 20	10 a.m. – 12 p.m.	2/$44.20	245576

Drawing: Drawing Foundations (19+ yrs)

Discover the fundamentals of drawing in this welcoming introduction for complete beginners. Learn how to see and draw with confidence through simple, guided exercises focusing on line, shape, proportion, shading, value, and composition.

at Dogwood Pavilion

Tu	Jan 19 – Feb 2	9:30 – 11:30 a.m.	3/$44.10	246058

at Maillardville Community Centre

W	Jan 6 – Feb 3	6:30 – 8:30 p.m.	5/$92	246248

Drawing: Foundations – Seeing Objects in Shapes (19+ yrs)

Discover the foundation of drawing with an emphasis on black-and-white shapes. Every object can be broken down into simple shapes. Learn to see shapes instead of objects and develop strong observational skills, improve accuracy and build confidence in creating drawings that are balanced and believable.

at Glen Pine Pavilion

F	Feb 19 – Mar 19	11:30 a.m. – 1:30 p.m.	5/$73.50	245354

Painting: Acrylic Foundations Workshop (19+ yrs)

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

at Town Centre Park Community Centre

W	Jan 20	6:30 – 8:30 p.m.	1/$26.10	244531

Painting: Watercolour or Gouache Colour Theory (19+ yrs)

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

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	1:30 – 3:30 p.m.	5/$73.50	244696

Photography: Smartphone Camera Foundations (19+ yrs)

Unlock the power of your smartphone camera in this hands-on program. Discover the art of dynamic shooting angles, composition, and harness the magic of light and colour to take stunning photos from your everyday device. We'll show you how to enhance your shots with useful editing resources to make your pictures truly pop!

at Dogwood Pavilion

F	Jan 15 – Feb 12	2:45 – 4:15 p.m.	5/$55.25	245392
F	Feb 19 – Mar 19	2:45 – 4:15 p.m.	5/$55.25	245397

Woodworking: Woodworking Foundations (19+ yrs)

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

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	9:30 – 11:30 a.m.	5/$190	245543
Sa	Jan 16 – Feb 13	12 – 2 p.m.	5/$190	245545
Sa	Feb 20 – Mar 20	9:30 – 11:30 a.m.	5/$190	245544
Sa	Feb 20 – Mar 20	12 – 2 p.m.	5/$190	245546

Beginner

Crafts: Air Dry Clay Workshop (19+ yrs)

Knead, shape and sculpt with air dry clay to create a vase, jewelry box or trinket holder. Learn the basics of working with air dry clay to create functional unique pieces. After it is dry, paint and decorate your project and learn to seal it for extra protection. The instructor will demonstrate how to use resin.

at Dogwood Pavilion

Th	Feb 11 – Feb 25	1 – 3 p.m.	2/$52.20	246093

Crafts: Crochet Beginner (16+ yrs)

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

at Maillardville Community Centre

Tu	Jan 12 – Feb 2	6 – 8 p.m.	4/$66.44	246189
Tu	Feb 9 – Mar 9	6 – 8 p.m.	5/$83.05	246190

Crafts: Cross Stitch Workshop (19+ yrs)

Learn the basics of cross stitch, from reading patterns and preparing fabric to stitching and finishing in a hoop. Bring a piece of clothing or bag (cotton or linen) that you would like to cross stitch a design onto.

at Dogwood Pavilion

Tu	Feb 23	9:30 – 11:30 a.m.	1/$10	245923

Crafts: Embroidery Workshop (19+ yrs)

Learn to transfer designs onto fabric, prepare floss, and practice basic embroidery stitches and techniques.

at Dogwood Pavilion

F	Mar 5 – Mar 19	9:30 – 11 a.m.	3/$22.50	246089

Crafts: Image Transfer Techniques Workshop (19+ yrs)

Discover the creative possibilities of image transfer onto fabric and other surfaces. Through demonstrations and guided practice discover what works, what doesn't, and why. You'll gain practical knowledge of the preparation, materials, and techniques needed to create your own image transfer projects at home.

at Dogwood Pavilion

Th	Feb 4	1 – 3 p.m.	1/$26.10	246094
Th	Mar 11	1 – 3 p.m.	1/$26.10	246072

Crafts: Knitting Workshop (19+ yrs)

Join us for a knitting class to learn to make things from yarn. Knitting is fun, creative and has many health benefits.

at Dogwood Pavilion

M	Jan 11 – Mar 8	10 – 11:30 a.m.	8/$60	242885

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

Beginner

Crafts: Needle Felting Workshop – Multicolour Heart (19+ yrs)

Learn the basics of needle felting while creating a pretty heart. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

at Dogwood Pavilion

M	Feb 8	9:30 – 11:30 a.m.	1/$26.10	246027

Crafts: Needle Felting Workshop – Snowflake (19+ yrs)

Learn the basics of needle felting while creating a pretty snowflake. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

at Dogwood Pavilion

M	Jan 11	9:30 – 11:30 a.m.	1/$26.10	246026

Crafts: Needle Felting Workshop – Peach (19+ yrs)

Learn the basics of needle felting while creating a pretty peach. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

at Dogwood Pavilion

M	Mar 8	9:30 – 11:30 a.m.	1/$26.10	246028

Crafts: Soft Bookbinding with Pamphlet Stitching Workshop (19+ yrs)

Join us for an introductory soft bookbinding workshop to create your own unique handmade journal using the pamphlet stitch and other decorative stitches.

at Dogwood Pavilion

Th	Mar 4	1 – 3 p.m.	1/$26.10	246740

Crochet: Beginner Skills 19 yrs+ (19+ yrs)

In this hands-on beginner program, learn and apply basic crochet techniques.

at Town Centre Park Community Centre

Tu	Jan 12 – Feb 2	6 – 8 p.m.	4/$66.45	244522

Drawing: Birds (19+ yrs)

This course focuses on the fundamentals of drawing birds. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more to make our feathered friends come alive on a page.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	9 – 11 a.m.	5/$73.50	244833

Drawing: Drawing Beginner (19+ yrs)

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

at Dogwood Pavilion

M	Jan 11 – Feb 8	11:45 a.m. – 1:45 p.m.	5/$73.50	243188

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	12:15 – 1:45 p.m.	5/$55.25	245178
Su	Feb 14 – Mar 21	12:15 – 1:45 p.m.	6/$66.30	245179

Mae Studio: Beginner Garment Sewing (16+ yrs)

This program will provide participants with the fundamentals of sewing, from using a machine to completing personal projects. Learn to cut and sew garments and accessories, follow commercial patterns and a variety of sewing techniques. Two projects will be completed from options such as tops, pants, skirts or bags. All tools and machines are supplied, with the option to bring your own. Materials are not included. In Partnership with Mae Studio.

at Town Centre Park Community Centre

Su	Jan 10 – Feb 14	12 – 2 p.m.	6/$355	245007

Mixed Media: Sketching with Soft Dry Tools (19+ yrs)

