Welcome to Coquitlam
Parks, Recreation & Culture Services

GET READY FOR OUR NEW REGISTRATION SYSTEM!
Coming soon, Coquitlam is moving to a new online registration system! We’re making it easier to register for all our recreation programs and services. The new online registration system will be user-friendly, mobile-friendly and will let you manage your whole family’s activities and schedules in one place. More details about the system will be coming soon. Follow the City on social media for updates or visit coquitlam.ca/registration to learn more.

METRO VANCOUVER’S LARGEST FREE OUTDOOR LIGHT DISPLAY
Get into the holiday spirit with family and friends! Join us on Saturday, Nov. 30 for our Lights at Lafarge kick-off event with live entertainment and dazzling light displays. And, the fun doesn’t stop there—we will be keeping the lights up until the end of January. We know that the New Year brings with it renewed fitness commitments and shorter days, and we encourage you to take advantage of the 1.2-km loop around Lafarge Lake for a magical, illuminated evening walking track. Our Park Spark team will be also be offering special events throughout December and January. Learn more at coquitlam.ca/lights.

WARM UP YOUR WINTER AT ONE OF OUR RECREATION FACILITIES
Coquitlam’s ONE PASS provides access to all of our facilities and drop-in fitness programs, including drop-in sports, swimming and ice skating. With a ONE PASS you can drop into the pool for a swim or a steam, head to the gym for a workout or try a new fitness class—the options are endless! No need to register. Take advantage of the flexibility and convenience of our drop-in sessions. Choose an activity, check out the schedule and come join us. Whether you are a beginner, or looking for a challenging new workout, we have classes to fit everyone’s fitness needs. You can learn more at coquitlam.ca/dropins.

Check out the guide for more ideas on how to spend your winter and spring! Go to coquitlam.ca/programguide

Mayor Richard Stewart
Councillor Brent Asmundson
Councillor Craig Hodge
Councillor Dennis Marsden
Councillor Trish Mandewo
Councillor Steve Kim
Councillor Teri Towner
Councillor Chris Wilson
Councillor Bonita Zarrillo

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

Whether you’re into yoga, swimming, arts or hiking, there is always something new to learn or a new friend to meet through Coquitlam recreation. Now is the time to try it, learn it, live it!

Find out more about what Coquitlam has to offer at coquitlam.ca/prc
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<tr>
<td>50 Plus Centres</td>
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<tr>
<td>Arts &amp; Culture</td>
</tr>
</tbody>
</table>

**SMILE—You’re on Camera!**

You may notice we sometimes have photographers at our parks and facilities. They are taking photos to use for our promotional materials such as the program guides and website. If you prefer not to have your picture or your child’s picture taken, please let the photographer know.
All Abilities Welcome!

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

coquitlam.ca/recaccess

FREE PUBLIC WI-FI COMING TO A CITY PARK & FACILITY NEAR YOU!

We’re rolling out free Wi-Fi at City parks and facilities in the coming months, making it even easier to access information while on the move. Enhanced Wi-Fi at civic parks and facilities is part of Coquitlam’s Technology Roadmap, a five-year plan that guides how the City will use technology to enhance City services.

Watch for updates on Coquitlam’s social media channels and learn more at coquitlam.ca/smart

CONNECT WITH COQUITLAM

Take advantage of Coquitlam’s free public Wi-Fi services to connect with the City on social media to keep up-to-date and learn more about what’s happening in the City. Updates include special event information, input and community feedback opportunities, road closure notices, facility holiday hours, City services updates, job opportunities, public safety announcements, park openings, parks and recreation program information, contests and more.

Look for @cityofcoquitlam or @visitcoquitlam on Facebook, Twitter and Instagram.

All Abilities Welcome!

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

coquitlam.ca/recaccess

Course fees do not include applicable taxes. Details subject to change.
# ADMISSION FEES & RECREATION PASSES

## REGISTRATION INFORMATION

There are 3 easy ways to register for our programs and events:

1. **Online:**
   - [coquitlam.ca/registration](http://coquitlam.ca/registration)
   - Available 24 hours a day, 7 days per week
   - Payment by Visa, MasterCard or American Express required

2. **Over the phone:**
   - 604-927-4386
   - Mon – Fri, 8:30 a.m. – 6 p.m.
   - Sat & Sun, 10 a.m. – 2 p.m.
   - (except statutory holidays)
   - Payment by Visa, MasterCard or American Express required
   - Staff assisted registration

3. **In person at these facilities:**
   - **Poirier Sport & Leisure Complex**
     - 633 Poirier St.
   - **City Centre Aquatic Complex**
     - 1210 Pinetree Way
   - **Dogwood Pavilion**
     - 1655 Winslow Ave.
   - **Glen Pine Pavilion**
     - 1200 Glen Pine Crt.
   - **Pinetree Community Centre**
     - 1260 Pinetree Way

We reserve the right to cancel programs. Withdraw 5 days (10 days for camps) prior to start of program for a full refund. Service fees apply when less than 5 days notice provided (10 days for camps). No refunds on 3rd day of class or later. Prices listed do not include applicable taxes.

## ONE PASS & DROP-IN FEES

### Prices valid at all facilities from April 1, 2019 to March 31, 2020.

The ONE PASS provides universal access to all of our facilities and drop-in fitness programs, such as drop-in basketball, swimming and ice skating. We’re making it easier for you to commit to a fitness plan and ultimately yourself.

<table>
<thead>
<tr>
<th>Category</th>
<th>SINGLE DROP-IN</th>
<th>10 VISIT PASS</th>
<th>50 VISIT PASS</th>
<th>1 MONTH PASS</th>
<th>4 MONTH PASS</th>
<th>1 YEAR PASS</th>
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<tbody>
<tr>
<td><strong>CHILD (0 – 12 YRS)</strong></td>
<td>$3.10</td>
<td>$24.80</td>
<td>$116.00</td>
<td>$28.67</td>
<td>$94.24</td>
<td>$225.29</td>
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<tr>
<td><strong>YOUTH / STUDENT</strong></td>
<td>$4.66</td>
<td>$37.30</td>
<td>$175.00</td>
<td>$43.05</td>
<td>$141.14</td>
<td>$337.90</td>
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<tr>
<td>(13 – 18 / 19 – 25 YRS)</td>
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<tr>
<td><strong>ADULT (19 – 64 YRS)</strong></td>
<td>$6.19</td>
<td>$49.50</td>
<td>$232.00</td>
<td>$57.38</td>
<td>$188.24</td>
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<tr>
<td><strong>SENIOR (65 – 84 YRS)</strong></td>
<td>$4.66</td>
<td>$37.30</td>
<td>$175.00</td>
<td>$43.05</td>
<td>$141.14</td>
<td>$337.90</td>
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<tr>
<td><strong>SUPER SENIOR (85 YRS +)</strong></td>
<td>$3.10</td>
<td>$24.80</td>
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<td>$28.67</td>
<td>$94.24</td>
<td>$225.29</td>
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<tr>
<td><strong>PARENT &amp; TOT (PER PERSON)</strong></td>
<td>$3.10</td>
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<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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</tbody>
</table>

*Students 19 – 25 must present valid fulltime student ID
Get Connected, Get Active!

Financial Assistance for Recreation

The City of Coquitlam offers a Financial Assistance for Recreation program to Coquitlam residents who qualify. Learn more and find out if you qualify at coquitlam.ca/recaccess

For more information about GCGA:
604-927-6076 | coquitlam.ca/recaccess
getconnected-getactive@coquitlam.ca

Get Connected, Get Active!

The Grade 5 Get Active! card provides all grade 5 students with free admission during the school year to drop-in activities. The Grade 6 Stay Active! card provides grade 6 students with 12 free admissions. Find details at coquitlam.ca/grade5and6

Bring the following to any recreation facility:
- Letter of verification from School District 43, signed by the school principal
- Birth Certificate showing the student’s age as of December 31, 2019
- Proof of residency, such as phone, hydro, cable or gas bill—not a driver’s license

Contact your local community recreation centre or school for more information or email communityservices@coquitlam.ca

A partnership initiative with City of Coquitlam, City of Port Coquitlam and City of Port Moody.

Additional Services

Prices valid from April 1, 2019 to March 31, 2020.

<table>
<thead>
<tr>
<th>Service</th>
<th>DROP-IN</th>
<th>10 VISIT PASS</th>
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<tbody>
<tr>
<td>Skate Rentals</td>
<td>$3.29</td>
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<td>Helmet Rentals</td>
<td>$2.05</td>
<td>$16.29</td>
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<tr>
<td>Skate Sharpening</td>
<td>$5.24</td>
<td>$41.81</td>
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</table>

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

GRADE 5 GET ACTIVE! & GRADE 6 STAY ACTIVE!

SCHOOL’S OUT! Pass

Unlimited drop-in access for K – 12 students during school breaks and district-wide Pro-D days! coquitlam.ca/schoolsout

Coquitlam Parks, Recreation & Culture GIFT CARDS

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

Drop by one of our facilities for more information.

COQUITLAM PARKS, RECREATION & CULTURE GIFT CARDS

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

Drop by one of our facilities for more information.

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

Program Guide Winter/Spring 2020
New Year’s Day Skating
Strap on your skates and get out on the ice!
Drop-in to celebrate the new year with a variety of
ice skating activities happening throughout the day.
Stick, Ring & Puck (12 & Under)
at Poirier Sport & Leisure Complex
W 10:30 – 11:30 a.m. 
Family Skate (All Ages)
at Poirier Sport & Leisure Complex
W 12 – 2 / 2:15 – 4 p.m. FAMILY
Adult Casual Hockey (18 yrs +)
at Poirier Sport & Leisure Complex
W 5 – 6:15 p.m.

Family Night on Burke (All Ages)
Bring your family (and your neighbours) for a fun, no-
cost evening of crafts and games. Join Coquitlam Public
Library for a bedtime story, and make yourself at home
at Burke Mountain’s newest hang out! The Library Link
mobile library will also be onsite from 6 – 7:30 p.m.
at Smiling Creek Activity Centre
Th 6 – 8 p.m. FREE

Glen Pine Chinese New Year’s Luncheon (19 yrs +)
Enjoy authentic Chinese dishes to celebrate Chinese
New Year, Year of the Rat. Entertainment provided
by the Golden Maple Culture and Arts Association.
at Glen Pine Pavilion
Th 11:30 a.m. – 1 p.m. $13.30 657031

Dogwood Presents: Tropical Luncheon (19 yrs +)
Join us for a tropical themed luncheon and a
performance by The Royal Aloha Monday Orchestra.
This five-piece ensemble performs traditional and
contemporary Hawaiian music to invoke memories
of sandy beaches, warm breezes and palm trees.
Wear something summery if you wish.
at Dogwood Pavilion
F 11:30 a.m. – 2 p.m. $17.10 654756

Season Kick-Off:
Saturday, Nov. 30, 6 – 8 p.m.
Food Trucks | Music | Family Fun

Take in the dazzling lights display at Coquitlam’s Lafarge Lake
in Town Centre Park until Jan. 19.
Visit coquitlam.ca/lights to stay up-to-date on special
pop-up events throughout the season.

Presenting Partner
Produced By Coquitlam Parks, Recreation & Culture

Course fees do not include applicable taxes. Details subject to change.
ADDITIONAL CURBSIDE COLLECTION FOR FALL LEAVES

OCT 21 TO NOV 28

The City is offering UNLIMITED curbside collection* for fallen leaves and yard trimmings.

> Place yard trimmings—like leaves, prunings and small branches—in kraft paper bags.
> Bundle branches. (Bundled branches must be less than 7.5 cm (3 in.) in diameter and no more than 1 m (3 ft.) in length.)
> Use old garbage cans with a Green Can sticker.

Continue to use your Green Cart for all food scraps. Only place Green Carts out after 5:30 a.m. on collection day, even if they do not contain food scraps.

*This service is for single-family homes that pay garbage fees to the City of Coquitlam. Additional yard trimmings will only be collected on your regular collection day.

FOR MORE INFORMATION, VISIT COQUITLAM.CA/YARDTRIMMINGS OR CALL 604-927-3500

Collection reminders just for you!

Get the App  Sign Up Online

Holidays and snowy weather may change your curbside collection day. View, download and print your personalized curbside collection schedule or set up a weekly reminder by phone, email, Twitter or text.

Garbage and green waste: coquitlam.ca/recollect
Recycling blue box/bags: recycleBC.ca/Coquitlam

NOT SURE WHERE IT GOES?

Go to the City’s Waste Wizard at coquitlam.ca/wastewizard and use this easy, online tool to find out how to recycle, compost or dispose of it.

SEPARATE YOUR WASTE. Coquitlam’s waste collection program

FOR MORE INFORMATION, VISIT COQUITLAM.CA/TRASHTALK OR PHONE 604-927-3500

Everyone likes a little pick me up.

PICK UP IS FREE!

Do you have furniture or large household items to dispose of? If you can’t reuse or recycle them, we can collect them from you for FREE.

Residents who receive the City’s curbside collection service can have up to four large household items—such as furniture, mattresses or fridges and freezers—collected each year by choosing one of the following options:

> Put out four items at the same time, once per year, or;
> Put out one, two or three items at different times of the year (maximum four items per year)

For more information visit coquitlam.ca/lipu

To schedule a Large Item Pick-up, call Waste Connections of Canada at 604-636-3521.

#TRASH TALK

FOR MORE INFORMATION, VISIT COQUITLAM.CA/TRASHTALK OR PHONE 604-927-3500
13 Dogwood Presents: Valentine’s Luncheon (19 yrs +)
Join us for our Valentine's Day themed lunch. No pre-registration required. Entertainment provided with purchase of lunch. Performer: Bev West.

at Dogwood Pavilion
Th 11:30 a.m. – 1 p.m. FREE

13 Glen Pine Valentine’s Day Luncheon (19 yrs +)
Celebrate Valentine's Day with friends. Wear something pink or red. Share the love with some lovely entertainment provided by Alyssa Neilsen.

at Glen Pine Pavilion
Th 11:30 a.m. – 1 p.m. $13.30 657030

13 Summit Games Night Drop-In (6 yrs +)
Join us for an evening of board and card games with friends or family. Games provided. Admission is per person.

at Summit Community Centre
Th 6 – 9 p.m. $1.00

14 Valentine’s Day Youth Toonie Skate (13 – 18 yrs)
Looking for something to do with your Valentine? Why not come for a skate for only a toonie. Admission includes helmet & skate rental.

at Poirier Sport & Leisure Complex
F 8:30 – 9:45 p.m. $2.00

Celebrate Family Day in Coquitlam! (All Ages)
Join us for our free Family Day activities in Coquitlam! Games and activities appropriate for all ages.

at Summit Community Centre
F Feb 14 1 – 3 p.m. FREE
at Smiling Creek Activity Centre
Sa Feb 15 1 – 3 p.m. FREE
at Pinetree Community Centre
Su Feb 16 1 – 3 p.m. FREE
at Poirier Community Centre
M Feb 17 10 a.m. – 1 p.m. FREE 659153

15 Family Day in the Park
Design a fairy garden to take home, taste and compare different apples grown in BC, and pick up free seeds to plant a pollinator friendly garden at home.

at Town Centre Park
Sa 12 – 3 p.m. FREE

17 Spotlight on Sport Family Drop-in
Come out with your family to participate in a variety of fun non-competitive sports and activities, music and free snacks!

at Town Centre Park, Percy Perry Stadium
M 10 a.m. – 12 p.m. FREE

17 Family Day Toonie Skate
Celebrate Family Day with a skate for only a toonie. Helmet and skate rentals included.

at Poirier Sport & Leisure Complex
M 11:30 – 1 p.m. /1:15 – 2:30 p.m. $2.00

Tell us how we did!
coitlam.ca/programevaluation

Programs marked with a Reg are regular admission

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

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**21 Pub Night: Long Run Band (19 yrs +)**
Long Run is a three-piece cover band who play a wide variety of musical styles, from classic rock and vintage rock, to classic country and country rock.

*at Dogwood Pavilion*

F 5:15 – 9:30 p.m. $23.50 655337

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**26 Pink Shirt Day Toonie Skate (All Ages) Low cost**
Come wear your pink to symbolize that you do not tolerate bullying and celebrate kindness. Admission includes helmet and skate rentals.

*at Poirier Sport & Leisure Complex*

W 6:45 – 8 p.m. $2.00

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**27 Family Night on Burke (All Ages)**
Bring your family (and your neighbours) for a fun, no-cost evening of crafts and games. Join Coquitlam Public Library for a bedtime story, and make yourself at home at Burke Mountain’s newest hang out! The Library Link mobile library will also be onsite from 6 – 7:30 p.m.

*at Smiling Creek Activity Centre*

Th 6 – 8 p.m. FREE

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**28 Pro-D Day Plunge**
Spend your day off school at the pool! Rotating features include: slide, rope swing, diving boards and the WIBIT, an aquatic obstacle course.

*at City Centre Aquatic Complex*

F 10:30 a.m. – 3 p.m. Reg

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**28 Pro-D Day Toonie Skate (All Ages) Low cost**
Schools out for the day! Come skate for only a toonie, admission includes skate and helmet rentals.

*at Poirier Sport & Leisure Complex*

F 12:30 – 1:45 / 2 – 3:15 p.m. $2.00

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It’s everyone’s responsibility to be aware and get prepared to manage all the changing weather conditions during the winter months.

**TIPS FOR COQUITLAM RESIDENTS**

It is your responsibility to clear your sidewalk in front of your house within 10 hours of the cessation of any snowfall or ice storm. Snow that gets redeposited by any means must be re-cleared.

If you have a fire hydrant in front of your home, please clear the snow around it. This will enable the fire department to locate the hydrant in case of an emergency.

Do not park on the road or in the lane following a snowfall. Parked vehicles impede snow plows. There are new parking regulations in certain areas of the city that mandate all vehicles to be parked on private property when snow is in the forecast — not on the street.

Do not drive unless you absolutely have to and only if you have good snow tires.

Locate and clear catch basin grates in the roadway in front of your house. This helps prevent flooding of your property.

Visit coquitlam.ca/winterwise for more details, updates on snow removal activities, school closure notices, and garbage pickup schedules.

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

4  **Dogwood Presents: Mardi Gras Afternoon Concert (19 yrs +)**
Celebrate Mardi Gras with the Tim Sars Band, one of the hardest working jazz bands on the West Coast.
*at Dogwood Pavilion*
W  1:30 – 3 p.m.  $17.00  655336

12  **Family Night on Burke (All Ages)**
Bring your family (and your neighbours) for a fun, no-cost evening of crafts and games. Join Coquitlam Public Library for a bedtime story, and make yourself at home at Burke Mountain’s newest hang out! The Library Link mobile library will also be onsite from 6 – 7:30 p.m.
*at Smiling Creek Activity Centre*
Th  6 – 8 p.m.  **FREE**

17  **Glen Pine St. Patrick’s Day Luncheon (19 yrs +)**
Everyone is Irish on St. Patrick’s Day. Wear green, enjoy the special entertainment by the Glen Pine Singers and celebrate the luck of the Irish!
*at Glen Pine Pavilion*
Tu  11:30 a.m. – 1 p.m.  $11.45  657032

18  **Grandparent & Me: Movie Social (3 yrs +)**  **Low cost**
Calling all grandparents! Bring the little one(s) in your life and join us for a family friendly afternoon with popcorn and a movie on the big screen! All family members welcome. $1.00 per person.
*at Dogwood Pavilion*
W  1 – 3:30 p.m.  $1.00

20  **Pub Night: Steve Elliott’s Elvis & More (19 yrs +)**
Steve Elliott will perform Elvis’ well known ballads and rockabilly hits, but his electrifying show will also feature other classic crooners such as Roy Orbison and Johnny Cash.
*at Dogwood Pavilion*
F  5:30 – 9:30 p.m.  $32.00

21  **Ready, Set, PLAY!**
Run, jump, throw, balance and wheel! Join us for family play time with loads of fun, physical activities. Geared towards families with kids 5 – 12 years old.
*at Pinetree Community Centre*
Sa  3 – 5 p.m.  **FREE**

Fun is in Our Nature
Stirring, Soulful, Inspiring
Get the inside scoop on local food and entertainment at visitcoquitlam.ca

Coquitlam Parks, Recreation & Culture
Course fees do not include applicable taxes. Details subject to change.
### APRIL Special Events

**Programs marked with a [Reg] are regular admission**

#### 2 Family Night on Burke (All Ages)
Bring your family (and your neighbours) for a fun, no-cost evening of crafts and games. Join Coquitlam Public Library for a bedtime story, and make yourself at home at Burke Mountain’s newest hang out! The Library Link mobile library will also be onsite from 6 – 7:30 p.m.

*at Smiling Creek Activity Centre*

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Th</td>
<td>6 – 8 p.m.</td>
<td>FREE</td>
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</table>

#### 3 Glen Pine Pub Night: Front Page Band (19 yrs +)
Front Page is a four-piece classic rock band of veteran musicians. All songs are guaranteed to bring you to your feet. Tables assigned at registration. Doors open at 5:45 p.m. Dinner is served at 6 p.m. Show starts at 7:30 p.m

*at Glen Pine Pavilion*

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>F</td>
<td>6 – 9:30 p.m.</td>
<td>$23.75</td>
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</tbody>
</table>

#### 5 Easter Bunny Brunch & Hunt (All Ages)
Enjoy a Sunday morning brunch filled with food, drinks, music and games, followed by a family friendly egg hunt! Get ready to explore, be active and have some fun. Brunch includes two pancakes, toppings, two sausages and drinks. Please register each family member attending.

*at Poirier Community Centre*

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<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Su</td>
<td>10 a.m. – 1 p.m.</td>
<td>$5.00</td>
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#### 9 Glen Pine Easter Luncheon (19 yrs +)
Enjoy a ham dinner with all the fixings to celebrate Spring. Entertainment provided by the Glen Pine Singers.

*at Glen Pine Pavilion*

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<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Th</td>
<td>11:30 a.m. – 1 p.m.</td>
<td>$13.30</td>
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</table>

#### 9 Summit Games Night Drop-In (6 yrs +)*Low cost*
Join us for an evening of board and card games with friends or family. Games provided. Admission is per person.

*at Summit Community Centre*

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Th</td>
<td>Apr 9  6 – 9 p.m.</td>
<td>$1.00</td>
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<tr>
<td>Th</td>
<td>Apr 16 6 – 9 p.m.</td>
<td>$1.00</td>
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#### 13 Easter Toonie Skate (All Ages)*Low cost*
Skate for just a toonie on Easter Monday. Admission includes skate and helmet rentals.

*at Poirier Sport & Leisure Complex*

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>M</td>
<td>11:30 a.m. – 1 p.m. 1:15 – 2:30 p.m.</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

#### 17 Pro-D Day Plunge
Spend your day off school at the pool! Rotating features include: slide, rope swing, diving boards and the WIBIT, an aquatic obstacle course.

*at City Centre Aquatic Complex*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>F</td>
<td>12:30 1:45 2 – 3:15 p.m.</td>
<td>$2.00</td>
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</tbody>
</table>

#### 18 Garden Fair (All Ages)
Witness our local Mason Bee Keeper, Pasquale, bring back the Mason Bee’s. Learn how to protect our pollinators. Create an edible planter to take home. Try a refreshing botanical mocktail made right from the plants growing at the garden!

*at Town Centre Park*

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Sa</td>
<td>11 a.m. – 2 p.m.</td>
<td>FREE</td>
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</tbody>
</table>

#### 19 Puzzles, Books & Games Exchange
Do you have gently used puzzles, books and games that could use a new home? Come to our community exchange to discover new treasures and to pass on yours. Please pre-register, drop-ins are acceptable.

*at Centennial Pavilion*

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Su</td>
<td>1 – 3 p.m.</td>
<td>FREE</td>
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**Tell us how we did!**

cocoquitlam.ca/programevaluation

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

Drop-in swim schedules at coquitlam.ca/aquatics

SWIM LESSON BARCODES

Find all our available swim lessons, with course barcodes, times and dates online at coquitlam.ca/aquatics. Look for the “Swim Lessons” PDF.

LESSON REGISTRATION INFORMATION

Swim program participants can only register in one lesson set at a time. You may register your child for the next lesson set only after the completion of the lesson set they are currently registered in. Your child may be withdrawn from a program(s) if registered in more than one lesson at a time.

All Coquitlam swimming lessons follow the Canadian Red Cross Swim program. For details on levels and progressions, visit redcross.ca/swim.

ATTENTION HOME LEARNERS!

Take swim lessons during the day when the pool is quiet! We are offering day-time swim lessons on Fridays for school aged kids. Times and dates will be available in the aquatic lesson grid. Visit coquitlam.ca/aquatics for details.

Drop-in Stroke Correction (15 yrs +)

An instructor will be on-hand to give feedback and help you improve your swimming technique. Must have some swimming experience. Free with regular admission. at City Centre Aquatic Complex Mondays & Wednesdays, 7:30 – 8:15 p.m.
Women’s Swim

at City Centre Aquatic Complex

NEW YEARS DAY: Wednesday, Jan. 1 • 8 – 10 a.m.
FAMILY DAY: Monday, Feb. 17 • 8 – 10 a.m.
GOOD FRIDAY: Friday, April 10 • 8 – 10 a.m.
EASTER MONDAY: Monday, April 13 • 8 – 10 a.m.
See coquitlam.ca/ccac for details

WORKSHOPS & DIVING

Front Crawl Workshop (6 – 12 yrs)
Learn basic front crawl arms, breathing, body position and coordination. Recommended for those who need extra help in Swim Kids 4 and up.

at City Centre Aquatic Complex

Sa (5) Jan 4 – Feb 1 11:15 – 11:45 a.m. $26.70 655834
M (5) Jan 6 – Feb 3 5:45 – 6:15 p.m. $26.70 655830
W (5) Feb 12 – Mar 11 5:45 – 6:15 p.m. $26.70 655831
M (4) Mar 30 – Apr 27 5:45 – 6:15 p.m. $21.30 655828

at Poirier Sport & Leisure Complex

Sa (5) Jan 4 – Feb 1 12 – 12:30 p.m. $26.70 657888
Sa (5) Jan 4 – Feb 1 3 – 3:30 p.m. $26.70 657889
Su (5) Jan 5 – Feb 2 10:30 – 11 a.m. $26.70 656768
Su (5) Jan 5 – Feb 2 1 – 1:30 p.m. $26.70 656769
M (5) Jan 6 – Feb 3 6:30 – 7 p.m. $26.70 656770
Tu (5) Jan 7 – Feb 4 5:30 – 6 p.m. $26.70 657880
Tu (5) Feb 11 – Mar 10 5:30 – 6 p.m. $26.70 657881
Sa (5) Mar 28 – Apr 25 1 – 1:30 p.m. $26.70 657890
Sa (5) Mar 28 – Apr 25 3 – 3:30 p.m. $26.70 657891
Su (5) Mar 29 – Apr 26 10:30 – 11 a.m. $26.70 657875
Su (5) Mar 29 – Apr 26 1 – 1:30 p.m. $26.70 657876
M (4) Mar 30 – Apr 27 6:30 – 7 p.m. $21.30 657879
Tu (5) Mar 31 – Apr 28 5 – 5:30 p.m. $26.70 657882
Tu (5) Mar 31 – Apr 28 8 – 8:30 p.m. $26.70 657883

Back Crawl Workshop (6 – 12 yrs)
Focus is on the mechanics of the arm action, body position, flutter kick and underwater pull. Recommended for those who need extra help in Swim Kids 5 and up.

at City Centre Aquatic Complex

Sa (5) Jan 4 – Feb 1 10:45 – 11:15 a.m. $26.70 655839
Tu (5) Jan 7 – Feb 4 6:45 – 7:15 p.m. $26.70 655836
W (5) Jan 8 – Feb 5 6:15 – 6:45 p.m. $26.70 655837
Sa (5) Feb 8 – Mar 7 11:15– 1:45 a.m. $26.70 660363
M (4) Feb 10 – Mar 9 5:45 – 6:15 p.m. $21.30 655838
Sa (5) Mar 28 – Apr 25 4:45 – 5:15 p.m. $26.70 655855

Whip Kick Workshop (6 – 12 yrs)
Learn the mechanics of whip kick, front and back. Recommended for those who need extra help in Swim Kids 5 and up.

at City Centre Aquatic Complex

W (5) Feb 10 – Mar 9 5:45 – 6:15 p.m. $26.70 655838
Sa (5) Mar 28 – Apr 25 4:45 – 5:15 p.m. $26.70 655855

at Poirier Sport & Leisure Complex

Th (5) Jan 9 – Feb 6 5:30 – 6 p.m. $26.70 657925
Sa (5) Feb 8 – Mar 7 10:45 – 11:15 a.m. $26.70 657929
Su (5) Feb 9 – Mar 8 1 – 1:30 p.m. $26.70 656883
M (4) Feb 10 – Mar 9 6:30 – 7 p.m. $21.30 656884
Th (5) Mar 31 – Apr 28 8 – 8:30 p.m. $26.70 657931

Breaststroke Workshop (6 – 12 yrs)
Focus is on the mechanics of whipkick, underwater pull, timing, and body positioning. Recommended for those who need extra help in Swim Kids 8 and up.

at City Centre Aquatic Complex

Th (5) Jan 9 – Feb 6 6:45 – 7:15 p.m. $26.70 655853

Intro to Synchro (5 yrs +)
Experience synchronized swimming in this exciting introductory program. Learn fundamental swimming skills, including sculling, propulsion, eggbeater, breath control, dolphin kick and underwater weight transfer, as well as routine skills like patterns and timing. The program follows guidelines provided by Canada Artistic Swimming and is offered in partnership with the BC Aquasonics.

at City Centre Aquatic Complex

Tu (10) Jan 7 – Mar 10 7 – 7:45 p.m. $75.00 658106
Tu (10) Mar 31 – Jun 2 7 – 7:45 p.m. $75.00 658107

All Abilities Welcome!
See page 4 for details.
Aquatics

Aquatic Leadership

How to Become a Lifeguard & Swim Instructor

<table>
<thead>
<tr>
<th>Course</th>
<th>13 yrs +</th>
<th>15 yrs +</th>
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<tbody>
<tr>
<td>Bronze Medallion</td>
<td></td>
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<tr>
<td>Bronze Cross</td>
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<tr>
<td>Standard First Aid with CPR-C</td>
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<tr>
<td>National Lifeguard: Pool Option</td>
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<tr>
<td>National Lifeguard: Waterpark Option</td>
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<tr>
<td>Water Safety Instructor</td>
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Lifeguard Courses

Junior Lifeguard Club (8 – 12 yrs)
Learn about lifesaving, lifeguarding and first aid while improving swimming skills in a fun environment. A great way to learn about a future career.

at Poirier Sport & Leisure Complex

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Su (10)</td>
<td>Jan 5 – Mar 8</td>
<td>9 – 11 a.m.</td>
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<tr>
<td>Su (10)</td>
<td>Mar 29 – May 31</td>
<td>9 – 11 a.m.</td>
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Bronze Star (8 – 12 yrs)
Learn basic lifesaving skills. Excellent preparation for success in Bronze Medallion. Extra candidate fee ($10) has been added to course fee and is non-refundable.

at City Centre Aquatic Complex

<table>
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<th>Date</th>
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<tr>
<td>Sa (5)</td>
<td>Feb 8 – Mar 7</td>
<td>3 – 5 p.m.</td>
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<tr>
<td>Su (4)</td>
<td>Feb 16 – Mar 8</td>
<td>3 – 5:30 p.m.</td>
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<tr>
<td>Sa (4)</td>
<td>Mar 28 – Apr 18</td>
<td>3 – 5:30 p.m.</td>
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<tr>
<td>Su (4)</td>
<td>Mar 29 – Apr 19</td>
<td>3 – 5:30 p.m.</td>
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Bronze Medallion
Learn the basic water rescue, first aid and resuscitation techniques. Candidates are required to perform a 500m swim in 15 minutes. Manual purchased separately ($37). Extra candidate fee ($20) has been added to course fee and is non-refundable. Prerequisite: 13 years of age or Bronze Star (can be under 13 yrs of age if has Bronze Star).

at City Centre Aquatic Complex

<table>
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<tr>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Su/Sa (4)</td>
<td>Jan 4 – Jan 12</td>
<td>10:30 a.m. – 4 p.m.</td>
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<tr>
<td>Sa (5)</td>
<td>Feb 8 – Mar 7</td>
<td>11 a.m. – 3:30 p.m.</td>
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<tr>
<td>F (5)</td>
<td>Feb 14 – Mar 13</td>
<td>4 – 8:30 p.m.</td>
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<tr>
<td>Su (4)</td>
<td>Mar 29 – Apr 19</td>
<td>8:30 a.m. – 2 p.m.</td>
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at Poirier Sport & Leisure Complex

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<td>Sa (10)</td>
<td>Jan 4 – Feb 1</td>
<td>8:30 a.m. – 1 p.m.</td>
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<td>Sa (10)</td>
<td>Mar 28 – Apr 25</td>
<td>8:30 a.m. – 1 p.m.</td>
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Bronze Cross
Learn advanced lifesaving rescues and basic aquatic leadership skills. Candidates are required to perform a 600m swim in 18 minutes. Prerequisite: Bronze Medallion. Extra candidate fee ($20) has been added to course fee and is non-refundable.

at City Centre Aquatic Complex

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<tr>
<th>Date</th>
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<tr>
<td>Su/Sa (4)</td>
<td>Jan 25 – Feb 2</td>
<td>10:30 a.m. – 4 p.m.</td>
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<tr>
<td>Su (4)</td>
<td>Feb 16 – Mar 8</td>
<td>8:30 a.m. – 2 p.m.</td>
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at Poirier Sport & Leisure Complex

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<tbody>
<tr>
<td>Sa (10)</td>
<td>Feb 8 – Mar 7</td>
<td>8:30 a.m. – 1 p.m.</td>
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Pre-Lifeguard Fitness Training (13 yrs +)
Designed to provide extra physical standard, fitness and stroke correction practise for those wanting to take their Lifeguarding and Water Safety Instructor courses in order to become a lifeguard. Recommended for those wanting extra fitness practise in Bronze Medallion and up.

at Poirier Sport & Leisure Complex

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<th>Time</th>
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<tr>
<td>M (10)</td>
<td>Jan 6 – Mar 9</td>
<td>7:15 – 8 p.m.</td>
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<tr>
<td>M (10)</td>
<td>Mar 30 – Jun 1</td>
<td>7:30 – 8:15 p.m.</td>
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</table>

National Lifeguard (NL) Pool
Designed for those seeking employment as a lifeguard. Develops a sound understanding of lifeguarding principles, good judgement and communication skills, and a mature and responsible attitude toward the role of the lifeguard. Extra candidate fee ($46) has been added to course fee and is non-refundable after the first class. The National Lifeguard (NL) 'Alert' manual is extra and is not included in the course or candidate fee. Prerequisites: Bronze Cross (does not need to be current), 16 years old, Standard First Aid with CPR C.

at City Centre Aquatic Complex

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>F (10)</td>
<td>Jan 3 – Mar 13</td>
<td>5 – 10 p.m.</td>
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<tr>
<td>F (8)</td>
<td>Apr 3 – May 29</td>
<td>4:30 – 10:30 p.m.</td>
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</table>

National Lifeguard (NL) Waterpark
Builds on the fundamental knowledge, skills and values taught in the National Lifeguard (NL) Pool to train lifeguards in safety supervision and rescue in a waterpark environment. Extra candidate fee ($35) has been added to course fee and is non-refundable after the first class. Prerequisites: NL Pool issued within 2 years, highly recommend CPR C issued within 1 year.

at City Centre Aquatic Complex

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<tr>
<td>M – Th (4)</td>
<td>Mar 16 – Mar 19</td>
<td>9 a.m. – 4 p.m.</td>
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<tr>
<td>Su/Sa (4)</td>
<td>Apr 4 – Apr 12</td>
<td>10:30 a.m. – 5 p.m.</td>
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POOL RULE REMINDERS
Shower Before Entering the Pool
Help keep the pool water clean by showering before entering the pool. Oils, lotions and sweat put more strain on the filtration system. By showering before entering the pool, you’re helping to keep chlorine levels in the pool low.
### Red Cross Water Safety Instructor (WSI) (15 yrs +)

Prepares candidates to instruct the Red Cross Swim program. This course follows a ‘flipped classroom’ method of instruction that includes an evaluation of skills learned in Swim Kids 10, an online component, a practical teaching experience, and a classroom session. Extra candidate fee ($140) has been added to course fee and is non-refundable.

#### at City Centre Aquatic Complex

<table>
<thead>
<tr>
<th>Tu/Th</th>
<th>Dates</th>
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<tbody>
<tr>
<td>(2)</td>
<td>Feb 11 &amp; 13&lt;br&gt;Skill Evaluation</td>
<td>6 – 9:30 p.m.</td>
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<td></td>
<td>Feb 14 – Mar 14&lt;br&gt;Online Component</td>
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<tr>
<td>M – F</td>
<td>(10) Mar 16 – 27&lt;br&gt;Teaching Component</td>
<td>4 – 6 p.m.</td>
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<tr>
<td>M – F</td>
<td>(9) Mar 17 – 28&lt;br&gt;Classroom Component</td>
<td>7 – 9:30 p.m.</td>
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<td><strong>$452.60</strong> 657913</td>
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#### at Poirier Sport & Leisure Complex

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<th>Tu/Th</th>
<th>Dates</th>
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<tr>
<td>(2)</td>
<td>Jan 7 &amp; 9&lt;br&gt;Skill Evaluation</td>
<td>6 – 9:30 p.m.</td>
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<td>Jan 10 – Feb 9&lt;br&gt;Online Component</td>
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<tr>
<td>Tu/Th</td>
<td>(8) Feb 11 – 20 &amp; Mar 3 – 12&lt;br&gt;Teaching Component</td>
<td>3:30 – 5:30 p.m.</td>
</tr>
<tr>
<td>Tu/Th</td>
<td>(2) Feb 25 &amp; 27&lt;br&gt;Mar 3 – 12&lt;br&gt;Classroom Component</td>
<td>4:30 – 9:30 p.m. 6 – 9:30 p.m.</td>
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<td></td>
<td><strong>$452.60</strong> 656872</td>
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Be cool at the pool—check out our video on pool etiquette! [coquitlam.ca/aquatics](http://coquitlam.ca/aquatics)
Recertification Courses

National Lifeguard (NL) Pool Recert
Includes precertification and recertification. The precertification clinic provides candidates an opportunity to review skills and knowledge as well as education on new information before the start of the recertification clinic. Precertification is not required, but highly recommended. Extra candidate fee ($33) has been added to course fee and is non-refundable. Prerequisites: Previous NL Pool, recommend CPR C issued within the one year. Must show original NL Pool award to instructor.

at Poirier Sport & Leisure Complex

Su (2) Jan 19 9 a.m. – 6 p.m. $110.75 656774
Su (2) Feb 23 9 a.m. – 6 p.m. $110.75 656775
Su (2) Mar 22 9 a.m. – 6 p.m. $110.75 656776
Sa (2) Apr 18 9 a.m. – 6 p.m. $110.75 657145

National Lifeguard (NL) Waterpark Recert
Includes precertification and recertification. The precertification clinic provides candidates an opportunity to review skills and knowledge as well as education on new information before the start of the recertification clinic. Precertification is not required, but highly recommended. Extra candidate fee ($33) has been added to course fee and is non-refundable. Prerequisites: Previous NL Waterpark, recommend CPR C issued within the one year. Must show original NL Waterpark award to instructor.

at City Centre Aquatic Complex

Th (1) Jan 2 1:30 – 10 p.m. $110.75 657902
M (1) Feb 17 10:30 a.m. – 7:30 p.m. $110.75 657903
Sa (1) Mar 14 10:30 a.m. – 7:30 p.m. $110.75 657904
M (1) Apr 13 10:30 a.m. – 7:30 p.m. $110.75 657905

Water Safety Instructor Recert (WSI)
This program recertifies the Red Cross Water Safety Instructor award. Extra candidate fee ($50) has been added to course fee and is non-refundable. Prerequisites: Previous WSI certification and proof of online professional development course completion.

at City Centre Aquatic Complex

Sa (1) Feb 8 11 a.m. – 4 p.m. $102.35 657906
Su (1) Apr 5 11 a.m. – 4 p.m. $102.35 657907
at Poirier Sport & Leisure Complex

Sa (2) Mar 14 3 – 8 p.m. $102.35 656882
Th (2) Jan 2 4 – 9 p.m. $102.35 657146

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.
Swipe, tap, click and connect with Coquitlam

Keep up with what’s going on in your city with the CoquitlamConnect app, available for download on all devices on Nov. 18!

coquitlam connect
NEW TO SKATING? Review these FAQs before you start.

WHAT LEVEL DO I REGISTER FOR?
We recommend all new participants begin in the introductory levels.
If you have skating experience, we can do our best to fit you into the right level in one of two ways:

1. **Skating Evaluation:** Come during public skating and our staff will determine your level.
2. **Show Past Progress Card:** Show your past card and we will find the closest fit in our skating program.

WHAT DO I NEED TO WEAR?
- Waterproof pants, such as snow pants or rain pants.
- A warm jacket or sweatshirt.
- Gloves or mittens, waterproof is best.
- CSA approved helmet or snow sports helmet. Face cages are recommended for kids 7 and under. Bike helmets are not permitted.
- Knee and elbow pads, worn under clothing, are optional. Wearing pads over clothes can make it slippery when trying to stand.
- Skates should fit properly and be in good repair. Skate and helmet rentals are available at the skate shop.
- Adjustable skates are not recommended.

CAN I RENT EQUIPMENT?
Yes! Rentals are paid for at the front desk and picked up at the skate shop. Arrive early as there can often be a line at the front desk and skate shop counter. Helmets are included with all registered skate lessons.

Lesson Registration Information
Ice skating program participants can only register in one lesson set at a time. You may register your child for the next lesson set only after the completion of the lesson set they are currently registered in. Your child may be withdrawn from a program(s) if registered in more than one lesson at a time.
# Preschool Learn to Skate (2 – 5 yrs)

*Programs marked with a ★ are for kids & adults together!*

## Parent & Tot 1 & Preschool 1 – 3
- 8 lessons: $51.50; 9 lessons: $58.00; 10 lessons: $64.25

## Preschool 4 – 6
- 8 lessons: $57.20; 9 lessons: $64.45; 10 lessons: $71.50

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<tbody>
<tr>
<td><strong>Parent &amp; Tot 1 (2 – 4 yrs)</strong></td>
<td>9 lessons</td>
<td>10 Lessons</td>
<td>9 Lessons</td>
<td>10 Lessons</td>
<td>8 Lessons</td>
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<tr>
<td><strong>25 min.</strong></td>
<td>9 a.m. (658271)</td>
<td>9:30 a.m. (658272)</td>
<td>10:45 a.m. (658258)</td>
<td>11:45 a.m. (658259)</td>
<td>6:15 p.m. (658265)</td>
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<tr>
<td><strong>Preschool 1 (3 – 5 yrs)</strong></td>
<td>25 min.</td>
<td>4:15 p.m. (658289)</td>
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<td>5:15 p.m. (658292)</td>
<td>6 p.m. (658293)</td>
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<td><strong>9 a.m. (658231)</strong></td>
<td>9:30 a.m. (658315)</td>
<td>10 a.m. (658316)</td>
<td>10:45 a.m. (658318)</td>
<td>11:15 a.m. (658320)</td>
<td>11:45 a.m. (658321)</td>
<td>11:45 a.m. (658322)</td>
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<tr>
<td><strong>Preschool 2 (3 – 5 yrs)</strong></td>
<td>25 min.</td>
<td>4:15 p.m. (658378)</td>
<td>4:45 p.m. (658380)</td>
<td>5:15 p.m. (658382)</td>
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<td><strong>9 a.m. (658408)</strong></td>
<td>9:30 a.m. (658409)</td>
<td>10 a.m. (658410)</td>
<td>10:45 a.m. (658413)</td>
<td>11:45 a.m. (658416)</td>
<td>11:45 a.m. (658417)</td>
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<tr>
<td><strong>Preschool 3 (3 – 5 yrs)</strong></td>
<td>25 min.</td>
<td>6:45 p.m. (658384)</td>
<td>7:15 p.m. (658385)</td>
<td>7:45 p.m. (658386)</td>
<td>9:30 a.m. (658394)</td>
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<td><strong>9 a.m. (658445)</strong></td>
<td>9:30 a.m. (658446)</td>
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*Flip the page for more lessons →*
### Preschool Learn to Skate (2 – 5 yrs)

**Parent & Tot 1 & Preschool 1 – 3**: 8 lessons: $51.50; 9 lessons: $58.00; 10 lessons: $64.25

**Preschool 4 – 6**: 8 lessons: $57.20; 9 lessons: $64.45; 10 lessons: $71.50

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Programs marked with a ⭐ are for kids & adults together!
### Ice Sports

#### CHILD LEARN TO SKATE (6 – 12 YRS)

**School Age 1 – 6:** 8 lessons: $57.20; 9 lessons: $64.45; 10 lessons: $71.50

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*Flip the page for more lessons →*
## Ice Sports

### Personalized Skating Development (3 yrs +)

This program is designed for individuals who want to improve their skating skills.