Explore soft, dry drawing materials such as vine and compressed charcoal, Conté sticks, and chalk pastels. These versatile materials blend easily, erase cleanly, and layer well, making them ideal for creating a wide range of tones and textures. Build your drawing skills beyond pencil techniques as you learn how to use dry media for expressive, atmospheric, and painterly effects.

at Glen Pine Pavilion

Tu	Feb 16 – Mar 23	11:30 a.m. – 1 p.m.	6/$66.30	244758

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.

at Dogwood Pavilion

Th	Jan 14 – Feb 11	9:30 – 11:30 a.m.	5/$73.50	243174
Th	Feb 18 – Mar 25	9:30 – 11:30 a.m.	6/$88.20	243175

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	6:30 – 8:30 p.m.	5/$73.50	245304
Sa	Jan 16 – Feb 13	9:30 – 11:30 a.m.	5/$73.50	245230
Tu	Feb 16 – Mar 23	6:30 – 8:30 p.m.	6/$88.20	245308
Sa	Feb 20 – Mar 27	9:30 – 11:30 a.m.	6/$88.20	245231

Beginner

Painting: Acrylic Colourful Landscapes (19+ yrs)

Explore the beauty of the landscape through acrylic painting, bright colours, and expressive brushstrokes. Students will learn techniques to create depth, texture, light, and atmosphere while painting colourful landscapes inspired by nature.

at Dogwood Pavilion

Su	Feb 28 – Mar 21	10 a.m. – 12 p.m.	4/$58.80	245486

Painting: Acrylic Impressionism (19+ yrs)

Explore the beauty of impressionist painting through bold colours and expressive brushstrokes. Students will learn techniques to capture light, movement, texture, and atmosphere while creating expressive paintings inspired by the world around them.

at Dogwood Pavilion

Su	Jan 17 – Feb 7	10 a.m. – 12 p.m.	4/$58.80	245485

Painting: Acrylic Workshop – Crows (19+ yrs)

Learn to paint crows in this beginner two week workshop. Explore colour, light and expression to bring this intelligent and mysterious bird to life.

at Dogwood Pavilion

Tu	Mar 23 – Mar 30	6 – 8 p.m.	2/$52.20	246047

Painting: Acrylic Workshop – Floral Still Life (19+ yrs)

Discover the beauty of still life painting in this beginner two week workshop inspired by the art of Manet. Explore colour, light and texture while mastering strong contrasts and simplified shapes.

at Dogwood Pavilion

Tu	Feb 9 – Feb 16	6 – 8 p.m.	2/$52.20	245526

Painting: Watercolour Beginner (19+ yrs)

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

at Dogwood Pavilion

Tu	Jan 12 – Feb 9	12:30 – 3 p.m.	5/$92	244426
Th	Jan 14 – Feb 11	12:30 – 3 p.m.	5/$92	244445
Tu	Feb 23 – Mar 23	12:30 – 3 p.m.	5/$92	244427
Th	Feb 25 – Mar 25	12:30 – 3 p.m.	5/$92	244448

at Glen Pine Pavilion

F	Jan 15 – Feb 12	9 – 11 a.m.	5/$73.50	245345
F	Feb 19 – Mar 19	9 – 11 a.m.	5/$73.50	245353

Painting: Watercolour Beginner Workshop (19+ yrs)

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

at Town Centre Park Community Centre

W	Feb 3	6:30 – 8:30 p.m.	1/$26.10	244533

Photography: Digital Photography SLR Beginner (19+ yrs)

This course is designed for people with their first, or new Single Lens Reflex (SLR/ DSLR) or Mirrorless digital camera. Topics covered include basic functions, shutter speeds, F-stops, modes, flash, lenses and exposure. Bring your own SLR, DSLR, or Mirrorless camera. Dress for the weather, some outdoor photography will be included.

at Dogwood Pavilion

Sa	Mar 6 – Mar 27	10 – 11:30 a.m.	4/$44.20	245542

Photography: How to Photograph Christmas Lights (19+ yrs)

Discover the art of photographing Christmas lights in this hands-on program designed for digital SLR and compact digital cameras. Learn how to about the camera settings best used in low light photography.

at Town Centre Park Community Centre

Sa	Jan 23	6:30 – 8 p.m.	1/$10.05	246619

Woodcarving Beginner (19+ yrs)

Learn beginner woodcarving skills such as safe tool handling, basic knife skills and understanding wood grain to carve simple projects like a bear, fox, cat or dog. Learn techniques such as cutting, gouging, and shaping, sometimes starting with a sample board to practice different cuts before moving on to a project.

at Dogwood Pavilion

W	Jan 13 – Feb 17	6 – 8 p.m.	6/$88.20	245763
W	Feb 24 – Mar 31	6 – 8 p.m.	6/$88.20	245764

Intermediate

Crochet: Intermediate Skills 19 yrs+ (19+ yrs)

In this hands-on intermediate program, build on basic crochet techniques and learn new skills such as working in the round, granny squares and ribbing.

at Town Centre Park Community Centre

Tu	Feb 9 – Mar 9	6 – 8 p.m.	5/$83.05	244963

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

Intermediate

Drawing: Drawing Intermediate (19+ yrs)

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

at Dogwood Pavilion

M	Feb 22 – Mar 22	11:45 a.m. – 1:45 p.m.	5/$73.50	243189

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	9 – 11 a.m.	5/$73.50	245182
Tu	Feb 16 – Mar 23	9 – 11 a.m.	6/$88.20	245183

Painting: Watercolour Intermediate (19+ yrs)

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

at Dogwood Pavilion

Tu	Jan 12 – Feb 9	9:30 a.m. – 12 p.m.	5/$92	243176
Tu	Feb 23 – Mar 23	9:30 a.m. – 12 p.m.	5/$92	243177

at Glen Pine Pavilion

W	Jan 13 – Feb 10	11:30 a.m. – 1:30 p.m.	5/$73.50	245185
W	Feb 17 – Mar 24	11:30 a.m. – 1:30 p.m.	6/$88.20	245187

All Levels

Crafts: Air Dry Clay Workshop (19+ yrs)

Learn best practices, the properties of this type of clay and leave the class with projects that will be ready to be sanded and painted once fully dry.

at Glen Pine Pavilion

W	Jan 13 – Jan 20	6:30 – 8:30 p.m.	2/$52.20	245908
W	Feb 3 – Feb 10	6:30 – 8:30 p.m.	2/$52.20	245912
W	Feb 17 – Feb 24	6:30 – 8:30 p.m.	2/$52.20	245918
W	Mar 3 – Mar 10	6:30 – 8:30 p.m.	2/$52.20	245920

Drawing: Architectural and Botanical Pen Drawing (19+ yrs)

Working with fine-tip archival pens, you will learn to build rich textures, capture intricate details, and create stunning, permanent ink illustrations with confidence.

at Dogwood Pavilion

F	Jan 15 – Jan 22	9:30 – 11:30 a.m.	2/$29.40	246087

All Abilities Welcome!
Visit page **4** for details

Drawing: Coloured Pencils (16+ yrs)