**at Poirier Sport & Leisure Complex**

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<td>Su (5) Apr 19 – May 17</td>
<td>12:15 – 12:45 p.m.</td>
<td>$121.55</td>
<td>658587</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Hockey Hot Shot Tots (3 – 5 yrs)
For aspiring young hockey players who are looking for skill specific correction and hockey FUNdamentals. Our staff will help your player learn skating, passing, shooting and puck control in a fun and positive environment. Children must be able to skate forwards and backwards with some ability to glide (Completed Preschool 3). Required Equipment: Full hockey gear, including CSA-approved helmet with face cage.

at Poirier Sport & Leisure Complex
Sa (8) Jan 11 – Feb 29 9:45 – 10:15 a.m. $56.00 659352
Sa (10) Apr 18 – Jun 20 9:45 – 10:15 a.m. $70.00 659396

Hockey Private Lessons (3 – 5 yrs)
One-on-one private hockey lessons for your preschooler to work on skating, stick handling and shooting skills. Limited sessions available. Required Equipment: Full hockey gear, including CSA-approved helmet with face cage.

at Poirier Sport & Leisure Complex
Sa (4) Jan 11 – Feb 1 9:45 – 10:15 a.m. $97.25 659354
Sa (4) Jan 11 – Feb 1 10:15 – 10:45 a.m. $97.25 659355
Sa (4) Feb 8 – Feb 29 9:45 – 10:15 a.m. $97.25 659359
Sa (4) Feb 8 – Feb 29 10:15 – 10:45 a.m. $97.25 659360
Sa (4) Feb 8 – Feb 29 10:15 – 10:45 a.m. $97.25 659361
Sa (4) Feb 8 – Feb 29 10:15 – 10:45 a.m. $97.25 659362
Sa (5) Apr 18 – May 16 4:30 – 5 p.m. $121.55 659398
Sa (5) Apr 18 – May 16 4:30 – 5 p.m. $121.55 659399
Sa (5) Apr 18 – May 16 5 – 5:30 p.m. $121.55 659400
Sa (5) Apr 18 – May 16 5 – 5:30 p.m. $121.55 659401
Sa (5) Apr 18 – May 16 5 – 5:30 p.m. $121.55 659402

Hockey 101 (7 – 12 yrs)
This introduction to ice hockey will provide kids, not involved in minor ice sport organizations, with the basic knowledge and skills to participate in this great Canadian game. Learn the rules as well as power skating, shooting, passing and stick handling. Enjoy a full-out scrimmage to wrap-up the program. All protective equipment is supplied as well as hockey stick, skates and helmet. Prerequisite: Completed School Age 1.

at Poirier Sport & Leisure Complex
Sa (4) Jan 11 – Feb 1 12 – 12:45 p.m. $24.80 658566
Sa (4) Feb 8 – Feb 29 12 – 12:45 p.m. $24.80 658567
Sa (5) Apr 18 – May 16 1 – 1:45 p.m. $30.95 659380

Hockey FUNdamentals (6 – 9 yrs)
Our class is for hockey players who are looking for skill specific correction. Our staff will help your player learn skating, passing, shooting and puck control in a fun and positive environment. Children must be able to skate forwards and backwards with some ability to glide (Completed School Age 2). Required Equipment: Full hockey gear, including CSA-approved helmet with face cage.

at Poirier Sport & Leisure Complex
Sa (8) Jan 11 – Feb 29 9:45 – 10:45 a.m. $70.20 659351
Sa (10) Apr 18 – Jun 20 4:30 – 5:30 p.m. $85.00 659397

Hockey Private Lessons (6 – 12 yrs)
One-on-one private hockey lessons for your child to work on skating, stick handling and shooting skills. Limited sessions available. Required Equipment: Full hockey gear, including CSA-approved helmet with face cage.

at Poirier Sport & Leisure Complex
Sa (4) Jan 11 – Feb 1 9:45 – 10:15 a.m. $97.25 659366
Sa (4) Jan 11 – Feb 1 10:15 – 10:45 a.m. $97.25 659367
Sa (4) Jan 11 – Feb 1 10:15 – 10:45 a.m. $97.25 659368
Sa (4) Jan 11 – Feb 1 10:15 – 10:45 a.m. $97.25 659369
Sa (4) Feb 8 – Feb 29 9:45 – 10:15 a.m. $97.25 659370
Sa (4) Feb 8 – Feb 29 9:45 – 10:15 a.m. $97.25 659371
Sa (4) Feb 8 – Feb 29 10:15 – 10:45 a.m. $97.25 659372
Sa (4) Feb 8 – Feb 29 10:15 – 10:45 a.m. $97.25 659373
Sa (4) Feb 8 – Feb 29 10:15 – 10:45 a.m. $97.25 659374
Sa (5) Apr 18 – May 16 4:30 – 5 p.m. $121.55 659403
Sa (5) Apr 18 – May 16 4:30 – 5 p.m. $121.55 659404
Sa (5) Apr 18 – May 16 5 – 5:30 p.m. $121.55 659405
Sa (5) Apr 18 – May 16 5 – 5:30 p.m. $121.55 659406

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.
Learn to Figure Skate Level 1 (7 – 12 yrs)

An introductory course to figure skating. Children will be introduced to basic edges, spins, jumps and skills. Required equipment: CSA approved helmet and figure skates.

**Level 1**
**Prerequisite:** Completed School Age Level 3.
**at Poirier Sport & Leisure Complex**

- **Su (9)** Jan 5 – Mar 1 12:15 – 12:55 p.m. $64.45 658568

- **Su (10)** Apr 19 – Jun 21 11:30 a.m. – 12:10 p.m. $71.50 659344

**Power Skating**

This power skating course is for ringette and hockey stars who want to improve their skating speed, control and agility. Participants should have basic skating skills and completed have School Age 3. Required equipment: Full hockey or ringette gear.

**6 – 10 yrs**
**at Poirier Sport & Leisure Complex**

- **Sa (8)** Jan 11 – Feb 29 10:45 – 11:45 a.m. $70.20 659375
- **Sa (10)** Apr 18 – Jun 20 5:30 – 6:30 p.m. $85.00 659407

**11 – 13 yrs**
**at Poirier Sport & Leisure Complex**

- **Sa (8)** Jan 11 – Feb 29 10:45 – 11:45 a.m. $70.20 659376
- **Sa (10)** Apr 18 – Jun 20 5:30 – 6:30 p.m. $85.00 659408

**Ringette 101 (6 – 12 yrs)**

This introduction to ringette will provide kids the basic knowledge and skills to participate in this fast-paced Canadian game. Learn the rules and skills of the game. Equipment provided.

**at Poirier Sport & Leisure Complex**

- **Su (5)** Jan 5 – Feb 2 12:15 – 12:55 p.m. $25.80 658564
- **Su (4)** Feb 9 – Mar 1 12:15 – 12:55 p.m. $20.65 658565
**DROP-INS**

Schedule subject to change. Check [coquitlam.ca/dropins](http://coquitlam.ca/dropins) for cancellations.

### Casual Hockey (18 yrs+)

All skills welcome. Call 604-927-6027 after 12 p.m. to reserve a spot for that night. Regular drop-in prices apply. Full hockey gear is required including a CSA approved helmet.

18 yrs +

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>W/F</th>
<th>Jan 8 – Mar 11</th>
<th>10 – 11:15 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>Apr 17 – Jun 19</td>
<td>10 – 11:15 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

45 yrs +

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>Su</th>
<th>Jan 5 – Mar 1</th>
<th>8 – 9 p.m.</th>
</tr>
</thead>
</table>

### Dropping In Schedule

**Family Skate (All Ages)**
Features a preschool play area and lap skating. Family admission rates apply (each family member pays child admission rate, up to a maximum of 5 people). Regular rental rates apply.

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>Su</th>
<th>Jan 5 – Mar 1</th>
<th>1:15 – 2:30</th>
<th>2:45 – 4 p.m.</th>
</tr>
</thead>
</table>

**Public Skate (All Ages)**
A great time for all ages! The entire ice devoted to lap skating. Regular admission and rental rates apply.

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>Sa</th>
<th>Jan 11 – Feb 29</th>
<th>5:15 – 6:45 / 7 – 8:30 p.m.</th>
</tr>
</thead>
</table>

**Stick, Ring & Puck**
Shoot and score! This session is for the hockey or ringette enthusiasts. CSA approved helmets are required for all participants; face cages are mandatory for participants under the age of 18. Participants are required to bring their own stick, rings and pucks.

12 & Under (max 45 skaters/session)

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>Su</th>
<th>Jan 5 – Mar 1</th>
<th>5:30 – 6:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
<td>Jan 6 – Mar 11</td>
<td>3 – 4 p.m.</td>
<td></td>
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<tr>
<td>Su</td>
<td>Apr 19 – Jun 21</td>
<td>3:15 – 4:15 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

13 yrs + (max 35 skaters/session)

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>Su</th>
<th>Jan 5 – Mar 1</th>
<th>6:45 – 7:45 p.m.</th>
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</thead>
<tbody>
<tr>
<td>Sa</td>
<td>Jan 11 – Feb 29</td>
<td>8:45 – 9:45 p.m.</td>
<td></td>
</tr>
<tr>
<td>Su</td>
<td>Apr 19 – Jun 21</td>
<td>4:30 – 5:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

All Ages (max 25 skaters/session)

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>T/Th</th>
<th>Jan 7 – Mar 12</th>
<th>11:15 – 12:15 p.m.</th>
<th>$2.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>T/Th</td>
<td>Apr 14 – Jun 18</td>
<td>11:15 – 12:15 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
</tbody>
</table>

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**New Stick, Ring & Puck Female Only (All Ages)**
We are now offering female only ring, stick & puck drop-in sessions open to all ages. This session is strictly for female’s only to attend. CSA approved helmets are required for all participants; face cages are mandatory for participants under the age of 18. Participants are required to bring their own stick, rings and pucks.

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>Tu</th>
<th>Jan 7 – Mar 10</th>
<th>3:45 – 4:45 p.m.</th>
</tr>
</thead>
</table>

**Toonie Skate (All Ages)**
A steal of a deal! The entire ice is devoted to lap skating. Admission is $2.00 and includes equipment rental. Limit of 200 people admitted on the ice surface.

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>Tu/Th/F</th>
<th>Jan 7 – Mar 12</th>
<th>12:30 – 1:45 p.m.</th>
<th>$2.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td>Jan 8 – Mar 11</td>
<td>6:45 – 8 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Th</td>
<td>Apr 16 – Jun 18</td>
<td>12:30 – 1:30 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>Apr 17 – Jun 19</td>
<td>7 – 8:15 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Su</td>
<td>Apr 19 – Jun 21</td>
<td>1:30 – 3 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>Apr 24 – Jun 19</td>
<td>11:15 – 12:30 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
</tbody>
</table>

**Toonie Skate: Adult & Child (0 – 5 yrs)**
A special time for parents and preschoolers (0 – 5 year olds) to test out those skating legs. Preschool toys and skating aids are available. Admission is $2.00/person and includes equipment rental. Parents must be on the ice with preschooler.

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>Th/F</th>
<th>Jan 9 – Mar 12</th>
<th>9:30 – 11 a.m.</th>
<th>$2.00</th>
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</thead>
<tbody>
<tr>
<td>W</td>
<td>Jan 8 – Mar 11</td>
<td>6:45 – 8 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Th</td>
<td>Apr 16 – Jun 18</td>
<td>10:45 – 12:15 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
</tbody>
</table>

**Toonie Skate: Youth (13 – 18 yrs)**
Come skate for only a toonie. Admission includes skate and helmet rental.

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>F</th>
<th>Jan 10 – Feb 28</th>
<th>8:30 – 9:45 p.m.</th>
<th>$2.00</th>
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<tbody>
<tr>
<td>F</td>
<td>Apr 17 – Jun 19</td>
<td>8:30 – 9:45 p.m.</td>
<td>$2.00</td>
<td></td>
</tr>
</tbody>
</table>

**Toonie Skate: Adult**
Rentals included with admission. ¾ of ice devoted to lap skating, ¼ will be used for adult registered lessons.

<table>
<thead>
<tr>
<th>at Poirier Sport &amp; Leisure Complex</th>
<th>F</th>
<th>Jan 10 – Feb 28</th>
<th>8:30 – 9:45 p.m.</th>
<th>$2.00</th>
</tr>
</thead>
</table>

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Tell us how we did!
[coquitlam.ca/programevaluation](http://coquitlam.ca/programevaluation)

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

Tiny Tykes Adventures (3 – 5 yrs)
This mini-camp for preschoolers combines crafts and imaginative play in the classroom with active time.

at Pinetree Community Centre

<table>
<thead>
<tr>
<th>M – F</th>
<th>Mar 16 – Mar 20</th>
<th>9:15 – 11:15 a.m.</th>
<th>$60.00</th>
<th>655633</th>
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<tbody>
<tr>
<td>M – F</td>
<td>Mar 23 – Mar 27</td>
<td>9:15 – 11:15 a.m.</td>
<td>$60.00</td>
<td>655634</td>
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</tbody>
</table>

CHILD

Pro-D Day Camps

Bricks 4 Kidz LEGO® Camps (5 – 12 yrs)
Designed and created by teachers, architects and engineering professionals, this hands-on curriculum introduces children to concepts of engineering, architecture and mechanics using LEGO® bricks. Offered in partnership with Bricks 4 Kidz.

at Pinetree Community Centre

<table>
<thead>
<tr>
<th>M</th>
<th>Jan 27</th>
<th>9 a.m. – 12 p.m.</th>
<th>$28.00</th>
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<tbody>
<tr>
<td>M</td>
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<td>F</td>
<td>Apr 17</td>
<td>9 a.m. – 12 p.m.</td>
<td>$28.00</td>
<td>657873</td>
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<tr>
<td>F</td>
<td>Apr 17</td>
<td>12:30 – 3:30 p.m.</td>
<td>$28.00</td>
<td>657874</td>
</tr>
</tbody>
</table>

Gym & Swim (7 – 12 yrs)
No school? No problem! Join us for this active camp for time in the gym and in the pool each day.

at Centennial Activity Centre

<table>
<thead>
<tr>
<th>F</th>
<th>Feb 28</th>
<th>9 a.m. – 3 p.m.</th>
<th>$35.40</th>
<th>659615</th>
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</thead>
<tbody>
<tr>
<td>F</td>
<td>Apr 17</td>
<td>9 a.m. – 3 p.m.</td>
<td>$35.40</td>
<td>659617</td>
</tr>
</tbody>
</table>

Top Five Tips for A Successful Camp Experience

- For full-day camps be sure to bring a lunch and two snacks each day
- Wear comfortable clothing and layer-up in case the weather changes throughout the day
- Check the location of the camp before you leave the house!
- Our facilities are nut and scent free, so please leave the peanut butter sandwiches at home
- Be prepared to have fun!
Pinetree Pro-D Camp (6 – 12 yrs)
Join us for a non-stop day of crafts, science, sports and games in this exciting camp!

at Pinetree Community Centre
M (1) Jan 27 9 a.m. – 3 p.m. $35.40 655609
F (1) Apr 17 9 a.m. – 3 p.m. $35.40 655610

Skate & Swim (7 – 12 yrs)
Children will spend an hour on the ice followed by a craft lunch and then swimming. Skate and helmet rentals included.

at Poirier Sport & Leisure Complex
F (1) Feb 28 9 a.m. – 3 p.m. $35.40 662676
F (1) Apr 17 9 a.m. – 3 p.m. $35.40 662677

Smiling Creek Pro-D Day Camp (5 – 10 yrs)
Join us for a non-stop day of crafts, science, sports and games in this exciting camp!

at Smiling Creek Activity Centre
M (1) Jan 27 9 a.m. – 3 p.m. $35.40 658805
F (1) Apr 17 9 a.m. – 3 p.m. $35.40 658808

Spring Break Camps

Gym & Swim (7 – 10 yrs)
No school? No problem! Join us for this active camp for time in the gym and in the pool each day.

at Centennial Activity Centre
M – F (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 659613
M – F (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 659614

at Pinetree Community Centre
M – F (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 658712
M – F (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 658711

Half-Day Sports (6 – 8 yrs)
This high energy camp will cover a variety of sports including dodgeball, soccer, basketball and floor hockey. Cooperative team games will also be included.

at Smiling Creek Activity Centre
M – F (5) Mar 16 – Mar 20 9 a.m. – 12 p.m. $78.35 658795
M – F (5) Mar 23 – Mar 27 9 a.m. – 12 p.m. $78.35 658796

Bricks 4 Kidz LEGO® Camps (5 – 12 yrs)
Designed and created by teachers, architects and engineering professionals, this hands-on curriculum introduces children to concepts of engineering, architecture and mechanics using LEGO® bricks. Offered in partnership with Bricks 4 Kidz.

at Pinetree Community Centre
M – F (5) Mar 16 – Mar 20 9 a.m. – 12 p.m. $140.00 658152
M – F (5) Mar 23 – Mar 27 9 a.m. – 12 p.m. $140.00 658151

Kids on the GO!
This camp is full of games, activities, sports, crafts and much more. Please bring a lunch, two snacks, warm clothes and runners every day. Swimming activities are for Kids on the GO! 7-8 years and Kids on the GO! 9-10 years only.

5 – 6 yrs
at Poirier Community Centre
M – F (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 659565
M – F (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 659564

7 – 8 yrs
at Poirier Community Centre
M – F (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 659572
M – F (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 659571

9 – 10 yrs
at Poirier Community Centre
M – F (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 659576
M – F (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 659575

Mundy Park Eco-Discovery (7 – 10 yrs)
Immerse yourself in nature! Spend your days in the forest and around the lake in Mundy Park; walking, looking, listening and exploring. Join us for exciting outdoor games and hands-on activities!

at Mundy Park
M – F (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 658613
M – F (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 658615

Course fees do not include applicable taxes. Details subject to change.
**Mundy Park Nature Explorers (5 – 6 yrs)**

Spend the week exploring the great outdoors in beautiful Mundy Park. Activities may include nature walks, outdoor exploration, nature related crafts/games and more. Participants must have completed Kindergarten to register.

*at Mundy Park*

<table>
<thead>
<tr>
<th>M – F</th>
<th>Mar 16 – Mar 20</th>
<th>9 a.m. – 3 p.m.</th>
<th>$152.55</th>
<th>658623</th>
</tr>
</thead>
<tbody>
<tr>
<td>M – F</td>
<td>Mar 23 – Mar 27</td>
<td>9 a.m. – 3 p.m.</td>
<td>$152.55</td>
<td>658624</td>
</tr>
</tbody>
</table>

**Parkour (6 – 9 yrs)**

Learn basic skills including safe jumping, landing techniques, rolls and vaults, using both hands and feet. Apply these skills in obstacle courses and movement based games. To be held mostly outdoors. Please wear sunscreen and bring a hat, water bottle, and running shoes. Offered in partnership with Journey Parkour.

*at Pinetree Community Centre*

<table>
<thead>
<tr>
<th>M – F</th>
<th>Mar 16 – Mar 20</th>
<th>10 a.m. – 1 p.m.</th>
<th>$249.00</th>
<th>658733</th>
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<tbody>
<tr>
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<td>Mar 23 – Mar 27</td>
<td>10 a.m. – 1 p.m.</td>
<td>$249.00</td>
<td>658735</td>
</tr>
</tbody>
</table>

**Pinetree Camp**

Join us for non-stop fun and activity! Campers will participate in gym games, sports, crafts, science and cooking. Kids 7 – 10 years old (grades 2 – 5) will also go swimming.

**5 – 6 yrs / Kindergarten & Grade 1**

*at Pinetree Community Centre*

<table>
<thead>
<tr>
<th>M – F</th>
<th>Mar 16 – Mar 20</th>
<th>9 a.m. – 3 p.m.</th>
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<td>$152.55</td>
<td>655852</td>
</tr>
</tbody>
</table>

**7 – 10 yrs / Grades 2 – 5**

*at Pinetree Community Centre*

<table>
<thead>
<tr>
<th>M – F</th>
<th>Mar 16 – Mar 20</th>
<th>9 a.m. – 3 p.m.</th>
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<td>9 a.m. – 3 p.m.</td>
<td>$152.55</td>
<td>657272</td>
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</table>

**Smiling Creek Full Day Camp (6 – 12 yrs)**

Join us at Smiling Creek Activity Centre in Burke Mountain for creative crafts, wacky science, sports and lots of outdoor play! The wide age range makes this camp a great opportunity for siblings to participate together.

*at Smiling Creek Activity Centre*

<table>
<thead>
<tr>
<th>M – F</th>
<th>Mar 16 – Mar 20</th>
<th>9 a.m. – 3 p.m.</th>
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<td>M – F</td>
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<td>9 a.m. – 3 p.m.</td>
<td>$152.55</td>
<td>658800</td>
</tr>
</tbody>
</table>

**Before/After Camp Options**

**Poirier Extended Care (5 – 10 yrs)**

This camp 'add-on' allows parents the flexibility of early drop off and late pick up for camps at Poirier Community Centre. Our leaders will engage children in games and activities, and walk your child to their camp room. For City of Coquitlam camp participants only and no drop in option.

*at Poirier Community Centre*

<table>
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**Treehouse Extended Day (5 – 11 yrs)**

This camp 'add-on' allows parents the flexibility of early drop off and late pick up for camps at Pinetree Community Centre. Our leaders will engage children in games and activities, and walk your child to and from their camp room. Registration includes access to early drop off (8 – 9 a.m.) and late pick up (3 – 5 p.m.). No drop-in option.

*at Pinetree Community Centre*

<table>
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<th>M – F</th>
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</table>
YOUTH

Pro-D Day Camp

**Home Alone Camp (10 – 13 yrs)**
The Home Alone Safety Program provides children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. This camp will combine home alone training with cooking and a day full of activities! It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Child Safe Canada trained instructors.

*at Poirier Community Centre*

F (1) Apr 17 9 a.m. – 3 p.m. $35.40 659619

**Spring Break Camps**

**Parkour (10 – 14 yrs)**
Learn basic skills including safe jumping, landing techniques, rolls and vaults, using both hands and feet. Apply these skills in obstacle courses and movement based games. To be held mostly outdoors. Please wear sunscreen and bring a hat, water bottle, and running shoes. Offered in partnership with Journey Parkour.

*at Pinetree Community Centre*

M – F (5) Mar 16 – Mar 20 1:30 – 4:30 p.m. $249.00 658737
M – F (5) Mar 23 – Mar 27 1:30 – 4:30 p.m. $249.00 658739

**Pinetree Middle Schoolers Camp (11 – 14 yrs)**
We let the interests of our youth participants guide this camp, which includes everything from outdoor adventures and swimming, to team building games and sports. Out trip included on Fridays. An extra fee of $15 will be added to the course fee for the Friday out trip and is non-refundable within 10 days of the camp starting. For current grade 6 – 8 students.

*at Pinetree Community Centre*

M – F (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 655782
M – F (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 655783

**Sports Try it (11 – 18 yrs)**
Test your skills! Our community sports organizations will be hosting these sports campin, giving participants an opportunity to try out new sports. Each day a different sport will be introduced and played on the artificial turf field in a fun atmosphere.

*at Town Centre Park – Cunnings Field*

M – F (5) Mar 16 – 20 9 a.m. – 12 p.m. $78.35 659625
At Town Centre Park – Percy Perry Stadium Field
M – F (5) Mar 23 – 27 9 a.m. – 12 p.m. $78.35 659626

**Youth on the GO! (11 – 14 yrs)**
Join us for a day filled with sport activities, fun, games, outdoor adventures, cooking, and more! Please bring two snacks and a lunch. Includes swimming and an out-trip on the last day of camp. An extra fee of $15 will be added to the course fee for the Friday out trip and is non-refundable within 10 days of the camp starting.

*at Getaway Youth Centre*

M – F (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 659608
M – F (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 659609

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All Abilities Welcome!
See page 4 for details.

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.
Coquitlam has a vast network of parks and trails. Coquitlam’s trail system, one of our most requested recreation amenities, totals over 90 kilometres. Our trails can be enjoyed by everyone whether it’s for fitness, pleasure or viewing wildlife and nature opportunities. Find more information about Coquitlam’s trails at coquitlam.ca/trails.

NEW PARK—RILEY PARK

Riley Park is a new 3.5 acre neighbourhood park located in the Burke Mountain area at the corner of Burke Village Promenade and Riley Street. Amenities include:

• Play features that promote balance, agility, coordination and strength, such as a wooden climbing structure for children and youth, and slides and climbing features on the embankment;
• An enhanced playground with accessible features and coloured rubber ground surfacing for children of all ages;
• A plaza with picnic tables and seating near the playground, and seating throughout the park;
• Accessible pathways throughout the park, as well as a multi-use pathway along Burke Village Promenade;
• Scenic views from various locations, including a lookout with a telescope;
• Open lawn space for picnicking and other informal uses, including a flat area near the playground and lounging space with outdoor hammocks; and
• Landscaping and planting beds throughout, including a reforested landscape at the north end to create a green backdrop and buffer to future housing.

For more information and to see upcoming activities, visit coquitlam.ca/parkspark or email parkspark@coquitlam.ca.
FEE-LIEF [noun]
The feeling you get when you stop paying bank fees with our Simply Free Account®.

Visit us online or at our Sunwood Square branch today.

600-3025 Lougheed Hwy.
Coquitlam

envisionfinancial.ca/simplyfree

How do you want to receive information from the City?
Share your feedback for a chance to win one of two $50 Coquitlam Centre gift cards.

What type of information are you looking for?
How can we improve our PRC E-Newsletter?
The survey will take less than 5 minutes and your feedback will assist us in improving our communications.

Fill out the survey at coquitlam.ca/infosurvey

COQUITLAM DOGS
TRAIN YOUR HUMAN!

Be proactive!
Ensure your human has renewed your dog licence BEFORE FEB. 1 to receive discounted rates for the year.

A dog licence is the quickest way to reunite you with your human if you’re lost anywhere in the world.

coquitlam.ca/trainyourhuman

Free Public Wi-Fi Coming to a Park Near You
We’re rolling out free Wi-Fi at select City parks in the coming months, making it even easier to access information while on the move.
Enhanced Wi-Fi at civic parks and facilities is part of Coquitlam’s Technology Roadmap, a five-year plan that guides how the City will use technology to enhance City services.
Watch for updates on Coquitlam’s social media channels and learn more at coquitlam.ca/smart

Free Wi-Fi

Course fees do not include applicable taxes. Details subject to change.
Hikes & Active Adventures

Hikes are open to participants 12 years and up, unless otherwise stated. All participants 16 years and under must be accompanied by an adult. Hiking participants will be sent waiver forms and notified of meeting locations prior to hikes.