Learn the tips and tricks that go into creating portrait drawings composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow.

at Maillardville Community Centre

W	Feb 10 – Mar 10	6:30 – 8:30 p.m.	5/$92	246249

Drawing: Coloured Pencils (19+ yrs)

Learn the tips and tricks that go into creating drawings composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow.

at Dogwood Pavilion

M	Jan 11 – Feb 8	9 – 11:30 a.m.	5/$92	243186
M	Feb 22 – Mar 22	9 – 11:30 a.m.	5/$92	243187

Drawing: Exploring Charcoal (19+ yrs)

Discover the versatility of drawing with charcoal and learn essential techniques for shading, contouring and capturing depth.

at Dogwood Pavilion

Tu	Feb 9	9:30 – 11:30 a.m.	1/$14.70	246065

Drawing: Exploring Pastels (19+ yrs)

Explore the vibrant world of drawing with pastels and learn techniques for blending, layering and creating texture.

at Dogwood Pavilion

Tu	Mar 9 – Mar 23	9:30 – 11:30 a.m.	3/$44.10	246063

Drawing: Iconic Buildings and Places (19+ yrs)

Travel the world through drawing as we explore iconic buildings, landmarks, and streetscapes from around the globe. Develop your sketching skills while exploring perspective, composition, and creative ways to capture the character of each place.

at Dogwood Pavilion

Th	Feb 18 – Mar 25	6 – 8 p.m.	6/$88.20	245866

Drawing: Sketch the City (19+ yrs)

Join us to meet the instructor and try out the class. Capture buildings, streetscapes, and urban scenes through sketching while exploring perspective, composition, and a more relaxed, expressive approach to drawing.

at Dogwood Pavilion

Th	Jan 14	6 – 8 p.m.	1/$14.70	245865

All Levels

Drawing: Sketch the City (19+ yrs)

Capture buildings, streetscapes, and urban scenes through sketching while exploring perspective, composition, and a more relaxed, expressive approach to drawing.

at Dogwood Pavilion

Th	Jan 21 – Feb 11	6 – 8 p.m.	4/$58.80	245864

Mixed Media: Art Explorations (19+ yrs)

Explore a variety of materials by drawing, painting and collage, using graphite, ink, pastels or water-soluble paint. You never know what we'll get up to in this fun class.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	9:30 a.m. – 12 p.m.	5/$92	242951
Sa	Feb 20 – Mar 27	9:30 a.m. – 12 p.m.	6/$110.40	242952

Mixed Media: Art Story Journal (19+ yrs)

Explore your creativity through both art and words as you begin to create a personal journal inspired by travel, memoir, illustrated family stories or personal reflections. Discover new ways to capture memories, express ideas and bring your stories to life on the page.

at Dogwood Pavilion

M	Jan 11 – Feb 8	2 – 4 p.m.	5/$73.50	245506
M	Feb 22 – Mar 22	2 – 4 p.m.	5/$73.50	245507

Mixed Media: Faces and Figures (19+ yrs)

Faces and Figures using a variety of drawing and painting tools. Capture expressions and movement on a page.

at Glen Pine Pavilion

W	Jan 13 – Feb 10	1 – 3 p.m.	5/$73.50	244845

Mixed Media: Faerie Tale Tunnel Books (19+ yrs)

Step into the fascinating world of the 3D Book! Tunnel books use layered paper and accordion-fold hinges to construct breathtaking, multi-dimensional worlds inside a portable frame. Discover the intricacies of this unique medium, learn paper mechanics and cutting techniques, and design your own multi-layered faerie tale scene from provided templates.

at Glen Pine Pavilion

Th	Feb 18 – Feb 25	6:30 – 8:30 p.m.	2/$52.20	245728

Mixed Media: Finish It Art Studio (19+ yrs)

Each session includes guidance on common sticking points to help you move past obstacles and keep your creativity flowing. Bring your in progress artwork and get the support you need to complete it! The instructor will help you work through challenges, refine techniques, and build confidence.

at Dogwood Pavilion

M	Jan 18	9:30 – 11:30 a.m.	1/$14.70	246036
M	Feb 22	9:30 – 11:30 a.m.	1/$14.70	246038
M	Mar 15	9:30 – 11:30 a.m.	1/$14.70	246039

Mixed Media: Geometric 3D Minimalist Relief Wall Art in A Wooden Floating Frame (19+ yrs)

Inspired by Japandi (Japanese craftsmanship with cozy functionality of Scandinavian design) style and wabi-sabi (beauty in imperfection) aesthetics, this simple yet elegant art style is frequently used for modern interiors, looks pricey but fairly simple to create. Smooth curved shapes create sculptural effect on the wall.

at Glen Pine Pavilion

Th	Jan 21 – Jan 28	6:30 – 8:30 p.m.	2/$52.20	245724

Mixed Media: Inks and Watercolours (19+ yrs)

Using both inks and watercolour paints to create stunning drawings and designs in a mixed media composition class.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	11:30 a.m. – 1 p.m.	5/$55.25	244728

Mixed Media: Playing with Portraits (19+ yrs)

Playing with Portraits using a variety of drawing and painting tools. Capture skin tones, facial expressions and create an image of a living face.

at Glen Pine Pavilion

W	Feb 17 – Mar 24	1 – 3 p.m.	6/$88.20	244846

Mixed Media: Sketch and Wash (19+ yrs)

Explore tools you can draw with — and then add water for beautiful washes! Great for everything from still lifes to urban sketching, portraits to landscapes! These kinds of tools are great on their own, but can be mixed with your favourite drawing and painting tools.

at Glen Pine Pavilion

W	Jan 13 – Feb 10	3:30 – 5:30 p.m.	5/$73.50	244850
W	Feb 17 – Mar 24	3:30 – 5:30 p.m.	6/$88.20	244852

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

All Levels

Mixed Media: Sketching Cherished Memories (19+ yrs)

Sketching fleeting moments into lasting cherished memories. Learn how to capture important events by drawing and giving them life and colour on a page.