Outdoor Ed: Getting Ready for the Hiking Season (12 yrs+)
Join us for a slide show presentation and discussion, lead by Ian McArthur, on hiking preparedness and where to hike in the Tri-Cities. Do you know what ten essential items you should have in your pack? This presentation is geared for the novice and intermediate hiker, but experienced hikers will learn about some of the hidden gems in our local mountains. Please pre-register.

at Glen Pine Pavilion
Tu (1) Mar 3 6:30 – 8:45 p.m. $6.25 659377

Hike: Miller Ravine & the Chines (12 yrs+)
Join us on a guided hike through the lush upper section of the Miller Ravine while taking time to enjoy nature. Descend into the steep forested area of the Chines before regaining elevation to make a loop back to the starting point. On a clear evening, great views of the mountains to the north can be seen. Roundtrip distance is 4 km with a cumulative elevation gain to 130m.

Th (1) Apr 30 6 – 8 p.m. $6.25 659379

Hike: Spring Forest Wanders (12 yrs+)
In this three step hiking program, beginners will gain experience while enjoying the surrounding forest. The program will take place in local trails including Riverview Forest, Mundy Park, Sugar Mountain and Sasamat Lake.

Su (1) Apr 5 9 a.m. – 12 p.m. $22.50 659378
Su (1) Apr 19 9 a.m. – 1 p.m. 659378
Su (1) Apr 26 9 a.m. – 2 p.m.
ADULT & CHILD

**Learn 2 Fish (5 – 12 yrs)**
Join the Freshwater Fisheries Society of BC for one 2 hour session and learn the basics of freshwater fishing. Topics include hatchery roles, fish identification, proper fish handling, tackle, rod rigging, casting, and an hour of fishing at the lake. Rapala rods are provided. Program runs rain or shine. Must pre-register for guaranteed spot.

**at Lafarge Lake**
- **Th** (1) Mar 26 10 a.m. – 12 p.m.
- By donation 658420

**at Como Lake Park**
- **Th** (1) Mar 19 10 a.m. – 12 p.m.
- By donation 658423

**CHILD**

**Mundy Park Eco-Discovery Camp (7 – 10 yrs)**
Immerse yourself in nature! Spend your days in the forest and around the lake in Mundy Park; walking, looking, listening and exploring. Join us for exciting outdoor games and hands-on activities!

**at Mundy Park**
- **M – F** (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 658613
- **M – F** (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 658615

**Mundy Park Nature Explorers Camp (5 – 6 yrs)**
Spend the week exploring the great outdoors in beautiful Mundy Park. Activities may include nature walks, outdoor exploration, nature related crafts/games and more. Participants must have completed Kindergarten to register.

**at Mundy Park**
- **M – F** (5) Mar 16 – Mar 20 9 a.m. – 3 p.m. $152.55 658623
- **M – F** (5) Mar 23 – Mar 27 9 a.m. – 3 p.m. $152.55 658624

**Nature Play & Learn**
Allow your child to create a lifelong connection with the natural world. Nature will be the thread that ties all parts of this play and exploratory based program together. Children will spend a significant amount of time learning outdoors each class, through all seasons. They will develop vital life skills and competencies, nurture confidence, creativity and respect through independence and new friendships all in the natural environments of Mundy Park. A small portion of the day will be spent indoors at the Mundy Park Field house. Child must be three years of age and fully potty trained prior to starting this program.

**at Pinetree Community Centre**
- **M/W** Jan 13 – Mar 11 9:30 – 11:30 a.m. $246.75 657912
- **M/W** Mar 30 – Jun 10 9:30 – 11:30 a.m. $275.80 658458

**Try-it!** Join us at the Mundy Park Fieldhouse with your child for a FREE sample lesson on Nov. 30 from 10 – 11:30 a.m.

**ADOPT-A-TRAIL**
Over 100 local citizens keep an eye on Coquitlam’s trail system, picking up garbage and reporting any trail hazards or vandalism to help keep the trails clean and safe for everyone. If you love hiking, hitting the trails and want to make a difference in your community please join our Adopt-a-Trail team. We’re looking for volunteers to Adopt various trails throughout Coquitlam and liaise with our Park Spark team to help keep them safe and clean. Come out to a free information session to learn more.

**at Pinetree Community Centre**
- **Th** (1) Apr 23 1 – 2 p.m. FREE 659605

**at Poirier Sport & Leisure Complex**
- **Tu** (1) Apr 21 9:30 – 10:30 a.m. FREE 659606
DROP BY & BEE INSPIRED!

Located at the corner of Pipeline Road and Guildford Way in Town Centre Park, this learning and teaching display garden is open year round and offers programs and tours from March to October. Drop by to see our amazing collection of trees, shrubs and perennials, all suitable for residential gardens, or visit our vegetable garden to find out what we’re growing!

ADULT

**Garden Workshop: Spring Planter (16 yrs +)**

Start the beginning of Garden season off right. Learn the best container gardening practices and create a beautiful Spring display to take home.

*at Town Centre Park*

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ALL AGES

**Garden Fair (All Ages)**

Witness our local Mason Bee Keeper, Pasquale, bring back the Mason Bee’s. Learn how to protect our pollinators. Create an edible planter to take home. Try a refreshing botanical mocktail made right from the plants growing at the Garden!

*at Town Centre Park*

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**Youth Garden Team: Growing for Change (13 – 18 yrs)**

We’re looking for volunteers to grow vegetables to share to the community. No gardening experience needed, just bring your energy and enthusiasm. Come to one of our information sessions to learn more about the opportunity.

*at Pinetree Community Centre*

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<td>W</td>
<td>Mar 25</td>
<td>12 – 1 p.m.</td>
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<td>Th</td>
<td>Mar 26</td>
<td>12 – 1 p.m.</td>
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School Tours

Explore the garden, learn about it’s plants and let us show you how a garden grows! Register your class for one of our informative and interactive workshops. Classes are open to students of all ages; workshops will be tailored to student level. Course fee is 30.00 per class. Maximum of one class per session, with no more than 30 students. Additional parent participation and supervision is recommended. To register or for more information, email garden@coquitlam.ca

Pollinator Power
Without pollination, plants wouldn’t grow! Learn about pollination, why it’s important, who and what pollinators are, and how pollination happens through hands-on demonstrations and fun interactive activities. Finish the workshop with a fun craft activity to take home.

P at Town Centre Park
W (1) Apr 15 10 – 11 a.m. $30.00
Th (1) Apr 16 1 – 2 p.m. $30.00
W (1) Apr 22 10 – 11 a.m. $30.00
Th (1) Apr 23 1 – 2 p.m. $30.00
W (1) Apr 29 10 – 11 a.m. $30.00
Th (1) Apr 30 1 – 2 p.m. $30.00

Dirt Detective
Discover the world that lives beneath our feet. Feel the difference between the different types of soil. Touch wiggly worms to learn about their body parts and use your detective skills to discover the many different types of bugs we can find in the garden! Find out which ones we like and which ones we don’t, and why. Complete a fun activity to take home and show your family and friends.

P at Town Centre Park
Th (1) Apr 16 10 – 11 a.m. $30.00
Th (1) Apr 23 10 – 11 a.m. $30.00
Th (1) Apr 30 10 – 11 a.m. $30.00

Composting
Composting is the important recycling process of how we grow more plants and make more food. Learn why your parents might do it at home, and how you can too. Learn about the different types of composting and discover the many creatures that help turn scraps into garden gold. The session will finish with a fun craft activity to take home.

P at Town Centre Park
W (1) Apr 15 1 – 2 p.m. $30.00
W (1) Apr 22 1 – 2 p.m. $30.00
W (1) Apr 29 1 – 2 p.m. $30.00

Plant Life Cycles
Plants are living things that grow and change throughout their life. Learn about the parts of a plant, plant reproduction, and plant stages in an interactive and fun way. We will finish up with a small craft activity to take home.

P at Town Centre Park
Tu (1) Apr 14 1 – 2 p.m. $30.00
Tu (1) Apr 21 1 – 2 p.m. $30.00
Tu (1) Apr 28 1 – 2 p.m. $30.00

All Abilities Welcome!
See page 4 for details.
**HEALTH & FITNESS**

**Family Kickboxing (8 yrs +)**

Let our black belt martial arts instructor give you a fun workout while learning the technique behind punching and kicking using plyometric and cardio exercises.

*at Pinetree Community Centre*

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**DROP-INS**

Schedule subject to change. Visit coquitlam.ca/dropins for cancellations.

**Badminton: All Welcome (7 yrs +)**

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

*at Centennial Activity Centre*

| Su  | Jan 5 – Apr 26 | 5:45 – 7:45 p.m. |  
|-----|----------------|-----------------|---|
| F   | Jan 10 – May 1 | 7 – 8:45 p.m.  |  
| Sa  | Jan 11 – May 2 | 3:30 – 5:30 p.m. |  

*at Pinetree Community Centre*

| Su  | Feb 2 – Apr 26 | 9 – 11 a.m. |  
|-----|----------------|-------------|---|
| Su  | Feb 2 – Apr 26 | 3:30 – 5:30 p.m. |  

**Family Sports (6 yrs +)**

Adult participation is mandatory in this family drop-in. A ‘family’ is considered at least one adult (19 yrs +) and at least one school aged child (6 – 12 yrs). Price is per person. Equipment provided upon request.

**Badminton**

*at Pinetree Community Centre*

| Sa  | Feb 1 – Apr 25 | 3:30 – 5:30 p.m. | $2.00 |

**Basketball**

*at Pinetree Community Centre*

| Su  | Feb 2 – Apr 23 | 11 a.m. – 1 p.m. | $2.00 |

*at Smiling Creek Activity Centre*

| Sa  | Jan 1 – Apr 25 | 9:30 – 11:30 a.m. | $2.00 |

**Soccer**

*at Smiling Creek Activity Centre*

| Sa  | Jan 11 – Apr 25 | 1 – 3 p.m. | $2.00 |

Programs marked with a ☑️ are regular admission.
Games: Play Chess (8 yrs +)  Low cost

Drop-in to play with friends or meet new people to play against. Chess is a two-player strategy board game played on a chessboard, a checkered gameboard with 64 squares arranged in an 8 by 8 grid.

at Glen Pine Pavilion
W  Jan 8 – Apr 29  5 – 8:45 p.m.  $1.00

Family Open Gym (All Ages)  Low cost

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

at Centennial Activity Centre
Tu  Jan 7 – Apr 28  7 – 8:45 p.m.  $2.00
Sa  Jan 11 – May 2  1 – 3 p.m.  $2.00

Sports: Everyone Welcome (All Ages)  Low cost

Everyone is welcome of all ages and abilities for this inclusive drop-in sports opportunity. Indoor sports available for only a toonie are basketball, soccer, floor hockey and lacrosse.

at Poirier Sport & Leisure Complex
Tu  Apr 7 – Jun 30  10:30 a.m. – 12 p.m.  $2.00

Table Tennis: All Welcome (12 yrs +)

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

at Pinetree Community Centre
Th  Jan 23 – Apr 30  7:30 – 9:30 p.m.  Reg
Sa  Feb 1 – Apr 25  3:15 – 6:15 p.m.  Reg
Su  Feb 2 – Apr 26  2:30 – 5:30 p.m.  Reg
Su  Feb 2 – Apr 26  6:30 – 9:30 p.m.  Reg

Planning a birthday party or team wind-up?

Look no further... we’ve got the party package for you! Choose a location and theme that suits you best and our party leaders will organize games and activities to keep your party-goers going!

FOR KIDS

IN THE POOL (5 YRS +)
at City Centre Aquatic Complex & Poirier Sport & Leisure Complex
Splash around at the pool, play games with a leader before cake and presents in the party room.

IN THE GYM (5 – 12 YRS)
at Poirier Community Centre
Play gym games and sports with a leader, before cake and presents in the party room.

ON THE ICE (5 – 12 YRS)
at Poirier Sport & Leisure Complex
Stretch out your legs with a skating party! Includes skate and helmet rentals for up to 13 people, a party room and a leader. Available upon request and ice availability.

IN THE KITCHEN (6 – 10 YRS)
at Poirier Community Centre
Make food together for your special occasion! Could include pizza, tacos, sushi or baking—you choose! After cooking together, play games and fun activities in the youth centre.

READY TO PLAY (1 – 5 YRS)
at Pinetree & Poirier Community Centres
Your littlest birthday boys and girls will love playing with our toddler-friendly gym equipment and toys! Best for kids 18 months – 4 years old.

FOR YOUTH

A party leader will run games and activities for the group, and party-goers will have the chance to play with all the great youth centre gadgets! Great for 10 – 14 year olds.

THE LANDING YOUTH CENTRE
at Pinetree Community Centre
Ping pong, pool, air hockey, and a big screen TV with video games makes this the perfect place to lounge with friends. Package is for 15 guests and includes two hours in the youth centre.

More party options available at Pinetree Community Centre.

NOTE: Guardian of birthday child is responsible for party guests and must be present for the duration of the party.

BOOK A PARTY TODAY!

☎ 604-927-4386 •  coquitlam.ca/partywithus

Course fees do not include applicable taxes. Details subject to change.
### EARLY YEARS: ADULT & CHILD

**0 – 4 YRS**

---

**ARTS & CRAFTS**

**Little Artists Adult & Child (2 – 4 yrs) 🌟🌟**

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

**at Pinetree Community Centre**

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**Grandparent & Me: Flower Arranging (6 yrs +) 🌟🌟**

Learn to care for and create a small succulent garden take home piece. Grandparent(s) must attend with grandchild.

**Instructor: Jean Gettle, Florist.**

**at Dogwood Pavilion**

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**HEALTH & FITNESS**

**Cycle 4 U & Baby 🌟🌟**

Cycling is a great method to increase cardiovascular health, strength while releasing endorphins and feeling good! Enjoy this opportunity to take time for yourself with baby and meet other new moms. Mothers must be at least 8 weeks postpartum and babies pre-mobile.

**at Pinetree Community Centre**

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**Zumbini® (1 mos – 4 yrs) 🌟🌟**

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

**at City Centre Aquatic Complex**

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**at Pinetree Community Centre**

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**Yoga: Adult & Baby (1 – 11 mos) 🌟🌟**

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

**at Poirier Community Centre**

<table>
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Course fees do not include applicable taxes. Details subject to change.
Yoga & Play: Adult & Child (18 mos – 5 yrs)★★
This program focuses on mixing play and yoga to create a dynamic program that allows kids and adults to have fun and be more physically fit together! The class will have stations that use the principles of yoga while playing games, singing and working on physical literacy skills.

at Poirier Community Centre
M (5) Jan 6 – Feb 3 10:30 – 11:30 a.m. $36.75 659258
M (4) Feb 10 – Mar 9 10:30 – 11:30 a.m. $29.40 659259
M (4) Mar 30 – Apr 27 10:30 – 11:30 a.m. $29.40 659260

LEARN & DISCOVER

Cooking: Adult & Child (2 – 3 yrs)★★
Does your child love to watch and help you cook? Let us introduce you and your child to simple recipes that you can make together! Cook up creations that are fun, nutritious and delicious.

at Poirier Community Centre
Su (5) Jan 5 – Feb 2 10:15 – 11:15 a.m. $39.75 659010
Tu (5) Jan 7 – Feb 4 9:30 – 10:30 a.m. $39.75 659309
Su (5) Feb 9 – Mar 8 10:15 – 11:15 a.m. $39.75 659011
Tu (5) Feb 11 – Mar 10 9:30 – 10:30 a.m. $39.75 659310
Su (5) Mar 29 – Apr 26 10:15 – 11:15 a.m. $39.75 659012
Tu (5) Mar 31 – Apr 28 9:30 – 10:30 a.m. $39.75 659311

Cooking: I Can Cook! Adult & Child (3 – 5 yrs)★★
Learn kitchen basics like measuring and mixing through easy recipes with your child. Our instructors create a healthy, hands-on environment where play in the kitchen is encouraged!

at Pinetree Community Centre
F (7) Jan 17 – Feb 28 1 – 2 p.m. $55.65 655648
F (5) Mar 6 – Apr 24 1 – 2 p.m. $39.75 655649

Creative Play: Time for Twos Adult & Child (18 mos – 2 yrs)★★
You and your child will get to explore your creative sides as you engage in circle time, crafts, songs, cooking and story time.

at Poirier Community Centre
Th (5) Jan 9 – Feb 6 5:45 – 6:30 p.m. $24.50 659484
Th (5) Apr 2 – Apr 30 5:45 – 6:30 p.m. $24.50 659485

Imaginative Play: Bug Mania Adult & Child (2 – 4 yrs)★★
Learn about a variety of creepy crawlies through art, games and play!

at Poirier Community Centre
Th (5) Feb 13 – Mar 12 5:45 – 6:30 p.m. $24.50 659486

Imaginative Play: Dinosaurs Adult & Child (2 – 4 yrs)★★
Join us for dinosaur themed crafts, stories, play and theatrical fun!

at Pinetree Community Centre
W (7) Jan 15 – Feb 26 9:30 – 10:15 a.m. $34.30 655691
at Poirier Community Centre
F (5) Jan 10 – Feb 7 10 – 10:45 a.m. $24.50 659495

Imaginative Play: Earth Exploration Adult & Child (2 – 4 yrs)★★
Join your little one while they explore our planet through crafts, games, and free-play.

at Poirier Community Centre
Th (7) Mar 5 – Apr 16 12 – 12:45 p.m. $34.30 655693

Imaginative Play: Fairytales & Fables Adult & Child (2 – 4 yrs)★★
Join us on an adventure to a far away world through stories, crafts and play using fairytales and fables.

at Poirier Community Centre
F (4) Apr 3 – May 1 10 – 10:45 a.m. $19.60 659497

Imaginative Play: Farm School Adult & Child (2 – 4 yrs)★★
Yeehaw! Put on your hat and boots and join us each week as we discover the world of farming. From crops to animals – we will do it all through play, games and crafts.

at Pinetree Community Centre
W (7) Mar 4 – Apr 15 12 – 12:45 p.m. $34.30 655695

Imaginative Play: On A Construction Site Adult & Child (2 – 4 yrs)★★
Curious toddlers will learn about the machines on construction sites through crafts, activities and imaginative play. Build a road and knock down a skyscraper in this hands-on class.

at Poirier Community Centre
M (6) Jan 13 – Feb 24 9:30 – 10:15 a.m. $29.40 659496

Imaginative Play: Taste of Space Adult & Child (2 – 4 yrs)★★
Join your little one as they explore beyond the universe through games, crafts and play. Let’s travel together to a galaxy far, far away!

at Poirier Community Centre
Th (7) Mar 2 – Apr 27 9:30 – 10:15 a.m. $29.40 655701

Imaginative Play: Under the Sea Adult & Child (2 – 4 yrs)★★
Join your little one on an under sea adventure! We will explore creatures in seas, oceans and lakes through games, crafts and imaginative play.

at Poirier Community Centre
Th (7) Jan 16 – Feb 27 12 – 12:45 p.m. $34.30 655705

Course fees do not include applicable taxes. Details subject to change.
**Science: Little Scientists Adult & Child (2 – 3 yrs)**

Our instructor uses fun, hands-on experiments to create a love of science for curious minds.

*at Poirier Community Centre*

Tu (5) Feb 11 – Mar 10 4 – 4:45 p.m. $24.50 659323

**PERFORMING ARTS**

**Dance: Creative Dance Adult & Child (2 – 3 yrs)**

Learn a variety of different styles of dance, while connecting with your child in a fun and playful environment.

*at Dogwood Pavilion*

Sa (5) Jan 11 – Feb 8 9:45 – 10:15 a.m. $19.00 659077
Sa (5) Feb 15 – Mar 14 9:45 – 10:15 a.m. $19.00 659078
Sa (5) Apr 4 – May 2 9:45 – 10:15 a.m. $19.00 659079

*at Poirier Community Centre*

Th (7) Jan 16 – Feb 27 5:30 – 6:15 p.m. $34.30 655662
Th (7) Mar 5 – Apr 30 5:30 – 6:15 p.m. $34.30 655663

*at Pinetree Community Centre*

W (5) Jan 8 – Apr 22 5 – 5:30 p.m. $19.00 659452
W (5) Feb 12 – Mar 11 5 – 5:30 p.m. $19.00 659453
Th (5) Jan 8 – Mar 19 9:15 – 9:45 a.m. $19.00 659469
W (5) Apr 1 – Apr 29 5 – 5:30 p.m. $19.00 659454
Th (5) Apr 2 – Apr 30 9:15 – 9:45 a.m. $19.00 659470

**Music: Jump Start Jollyjumpers Adult & Child (1 – 18 mos)**

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

*at Pinetree Community Centre*

Tu (13) Jan 14 – Apr 21 9:15 – 10 a.m. $147.00 655731
F (12) Jan 17 – Apr 24 10:15 – 11 a.m. $136.00 655732
F (12) Jan 17 – Apr 24 11:15 a.m. – 12 p.m. $136.00 655733

*at Poirier Community Centre*

W (14) Jan 8 – Apr 22 11:30 a.m. – 12:15 p.m. $158.00 659930
Sa (14) Jan 11 – Apr 25 10:30 – 11:15 a.m. $158.00 659102

*at Smiling Creek Activity Centre*

Sa (12) Jan 11 – Apr 25 10:15 – 11 a.m. $136.00 658882

**Music: Jump Start Puddlejumpers Adult & Child (16 – 42 mos)**

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

*at Pinetree Community Centre*

M (11) Jan 13 – Apr 21 6:45 – 7:30 p.m. $125.00 655735
Tu (13) Jan 14 – Apr 21 10:15 – 11 a.m. $147.00 655734
F (12) Jan 17 – Apr 24 9:15 – 10 a.m. $136.00 655737

*at Poirier Community Centre*

W (14) Jan 8 – Apr 22 9:30 – 10:15 a.m. $158.00 659388
W (14) Jan 8 – Apr 22 10:30 – 11:15 a.m. $158.00 659389
Th (14) Jan 9 – Apr 23 5:45 – 6:30 p.m. $158.00 659490
Th (14) Jan 9 – Apr 23 6:45 – 7:30 p.m. $158.00 659491
Sa (14) Jan 11 – Apr 25 9:15 – 10 a.m. $158.00 659097
Sa (14) Jan 11 – Apr 25 10:30 – 11:15 a.m. $158.00 659098
Sa (14) Jan 11 – Apr 25 11:30 a.m. – 12:15 p.m. $158.00 659099

*at Smiling Creek Activity Centre*

Sa (12) Jan 11 – Apr 25 10:15 – 11 a.m. $136.00 658882

**SPORTS & ACTIVE PLAY**

**Ball Hockey: Adult & Child (2 – 3 yrs)**

Assist your child in learning the basics of floor hockey in a safe and supportive environment. Equipment will be provided.

*at Centennial Activity Centre*

Su (5) Jan 5 – Feb 2 9 – 9:30 a.m. $19.00 659017
Su (5) Feb 9 – Mar 8 9 – 9:30 a.m. $19.00 659018
Su (5) Mar 29 – Apr 26 9 – 9:30 a.m. $19.00 659019

**Gymnastics: Adult & Child (12 – 35 mos)**

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

*at Pinetree Community Centre*

Sa (5) Feb 1 – Feb 29 9 – 9:45 a.m. $36.75 658209
Sa (4) Apr 4 – May 2 9 – 9:45 a.m. $29.40 658210

**Gymnastics: Tumbling for Adult & Child (2 – 3 yrs)**

Help your tot develop motor skills and coordination while tumbling, balancing and having fun! The instructor will go through basic gymnastics skills and encourage creative movement.