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	4 – 6 p.m.	5/$73.50	245581

Mixed Media: Urban Sketching Quick Animals (19+ yrs)

Including animals in your urban sketches can add so much to your picture and should not be avoided. Learn how to quickly draw animals so they add to your sketching skills and bring life and animation into your scenery.

at Glen Pine Pavilion

Th	Feb 18 – Mar 25	11:30 a.m. – 1:30 p.m.	6/$88.20	244844

Mixed Media: Urban Sketching Small Figures (19+ yrs)

There are many tips and tricks to drawing small figures or little people in urban sketching. Learn how to best bring life to your landscapes by creating a sense of scale and action and the technique is fun and simple for all levels of drawing.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	11:30 a.m. – 1:30 p.m.	5/$73.50	244836

Mixed Media: Watercolour and Pencil Crayons (19+ yrs)

This mixed media composition class uses both watercolour paints and pencil crayons to showcase illustrations that are colourful and eye-catching.

at Glen Pine Pavilion

F	Jan 15 – Feb 12	11:30 a.m. – 1:30 p.m.	5/$73.50	245351

Mixed Media: Watercolour and Pencil Crayons Workshop (19+ yrs)

Using both watercolour paints and pencil crayons to create stunning drawings and designs in a mixed media composition Workshop.

at Glen Pine Pavilion

F	Jan 22	2 – 4 p.m.	1/$26.10	245814
F	Feb 5	2 – 4 p.m.	1/$26.10	245816
F	Feb 19	2 – 4 p.m.	1/$26.10	245818

Painting: A Study in Perspective in Acrylics (19+ yrs)

A good understanding of perspective is necessary to create the illusion of realism, depth and dimension when painting in acrylics.

at Glen Pine Pavilion

M	Mar 8 – Mar 15	9 – 11 a.m.	2/$52.20	245225

Painting: Acrylic Afternoon – Impressionism (19+ yrs)

Capture light, movement, and mood using loose, visible brushstrokes and vibrant colours in this afternoon workshop on impressionism in acrylics.

at Glen Pine Pavilion

F	Jan 15	2 – 4 p.m.	1/$26.10	245807

Painting: Acrylic Afternoon – Loose Florals (19+ yrs)

Painting loose florals in acrylics means using bold, expressive brushstrokes and carefree layers instead of strict, realistic details in this afternoon workshop.

at Glen Pine Pavilion

F	Mar 5	2 – 4 p.m.	1/$26.10	245808

Painting: Acrylic Afternoon – Scenic Landscape (19+ yrs)

Create a scenic landscape in acrylics in this afternoon workshop by using striking and rich colours on your palette to c apture the texture and mood of the natural world.

at Glen Pine Pavilion

F	Mar 19	2 – 4 p.m.	1/$26.10	245812

Painting: Acrylic All Levels (19+ yrs)

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

at Dogwood Pavilion

W	Jan 13 – Feb 10	12:30 – 3 p.m.	5/$92	243172
W	Feb 17 – Mar 24	12:30 – 3 p.m.	6/$110.40	243173

at Glen Pine Pavilion

Tu	Jan 12 – Feb 9	9 – 11:30 a.m.	5/$92	245227
Tu	Feb 16 – Mar 23	9 – 11:30 a.m.	6/$110.40	245228

Painting: Acrylic Paint Night – Expressive Eyes (19+ yrs)

A fun paint night on expressive eyes to capture emotions through vibrant colours and unique highlights that will give focus on the windows of the soul.

at Glen Pine Pavilion

Th	Jan 14	6:30 – 8:30 p.m.	1/$26.10	245229

All Levels

Painting: Acrylic Paint Night – Love is in the Air (19+ yrs)

Capture the feeling of "love is in the air" on canvas using harmonious colours by translating emotions into a visual experience in this whimsical paint night experience.

at Glen Pine Pavilion

Th	Feb 4	6:30 – 8:30 p.m.	1/$26.10	245332

Painting: Acrylic Paint Night – Spring Cherry Blossoms (19+ yrs)

Create a beautiful cherry blossoms acrylic painting by blending a soft sky background with the beautiful soft petals on this beautiful flower welcoming in the Spring season.

at Glen Pine Pavilion

Th	Mar 11	6:30 – 8:30 p.m.	1/$26.10	245336

Painting: Acrylic Paint Night – Sweet Treats (19+ yrs)

Painting sweet treats in acrylics on canvas is a fun and colorful project that involves sketching your design, blocking in base colors, and layering highlights and shadows to create a delightfully delicious completed piece of artwork.

at Glen Pine Pavilion

Th	Mar 4	6:30 – 8:30 p.m.	1/$26.10	245731

Painting: Acrylic Paint Night – Two Little Lovebirds (19+ yrs)

Celebrate love and friendship this February with this Paint Night with a twist. Participants will create matching partner paintings. Each painting created will contain a lovebird and when the partner painting is put beside the first painting, the lovebirds will connect.

at Glen Pine Pavilion

Th	Feb 11	6:30 – 8:30 p.m.	1/$26.10	245727

Painting: Acrylic Workshop – Lighthouse at Night (19+ yrs)

Start with a black canvas and create a stark silhouette of a lighthouse on a cliffside, using sweeping, dry-brushed white or pale yellow rays to cut directly through the pitch-black sky and sea.

at Dogwood Pavilion

Su	Feb 21	10 a.m. – 12 p.m.	1/$26.10	246091

Painting: Acrylic Workshop – Starlit Birch Forest (19+ yrs)

Starting with a black canvas capture the magic of a winter night into a striking winter landscape of white birch trees glowing against a dark starlit sky. Learn blending, layering and textured brushwork to bring light and realistic depth to your artwork.

at Dogwood Pavilion

Su	Jan 10	10 a.m. – 12 p.m.	1/$26.10	244790

Painting: Colourful Tropical Fish in Acrylics (19+ yrs)

Paint colourful tropical fish in acrylics by layering bright tones for the fish set against a vibrant, watery background that will capture underwater beauty.

at Glen Pine Pavilion

M	Jan 25 – Feb 1	9 – 11 a.m.	2/$52.20	245220

Painting: Expressive Roses in Acrylics (19+ yrs)

Create a stunning floral display on canvas by using various acrylic painting techniques that brings a rose alive with its beauty and fragrance.

at Glen Pine Pavilion

M	Jan 11 – Jan 18	9 – 11 a.m.	2/$52.20	245201

Painting: Gouache – Florals (19+ yrs)

Painting beautiful florals using gouache paint to capture the beauty of flowers in full bloom capturing the season. Learn how to mix the hues to bring life to your botanical pieces.

at Glen Pine Pavilion

Tu	Feb 16 – Mar 23	1:30 – 3:30 p.m.	6/$88.20	244699

Painting: Gouache – Inviting Winter Landscapes (19+ yrs)

Discover the magic of winter and the velvety textures of gouache while painting cozy, storybook landscapes. Explore glowing winter cabins, snowy forests, and dancing northern lights in a relaxed, fun, and welcoming studio environment.

at Dogwood Pavilion

W	Jan 13 – Feb 10	9:30 – 11:30 a.m.	5/$73.50	244586

Painting: Gouache – Signs of Spring (19+ yrs)

Celebrate the approaching spring while painting melting streams, budding trees and early blooms. Learn to layer colours, control water mix, blend gradients and brush techniques to create textures in this fun, relaxed studio environment.

at Dogwood Pavilion

W	Feb 24 – Mar 24	9:30 – 11:30 a.m.	5/$73.50	244588

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

All Levels

Painting: Gouache Workshop – Frozen Botanicals (19+ yrs)

Paint a botanical study of winter seed heads, such as milkweed or teasel, or frozen berries encased in a transparent icy glaze. Explore the versatility of gouache by layering crisp white highlights over muted tones to capture the delicate textures and quiet beauty of winter.