*at Poirier Community Centre*

Su (5) Jan 5 – Feb 2 9:15 – 10 a.m. $24.50 659004
M (5) Jan 6 – Feb 3 4:45 – 5:30 p.m. $24.50 659273
M (4) Feb 10 – Mar 9 4:45 – 5:30 p.m. $19.60 659274
Su (5) Mar 29 – Apr 26 9:15 – 10 a.m. $24.50 659005
M (4) Mar 30 – Apr 27 4:45 – 5:30 p.m. $19.60 659275
Multi-Ball: Adult & Child (18 mos – 3 yrs)

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

at Smiling Creek Activity Centre
Sa (4) Jan 11 – Feb 1 9 – 9:30 a.m. $15.20 658861
Sa (4) Feb 8 – Mar 7 9 – 9:30 a.m. $15.20 658863
Sa (4) Apr 4 – May 2 9 – 9:30 a.m. $15.20 658864

Soccer: Adult & Child (18 mos – 3 yrs)

Learn the basics of soccer and teamwork. Dribbling, passing and game play will be emphasized with a focus on having fun.

at Smiling Creek Activity Centre
M (4) Jan 6 – Feb 3 6 – 6:30 p.m. $15.20 658934
M (4) Feb 10 – Mar 9 6 – 6:30 p.m. $15.20 658938
M (4) Mar 30 – Apr 27 6 – 6:30 p.m. $15.20 658939

at Summit Community Centre
Sa (5) Jan 11 – Feb 8 9 – 9:30 a.m. $19.00 658154
Sa (4) Feb 15 – Mar 7 9 – 9:30 a.m. $15.20 658155
Sa (4) Apr 4 – May 2 9 – 9:30 a.m. $15.20 658156

Sports: I Can Run, Jump & Throw Adult & Child
(18 mos – 3 yrs)

This class is designed to introduce you and your child to the wonderful world of sports! Classes will include basic FUNdamental movement skills necessary for a wide variety of sports, inclusive games and unstructured play.

at Centennial Activity Centre
Sa (4) Jan 11 – Feb 8 8:45 – 9:15 a.m. $15.20 659118
Sa (4) Feb 15 – Mar 14 8:45 – 9:15 a.m. $15.20 659119
Sa (5) Apr 5 – May 2 8:45 – 9:15 a.m. $19.00 659120

at Smiling Creek Activity Centre
Su (5) Jan 12 – Feb 9 9 – 9:30 a.m. $19.00 658954
Su (4) Feb 16 – Mar 8 9 – 9:30 a.m. $15.20 658956
Su (4) Apr 5 – May 3 9 – 9:30 a.m. $15.20 658957

at Summit Community Centre
Sa (5) Jan 11 – Feb 8 9 – 9:30 a.m. $19.00 658924
Sa (4) Feb 15 – Mar 7 9 – 9:30 a.m. $15.20 658925
Sa (4) Apr 4 – May 2 9 – 9:30 a.m. $15.20 658926

at Vanier Centre
M (5) Jan 6 – Feb 3 5:45 – 6:15 p.m. $19.00 659294
M (4) Feb 10 – Mar 9 5:45 – 6:15 p.m. $15.20 659295
M (4) Mar 30 – Apr 27 5:45 – 6:15 p.m. $15.20 659296

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.

Active Play: Pinecones Adventure / Kinsight (1 mos – 5 yrs)

Includes a variety of baby and toddler-friendly equipment to promote imaginative and physical play. Wednesdays are held in partnership with Kinsight featuring consultants from the Infant and Supported Child Development programs from 9:30 – 11:30 a.m. to answer questions and provide guidance.

at Pinetree Community Centre
M/W Jan 13 – Apr 29 9:30 a.m. – 2:30 p.m. $2.00

Creative Play: Tree Tots (1 mos – 5 yrs)

Enhance your little one’s creativity and self-expression in our Tree Tots Drop-in. This group gives your child the opportunity to develop social and problem-solving skills through play, as well as strengthen their bond with you!

at Pinetree Community Centre
Tu/Th/Sa Jan 13 – Apr 30 9:15 – 11:15 a.m. $2.00

Gymnastics: Gym Bugs (18 mos – 5 yrs)

Bring your child and join in the fun, with gymnastics equipment and toys. An instructor will be on hand to suggest skills your child can learn.

at Poirier Community Centre
Su Jan 5 – Apr 19 11 a.m. – 12:30 p.m. $2.00

Kinsight: Premature Baby Group (1 mos – 2 yrs)

A drop-in program in partnership with Kinsight, this program helps families make new friends and network with other families. A physiotherapist will be present to discuss your child’s gross motor development, and give families an opportunity to learn about topics such as feeding, sleeping, development and play activities for parenting a baby born prematurely. Free for families registered with Kinsight.

at Poirier Community Centre
W Jan 8 1:30 – 3 p.m. $2.00
W Feb 5 1:30 – 3 p.m. $2.00
W Mar 4 1:30 – 3 p.m. $2.00
W Apr 1 1:30 – 3 p.m. $2.00

Little Movers Playtime (1 – 5 yrs)

Join your child as they explore a variety of stations including our ball pit, hula hoops, building blocks, foam shapes and a trampoline.

at Poirier Community Centre
Tu Jan 7 – Apr 28 1 – 3 p.m. $2.00
Th Jan 9 – Apr 30 1 – 3 p.m. $2.00
F Jan 10 – May 1 1 – 3 p.m. $2.00

All Abilities Welcome!
See page 4 for details.
ARTS & CRAFTS

**Art & Play (3 – 5 yrs)**
Experience the ooey, gooey activities of art and play. Your child will explore painting, textures and other arts & crafts.

*at Poirier Community Centre*

| F | Jan 10 – Feb 7 | 12 – 12:45 p.m. | $24.50 | 659501 |
| F | Feb 14 – Mar 13 | 12 – 12:45 p.m. | $24.50 | 659502 |
| F | Apr 3 – May 1 | 12 – 12:45 p.m. | $19.60 | 659503 |

**Art: Little Artists (3 – 5 yrs)**
Introduce your child to the world of art in this colourful class. Your child will experiment with a variety of art techniques and tools to create beautiful masterpieces!

*at Pinetree Community Centre*

| Tu | Jan 14 – Feb 25 | 12:45 – 1:30 p.m. | $34.30 | 655533 |
| Tu | Mar 3 – Apr 14 | 12:45 – 1:30 p.m. | $34.30 | 655534 |

*at Smiling Creek Activity Centre*

| M | Jan 6 – Feb 3 | 5:30 – 6:15 p.m. | $19.60 | 658745 |
| M | Feb 10 – Mar 9 | 5:30 – 6:15 p.m. | $19.60 | 658747 |
| M | Mar 30 – Apr 27 | 5:30 – 6:15 p.m. | $19.60 | 658751 |

*at Summit Community Centre*

| Tu | Jan 7 – Jan 28 | 6 – 6:45 p.m. | $19.60 | 663737 |
| Tu | Feb 4 – Feb 25 | 6 – 6:45 p.m. | $19.60 | 663738 |

**Art: Krafty Kids (3 – 5 yrs)**
Imagination and creativity is encouraged in this program. Your krafty kid will be creating fun and age-appropriate projects. Please be prepared for some mess!

*at Poirier Community Centre*

| Th | Feb 13 – Mar 12 | 11 – 11:45 a.m. | $24.50 | 659477 |

Most programs are for kids only! Children must be toilet trained.
LEARN & DISCOVER

Cooking: Healthy Little Bakers (3 – 5 yrs)
Your preschooler will learn about healthy food choices and how to bake healthy treats.

at Poirier Community Centre
Sa (5) Jan 11 – Feb 8 9 – 10 a.m. $39.75 659071
Sa (5) Feb 15 – Mar 14 9 – 10 a.m. $39.75 659072
Sa (5) Apr 4 – May 2 9 – 10 a.m. $39.75 659073

Cooking: Little Chefs (3 – 5 yrs)
We aim to create a love of cooking through simple recipes that are fun, nutritious and delicious! Preschoolers will measure, mix, pour and stir in this hands-on class.

at Poirier Community Centre
Su (5) Jan 5 – Feb 2 11:45 a.m. – 12:45 p.m. $39.75 659013
Tu (5) Jan 7 – Feb 4 11 a.m. – 12 p.m. $39.75 659312
Su (5) Feb 9 – Mar 8 11:45 a.m. – 12:45 p.m. $39.75 659014
Tu (5) Feb 11 – Mar 10 11 a.m. – 12 p.m. $39.75 659313
Su (5) Mar 29 – Apr 28 11:45 a.m. – 12:45 p.m. $39.75 659015
Tu (5) Mar 31 – Apr 28 11 a.m. – 12 p.m. $39.75 659314

Education: Young Einsteins (3 – 5 yrs)
Learning through play and fun! Kids will learn letter recognition, colouring, printing and early math skills through fun games.

at Poirier Community Centre
Su (5) Jan 5 – Feb 2 9 – 9:45 a.m. $24.50 659001
Th (5) Jan 9 – Feb 6 12 – 12:45 p.m. $24.50 659478
Th (5) Apr 2 – Apr 30 12 – 12:45 p.m. $24.50 659479

Hobby: Little Carpenters (3 – 5 yrs)
Sand, hammer and paint! Learn how to use tools properly and create a wooden project.

at Poirier Community Centre
Th (5) Jan 9 – Feb 6 4:45 – 5:30 p.m. $24.50 659481
F (5) Jan 10 – Feb 7 11 – 11:45 a.m. $24.50 659498
Su (5) Feb 9 – Mar 8 9 – 9:45 a.m. $24.50 659002
Th (5) Feb 13 – Mar 12 4:45 – 5:30 p.m. $24.50 659482
F (5) Feb 14 – Mar 13 11 – 11:45 a.m. $24.50 659499
Th (5) Apr 2 – Apr 30 4:45 – 5:30 p.m. $24.50 659483
F (4) Apr 3 – May 1 11 – 11:45 a.m. $19.60 659500

Imaginative Play: Building a Building (3 – 5 yrs)
What is involved in building a house, a bridge or skyscraper? Children will learn about the machines in construction sites and simple architectural structures through crafts, activities and imaginative play.

at Poirier Community Centre
Th (5) Feb 13 – Mar 12 12 – 12:45 p.m. $24.50 659480
Su (5) Mar 29 – Apr 26 9 – 9:45 a.m. $24.50 659003

Imaginative Play: Dinosaurs (3 – 5 yrs)
Join us for dinosaur themed crafts, stories, play and theatrical fun!

at Pinetree Community Centre
W (7) Jan 15 – Feb 26 10:30 – 11:15 a.m. $34.30 655690
at Poirier Community Centre
F (5) Jan 10 – Feb 7 9:15 – 10 a.m. $24.50 659492

Imaginative Play: Earth Exploration (3 – 5 yrs)
Littles ones will get to explore our planet through crafts, games and play!

at Pinetree Community Centre
Th (7) Mar 5 – Apr 16 1 – 1:45 p.m. $34.30 655692

Imaginative Play: Fairytales & Fables (3 – 5 yrs)
Calling all princes and princesses! Join us as we explore fairytales and fairies through dress up, stories, and active games.

at Poirier Community Centre
F (5) Apr 3 – May 1 9:15 – 10 a.m. $19.60 659494

Imaginative Play: Farm School (3 – 5 yrs)
Giddyup! Learn about everything from farm animals to crops through crafts, play and games.

at Pinetree Community Centre
W (7) Mar 4 – Apr 15 10:30 – 11:15 a.m. $34.30 655694

Imaginative Play: On a Construction Site (3 – 5 yrs)
Curious preschoolers will learn about the machines on construction sites through crafts, activities and imaginative play. Build a road and knock down a skyscraper in this hands-on class.

at Pinetree Community Centre
M (6) Jan 13 – Feb 24 10:30 – 11:15 a.m. $29.40 655697
at Poirier Community Centre
F (5) Feb 14 – Mar 13 9:15 – 10 a.m. $24.50 659493

Imaginative Play: Taste of Space (3 – 5 yrs)
Discover beyond our universe through crafts, stories and play. We will investigate stars and planets and everything in between. Join us as we travel to a galaxy far, far away!

at Pinetree Community Centre
M (6) Mar 2 – Apr 27 10:30 – 11:15 a.m. $29.40 655700

Imaginative Play: Under the Sea (3 – 5 yrs)
Grab your snorkel and join us to explore beneath the seas, oceans and lakes through games, crafts and imaginative play.

at Pinetree Community Centre
Th (7) Jan 16 – Feb 27 1 – 1:45 p.m. $34.30 655704

All Abilities Welcome! See page 4 for details.
Get your little one ready for life-long learning in our play-based kindergarten-prep program.

**Play & Learn**

A recreation-based preschool program with an emphasis on imaginative play and child-led discovery. We offer a fun and safe environment for participants to learn, grow, develop vital life skills and competencies, and nurture confidence through independence and new friendships. We follow a play-based curriculum that includes a daily physical activity component. Child must be three years old and fully toilet-trained prior to starting this program.

**at Pinetree Community Centre**

**3 yrs**

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**4 – 5 yrs**

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**at Poirier Community Centre**

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<td>M/W/F</td>
<td>Jan 6 – Mar 13</td>
<td>9:15 – 11:15 a.m.</td>
<td>$337.85</td>
<td>659252</td>
</tr>
<tr>
<td>Tu/Th</td>
<td>Jan 7 – Mar 12</td>
<td>9:15 – 11:15 a.m.</td>
<td>$233.00</td>
<td>659253</td>
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<td>M/W/F</td>
<td>Mar 30 – Jun 26</td>
<td>9:15 – 11:15 a.m.</td>
<td>$419.40</td>
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<tr>
<td>Tu/Th</td>
<td>Mar 31 – Jun 25</td>
<td>9:15 – 11:15 a.m.</td>
<td>$302.90</td>
<td>660515</td>
</tr>
</tbody>
</table>

**Play & Learn: Extended Program (3 – 5 yrs)**

An extension of the Play & Learn program, kids will explore seasonal themes through hands-on activities, stories and active play. Open to current Play & Learn participants only.

**at Pinetree Community Centre**

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Co</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W/F</td>
<td>Jan 13 – Mar 13</td>
<td>11:30 a.m. – 12:30 p.m.</td>
<td>$156.00</td>
<td>655751</td>
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<tr>
<td>Tu/Th</td>
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<td>11:30 a.m. – 12:30 p.m.</td>
<td>$108.00</td>
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<tr>
<td>M/W/F</td>
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<td>11:30 a.m. – 12:30 p.m.</td>
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</tr>
<tr>
<td>Tu/Th</td>
<td>Mar 31 – Jun 11</td>
<td>11:30 a.m. – 12:30 p.m.</td>
<td>$132.00</td>
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**at Poirier Community Centre**

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Co</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W/F</td>
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<td>11:15 a.m. – 12:30 p.m.</td>
<td>$217.50</td>
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<tr>
<td>Tu/Th</td>
<td>Mar 31 – Jun 25</td>
<td>11:15 a.m. – 12:30 p.m.</td>
<td>$195.00</td>
<td>660516</td>
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</tbody>
</table>

**Nature Play & Learn (3 – 5 yrs)**

Allow your child to create a lifelong connection with the natural world. Nature will be the thread that ties all parts of this play and exploratory based program together. Children will spend a significant amount of time learning outdoors each class, through all seasons. They will develop vital life skills and competencies, nurture confidence, creativity and respect through independence and new friendships all in the natural environments of Mundy Park. Child must be three years of age and fully potty trained prior to starting this program.

**at Mundy Park**

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Co</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
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<td>9:30 – 11:30 a.m.</td>
<td>$275.80</td>
<td>658458</td>
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</tbody>
</table>

**Try-it!** Join us at the Mundy Park Fieldhouse with your child for a FREE sample lesson on Nov. 30 from 10 – 11:30 a.m.
**Language: Crocodile Mandarin Toddler Class (2 – 5 yrs)**

This non-academic, play-based language class uses Crocodile’s original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger puppets, poems, games and crafts. No prior Mandarin experience is necessary. Each student may bring one adult along to learn with them. Operated in partnership Crocodile Mandarin School.

**at Pinetree Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa (10)</td>
<td>Jan 11 – Mar 14</td>
<td>10 – 11 a.m.</td>
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<tr>
<td>Sa (10)</td>
<td>Jan 11 – Mar 14</td>
<td>11 a.m. – 12 p.m.</td>
<td>$220.00</td>
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</table>

**Science: Little Scientists (3 – 5 yrs)**

Indulge your child’s curiosity in this hands-on science class! Children will investigate the exhilarating world of science through fun experiments.

**at Poirier Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu (5)</td>
<td>Jan 7 – Feb 4</td>
<td>4 – 4:45 p.m.</td>
<td>$24.50</td>
</tr>
<tr>
<td>Th (5)</td>
<td>Jan 9 – Feb 6</td>
<td>11 – 11:45 a.m.</td>
<td>$24.50</td>
</tr>
<tr>
<td>Tu (5)</td>
<td>Mar 31 – Apr 28</td>
<td>4 – 4:45 p.m.</td>
<td>$24.50</td>
</tr>
<tr>
<td>Th (5)</td>
<td>Apr 2 – Apr 30</td>
<td>11 – 11:45 a.m.</td>
<td>$24.50</td>
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</table>

**PERFORMING ARTS**

**Dance: Ballet (3 – 5 yrs)**

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

**at Dogwood Pavilion**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa (5)</td>
<td>Jan 11 – Feb 8</td>
<td>11:30 a.m. – 12:15 p.m.</td>
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<td>Sa (5)</td>
<td>Feb 15 – Mar 14</td>
<td>11:30 a.m. – 12:15 p.m.</td>
<td>$24.50</td>
</tr>
<tr>
<td>Sa (5)</td>
<td>Apr 4 – May 2</td>
<td>11:30 a.m. – 12:15 p.m.</td>
<td>$24.50</td>
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</table>

**at Pinetree Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa (7)</td>
<td>Jan 18 – Feb 29</td>
<td>11 – 11:45 a.m.</td>
<td>$29.40</td>
</tr>
<tr>
<td>Sa (7)</td>
<td>Mar 7 – Apr 25</td>
<td>12 – 12:45 p.m.</td>
<td>$29.40</td>
</tr>
<tr>
<td>Sa (7)</td>
<td>Mar 7 – Apr 25</td>
<td>11 – 11:45 a.m.</td>
<td>$29.40</td>
</tr>
<tr>
<td>Sa (7)</td>
<td>Mar 7 – Apr 25</td>
<td>12 – 12:45 p.m.</td>
<td>$29.40</td>
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</tbody>
</table>

**Dance: Creative Dance (3 – 5 yrs)**

Introduction to the basics of ballet, jazz and creative movement in a fun and progressive environment.

**at Dogwood Pavilion**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
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**at Pinetree Community Centre**

<table>
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</thead>
<tbody>
<tr>
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<tr>
<td>Sa (7)</td>
<td>Feb 15 – Mar 14, 10 – 10:45 a.m.</td>
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<tr>
<td>Sa (7)</td>
<td>Mar 7 – Apr 25, 9 – 9:45 a.m.</td>
<td>$29.40</td>
<td>655657</td>
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<tr>
<td>Sa (7)</td>
<td>Mar 7 – Apr 25, 10 – 10:45 a.m.</td>
<td>$29.40</td>
<td>655659</td>
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</table>

**Dance: Hip Hop (3 – 5 yrs)**

Learn the basic movements of hip hop dance through fun games, catchy tunes and easy-to-follow routines.

**at Dogwood Pavilion**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
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**at Poirier Community Centre**

<table>
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<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
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<td>W (5)</td>
<td>Feb 12 – Mar 11, 5:45 – 6:30 p.m.</td>
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</table>

**Drama: Mini Performers (4 – 5 yrs)**

Preschoolers will explore singing, dancing and acting through fun games, dress-up and mini performances. This action packed session will build confidence and self-esteem in a fun way!

**at Pinetree Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu (7)</td>
<td>Jan 14 – Feb 25, 4 – 4:45 p.m.</td>
<td>$34.30</td>
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<td>Sa (6)</td>
<td>Jan 18 – Feb 29, 11 – 11:45 a.m.</td>
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<td>Tu (7)</td>
<td>Mar 3 – Apr 28, 4 – 4:45 p.m.</td>
<td>$34.30</td>
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<td>Sa (6)</td>
<td>Mar 7 – Apr 25, 11 – 11:45 a.m.</td>
<td>$24.50</td>
<td>655675</td>
</tr>
</tbody>
</table>

**Drama: Musical Theatre (3 – 5 yrs)**

Young performers will become triple threats by honing their dancing, singing and acting skills. Instructors will use musicals to challenge performers while creating a fun environment!

**at Poirier Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Th (5)</td>
<td>Feb 13 – Mar 12, 10 – 10:45 a.m.</td>
<td>$24.50</td>
<td>659474</td>
</tr>
</tbody>
</table>
Music: Jump Start Cycle of Seasons (3 – 5 yrs)
Filled with lots of hands-on instrument play, the class also includes singing, active listening and creative movement. Rhythm and tonal patterns will be introduced. Offered in partnership with Jump Start Music & Movement.

at Pinetree Community Centre
M (12) Jan 13 – Apr 20 5:30 – 6:30 p.m. $137.50 655730

at Poirier Community Centre
Sa (14) Jan 11 – Apr 25 9:15 – 10:15 a.m. $175.00 659100
Sa (14) Jan 11 – Apr 25 11:30 a.m. – 12:30 p.m. $175.00 659101

at Smiling Creek Activity Centre
Sa (12) Jan 11 – Apr 25 9 – 10 a.m. $150.00 658880

SPORTS & ACTIVE PLAY

Ball Hockey (3 – 5 yrs)
Give your child an early start playing floor hockey learning skills through FUNdamental movements and inclusive play.

at Centennial Activity Centre
Su (5) Jan 5 – Feb 2 9:30 – 10:15 a.m. $24.50 659025
Su (5) Feb 9 – Mar 8 9:30 – 10:15 a.m. $24.50 659026
Su (5) Mar 29 – Apr 26 9:30 – 10:15 a.m. $24.50 659027

Basketball (3 – 5 yrs)
Give your child an early start playing basketball through FUNdamental movements and inclusive play.

at Centennial Activity Centre
Su (5) Jan 5 – Feb 2 10 – 10:45 a.m. $24.50 659028
Sa (4) Jan 11 – Feb 8 9 – 9:45 a.m. $19.60 659121
Su (4) Feb 9 – Mar 8 10 – 10:45 a.m. $24.50 659029
Sa (4) Feb 15 – Mar 14 9 – 9:45 a.m. $19.60 659122
Su (5) Mar 29 – Apr 26 10 – 10:45 a.m. $24.50 659030
Sa (5) Apr 4 – May 2 9 – 9:45 a.m. $24.50 659123

at Poirier Community Centre
Su (5) Jan 5 – Feb 2 10 – 10:45 a.m. $24.50 659270
M (5) Jan 6 – Feb 3 4 – 4:45 p.m. $24.50 659271
M (5) Jan 6 – Feb 3 5:45 – 6:30 p.m. $24.50 659276
Su (5) Feb 9 – Mar 8 10 – 10:45 a.m. $24.50 659007
M (4) Feb 10 – Mar 9 4 – 4:45 p.m. $19.60 659270
M (4) Feb 10 – Mar 9 5:45 – 6:30 p.m. $19.60 659271
Su (5) Mar 29 – Apr 26 10 – 10:45 a.m. $24.50 659009
M (4) Mar 30 – Apr 27 4 – 4:45 p.m. $19.60 659272
M (4) Mar 30 – Apr 27 5:45 – 6:30 p.m. $19.60 659279

Gymnastics: Kindergym (4 – 5 yrs)
Help your child gain strength, coordination, flexibility and confidence through FUNdamental gymnastics skills in a fun and challenging environment.