at Dogwood Pavilion

M	Jan 25	9:30 – 11:30 a.m.	1/$26.10	246041

Painting: Gouache Workshop – Hot Chocolate (19+ yrs)

Using a cozy cup of steaming hot chocolate as our inspiration, this class will include foundational gouache handling, water control and layering specifically tailored to capture the warmth, rich colours, creamy textures and inviting details of this comforting winter treat.

at Dogwood Pavilion

W	Feb 17	9:30 – 11:30 a.m.	1/$26.10	244622

Painting: Gouache Workshop – Snowdrops (19+ yrs)

Paint a delicate study of snowdrops, the first flowers to emerge at the end of winter. Using gouache, explore soft whites, muted greens, and subtle shadows to capture the graceful forms and quiet beauty of these early spring blooms.

at Dogwood Pavilion

M	Mar 1	9:30 – 11:30 a.m.	1/$26.10	246043

Painting: More Portraits in Acrylics All Levels (19+ yrs)

More portraits using acrylic paint focusing on brush strokes, colour tones and values to capture shadow and light. Suitable for artists with prior experience and continuing skills to continue to work on faces.

at Glen Pine Pavilion

M	Feb 22 – Mar 22	11:30 a.m. – 1 p.m.	5/$55.25	245204

Painting: Oriental Ink Wash Painting (19+ yrs)

Discovery the tranquil beauty of ink wash painting. Explore fundamental brush techniques, ink tones, composition and the art of creating expressive lines and delicate washes.

at Dogwood Pavilion

F	Feb 5 – Feb 26	9:30 – 11:30 a.m.	4/$58.80	246088

Life Long Learning for Adults *(19+)*



Learn Something New!

- Cooking
- Health
- Languages
- Life skills
- Technology
- Travel

Locations: Maillardville Community Centre, Dogwood Pavilion and Glen Pine Pavilion

Register
coquitlam.ca/registration | 604-927-4386
Stay up to date: **coquitlam.ca/enews**

Painting: Portraits in Acrylics All Levels (19+ yrs)

Suitable for artists with prior experience and continuing skills to paint portraits using acrylic paint focusing on brush strokes, colour tones and values to capture shadow and light.

at Glen Pine Pavilion

M	Jan 11 – Feb 8	11:30 a.m. – 1 p.m.	5/$55.25	245203

Painting: Spring Flowers Bottle Lantern (19+ yrs)

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative Spring lantern with fairy lights inside to create a beautiful glow indoors or out.

at Glen Pine Pavilion

Th	Mar 18	6:30 – 8:30 p.m.	1/$26.10	245202

Painting: Still Life in Acrylics (19+ yrs)

Painting a still life with acrylics involves setting up a subject, blocking in basic shapes, and layering colors from dark to light.

at Glen Pine Pavilion

M	Feb 22 – Mar 1	9 – 11 a.m.	2/$52.20	245221

All Levels

Painting: Sumi Ink and Watercolour Workshop – Lunar New Year Fluffy Sheep (19+ yrs)

Celebrate the beauty and symbolism of the Lunar New Year through the expressive art of sumi ink and watercolour while painting a fluffy sheep.

at Dogwood Pavilion

F	Jan 29	9:30 – 11:30 a.m.	1/$26.10	244616

Painting: Sumi Ink Wash and Watercolours All Levels (19+ yrs)

Explore the fusion of East Asian Ink and classic watercolour techniques through expressive line work, washes and layering using Eastern brush methods and materials.

at Glen Pine Pavilion

Th	Jan 14 – Feb 11	6:30 – 8:30 p.m.	5/$73.50	245189
Th	Feb 18 – Mar 25	6:30 – 8:30 p.m.	6/$88.20	245190

Painting: Watercolour All Levels (19+ yrs)

Learn essential watercolour techniques, including washes, colour mixing, and brush control. Beginners will build strong foundations, while experienced painters refine their skills, explore texture and composition, and develop their personal style.

at Dogwood Pavilion

Tu	Jan 12 – Feb 2	6 – 8 p.m.	4/$58.80	244605
Tu	Feb 23 – Mar 16	6 – 8 p.m.	4/$58.80	244607

at Glen Pine Pavilion

Su	Jan 10 – Feb 7	10:15 – 11:45 a.m.	5/$55.25	245176
Su	Feb 14 – Mar 21	10:15 – 11:45 a.m.	6/$66.30	245177

Painting: Watercolour Floral Wreaths (19+ yrs)

Painting floral wreaths in watercolour is beautiful and lovely. You can create personalized designs for cards, for a flower sketchbook or for display in a frame. for your home or as a gift. If you can pick up a paintbrush, you can paint floral wreaths.

at Glen Pine Pavilion

Th	Feb 18 – Mar 25	9 – 11 a.m.	6/$88.20	244842

Oops! We cancelled it...

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

Painting: Watercolour Techniques (19+ yrs)

Explore watercolor techniques through painting flowers, landscapes, urban scenes, and more. Learn to control water, color, and brushes to create expressive and confident artwork.

at Dogwood Pavilion

Sa	Jan 16 – Feb 13	1 – 3 p.m.	5/$73.50	246083
Sa	Feb 20 – Mar 20	1 – 3 p.m.	5/$73.50	246084

Painting: Watercolour Urban Painting (19+ yrs)

Using watercolour paint urban scenescapes encompass the physical, cultural, and visual character of city environments. Sketch, paint and capture the subject, buildings, landscapes, objects, with your own perspective.

at Glen Pine Pavilion

M	Jan 11 – Feb 8	6:30 – 8:30 p.m.	5/$73.50	245180
M	Feb 22 – Mar 22	6:30 – 8:30 p.m.	5/$73.50	245181

Woodcarving All Levels (19+ yrs)

Learn and develop woodcarving skills to create a unique piece from basswood. Explore techniques for shaping, texture and adding detail while expressing your own creativity. Beginners and continuing students are welcome.

at Dogwood Pavilion

W	Jan 13 – Feb 17	1:30 – 3:30 p.m.	6/$91.20	245758
W	Feb 24 – Mar 31	1:30 – 3:30 p.m.	6/$91.20	245760



Lend a Hand!

Have fun, develop new skills and meet new people!

We are always looking for volunteers to be:

- **Cashiers**
- **Kitchen Assistants**
- **Meaningful Meals Delivery Drivers**
- ***and much more***

For more information on becoming a City of Coquitlam volunteer, call 604-927-6076 or visit coquitlam.ca/volunteer.

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

50 Plus Services and Activities

Pre-Registered Drop-Ins

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

When to register

Up to 7 days in advance to secure your spot.

How to pay

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



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

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





Dogwood Pavilion

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

Amenities:

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

Glen Pine Pavilion

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

Amenities:

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

Glen Pine Pavilion Activity Groups LOW COST

The Glen Pine 50 Plus Society is a non-profit organization that promotes low-cost, year-round activities to satisfy the cultural, physical, educational and social needs of senior adults through support of activity groups and programs at Glen Pine Pavilion. Register for Glen Pine Activity Group programs in-person at any recreation facility, by calling **604-927-4386**, or by visiting coquitlam.ca/registration.