at Pinetree Community Centre
Sa (5) Feb 1 – Feb 29 11 – 11:45 a.m. $36.75 658212
Sa (5) Feb 1 – Feb 29 11:45 a.m. – 12:30 p.m. $36.75 658211
Sa (4) Apr 4 – May 2 11 – 11:45 a.m. $29.40 658213
Sa (4) Apr 4 – May 2 11:45 a.m. – 12:30 p.m. $29.40 658214

at Summit Community Centre
Tu (5) Jan 7 – Feb 4 6 – 6:45 p.m. $24.50 656949
Tu (5) Feb 11 – Mar 10 6 – 6:45 p.m. $24.50 656950
Tu (5) Mar 31 – Apr 28 6 – 6:45 p.m. $24.50 656951

at Vanier Centre
M (5) Jan 6 – Feb 3 6:15 – 7 p.m. $24.50 659297
M (4) Feb 10 – Mar 9 6:15 – 7 p.m. $19.60 659298
M (4) Mar 30 – Apr 27 6:15 – 7 p.m. $19.60 659300

Energy Busters (3 – 5 yrs)
A fun-filled program full of active games designed to burn energy. Other benefits include coordination, social interaction and learning to follow simple instructions.

at Vanier Centre
M (5) Jan 6 – Feb 3 5 – 5:45 p.m. $24.50 659289
M (4) Feb 10 – Mar 9 5 – 5:45 p.m. $19.60 659290
M (4) Mar 30 – Apr 27 5 – 5:45 p.m. $19.60 659291

Gymnastics: Tumbling (3 – 5 yrs)
Instructors will incorporate strength, flexibility and imagination. Preschoolers will learn basic gymnastics skills in a fun and safe environment.

at Poirier Community Centre
Su (5) Jan 5 – Feb 2 10 – 10:45 a.m. $24.50 659007
M (5) Jan 6 – Feb 3 4 – 4:45 p.m. $24.50 659270
M (5) Jan 6 – Feb 3 5:45 – 6:30 p.m. $24.50 659276
Su (5) Feb 9 – Mar 8 10 – 10:45 a.m. $24.50 659008
M (4) Feb 10 – Mar 9 4 – 4:45 p.m. $19.60 659271
M (4) Feb 10 – Mar 9 5:45 – 6:30 p.m. $19.60 659277
Su (5) Mar 29 – Apr 26 10 – 10:45 a.m. $24.50 659009
M (4) Mar 30 – Apr 27 4 – 4:45 p.m. $19.60 659272
M (4) Mar 30 – Apr 27 5:45 – 6:30 p.m. $19.60 659279

Tell us how we did!
coquitlam.ca/programevaluation
Lacrosse (3 – 6 yrs)
An introduction to lacrosse. Learn to pass, cradle, shoot and score. Required equipment: CSA certified helmet with face cage, hockey/lacrosse gloves and lacrosse stick. Some equipment available to borrow upon request.

at Poirier Sport & Leisure Complex
Tu (10) Apr 14 – Jun 16 3:45 – 4:45 p.m. $49.00 662413

Multi-Ball (4 – 5 yrs)
Try a different indoor ball sport or activity every day and refine your throwing, catching, kicking, and striking skills. All abilities welcome!

at Smiling Creek Activity Centre
M (4) Jan 6 – Feb 3 6 – 6:45 p.m. $19.60 658846
Sa (4) Jan 11 – Feb 1 10:15 – 11 a.m. $19.60 658840
Sa (4) Feb 8 – Mar 7 6 – 6:45 p.m. $19.60 658841
M (4) Mar 30 – Apr 27 6 – 6:45 p.m. $19.60 658849
Sa (4) Apr 4 – May 2 10:15 – 11 a.m. $19.60 658843

Soccer: Indoor (3 – 5 yrs)
Your preschooler will learn fun soccer drills and games to keep them active and wanting more.

at Centennial Activity Centre
Su (5) Jan 5 – Feb 2 9 – 9:45 a.m. $24.50 659021
Su (5) Jan 5 – Feb 2 12:45 – 1:30 p.m. $24.50 659046
Tu (5) Jan 7 – Feb 4 7 – 7:45 p.m. $24.50 659335
Sa (4) Jan 11 – Feb 8 9:15 – 10 a.m. $19.60 659124
Sa (4) Jan 11 – Feb 8 12:15 – 1 p.m. $19.60 659144
Su (5) Feb 9 – Mar 8 9 – 9:45 a.m. $24.50 659023
Su (5) Feb 9 – Mar 8 12:45 – 1:30 p.m. $24.50 659047
Tu (5) Feb 11 – Mar 10 7 – 7:45 p.m. $24.50 659336
Sa (4) Feb 15 – Mar 14 9:15 – 10 a.m. $19.60 659125
Sa (4) Feb 15 – Mar 14 12:15 – 1 p.m. $19.60 659145
Su (5) Mar 29 – Apr 26 9 – 9:45 a.m. $24.50 659024
Su (5) Mar 29 – Apr 26 12:45 – 1:30 p.m. $24.50 659048
Tu (5) Mar 31 – Apr 28 7 – 7:45 p.m. $24.50 659337
Sa (5) Apr 4 – May 2 9:15 – 10 a.m. $24.50 659126
Sa (5) Apr 4 – May 2 12:15 – 1 p.m. $24.50 659146

at Summit Community Centre
Sa (5) Jan 11 – Feb 8 9:40 – 10:10 a.m. $15.20 658865
Sa (4) Apr 4 – May 2 9:40 – 10:10 a.m. $15.20 658869

Sporty 3s (3 yrs)
Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give your child the opportunity to enjoy sport and develop self-confidence. This is a gradual independent participation program; the aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it!

Gymnastics at Pinetree Community Centre
Sa (5) Feb 1 – Feb 29 10 – 10:45 a.m. $36.75 658215
Sa (4) Apr 4 – May 2 10 – 10:45 a.m. $29.40 658216

Multi-Ball at Smiling Creek Activity Centre
Sa (4) Jan 11 – Feb 8 9:40 – 10:10 a.m. $15.20 658865
Sa (4) Feb 8 – Mar 7 9:40 – 10:10 a.m. $15.20 658867
Sa (4) Apr 4 – May 2 9:40 – 10:10 a.m. $15.20 658869

Soccer at Smiling Creek Activity Centre
M (4) Jan 6 – Feb 3 6:30 – 7 p.m. $15.20 658949
M (4) Feb 10 – Mar 9 6:30 – 7 p.m. $15.20 658950
M (4) Mar 30 – Apr 27 6:30 – 7 p.m. $15.20 658951

at Summit Community Centre
Sa (5) Jan 11 – Feb 8 9:40 – 10:10 a.m. $19.00 658885
Sa (4) Feb 15 – Mar 7 9:40 – 10:10 a.m. $15.20 658886
Sa (4) Apr 4 – May 2 9:40 – 10:10 a.m. $15.20 658923

I Can Run, Jump & Throw at Smiling Creek Activity Centre
Su (5) Jan 12 – Feb 9 9:40 – 10:10 a.m. $19.00 658958
Su (4) Feb 16 – Mar 8 9:40 – 10:10 a.m. $15.20 658960
Su (4) Apr 5 – May 3 9:40 – 10:10 a.m. $15.20 658961

at Summit Community Centre
Sa (5) Jan 11 – Feb 8 9:40 – 10:10 a.m. $19.00 658929
Sa (4) Feb 15 – Mar 7 9:40 – 10:10 a.m. $15.20 658930
Sa (4) Apr 4 – May 2 9:40 – 10:10 a.m. $15.20 658932

All Abilities Welcome!
See page 4 for details.

Course fees do not include applicable taxes. Details subject to change.
Sports: I Can Run, Jump & Throw! (4 – 5 yrs)
FUNdamental movement skills are taught through games and activities designed to give preschoolers the confidence to move their bodies in a variety of ways.

at Smiling Creek Activity Centre
Su (5) Jan 12 – Feb 9 10:15 – 11 a.m. $24.50 658962
Su (4) Feb 16 – Mar 8 10:15 – 11 a.m. $19.60 658964
Su (4) Apr 5 – May 3 10:15 – 11 a.m. $19.60 658965

at Summit Community Centre
Sa (5) Jan 11 – Feb 8 10:15 – 11 a.m. $24.50 658936
Sa (4) Feb 15 – Mar 7 10:15 – 11 a.m. $19.60 658937
Sa (4) Apr 4 – May 2 10:15 – 11 a.m. $19.60 658940

Sports: Sports of Sorts (3 – 5 yrs)
Unsure of what sport to put your child into? This program will give your child an introduction to many different sports through FUNdamental movements and inclusive play.

at Centennial Activity Centre
Su (5) Jan 5 – Feb 2 10:45 – 11:30 a.m. $24.50 659036
Su (5) Feb 9 – Mar 8 10:45 – 11:30 a.m. $24.50 659037
Su (5) Mar 29 – Apr 26 10:45 – 11:30 a.m. $24.50 659038

Did you know?
Kids six and under need to engage in daily active play to develop fundamental movement skills—running, kicking, jumping, throwing, catching, agility, balance and coordination. These are key components to physical literacy and allow kids to enjoy sport and a long life of physical activity.

What is Physical Literacy?
Physical literacy is the ability for an individual to move competently and confidently in all types of environments. The key components of physical literacy are the fundamental movement skills!

COQUITLAM IS A HIGH FIVE® REGISTERED CITY!
HIGH FIVE® is a quality standard for recreation and sport programs for children between the ages of 6 to 12 years old, founded by Parks and Recreation Ontario. Coquitlam Parks, Recreation and Culture, by registering with HIGH FIVE®, has joined the top providers of recreation services for children.

Get Connected, Get Active
Financial Assistance for Recreation
The Get Connected, Get Active—Financial Assistance for Recreation program provides opportunities to Coquitlam families who are facing financial barriers, to participate in programs offered at Coquitlam’s pools, rinks and community centres.
Learn more about the program and find out if you qualify at coquitlam.ca/recaccess

Questions?
604-927-6076 | coquitlam.ca/recaccess
getconnected-getactive@coquitlam.ca
**ARTS & CRAFTS**

**Art: Adventures in Art (5 – 7 yrs)**
Explore the exciting world of art! This class will cover introductory techniques and tools used to create a variety of art pieces. Build confidence and self-esteem through your adventures in art!

*at Pinetree Community Centre*
- Th (7) Jan 16 – Feb 27 4:30 – 5:30 p.m. $42.00 655525
- Th (7) Mar 5 – Apr 30 4:30 – 5:30 p.m. $42.00 655526

*at Poirier Community Centre*
- W (5) Jan 8 – Feb 5 4:30 – 5:30 p.m. $30.00 659391
- W (5) Feb 12 – Mar 11 4:30 – 5:30 p.m. $30.00 659392
- W (5) Apr 1 – Apr 29 4:30 – 5:30 p.m. $30.00 659393

*at Summit Community Centre*
- Tu (4) Jan 7 – Jan 28 6:45 – 7:30 p.m. $19.60 663739
- Tu (4) Feb 4 – Feb 25 6:45 – 7:30 p.m. $19.60 663740

**Art: Artists Gone Wild (8 – 11 yrs)**
Artists Gone Wild will push your creative thinking and expression through various styles of art. Students will build confidence while they get lost in the world of art!

*at Pinetree Community Centre*
- Th (7) Jan 16 – Feb 27 5:45 – 6:45 p.m. $42.00 655527
- Th (7) Mar 5 – Apr 30 5:45 – 6:45 p.m. $42.00 655528

*at Poirier Community Centre*
- W (5) Jan 8 – Feb 5 5:45 – 6:45 p.m. $30.00 659455
- W (5) Feb 12 – Mar 11 5:45 – 6:45 p.m. $30.00 659456
- W (5) Apr 1 – Apr 29 5:45 – 6:45 p.m. $30.00 659457

*at Smiling Creek Activity Centre*
- M (4) Jan 6 – Feb 3 6:15 – 7:15 p.m. $24.00 658740
- M (4) Feb 10 – Mar 9 6:15 – 7:15 p.m. $24.00 658742
- M (4) Mar 30 – Apr 27 6:15 – 7:15 p.m. $24.00 658750

Course fees do not include applicable taxes. Details subject to change.
Art: Pixel Art & Perler Beads (7 – 12 yrs)
Drawing your favourite cartoon and videogame characters is easy and fun with pixel art! Create your very own poster-sized pixel drawing to hang at home, and design perler bead projects that can be given as gifts.

at Pinetree Community Centre
Tu (7) Jan 14 – Feb 25 4 – 5 p.m. $42.00 657144
Tu (7) Mar 3 – Apr 28 4 – 5 p.m. $42.00 657147

LEARN & DISCOVER

Bricks 4 Kidz: Robotics with LEGO® (5 – 12 yrs)
Kids will love watching their creations come to life with LEGO® components and wireless remote controls. Offered in partnership with Bricks 4 Kidz.

at Pinetree Community Centre
W (7) Jan 15 – Feb 26 5 – 6 p.m. $103.25 655599

Chess (9 – 15 yrs)
Learn what you need to know to begin playing chess. Includes rules, fundamentals and development of analytical skills.

at Smiling Creek Activity Centre
M (4) Jan 6 – Jan 27 5:30 – 6:30 p.m. $24.00 658812
M (4) Feb 10 – Mar 9 5:30 – 6:30 p.m. $24.00 658813
M (4) Mar 30 – Apr 27 5:30 – 6:30 p.m. $24.00 658814

at Summit Community Centre
Tu (5) Jan 7 – Feb 4 6 – 7 p.m. $30.00 657871
Tu (5) Feb 11 – Mar 10 6 – 7 p.m. $30.00 657872
Tu (5) Mar 31 – Apr 28 6 – 7 p.m. $30.00 657877

Cooking, Art & Games (5 – 7 yrs)
Are your kids looking for something fun to do on a Friday night? Join us for some cooking, art and games!

at Poirier Community Centre
F (5) Jan 10 – Feb 7 5:30 – 9 p.m. $100.00 659508
F (4) Apr 3 – May 1 5:30 – 9 p.m. $80.00 659509

Cooking: Cakes, Cookies & Cupcakes (7 – 10 yrs)
This program is packed with baking excitement! Learn some basic recipes and baking techniques as well as kitchen safety.

at Pinetree Community Centre
W (7) Jan 15 – Feb 26 6 – 7:30 p.m. $83.30 655644
W (7) Mar 4 – Apr 29 6 – 7:30 p.m. $83.30 655645

Cooking: Creative Cooks
Make delicious dishes while learning basic cooking skills and kitchen safety. Different recipes will be created each class with a focus on healthy eating.

5 – 7 yrs
at Pinetree Community Centre
W (7) Jan 15 – Feb 26 4 – 5:30 p.m. $83.30 655646

Cooking: Simple Desserts
Learn to make delicious, healthy and easy desserts that you'll be able to make safely by yourself.

5 – 7 yrs
at Poirier Community Centre
F (5) Jan 10 – Feb 7 4:30 – 5:30 p.m. $39.75 659504

8 – 11 yrs
at Poirier Community Centre
F (5) Mar 30 – Apr 27 6 – 7:30 p.m. $47.60 659284

Creative Minds: Designing a Board Game (8 – 11 yrs)
Have a great idea for a board game? Our instructor will help guide you to make that idea a reality! By the end of this class, you and your family will have a new game to play at home.

at Poirier Community Centre
Sa (5) Feb 15 – Mar 14 10:30 a.m. – 12 p.m. $59.50 659082
Creative Minds: Making a Story (8 – 11 yrs)
Use the mysteries, fantasies and stories of the everyday world to create your own story! Young writers will learn about the elements of story and how to play with language in this creative thinking class.

at Poirier Community Centre
Sa (5) Jan 11 – Feb 8 12:30 – 1:30 p.m. $30.00 659088
Sa (5) Apr 4 – May 2 12:30 – 1:30 p.m. $30.00 659089

Hobby: Young Carpenters
Come sand, hammer, and paint and learn about tools and how to use them properly while creating a wooden project.

5 – 7 yrs
at Poirier Community Centre
Th (5) Jan 9 – Feb 6 6:45 – 7:45 p.m. $30.00 659487

8 – 11 yrs
at Poirier Community Centre
Th (5) Feb 13 – Mar 12 6:45 – 7:45 p.m. $30.00 659488

Language: Crocodile Mandarin A Class (5 – 10 yrs)
This play-based language class uses Crocodile’s original songs and animation to teach basic Mandarin Chinese skills. Teachers also use gestures, poems, games and crafts. No prior Mandarin experience is necessary. Each student may bring one adult to learn with them. Operated in partnership by Crocodile Mandarin School.

at Pinetree Community Centre
Sa (10) Jan 11 – Mar 14 9 – 10 a.m. $220.00 655715
Sa (10) Jan 11 – Mar 14 12:30 – 1:30 p.m. $220.00 655716

Magic Wonder School: After School Magic (8 – 12 yrs)
Join professional magician Paul Albertson for fun and hands-on magic classes! Through the process of learning and performing beginner magic tricks, kids will develop their coordination, creativity and communication skills. Includes: take-home magic supplies and a graduation day certificate and wand.

at Pinetree Community Centre
Tu (6) Jan 14 – Feb 25 5:15 – 6:15 p.m. $42.00 655768

Science ALive: Super Science Saturday (5 – 11 yrs)
Focusing on Science, Technology and Engineering through hands-on activities, take-home projects and presentations given by undergraduate students in a variety of STEM fields. Grade 3 – 5 topics include chemistry, physics, biology, environmental science, computer science, and engineering. Our K – 2 program follows similar topics adapted for younger scientists. Offered in partnership with Science ALive.

at Smiling Creek Activity Centre
Kindergarten – Grade 2
Sa (9) Jan 11 – Mar 7 12 – 3 p.m. $234.00 658928

Science: Young Scientists (5 – 7 yrs)
Conduct experiments that explore the matters of science in a fun and engaging way.

at Pinetree Community Centre
Tu (5) Jan 7 – Feb 4 5 – 6 p.m. $30.00 659324
Tu (5) Mar 31 – Apr 28 5 – 6 p.m. $30.00 659326

Science: Science Wonders (8 – 11 yrs)
Explore, test and discover! Join us for a fun filled class of hands-on introductory activities that will open your eyes to the wonder and excitement of science.

at Pinetree Community Centre
Tu (5) Mar 3 – Apr 28 5:15 – 6:15 p.m. $42.00 655767

Swim, Snack & Games (8 – 11 yrs)
Are your kids looking for something fun to do on a Friday night? Join us for a swim, snack and popular games.

at Poirier Community Centre
F (5) Feb 14 – Mar 13 5:30 – 9 p.m. $100.00 659510

Top Secret Spy Club (5 – 7 yrs)
We’re recruiting boys and girls for top secret spy training. We can’t reveal too much but come prepared to solve mysteries and learn new spy skills... like making invisible ink!

at Poirier Community Centre
Th (5) Mar 3 – Apr 30 6:45 – 7:45 p.m. $30.00 659489
## Performing Arts

### Dance: Ballet (5 – 7 yrs)
An introduction to some basic movements and positions of ballet. Skills to be introduced include: arm/foot positions, tendus, spring points and plies.

- **at Dogwood Pavilion**
  - Sa (5) Jan 11 – Feb 8 12:15 – 1:15 p.m. $30.00 659094
  - Sa (5) Feb 15 – Mar 14 12:15 – 1:15 p.m. $30.00 659095
  - Sa (5) Apr 4 – May 2 12:15 – 1:15 p.m. $30.00 659096

### Dance: Creative Dance (5 – 7 yrs)
Introduction to the basics of ballet, jazz and creative movement in a fun and progressive environment.

- **at Smiling Creek Activity Centre**
  - Tu (5) Jan 7 – Feb 4 6:15 – 7 p.m. $24.50 658833
  - Tu (5) Feb 11 – Mar 10 6:15 – 7 p.m. $24.50 658835
  - Tu (5) Mar 31 – Apr 28 6:15 – 7 p.m. $24.50 658836

### Dance: Creative Dance (6 – 8 yrs)
Learn the FUNdamentals and the latest dance steps. Build confidence and self-esteem while you develop your strength and flexibility!

- **at Pinetree Community Centre**
  - Th (7) Jan 16 – Feb 27 6:30 – 7:30 p.m. $42.00 655660
  - Th (7) Mar 5 – Apr 30 6:30 – 7:30 p.m. $42.00 655661

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

- **5 – 7 yrs**
  - **at Poirier Community Centre**
    - W (5) Jan 8 – Feb 5 6:30 – 7:30 p.m. $30.00 659464
    - W (5) Apr 1 – Apr 29 6:30 – 7:30 p.m. $30.00 659465

- **8 – 11 yrs**
  - **at Poirier Community Centre**
    - W (5) Jan 8 – Feb 5 6:30 – 7:30 p.m. $30.00 659466

### Dance: Hip Hop Intensive (6 – 12 yrs)
With break-dancing becoming an official event in the 2024 Olympic Games, this program is geared towards the more competitive side of this dance. Curriculum includes stamina training with dance movements and circuit training, rhythm drills, and a focus on covering the more technical elements of break-dancing. Previous experience is required. Offered in partnership with the DoWhatUlov dance crew.

- **at Pinetree Community Centre**
  - F (7) Jan 17 – Feb 28 5:15 – 6:15 p.m. $80.00 655655
  - F (8) Mar 6 – Apr 24 5:15 – 6:15 p.m. $80.00 656976

### Drama: Perform It!
Become a triple threat in acting, singing and dancing. Students will develop a variety of skills in voice, movement and acting through musical theatre, games, improv and choreographed dance.

- **5 – 11 yrs**
  - **at Pinetree Community Centre**
    - Sa (6) Jan 18 – Feb 29 12 – 1 p.m. $36.00 655680
    - Tu (7) Mar 3 – Apr 28 5 – 6 p.m. $42.00 655683

- **8 – 11 yrs**
  - **at Pinetree Community Centre**
    - Tu (7) Jan 14 – Feb 25 5 – 6 p.m. $42.00 655682
    - Sa (5) Mar 7 – Apr 25 12 – 1 p.m. $30.00 655681
Coquitlam is a Live 5-2-1-0 Community!

Live 5-2-1-0 is a simple, easy-to-remember message to help kids and families adopt healthy habits. When supported consistently across a community, Live 5-2-1-0 can make it easier for kids to eat healthy and be active every day.

Look for Live 5-2-1-0 healthy tips in your local community centre!

Live 5-2-1-0 stands for 5 or more vegetables & fruits every day, less than 2 hours of screen time each day, at least 1 hour of physical activity each day, and 0 sugary drinks.

Learn how you can make a difference in your community and start living 5-2-1-0 today at: Live5210.ca

Music: Guitar All Levels (7 – 8 yrs)
Weekly guitar instruction for the beginner to intermediate player. Please bring your own guitar.

at Summit Community Centre

Sa (5) Jan 11 – Feb 8 9 – 9:45 a.m. $24.50 658141
Sa (4) Feb 15 – Mar 7 9 – 9:45 a.m. $19.60 658142
Sa (4) Apr 4 – May 2 9 – 9:45 a.m. $19.60 658144

Music: Guitar Beginner (9 – 10 yrs)
Weekly guitar instruction for beginner level players. Please bring your own guitar.

at Smiling Creek Activity Centre

Sa (5) Jan 11 – Feb 8 9:50 – 10:35 a.m. $24.50 658145
Sa (4) Feb 15 – Mar 7 9:50 – 10:35 a.m. $19.60 658146
Sa (4) Apr 4 – May 2 9:50 – 10:35 a.m. $19.60 658147

Music: Guitar Intermediate (9 – 10 yrs)
Weekly guitar instruction for intermediate level players. Students should already have mastered some basic skills. Please bring your own guitar.

at Summit Community Centre

Sa (5) Jan 11 – Feb 8 10:40 – 11:40 a.m. $30.00 658148
Sa (4) Feb 15 – Mar 7 10:40 – 11:40 a.m. $24.00 658149
Sa (4) Apr 4 – May 2 10:40 – 11:40 a.m. $24.00 658150

Music: Rhythm & Percussion
An introduction to rhythmic music using assorted percussive instruments.