$1

Activity Groups and Clubs now Drop-in.

Pre-registration recommended.

American Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by 4 people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

Friday 12 – 3 p.m.

Art Group (50+ yrs)

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

Wednesday 9 a.m. – 12 p.m.

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

Saturday 12 – 2:45 p.m.

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

Wednesday 1:30 – 3:30 p.m.

Bridge All-Levels (50+ yrs)

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

Monday 12:30 – 3:30 p.m.

Canasta (50+ yrs)

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

Tuesday 3:30 – 6:30 p.m.

Saturday 11:30 a.m. – 2:30 p.m.

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

Monday 1 – 4 p.m.

Carpet Bowling (50+ yrs)

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

Friday 1:30 – 3:30 p.m.

Casual Bridge

A beginner-level bridge group focused on building on the basics, practicing and enjoying the game in a relaxed and supportive environment. Attending with a partner is not required. Some experience with bidding and play of the hand is recommended.

Thursday 4 – 6 p.m.

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

Wednesday 9 – 10:30 a.m.

Crafters (50+ yrs)

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

Tuesday 1 – 3 p.m.

Current Events (50+ yrs)

With all that is going on the world right now, take this weekly opportunity to meet like-minded people and talk about concerns, opinions, and points-of-view in respectful discussions and debates. Activity will be facilitated with a working set of protocols based on confidentiality and the rule to "agree to disagree".

Wednesday 11:45 a.m. – 1 p.m.

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

English Social Club (50+ yrs)

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

Monday 9:30 – 11:30 a.m.

Freestyle Dance (50+ yrs)

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

Friday 9 – 10:30 a.m.

Friendship Group (50+ yrs)

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

Mondays 1:30 – 3:30 p.m.

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

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

Thursday 1:45 – 3:45 p.m.

Glen Pine Singers (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

Monday 9:15 – 10:30 a.m.

Iranian Friendship Group (50+ yrs)

The Iranian Friendship group provides socializing opportunities to build new friendships, receive support and connect with others through music, song and dance.

Tuesday 1:30 – 3:30 p.m.

Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

Tuesday 3 – 6 p.m.

Thursday 3 – 6 p.m.

Leisure Group (50+ yrs)

This multicultural group welcomes all for an afternoon of different weekly activities. Most of the sessions will be conducted in Cantonese or Mandarin language.

Monday 2 – 4 p.m.

Mexican Train Dominoes (50+ yrs)

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

Wednesday 1:30 – 4 p.m.

Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Friday afternoon. Must play a musical instrument.

Friday 1:30 – 4 p.m.

Quilting (50+ yrs)

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

Friday 9 a.m. – 12 p.m.

Scrabble (50+ yrs)

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

Friday 9:30 – 11:30 a.m.

Table Tennis (50+ yrs)

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

Tuesday 1:30 – 3 p.m. | 3 – 4:30 p.m.

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

Traditional Mahjong (50+ yrs)

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

Monday 9 a.m. – 12 p.m.

Saturday 9:30 a.m. – 12:30 p.m.

Whist with a Twist (50+ yrs)

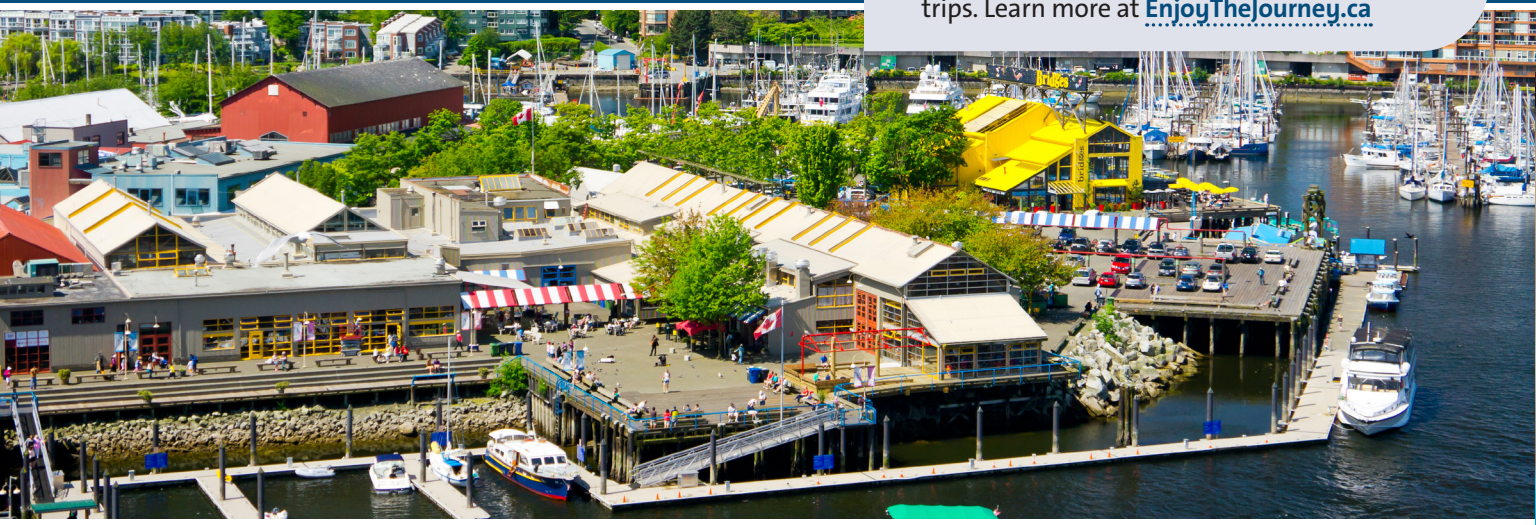
Social card game usually played in 2 pairs of players, in which points are scored according to the number of tricks won.

Thursday 1 – 3:30 p.m.