7 – 8 yrs
at Pinetree Community Centre

M (5) Jan 6 – Feb 3 3:30 – 4:15 p.m. $24.50 658915
M (4) Feb 10 – Mar 9 3:30 – 4:15 p.m. $19.60 658916
M (5) Mar 30 – May 4 3:30 – 4:15 p.m. $24.50 658914

9 – 11 yrs
at Pinetree Community Centre

M (5) Jan 6 – Feb 3 4:20 – 5:05 p.m. $24.50 658918
M (4) Feb 10 – Mar 9 4:20 – 5:05 p.m. $19.60 658920
M (5) Mar 30 – May 4 4:20 – 5:05 p.m. $24.50 658921

Did you know?
In order to develop fundamental movement skills for kids 6 and up, the focus should be on providing fun, inclusive and multisport physical activities in structured and unstructured environments.

What are Fundamental Movement Skills?
Running, kicking, jumping, throwing, catching, agility, balance and coordination—these skills allow kids to enjoy sport and a long life of physical activity.
**SPORTS & ACTIVE PLAY**

**Badminton (7 – 10 yrs)**
Kids will learn the game of badminton and develop skills through fun drills and games. Please bring your own racquet. Shuttles/birdies supplied.

at Centennial Activity Centre

- Su  (5) Jan 5 – Feb 2  12:45 – 1:45 p.m.  $30.00  659055
- Su  (5) Mar 29 – Apr 26  12:45 – 1:45 p.m.  $30.00  659056

at Pinetree Community Centre

- Su  (4) Feb 2 – Feb 23  11 a.m. – 12 p.m.  $24.00  658174
- Su  (6) Mar 1 – Apr 5  11 a.m. – 12 p.m.  $36.00  658175

at Smiling Creek Activity Centre

- Th  (5) Jan 9 – Feb 6  6 – 7 p.m.  $30.00  665698
- Th  (5) Feb 13 – Mar 12  6 – 7 p.m.  $30.00  665699
- Th  (5) Apr 2 – 30  6 – 7 p.m.  $30.00  665700

**Ball Hockey (6 – 8 yrs)**
Pass, shoot and score! Drills and games will emphasize team play and skill building. All levels welcome.

6 – 8 yrs

at Centennial Activity Centre

- Su  (5) Jan 5 – Feb 2  10:30 – 11:30 a.m.  $30.00  659031
- Su  (5) Feb 9 – Mar 8  10:30 – 11:30 a.m.  $30.00  659032
- Su  (5) Mar 29 – Apr 26  10:30 – 11:30 a.m.  $30.00  659033

at Summit Community Centre

- W  (5) Jan 8 – Feb 5  6 – 6:45 p.m.  $24.50  656943
- W  (5) Feb 12 – Mar 11  6 – 6:45 p.m.  $24.50  656944
- W  (5) Apr 1 – Apr 29  6 – 6:45 p.m.  $24.50  656945

9 – 11 yrs

at Summit Community Centre

- W  (5) Jan 8 – Feb 5  6:45 – 7:45 p.m.  $30.00  656946
- W  (5) Feb 12 – Mar 11  6:45 – 7:45 p.m.  $30.00  656947
- W  (5) Apr 1 – Apr 29  6:45 – 7:45 p.m.  $30.00  656948

**Basketball (6 – 8 yrs)**
Dribble, pass, shoot and make new friends. Kids will learn how to play basketball through fun drills and games.

at Centennial Activity Centre

- F  (4) Jan 10 – Feb 7  7 – 8 p.m.  $24.00  659528
- Sa  (4) Jan 11 – Feb 8  9:45 – 10:45 a.m.  $24.00  659127
- F  (4) Feb 14 – Mar 13  7 – 8 p.m.  $24.00  659128
- Sa  (5) Apr 4 – May 2  9:45 – 10:45 a.m.  $30.00  659129

at Smiling Creek Activity Centre

- W  (5) Jan 8 – Feb 5  6:45 – 7:30 p.m.  $24.50  658766
- W  (5) Feb 12 – Mar 11  6:45 – 7:30 p.m.  $24.50  658768
- W  (5) Apr 1 – Apr 29  6:45 – 7:30 p.m.  $24.50  658769

at Summit Community Centre

- Tu  (5) Jan 7 – Feb 4  6:45 – 7:30 p.m.  $24.50  656953
- Sa  (5) Jan 11 – Feb 8  11:15 a.m. – 12 p.m.  $24.50  656954
- Tu  (5) Feb 11 – Mar 10  6:45 – 7:30 p.m.  $24.50  656957
- Sa  (4) Feb 15 – Mar 7  11:15 a.m. – 12 p.m.  $19.60  656955
- Tu  (5) Mar 31 – Apr 28  6:45 – 7:30 p.m.  $24.50  656958
- Sa  (4) Apr 4 – Apr 25  11:15 a.m. – 12 p.m.  $19.60  656959

**Ball Hockey: Jamboree League**
Join our non-competitive ball hockey league. After teams are formed, players will spend time developing skills and playing games before finishing with a final tournament. Required equipment: CSA approved hockey helmet with face cage, stick, gloves, water bottle and running shoes. Recommended equipment: Shin/slash guards and elbow pads. Some equipment is available for borrow upon request on a first come, first serve basis.

7 – 9 yrs

at Poirier Forum

- Su  (10) Apr 19 – Jun 21  3 – 4 p.m.  $58.00  659524

10 – 13 yrs

at Poirier Forum

- Su  (10) Apr 19 – Jun 21  4 – 5 p.m.  $58.00  659525
Basketball (9 – 11 yrs)
Dribble, pass, shoot! Kids will learn the great game of basketball through fun skills, drills and games with our experienced instructors.

at Centennial Activity Centre
F (4) Jan 10 – Feb 7 8 – 9 p.m. $24.00 659531
Sa (4) Jan 11 – Feb 8 11 a.m. – 12 p.m. $24.00 659932
F (4) Feb 14 – Mar 13 8 – 9 p.m. $24.00 659932
Sa (4) Feb 15 – Mar 14 11 a.m. – 12 p.m. $24.00 659933
Sa (5) Apr 4 – May 2 11 a.m. – 12 p.m. $30.00 659134

at Smiling Creek Activity Centre
W (5) Jan 8 – Feb 5 6 – 7 p.m. $30.00 658770
W (5) Feb 12 – Mar 11 6 – 7 p.m. $30.00 658772
W (5) Apr 1 – Apr 29 6 – 7 p.m. $30.00 658773

at Summit Community Centre
Sa (5) Jan 11 – Feb 8 12 – 1 p.m. $30.00 657065
Sa (4) Feb 15 – Mar 7 12 – 1 p.m. $24.00 657066
Sa (4) Apr 4 – May 2 12 – 1 p.m. $24.00 657084

Fencing
Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided. Offered in partnership with Tri-City Fencing Academy.

Beginner 9 – 15 yrs
at Pinetree Community Centre
M (4) Feb 3 – Mar 2 7 – 8 p.m. $55.00 658191
M (4) Mar 9 – Mar 30 7 – 8 p.m. $55.00 658192
M (3) Apr 6 – Apr 27 7 – 8 p.m. $41.25 658194

at Poirier Sport & Leisure Complex
F (4) Jan 10 – Jan 31 7 – 8 p.m. $55.00 659539
F (4) Feb 7 – Feb 28 7 – 8 p.m. $55.00 659540
F (4) Mar 6 – Mar 27 7 – 8 p.m. $55.00 659541
F (3) Apr 3 – Apr 24 7 – 8 p.m. $41.25 659542

at Summit Community Centre
W (4) Jan 8 – Jan 29 6 – 7 p.m. $55.00 657897
W (4) Feb 5 – Feb 26 6 – 7 p.m. $55.00 657898
W (4) Apr 8 – Apr 29 6 – 7 p.m. $55.00 657899

Gymnastics: Rhythmic Gymnastics
Participants will learn basic body movement techniques required in rhythmic gymnastics and how to use hand held apparatus (rope, ball, ribbon, hoop) in harmony with music. In partnership with Origami Rhythms.

6 – 8 yrs
at Pinetree Community Centre
M (7) Jan 20 – Mar 9 4 – 5 p.m. $63.00 658217
M (10) Apr 6 – Jun 22 4 – 5 p.m. $90.00 658218

9 – 12 yrs
at Pinetree Community Centre
M (7) Jan 20 – Mar 9 5 – 6:30 p.m. $94.50 658219
M (10) Apr 6 – Jun 22 5 – 6:30 p.m. $135.00 658220

Gymnastics: Tumbling (5 – 7 yrs)
Does your child show an interest in gymnastics? This is a great starter program where they will be taught basic gymnastics skills such as strength, flexibility and balance.

at Poirier Community Centre
M (5) Jan 6 – Feb 3 6:30 – 7:30 p.m. $30.00 659286
Su (5) Feb 9 – Mar 8 9 – 10 a.m. $30.00 659006
M (4) Feb 10 – Mar 9 6:30 – 7:30 p.m. $24.00 659287
M (4) Mar 30 – Apr 27 6:30 – 7:30 p.m. $24.00 659288

Multi-Ball (6 – 8 yrs)
Try a different indoor ball sport or activity every day and refine your throwing, catching, kicking, and striking skills. All abilities welcome!

at Smiling Creek Activity Centre
M (4) Jan 6 – Feb 3 6:45 – 7:30 p.m. $19.60 658850
M (4) Feb 10 – Mar 9 6:45 – 7:30 p.m. $19.60 658855
M (4) Mar 30 – Apr 20 6:45 – 7:30 p.m. $19.60 658858
Parkour: Introduction
Progressing from class to class, this course introduces and teaches the FUNdamental skills of parkour, while promoting the development of physical fitness. Learn basic skills including safe jumping, landing techniques, rolls and vaults, using both hands and feet. Apply these skills in obstacle courses and movement based games. Offered in partnership with Journey Parkour.

7 – 9 yrs
at Pinetree Community Centre
F (6) Jan 31 – Mar 6 3:30 – 4:30 p.m. $87.75 658685
F (6) Apr 24 – Jun 5 3:30 – 4:30 p.m. $87.75 658686

10 – 12 yrs
at Pinetree Community Centre
F (6) Jan 31 – Mar 6 4:30 – 5:30 p.m. $87.75 658681
F (6) Apr 24 – Jun 5 4:30 – 5:30 p.m. $87.75 658682

Soccer: Girls Train & Play (9 – 11 yrs)
Work and refine your soccer skills and game play. All levels welcome!
at Summit Community Centre
Th (5) Jan 9 – Feb 6 6 – 7 p.m. $30.00 658157
Th (5) Feb 13 – Mar 12 6 – 7 p.m. $30.00 658158
Th (5) Apr 2 – Apr 30 6 – 7 p.m. $30.00 658159

Soccer: Indoor
Each session includes FUNdamental skill development through drills, inclusive scrimmage and fair play.
6 – 8 yrs
at Centennial Activity Centre
Sa (4) Jan 11 – Feb 8 10 – 11 a.m. $24.00 658160
Sa (4) Feb 15 – Mar 14 10 – 11 a.m. $24.00 659130
Sa (5) Apr 4 – May 2 10 – 11 a.m. $30.00 659131

9 – 11 yrs
at Centennial Activity Centre
Sa (4) Jan 11 – Feb 8 11:15 a.m. – 12:15 p.m. $24.00 659138
Sa (4) Feb 15 – Mar 14 11:15 a.m. – 12:15 p.m. $24.00 659139
Sa (5) Apr 4 – May 2 11:15 a.m. – 12:15 p.m. $30.00 659140

6 – 8 yrs
at Smiling Creek Activity Centre
Th (6) Jan 16 – Feb 20 6:45 – 7:30 p.m. $29.40 665703
Th (4) Apr 9 – 30 6:45 – 7:30 p.m. $19.60 665704

Tennis: Indoor (7 – 10 yrs)
Kids will have a ball learning FUNdamental tennis skills and develop self-confidence by playing games. Racquets are available upon request.
7 – 10 yrs
at Centennial Activity Centre
Su (5) Jan 5 – Feb 2 11:45 a.m. – 12:45 p.m. $30.00 659042
Su (5) Mar 29 – Apr 26 11:45 a.m. – 12:45 p.m. $30.00 659043
at Pinetree Community Centre
Su (6) Jan 12 – Feb 23 10 – 11 a.m. $36.00 661757
Su (6) Mar 1 – Apr 5 10 – 11 a.m. $36.00 661761
11 – 15 yrs
at Pinetree Community Centre
Su (6) Jan 12 – Feb 23 10 – 11 a.m. $36.00 661755
Su (6) Mar 1 – Apr 5 10 – 11 a.m. $36.00 661760

Volleyball: Girls Bump, Set, Spike (10 – 13 yrs)
Do you want to play volleyball on your school team but just need a little more practice? Develop introductory volleyball skills through fun drills and games in a positive and supportive environment.
at Smiling Creek Activity Centre
Sa (5) Jan 11 – Mar 7 11:30 a.m. – 12:45 p.m. $48.00 658967

Volleyball (7 – 10 yrs)
Learn the basics of volleyball in this fun class. Emphasis on team play and skill development.
at Centennial Activity Centre
Su (5) Feb 9 – Mar 8 11:45 a.m. – 12:45 p.m. $30.00 659045

DROP-INS
Afternoon Sports Drop-In (6 – 10 yrs) 
Get active! Join in on a variety of different sports and gym games each day of the week. There is no registration available for this class; it is drop-in only. Sign up starts 30 minutes ahead of time. For safety reasons, parents must stay with their child until the drop-in begins.
at Pinetree Community Centre
F Jan 31 – Apr 24 3:30 – 5 p.m. $2.00
M – F Mar 16 – Mar 27 1:30 – 3 p.m. $2.00
at Smiling Creek Activity Centre
M – F Mar 16 – Mar 27 1:30 – 3 p.m. $2.00

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.
Just for YOUTH!

Have fun and get active in Coquitlam! We’ve got lots of drop-in and registered programs for youth 11 – 18 years old. If you’re 16 and up, check out the adult section as well—programs are open to teens on a case-by-case basis.

THE GETAWAY YOUTH CENTRE (11 – 18 yrs)
at Poirier Community Centre, 630 Poirier Street
It’s all happening at the Getaway Youth Centre! Come by and play fooseball, ping pong, 8-ball or cards. You can also hang out to watch a movie, get a free drink or food, video games and more! Bring your friends or come meet new ones.
Drop-in for FREE!

Winter Hours | Jan. 7 – May 1
Tuesdays & Thursdays: 3 – 6:30 p.m.
Wednesdays: 12 – 1:15 p.m. / 3 – 6:30 p.m.
Fridays: 3 – 10 p.m. | Saturdays: 6 – 10 p.m.

THE LANDING YOUTH CENTRE (11 – 18 yrs)
at Pinetree Community Centre, 1260 Pinetree Way
Explore this positive social space for youth. Check out our pool table, foosball, table tennis, video games, fun tournaments, barbecues, movies and more!

Winter Hours | Jan. 6 – Apr. 30
Mondays to Thursdays: 3:30 – 7 p.m.
Fridays 3:30 – 10 p.m. | Saturdays: 6 – 10 p.m.

Other Youth Program Opportunities
GENERAL INTEREST: Art, Babysitter Training, Cooking, Guitar Lessons, Hip Hop and Red Cross First Aid Certification.
SPORTS: Archery, Badminton, Basketball, Curling, Dodgeball, Skating, Soccer, Indoor Tennis and Volleyball.

Interested in getting involved in your community?
Coquitlam offers a variety of opportunities that make a difference in the community. Volunteering is a great way to meet new people, gain valuable experience and have fun!
For more information visit our website at coquitlam.ca/volunteerprc
**ARTS & CRAFTS**

**Art: Drawing** (11 – 14 yrs)
Explore the various methods and techniques of drawing using different tools and materials each week. No prior experience needed.

*at Pinetree Community Centre*
| Th  | Jan 16 – Feb 27 | 7 – 8 p.m. | $42.00 | 655529 |

**Art: Outside the Lines** (11 – 14 yrs)
This class will explore various art mediums and techniques and is tailored to the student’s interests. Students will build confidence, creativity and supportive relationships through their art. Venture ‘outside the lines’ in the world of art!

*at Pinetree Community Centre*
| Th  | Mar 5 – Apr 30 | 7 – 8 p.m. | $42.00 | 655537 |

**HEALTH & FITNESS**

**Fitness: Youth Orientation** (13 – 18 yrs) **[Low cost]**
Learn about fitness in a weight room from a certified weight trainer, including proper technique on how to train safely and efficiently. **$2.00**

*at City Centre Aquatic Complex*
| Tuesdays, 7:30 – 8:30 p.m. & Saturdays, 10 – 11 a.m. |

*at Poirier Sport & Leisure Complex*
| Wednesdays, 7:30 – 8:30 p.m. & Sundays, 10 – 11 a.m. |

This course is required for teens 13 – 15 years old who want to use the fitness centre and drop into fitness classes.

Register at [coquitlam.ca/fitness](http://coquitlam.ca/fitness) or call 604-927-4386

**Ballet Core Fusion** (13 – 16 yrs)
This ballet inspired class uses lightweight equipment for a full body workout to increase flexibility. Focus is on toning the lower body and core muscles.

*at Poirier Sport & Leisure Complex*
| Sa  | Jan 4 | 11 a.m. – 12 p.m. | FREE | 658358 |
| Sa  | Jan 11 – Feb 29 | 11 a.m. – 12 p.m. | $51.45 | 658353 |
| Sa  | Mar 7 – Apr 25 | 11 a.m. – 12 p.m. | $51.45 | 658354 |

**Skills & Drills: Athletic Conditioning** (13 – 16 yrs)
Practise drills to increase your fundamental skills for life-long participation in sports. A certified trainer will guide you through strength, cardio and conditioning drills to enhance your agility, coordination and speed. A great class for teens who want to stay active outside of a structured sport environment.

*at City Centre Aquatic Complex*
| Tu  | Jan 14 – Feb 4 | 4:15 – 5:15 p.m. | $29.40 | 658359 |
| Tu  | Feb 11 – Mar 3 | 4:15 – 5:15 p.m. | $29.40 | 658360 |
| Tu  | Mar 10 – Mar 31 | 4:15 – 5:15 p.m. | $29.40 | 658361 |
| Tu  | Apr 7 – Apr 28 | 4:15 – 5:15 p.m. | $29.40 | 658362 |

**Teen Weight Training** (13 – 16 yrs)
Our certified instructor will teach you the progressions of weight training. This function 4-tier training system for teens and youth includes body weight exercises, bar training, machine training and loaded exercise technique.

*at City Centre Aquatic Complex*
| F  | Jan 17 – Feb 7 | 6 – 7 p.m. | $29.40 | 658367 |
| F  | Feb 14 – Mar 6 | 6 – 7 p.m. | $29.40 | 658368 |
| F  | Mar 13 – Apr 3 | 6 – 7 p.m. | $29.40 | 658369 |
| F  | Apr 10 – May 1 | 6 – 7 p.m. | $29.40 | 658370 |

*at Poirier Sport & Leisure Complex*
| Th  | Jan 16 – Feb 6 | 6:30 – 7:30 p.m. | $29.40 | 658363 |
| Th  | Feb 13 – Mar 5 | 6:30 – 7:30 p.m. | $29.40 | 658364 |
| Th  | Mar 12 – Apr 2 | 6:30 – 7:30 p.m. | $29.40 | 658365 |
| Th  | Apr 9 – Apr 30 | 6:30 – 7:30 p.m. | $29.40 | 658366 |

**Yoga: Girls Only** (11 – 16 yrs)
Experience the mental and physical benefits of yoga with your friends. No experience required. This class will help increase flexibility and strength while teaching strategies to cope with everyday stressors.

*at Pinetree Community Centre*
| Th  | Jan 9 | 6 – 7 p.m. | FREE | 658373 |
| Th  | Jan 16 – Mar 5 | 6 – 7 p.m. | $58.80 | 658371 |
| Th  | Mar 12 – Apr 30 | 6 – 7 p.m. | $58.80 | 658372 |

**Yoga: Relax & Restore** (13 – 18 yrs)
Unwind from the day with a relaxing yoga practice. No previous yoga experience is necessary. Come relax and restore while gaining strength and flexibility in an unplugged youth only environment.

*at Poirier Sport & Leisure Complex*
| Tu  | Jan 7 | 4:45 – 5:45 p.m. | FREE | 658640 |
| Tu  | Jan 14 – Mar 3 | 4:45 – 5:45 p.m. | $58.80 | 658638 |
| Tu  | Mar 10 – Apr 28 | 4:45 – 5:45 p.m. | $58.80 | 658639 |
LEARN & DISCOVER

**Chess: Intermediate** (11 – 15yrs)

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

**at Smiling Creek Activity Centre**

- M (4) Jan 6 – Jan 27 6:30 – 7:30 p.m. $24.00 658816
- M (4) Feb 10 – Mar 9 6:30 – 7:30 p.m. $24.00 658817
- M (4) Mar 30 – Apr 27 6:30 – 7:30 p.m. $24.00 658818

**at Summit Community Centre**

- Tu (5) Jan 7 – Feb 4 7:00 – 8:00 p.m. $30.00 657892
- Tu (5) Feb 11 – Mar 10 7:00 – 8:00 p.m. $30.00 657893
- Tu (5) Mar 31 – Apr 28 7:00 – 8:00 p.m. $30.00 657894

**Cooking: Around the World** (11 – 14 yrs)

Learn to cook a variety of tasty meals from all corners of the globe! Expand your culinary horizons.

**at Poirier Community Centre**

- F (4) Apr 3 – May 1 4 – 5:30 p.m. $47.60 659506

**Leadership: Home Alone Training** (10 – 13 yrs)

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

**at Pinetree Community Centre**

- Tu (1) Feb 25 6:30 – 8:30 p.m. $16.55 655721
- Tu (1) Apr 28 6:30 – 8:30 p.m. $16.55 655722

**at Smiling Creek Activity Centre**

- Su (4) Jan 12 – Feb 2 9 – 10:30 a.m. $33.10 663743
- Su (4) Feb 9 – Mar 8 9 – 10:30 a.m. $33.10 663744
- Su (4) Apr 5 – May 3 9 – 10:30 a.m. $33.10 664200

**PERFORMING ARTS**

**Dance: Hip Hop** (13 – 18 yrs)

Learn the fundamentals of this creative and exciting dance style. Curriculum may include skills such as stand-up grooves and footwork, handstands to freezes, and spins off of your back. A final battle will take place in week 8 to showcase the results of the dancer’s achievements. Offered in partnership with the DoWhatULuv dance crew.

**at Summit Community Centre**

- Th (8) Jan 9 – Feb 27 7 – 8 p.m. $80.00 657895
- Tu/Th (8) Mar 5 – May 7 7 – 8 p.m. $80.00 657896

**Dance: Freestyle Hip Hop** (11 – 18 yrs)

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

**at Pinetree Community Centre**

- F (7) Jan 17 – Feb 28 6:15 – 7:15 p.m. $80.00 655665
- F (8) Mar 6 – Apr 24 6:15 – 7:15 p.m. $80.00 656977

**Music: Guitar** (11 – 15 yrs)

Learn the basics of the guitar from hand placement to basic chords. Possibly build to the instruction of simple songs. No prior experience needed. Please bring your own guitar.

**at Pinetree Community Centre**

- Th (8) Jan 23 – Mar 12 5 – 6 p.m. $48.00 658674
- Th (6) Apr 2 – May 7 5 – 6 p.m. $36.00 658673

**at Smiling Creek Activity Centre**

- Tu (5) Jan 7 – Feb 4 6:20 – 7:20 p.m. $30.00 658872
- Tu (5) Feb 11 – Mar 10 6:20 – 7:20 p.m. $30.00 658874
- Tu (5) Mar 31 – Apr 28 6:20 – 7:20 p.m. $30.00 658875

**Music: Rhythm & Percussion** (11 – 15 yrs)

An introduction to rhythmic music using assorted percussive instruments.

**at Pinetree Community Centre**

- M (5) Jan 6 – Feb 3 5:10 – 6:10 p.m. $30.00 658883
- M (4) Feb 10 – Mar 9 5:10 – 6:10 p.m. $24.00 658912
- M (5) Mar 30 – May 4 5:10 – 6:10 p.m. $30.00 658913

Course fees do not include applicable taxes. Details subject to change.
### SPORTS & ACTIVE PLAY

#### Archery (10 – 18 yrs)
Learn beginner target shooting with a bow and arrow. Participants will get a general feel for archery as they are taught rules, safety and proper technique. Equipment is provided. Offered in partnership with Boorman Archery.