Bus Trips

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

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



Tea and Trumpets – ¡Viva España! (50+ yrs)

Escape the winter blues with a musical postcard to sun-drenched Spain. Savour highlights from Bizet's opera Carmen, plus Chabrier's fiery España, and de Falla's The Three-Cornered Hat — a colourful afternoon of rhythm and romance.
Leave Glen Pine at 10 a.m. Estimated return at 5:15 p.m.
Leave Dogwood at 10:15 a.m. Estimated return at 5 p.m.
Level: Easy
- ¡Viva España! Performance
- VSO Orchestra Level Seating
- Orpheum Lobby Tea and Biscuits
- Early Light Lunch Cafè Calabria

Th	**Feb 18**	**10 a.m. – 5:15 p.m.**	**1/$149**	**243154**

Seniors Snowshoeing (50+ yrs)

Beginners welcome! If you can walk, you can snowshoe on this winter wonderland adventure on Cypress Mountain. Your Hollyburn trail tour will be 2 hours and be led by an experienced trail guide.
Leave Glen Pine at 7:15 a.m. Estimated return at 3:45 p.m.
Leave Dogwood at 7:30 a.m. Estimated return at 3:30 p.m.
Level: Moderate
- Cypress trail ticket
- Snowshoe rental
- Expert Cypress Mountain Guide
- Lunch at Hollyburn Lodge

Tu	**Feb 23**	**7:15 a.m. – 3:45 p.m.**	**1/$159**	**243155**

Tourist In Your Own Town (50+ yrs)

Take the Aquabus on a narrated cruise of False Creek from Olympic Village to Yaletown, spend ample time exploring VanDusen Botanical Gardens before a delicious lunch at Steamworks Mount Pleasant. Finish with the immersive FlyOver Canada experience.
Leave Glen Pine at 7:45 a.m. Estimated return at 5:30 p.m.
Leave Dogwood at 8 a.m. Estimated return at 5:15 p.m.
Level: Easy
- Flyover Canada
- VanDusen Botanical Garden
- Aqua Bus Narrated Tour
- Lunch Steamworks Mount Pleasant
- Main Street Coffee Stop

F	**Mar 12**	**7:45 a.m. – 5:30 p.m.**	**1/$149**	**243156**

Granville Island Artist Studio Tour (50+ yrs)

Meet talented local artists at their Granville Island studios to hear their stories and watch them work their craft. Visit four studios, enjoy lunch at Bridges Tap and Barrel and take afternoon free time to explore the Granville Island Public Market.
Leave Glen Pine at 8:30 a.m. Estimated return at 5:30 p.m.
Leave Dogwood at 8:45 a.m. Estimated return at 5:15 p.m.
Level: Easy
- Bijal Patel Intuitive Painter
- Amity Jewelry and Fiber Arts
- Granville Island Broom Company
- The Silk Weaving Studio
- Lunch Bridges Tap and Barrel

F	**Mar 19**	**8:30 a.m. – 5:30 p.m.**	**1/$149**	**243163**

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

Special Events

Registration opens at 8:30 a.m. on November 24 for Coquitlam residents and at 8:30 a.m. on November 26 for non-residents.



January

15

Pinetree Youth: Winter Wonderland Welcome Back Event *(11 – 18 yrs)* FREE

Kick off the new year with creativity and fun at our Welcome Back Winter Wonderland! Join us for a day of activities and food, perfect for unleashing your winter spirit! This event is for youth aged 11-18 yrs only.

at Pinetree Community Centre

F	Jan 15	3:30 – 6:30 p.m.		245083

29

Coffee and Crochet *(19+ yrs)*

Join us and get creative while connecting with others. Learn the basics of crochet in a relaxed and welcoming environment. In partnership with the Praguery. Workshop supplies are included.

at Town Centre Park Community Centre

F	Jan 29	10 a.m. – 12 p.m.	1/$23.70	244923

30

Lunar New Year: Year of the Fire Goat Crafts *(2 – 5 yrs)*

Join us in celebrating the Lunar New Year with a fun and creative fire goat-themed craft session. This is an adult participation event.

at Poirier Community Centre

Sa	Jan 30	1 – 1:45 p.m.	1/$6	245846



February

11

Valentine's Day Luncheon *(19+ yrs)*

Join us for a Valentine's Day luncheon. Originally Saint Valentine and, through later folk traditions with Cupid, this day has become a global, cultural, religious, and commercial celebration of romance and love.

at Glen Pine Pavilion

Th	**Feb 11**	**11:30 a.m. – 1 p.m.**	**1/$25.70**	**244549**

15

Family Day: Arts, Crafts and Games *(3 – 7 yrs)*

Come together as a family and join us for art creations, crafts, games and more. This workshop is geared towards those 3-7 yrs.

at Poirier Community Centre

M	**Feb 15**	**9:30 – 11:30 a.m.**	**1/$5**	**246006**

at Town Centre Park Community Centre

M	**Feb 15**	**10:30 a.m. – 12:30 p.m.**	**1/$5**	**244996**

Maillardville Family Day Fun! *(0 – 18 yrs)*

Bring the family and enjoy a fun-filled day! All ages can enjoy a wide variety of family themed activities such as face painting, crafts, mini movers, and more.

at Maillardville Community Centre

M	**Feb 15**	**10 a.m. – 12 p.m.**	**1/$5**	**245094**

18

Lunar New Year Luncheon *(19+ yrs)*

Year of the Fire Goat, Sheep or Ram according to the Chinese Zodiac calendar represents Kindness, Creativity, Peace and Empathy. Chinese New Year 2027 falls on February 6 and celebrations culminate with the Lantern Festival on the 15th day. Join us for a special luncheon with entertainment.

at Glen Pine Pavilion

Th	**Feb 18**	**11:30 a.m. – 1 p.m.**	**1/$25.70**	**244550**

19

Dogwood Social Evening: Jennifer Diamond Band *(19+ yrs)*

Come out and enjoy dinner, drinks and a live performance by the Jennifer Diamond Band. They are a dynamic five piece local band with powerhouse vocals and super charged energy that will light up the stage. They will play a great mix of classic rock, beautiful melodies, dance worthy hits and feel good tunes. Please call Dogwood Front Desk at 604-927-6098 after registering for table selection.

at Dogwood Pavilion

F	**Feb 19**	**5:30 – 9:30 p.m.**	**1/$35.75**	**242046**

24

Pinetree Youth: Pink Shirt Day Event *(11 – 18 yrs)*

Join us for snacks, share your story, and connect with others who have taken a stand against bullying. You'll also discover resources and support available to you or someone you care about. This event is for youth aged 11-18 yrs only.

at Pinetree Community Centre

W	**Feb 24**	**4 – 7 p.m.**	**1/FREE**	**245086**

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

March

3

Glen Pine 50plus Society Annual General Meeting *(19+ yrs)* FREE

Glen Pine 50plus Society hosts their Annual General Meeting.

at Glen Pine Pavilion

W	**Mar 3**	**1 – 3:30 p.m.**	**243071**

8

International Women's Day Breakfast *(19+ yrs)*

Celebrate International Women's Day and join us for a continental breakfast and presentation.

at Dogwood Pavilion

M	**Mar 8**	**9:30 – 10:30 a.m.**	**1/$5.50**	**240162**

International Women's Day Movie: *The Color Purple (19+ yrs)* FREE

Join us for a free movie for International Women's Day. *The Color Purple (2023)* A decades-spanning tale of love and resilience and of one woman's journey to independence. Celie faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood.

at Dogwood Pavilion

M	**Mar 8**	**1 – 3 p.m.**	**240163**

International Women's Day Movie: *20th Century Women (19+ yrs)* FREE

International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women.
Movie: *20th Century Women (2016)* Rated R 1 hr 59 mins Period Drama, Comedy
In 1979 Santa Barbara, Dorothea is a determined single mother who is raising her son, Jamie. Dorothea enlists the help of two women -- Abbie, a free-spirited punk artist and Julie, a savvy teenager -- to help with Jamie's upbringing. Starring Annette Bening, Elle Fanning, Greta Gerwig, Billy Crudup.

at Glen Pine Pavilion

M	**Mar 8**	**4 – 6 p.m.**	**245747**

12

Pinetree Youth: Game Show Night Event *(11 – 18 yrs)* FREE

Compete in a fun-filled evening of trivia, Jeopardy, Plinko, and other exciting game show inspired activities for a chance to win cool prizes! This event is for youth aged 11-18 yrs only.

at Pinetree Community Centre

F	**Mar 12**	**6 – 9 p.m.**	**245084**

13

Nowruz: Haft-Seen Egg Decorating *(2 – 5 yrs)*

Celebrate the arrival of spring and the Persian New Year by decorating traditional Haft-seen eggs! This is an adult participation event.

at Poirier Community Centre

Sa	**Mar 13**	**1:30 – 2:15 p.m.**	**1/$6**	**246035**

Nowruz: Haft-Seen Egg Decorating *(5 – 7 yrs)*

Celebrate the arrival of spring and the Persian New Year by decorating traditional Haft-seen eggs!

at Poirier Community Centre

Sa	**Mar 13**	**2:45 – 3:30 p.m.**	**1/$6**	**246037**

19

Hawaiian Hula Hour *(19+ yrs)*

Aloha! Get ready to hear strums, sway, and soak up the spirit in this island-themed event! Entertainment by the Tricity Strummers Ukulele Band and the Glen Pine Hawaiian Dancers. Enjoy some Hawaiian inspired refreshments, play, and make memories the lei'd back Hawaiian way. Hawaiian attire encouraged.

at Dogwood Pavilion

F	**Mar 19**	**2 – 3:30 p.m.**	**1/$10.50**	**242064**



24

Easter Luncheon *(19+ yrs)*

Easter is celebrated primarily by Christians worldwide—including Roman Catholics, Protestants, and Eastern Orthodox Christians but for all it is a seasonal Spring family time. Join us for a luncheon and entertainment to celebrate the occasion.

at Glen Pine Pavilion

W	Mar 24	11:30 a.m. – 1 p.m.	1/$25.70	244548

Dogwood Seniors Society Annual General Meeting *(19+ yrs)* FREE

Dogwood Seniors Society Annual General Meeting

at Dogwood Pavilion

W	Mar 24	2 – 4 p.m.	240157

24

Spring Celebration Dance and Sing *(All Ages)*

An afternoon of dancing and karaoke singing celebrating the Spring Season for the social dance and karaoke groups to get together for a fun afternoon. Light refreshments served.

at Glen Pine Pavilion

W	Mar 24	2:15 – 3:45 p.m.	1/$14.95	245749

25

Nowruz Eve – First Day of Spring Luncheon *(19+ yrs)*

Nowruz, also known as Persian New Year, has been observed for more than 3000 years as a Spring Equinox celebration.

at Glen Pine Pavilion

Th	Mar 25	11:30 a.m. – 1:30 p.m.	1/$25.70	244547

Spring Break Family Art Craft Night *(4+ yrs)*

Bring family and friends to Glen Pine during Spring Break to enjoy a family art night together. Price includes supplies and snacks. Each person attending, registers.

at Glen Pine Pavilion

Th	Mar 25	6:30 – 8:30 p.m.	1/$14.70	245746

Arts and Culture



See it! Learn it! Do it!

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

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636

Coquitlam Public Libraries

City Centre Branch

1169 Pinetree Way | 604-554-7323

Poirier Branch

575 Poirier St. | 604-554-7323



Coquitlam's Bettie Allard YMCA

YMCA BC

Shine On

BettieAllardYMCA.ca

@BettieAllardYMCA

955 Emerson St., Coquitlam, BC

Start Swim Lessons Today!

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

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

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

COQUITLAM PUBLIC LIBRARY

Website: coqlibrary.ca

Phone: 604-554-7323

Email: ask@coqlibrary.ca





Celebrating Indigenous Voices

We're shining a spotlight on Indigenous voices and experiences. The expanded Indigenous Collection at our City Centre branch features enlightening and inspiring titles for all ages that reflect the cultures, lives, and histories of Canada's Indigenous Peoples. For additional resources, visit coqlibrary.ca/indigenous.

World Languages at the Library

We've recently added new titles in Filipino and Russian, alongside our collections in Chinese, Korean, Persian, and Spanish. Whether you'd like to enjoy a book in your first language, share stories with your children, or explore a new language, let your next trip to the Library take you around the world!



Programs & Events Guide

The next time you visit the library, pick up the latest Programs & Events Guide for a handy reference to all our upcoming activities, as well as the latest news and reading recommendations.

Scan the QR code or visit coqlibrary.ca to view the Guide online.

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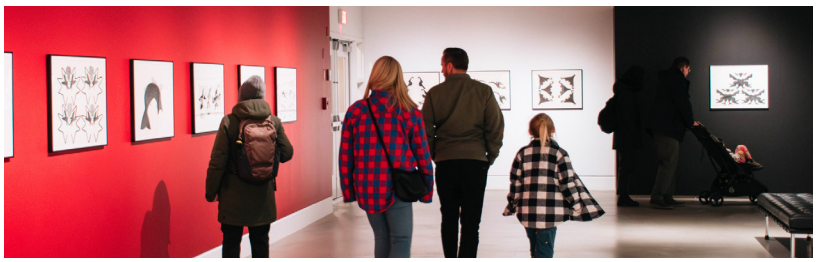
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Spring 2027 at Mackin House museum

Exhibits

At Mackin House

It Takes A Team | Jul 2026 - Mar 2027

Take a journey through Coquitlam's past from the eyes of sports! Baseball, lacrosse, hockey, and much more.

Forgotten Skills | Feb - Jul 2027

Learn about skills like canning, butter-making, morse code, and personal printing presses in this exhibit.

The Local Angle | Apr - Sep 2027

Discover the history of journalism in Coquitlam with this deep dive into cameras, newspapers, and local stories.

At Coquitlam Grill

Connecting with Coquitlam's Past | Ongoing

A new, permanent exhibit of archival photos & select artifacts, allowing patrons to connect with our city's history.

Events

January:

Afternoon Tea & Scones

February:

Valentine's Card Making
Lunar New Year Celebration
Black History Month
Afternoon Tea & Scones

March:

Festival du Bois
Easter Crafting
Afternoon Tea & Scones

April:

Spring Crafting
PJ Storytime
Afternoon Tea & Scones

1116 Brunette Avenue, Coquitlam | Find out more details and register for events at coquitlamheritage.ca

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

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Coquitlam Current E-News

Bi-weekly emails on the latest City news and important resident information.

PRC E-News

Recreation registration details, program highlights, park events and more delivered straight to your inbox.



CoquitlamConnect App

Search City news, events, bike maps, park and facility info and more.



Public Notices

Find statutory notices published on the City's website or sign-up for email notifications.



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