**at Pinetree Community Centre**
- **Su (4)** Feb 2 – Feb 23 9 – 10 a.m. $45.00 658165
- **Su (4)** Feb 2 – Feb 23 10 – 11 a.m. $45.00 658168
- **Su (4)** Mar 1 – Mar 29 9 – 10 a.m. $45.00 658166
- **Su (4)** Mar 1 – Mar 29 10 – 11 a.m. $45.00 658169

#### Badminton: Beginner (11 – 15 yrs)
Learn and practise the basics of badminton. Develop your skills through fun drills and games. Please bring your own racquet.

**at Centennial Activity Centre**
- **Su (5)** Feb 9 – Mar 8 12:45 – 1:45 p.m. $30.00 659057

**at Pinetree Community Centre**
- **Su (4)** Feb 2 – Feb 23 12 – 1 p.m. $24.00 658179
- **Su (6)** Mar 1 – Apr 5 12 – 1 p.m. $36.00 658180

**at Smiling Creek Activity Centre**
- **Th (5)** Jan 9 – Feb 6 7 – 8 p.m. $30.00 658752
- **Th (5)** Feb 13 – Mar 12 7 – 8 p.m. $30.00 658754
- **Th (5)** Apr 2 – Apr 30 7 – 8 p.m. $30.00 658755

#### Badminton: Intermediate (11 – 15 yrs)
For those looking for a fun badminton challenge. Improve your technique, tactics, physical fitness and game strategy.

**at Pinetree Community Centre**
- **Su (4)** Feb 2 – Feb 23 1 – 2 p.m. $24.00 658182
- **Su (6)** Mar 1 – Apr 5 1 – 2 p.m. $36.00 658183

#### Basketball: Skill Development (12 – 15 yrs)
Enjoy fun skills, drills and games to help you develop your basketball game. All levels welcome.

**at Centennial Activity Centre**
- **Sa (4)** Jan 11 – Feb 8 12 – 1 p.m. $24.00 659141
- **Sa (4)** Feb 15 – Mar 14 12 – 1 p.m. $24.00 659142
- **Sa (5)** Apr 4 – May 2 12 – 1 p.m. $30.00 659143

**at Smiling Creek Activity Centre**
- **W (5)** Jan 8 – Feb 5 7 – 8 p.m. $30.00 658779
- **W (5)** Feb 12 – Mar 11 7 – 8 p.m. $30.00 658781
- **W (5)** Apr 1 – Apr 29 7 – 8 p.m. $30.00 658782

**at Summit Community Centre**
- **Tu (5)** Jan 7 – Feb 4 6 – 7 p.m. $30.00 657088
- **Tu (5)** Feb 11 – Mar 10 6 – 7 p.m. $30.00 657089
- **Tu (5)** Mar 31 – Apr 28 6 – 7 p.m. $30.00 657090

#### Fencing
Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided. Offered in partnership with Tri-City Fencing Academy.

**Level 1 (11 yrs +)**
Pre-requisite: Fencing Beginner

**at Pinetree Community Centre**
- **M (4)** Feb 3 – Mar 2 8 – 9 p.m. $55.00 658196
- **M (4)** Mar 9 – Mar 30 8 – 9 p.m. $55.00 658197
- **M (3)** Apr 6 – Apr 27 8 – 9 p.m. $41.25 658198

**at Poirier Sport & Leisure Complex**
- **F (4)** Jan 10 – Jan 31 8 – 9 p.m. $55.00 659543
- **F (4)** Feb 7 – Feb 28 8 – 9 p.m. $55.00 659544
- **F (4)** Mar 6 – Mar 27 8 – 9 p.m. $55.00 659545
- **F (3)** Apr 3 – Apr 24 8 – 9 p.m. $41.25 659546

**at Summit Community Centre**
- **W (4)** Jan 8 – Jan 29 6 – 7 p.m. $55.00 658199
- **W (4)** Feb 5 – Feb 26 6 – 7 p.m. $55.00 658200
- **W (4)** Apr 8 – Apr 29 6 – 7 p.m. $55.00 658201

**Level 2/3 Combined (11 yrs +)**
Prerequisite: Fencing Level 1

**at Summit Community Centre**
- **W (4)** Jan 8 – Jan 29 7 – 9 p.m. $95.00 658973
- **W (4)** Feb 5 – Feb 26 7 – 9 p.m. $95.00 658974
- **W (4)** Apr 8 – Apr 29 7 – 9 p.m. $95.00 658975

#### Parkour: Introduction (13 yrs +)
Progressing from class to class, this course introduces and teaches the FUNdamental skills of parkour, while promoting the development of physical fitness. Learn basic skills including safe jumping, landing techniques, rolls and vaults, using both hands and feet. Apply these skills in obstacle courses and movement based games. Offered in partnership with Journey Parkour.

**at Pinetree Community Centre**
- **F (6)** Jan 31 – Mar 6 5:30 – 6:45 p.m. $109.70 658683
- **F (6)** Apr 24 – Jun 5 5:30 – 6:45 p.m. $109.70 658684

#### Soccer: Middle School Girls Train & Play (11 – 15 yrs)
Work and refine your soccer skills and game play. All levels welcome!

**at Summit Community Centre**
- **Th (5)** Jan 9 – Feb 6 7 – 8 p.m. $30.00 658351
- **Th (5)** Feb 13 – Mar 12 7 – 8 p.m. $30.00 658352
- **Th (5)** Apr 2 – Apr 30 7 – 8 p.m. $30.00 658355

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**All Abilities Welcome!**
See page 4 for details.
Tennis (11 – 15 yrs)

Kids will have a ball learning FUNdamental tennis skills and develop self-confidence by playing games. Racquets are available upon request.

at Pinetree Community Centre

Su (4) Feb 2 – Feb 23 10 – 11 a.m. $24.00 661755
Su (6) Mar 1 – Apr 5 10 – 11 a.m. $36.00 661760

Volleyball: Middle School Girls Train & Play (11 – 14 yrs)

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

at Smiling Creek Activity Centre

Tu (10) Jan 7 – Mar 10 6 – 8 p.m. $96.00 658968

DROP-INS

Programs marked with a Reg are regular admission

Schedule subject to change. Check coquitlam.ca/dropins for cancellations.

Badminton (11 – 18 yrs)

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

at Centennial Activity Centre

F Jan 10 – May 1 9 – 11 p.m. $2.00
Sa Jan 11 – May 2 8:30 – 10:30 p.m. $2.00

at Pinetree Community Centre

F Jan 31 – Apr 3 8 – 10 p.m. $2.00
Sa Feb 1 – Apr 11 5:45 – 7:45 p.m. $2.00
Sa Feb 1 – Apr 11 8 – 10 p.m. $2.00
M Mar 16 & Mar 23 5:45 – 7:45 p.m. $2.00
Tu Mar 17 & Mar 24 5:45 – 7:45 p.m. $2.00

Dodgeball: Middle Schoolers (11 – 14 yrs) Low cost

Do you enjoy a good fast paced game of dodgeball? Bring your friends out for a night of action and fun! Open to grades 6 – 8 only.

at Pinetree Community Centre

Sa Feb 1 – Apr 25 6 – 7 p.m. $2.00

Handball: Middle Schoolers (11 – 14 yrs) Low cost

Team up with some friends new and old, and play handball! Pass the ball around, jump and shoot!

at Pinetree Community Centre

Sa Feb 1 – Apr 25 7:15 – 8:15 p.m. $2.00

Soccer: Indoor (14 – 18 yrs) Low cost

Join us for an active and fast paced evening of indoor soccer!

at Pinetree Community Centre

F Jan 31 – Apr 24 8 – 10 p.m. $2.00
Sa Jan 31 – Apr 24 5:45 – 7:45 p.m. $2.00
Th Mar 19 – Mar 26 5:45 – 7:45 p.m. $2.00

Spotlight on Sport (13 – 18 yrs)

Drop-in for basketball, badminton, mini soccer, snacks, music and a social area. It's free so bring your friends for a fun day!

at Mountain View Park—Hartley Field

Sa Feb 15 1 – 3 p.m. FREE
at Mundy Park—Lacrosse Box

Su Feb 16 1 – 3 p.m. FREE

Volleyball (11 – 18 yrs) Low cost

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

at Centennial Activity Centre

M Jan 6 – Apr 27 7 – 8:30 p.m. $2.00

at Pinetree Community Centre

F Jan 31 – Apr 24 5:45 – 7:45 p.m. $2.00
Th Mar 19 – Mar 26 5:45 – 7:45 p.m. $2.00

at Smiling Creek Activity Centre

Tu Jan 7 – Apr 28 6 – 8 p.m. Reg

Course fees do not include applicable taxes. Details subject to change.
GAIN EXPERIENCE, GET INVOLVED, BECOME A VOLUNTEER!

If you are at least 13 year old, we’ve got so 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 volunteer profile, provide two references for Volunteer Services to contact to help us learn a little more about your skills and experiences. References should be over the age of 19 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. There is 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 604-927-6922
PARK SPARK VOLUNTEER OPPORTUNITIES

Coquitlam’s Park Spark team is recruiting new volunteers! Learn more about you can get involved in Coquitlam’s parks by attending one of the free information sessions. Pre-registration is required.

Adopt-a-Bench (All Ages)
The Coquitlam in Bloom Adopt-a-Bench/Dugout initiative offers opportunities for local community sports teams, organizations and groups to contribute to an outdoor sport facility in the City by taking ownership of a team’s bench, dugout or spectator stand. We’re looking for volunteers to monitor various benches/dugouts throughout Coquitlam and liaise with our Park Spark team, to help keep them safe and clean.

at Poirier Sport & Leisure Complex
Tu (1) Apr 21 9:30 – 10:30 a.m. FREE 659611
at Pinetree Community Centre
Th (1) Apr 23 1 – 2 p.m. FREE 659612

Adopt-a-Sports Equipment Library (All Ages)
Free sport equipment libraries are currently available in 12 Coquitlam parks. We’re encouraging park visitors to borrow equipment while at the park, or to donate sports equipment they’re no longer using. We’re looking for volunteers to monitor the equipment library and liaise with our Park Spark team to help keep the libraries well-stocked and in good condition.

at Poirier Sport & Leisure Complex
Tu (1) Apr 21 9:30 – 10:30 a.m. FREE 659616
Th (1) Apr 23 1 – 2 p.m. 659618

Youth Outdoor Sports Committee (13 – 18 yrs)
We’re looking for volunteers to support Coquitlam’s Park Spark team with inspiring, developing and implementing youth outdoor sports opportunities. The benefits for our youth volunteers are gaining a sense of ownership and connection with the community through playing sports.

at Pinetree Community Centre
T (1) Mar 24 12 – 1 p.m. FREE 659598
W (1) Mar 25 12 – 1 p.m. FREE 659599
Th (1) Mar 26 12 – 1 p.m. FREE 659660
ONE PASS & DROP-IN FEES

Prices valid at all facilities from April 1, 2019 to March 31, 2020.

ONE PASS provides access to all of our facilities, drop-in programs, such as drop-in fitness, basketball, swimming, ice skating and more.

<table>
<thead>
<tr>
<th></th>
<th>SINGLE DROP-IN</th>
<th>10 VISIT PASS</th>
<th>50 VISIT PASS</th>
<th>1 MONTH PASS</th>
<th>4 MONTH PASS</th>
<th>1 YEAR PASS</th>
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<tbody>
<tr>
<td><strong>YOUTH / STUDENT</strong> <em>(13 – 18 / 19 – 25 YRS)</em></td>
<td>$4.66</td>
<td>$37.30</td>
<td>$175.00</td>
<td>$43.05</td>
<td>$141.14</td>
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<td><strong>ADULT</strong> <em>(19 – 64 YRS)</em></td>
<td>$6.19</td>
<td>$49.50</td>
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<td>$57.38</td>
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<td><strong>SENIOR</strong> <em>(65 – 84 YRS)</em></td>
<td>$4.66</td>
<td>$37.30</td>
<td>$175.00</td>
<td>$43.05</td>
<td>$141.14</td>
<td>$337.90</td>
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<tr>
<td><strong>SUPER SENIOR</strong> <em>(85 YRS +)</em></td>
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<td>$116.00</td>
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*Students 19 – 25 must present valid fulltime student ID

Check out our ONE PASS video to see what you can do! [coquitlam.ca/onepass](http://coquitlam.ca/onepass)
FITNESS CENTRE HOURS

Fitness centres are open to patrons 13 yrs +. Teens 13 – 15 MUST complete a Youth Fitness Orientation before working out in the fitness centre or to participate in any drop-in fitness class. Details on page 60.

<table>
<thead>
<tr>
<th></th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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<td>GLEN PINE*</td>
<td>10 a.m. – 2 p.m.</td>
<td>8:30 a.m. – 9 p.m.</td>
<td>8:30 a.m. – 9 p.m.</td>
<td>8:30 a.m. – 9 p.m.</td>
<td>8:30 a.m. – 10:30 p.m.</td>
<td>8:30 a.m. – 4:15 p.m.</td>
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<td>PINETREE</td>
<td>8 a.m. – 10 p.m.</td>
<td>8 a.m. – 10 p.m.</td>
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<td>PSLC</td>
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<td>6 a.m. – 10 p.m.</td>
<td>8 a.m. – 8 p.m.</td>
<td>Closed</td>
</tr>
</tbody>
</table>

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

GETTING STARTED? Let Us Help!

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

<table>
<thead>
<tr>
<th>YOUTH (13 – 15 YRS)</th>
<th>ADULT (16 YRS +)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FITNENESS ORIENTATION An orientation of the facility, the equipment and safe use. **NOTE: Teens 13 – 15 MUST take this program to work out in the fitness centres.</td>
<td></td>
</tr>
<tr>
<td>at City Centre Aquatic Complex and Poirier Sport &amp; Leisure Complex $2.00 Refer to page 65 for details.</td>
<td></td>
</tr>
<tr>
<td>at City Centre Aquatic Complex and Poirier Sport &amp; Leisure Complex $2.00 at Glen Pine (19 yrs +) $2.00 Book an appointment with the fitness centre staff.</td>
<td></td>
</tr>
<tr>
<td>FITNESS STARTER A start to your workout program. Our staff will show you different exercises and techniques that you can take away to build your own program.</td>
<td></td>
</tr>
<tr>
<td>TEEN WEIGHT TRAINING at City Centre Aquatic Complex and Poirier Sport &amp; Leisure Complex $29.40 Refer to page 65 for details.</td>
<td></td>
</tr>
<tr>
<td>at City Centre Aquatic Complex and Poirier Sport &amp; Leisure Complex $37.45 at Glen Pine (19 yrs +) $37.45 Book an appointment with the fitness centre staff.</td>
<td></td>
</tr>
<tr>
<td>PERSONAL FITNESS TRAINING Train with our certified personal trainers. They will assess your level, learn about your goals and lead you through a custom training program. Available at all fitness centres.</td>
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</tr>
<tr>
<td>PERSONAL TRAINING COSTS Get the most out of your workout! Find out more at coquitlam.ca/personaltraining</td>
<td></td>
</tr>
<tr>
<td>ASSESSMENT SESSION (1.25 hrs)*</td>
<td>3 SESSIONS (1 hr)</td>
</tr>
<tr>
<td>$65.00</td>
<td>$167.00</td>
</tr>
<tr>
<td>*mandatory for first-time clients.</td>
<td></td>
</tr>
</tbody>
</table>

GROUP FITNESS CLASS RULES

**How to have a positive class experience:**

- Obtain a drop-in fitness ticket from the front desk and bring it to your instructor.
- Leave those heeled or open toed shoes behind — athletic shoes are best or bare feet for yoga!
- Enjoy being unplugged! Please turn off cell-phones and other devices.
- Be air aware and avoid the use of scented products, whenever possible.
- Encouraging words are the best words!
- Respectful language is the only option in our classes.

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

**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.*

**WRISTBANDS**
Wear your wristband as proof of admission. The band must be sealed to be valid. You can wear it one of two ways:

*Please note instructors may deny late entry based on class design.*
DROP-IN FITNESS CLASSES

The Physical Activity Readiness Questionnaire (PAR-Q) is a 4-page form to see if you should check with your doctor before becoming much more physically active. Please familiarize yourself with this form prior to attending a drop-in group fitness class. Find it online at coquitlam.ca/fitness.

Check out this group class etiquette video! coquitlam.ca/fitness

LEVELS OF INTENSITY

- Beginner
- All Levels
- Challenging

AQUA FIT

ADAPTIVE AQUA MOTION
An exercise program designed for individuals looking to increase their functional abilities with the use of the water. Participants are encouraged to bring an attendant.

AQUAFIT
A low impact, shallow water based aquatic workout enhancing muscle tone, balance and strength with an emphasis on cardio.

AQUA BOOT CAMP
High energy aquatic based boot camp with a mixture of intervals and high intensity movements utilizing 360 degree resistance without the impact of land!

AQUAMAT CORE BLAST
Challenge your balance, stability and core while building up a sweat on one of our aqua mats. Try the newest on-water fitness trend that gets your heart pumping while playfully sculpting your lower and upper body, and strengthening your entire core like never before.

DEEP WATER AQUAFIT
A vigorous cardio based workout with the use of a buoyancy belt, maximizing full resistance of the water in a variety of movement patterns. Participants must be comfortable in deep water.

GENTLE AQUAFIT
A lighter version of Aquafit for individuals looking to increase mobility, muscular and/or cardiovascular strength.

WATER WORKS
Developed by the Arthritis Society for those with limited mobility and/or joint pain.

POUND
Dance style cardio is the focus with all music styles. Keep it loud while POUNDing your lightly weighted ripstix to the beat of the music. Lunge, squat, dance and drum your way to the fittest you.

STEP
A classic! All the choreographed patterns with the use of a step platform for the ultimate cardio experience.

STRONG BY ZUMBA®
Looking for something that infuses a high intensity Bootcamp style class with all the party elements of dance cardio? Well THIS IS IT. Think squats, burpees, lunges all to the beat of DJ inspired music selections.

TABATA TRAINING
Maximize your results with the Tabata style training approach. Think all-out effort followed by active rest to jumpstart your caloric burn and intensify your training experience.

CYCLE

CYCLE FIT
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.

CYCLE FIT: BEGINNER
Break into the world of group cycle! A slower paced class incorporating all elements of Cycle Fit building your technique for the perfect ride.

CYCLE & SCULPT
A high energy group cycling class, followed by weight training exercises (off the bike) to give you the best of both worlds.

CYCLE TO THE OLDIES
Experience all that indoor cycling has to offer without skipping a beat, an oldies beat that is! Great music (from an era we cannot forget) and low impact cardio are blending to bring a class suitable for all riders.
DANCE

BELLY DANCE
Explore this ancient art form of core conditioning. This class provides a creative way to be physically active with emphasis on movements of the torso.

DANCE4ONE
All genres dance and music inspired workout to upbeat Latin, Ballroom classics and popular tunes. 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® STEP
Take your Zumba experience to the next level with the added challenge of a step platform!

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

STRENGTH/RESISTANCE

B.A.R.E. CONDITIONING
Build and tone a strong body with foundational movements that can be done in a variety of environments with minimal equipment but maximum effort!

BODY TONING
Full body workout, adaptive training to develop core strength, balance and endurance, ending with a complete stretch

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

HIIT BOOT CAMP
Full body workout in a classic boot camp format with power intervals and plyometric movements. Brace yourself for an intense training session.

LEVEL 3
Challenge yourself! Level 3 is an athletic-based workout that combines resistance, intervals, power and endurance. This class offers a total body workout using battle ropes, wall balls and other dynamic training equipment.

TRX® BOOT CAMP
TRX® is a suspension training system developed to tone and strengthen all major muscles. This class will flow through boot camp style movements and conditioning on the suspension trainers.

SPECIALTY CLASSES

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

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.

JOINTWORKS
Developed by the Arthritis Society, strive to mobilize, strengthen and increase your fitness level. Choose to stand or sit during this exercise class.

MEDITATION PRACTICE
A short meditation to compliment your yoga practice.

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

PILATES
Stretch your entire body using specific movements with emphasis on strengthening the muscles of the body in a low impact environment.

PILATES CHALLENGE
Elevate your Pilates experience to the ultimate body sculpting workout. Some Pilates experience is necessary for proper muscle engagement and body alignment.

YOGA 4 HEALTH
An energetic class aimed to enhance your practice with more challenging postures. Some yoga experience is needed.

YOGA: DEEP STRETCH YIN
A slower paced stretch suitable for everyone. Postures are held for a longer period of time to target deep connective tissues in the body.

YOGA: FAMILY (7 YRS +)
Increase your flexibility and balance with your family! Together you will learn primary yoga poses in a fun, friendly environment.

YOGA: FUSION
Stabilize, mobilize and increase mind body connection through a combination of yoga postures and core based exercises.

YOGA: HATHA
Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures.

YOGA: HATHA BEGINNER
A great place to start your yoga practice and experience the benefits of stress relief, strength and flexibility. Classic poses are taught with modifications if needed.
Most classes are open to those 16 years and up, unless otherwise noted. Teens 13 – 15 years old are also welcome, once they have completed a Youth Orientation program. Details on page 60.

Classes at Dogwood and Glen Pine Pavilions are open to adults 19 years and up.

All classes are instructed by registered fitness leaders. All personal trainers are registered.

BEGINNER

Aging With Strength

Intimidated by weight training, but curious about what it can do for your fitness level? Specifically designed for beginners and presented by a fitness trainer, this four week program will include: weight room orientation and etiquette, and full body strength exercises done with weights. Small class size ensures personal instruction.

at Glen Pine Pavilion

F (4) Jan 10 – Jan 31 11 a.m. – 12 p.m. $35.80 657104
F (4) Feb 7 – Feb 28 11 a.m. – 12 p.m. $35.80 657105
F (4) Apr 3 – May 1 11 a.m. – 12 p.m. $35.80 657106

at Poirier Sport & Leisure Complex

W (4) Jan 22 – Feb 12 1:30 – 2:30 p.m. $26.85 655475
W (4) Feb 19 – Mar 11 1:30 – 2:30 p.m. $26.85 655476
W (4) Apr 1 – Apr 22 1:30 – 2:30 p.m. $35.80 655477

Begin to Cycle

Designed to prepare the novice participant to learn the basics of indoor cycling. Learn how to set up and properly use an indoor Keiser bike. Be ready and feel confident to participate in our many drop-in cycle offerings!

at Pinetree Community Centre

Th (3) Feb 6 – Feb 20 7 – 8 p.m. $26.85 658629
Th (3) Mar 19 – Apr 2 7 – 8 p.m. $26.85 658630

at Poirier Sport & Leisure Complex

W (3) Jan 15 – Jan 29 8 – 9 p.m. $26.85 658628
W (3) Feb 26 – Mar 11 8 – 9 p.m. $26.85 658631

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

All Abilities Welcome!

See page 4 for details.
Get Up & Go
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. No referral is required, however, a health screening form must be completed at the first class. Offered in partnership with Fraser Health Fall and Injury Prevention. For more information before you register, contact Fraser Health Fall and Injury Prevention at 604-587-7866 or email fallsprevention@fraserhealth.ca.

at Dogwood Pavilion
Tu/Th (20) Jan 7 – Mar 12 1 – 2 p.m. $105.00 655878
Tu/Th (20) Apr 7 – Jun 11 1 – 2 p.m. $105.00 655879

at Glen Pine Pavilion
M/W (20) Jan 6 – Mar 16 12:45 – 1:45 p.m. $105.00 656995
M/W (20) Apr 6 – Jun 15 12:45 – 1:45 p.m. $105.00 656996

Road to Fit Success
Get your fitness journey started in the right direction. In this three-week program you will learn about weight room fundamentals, nutrition tips and the benefits of working out with a group. A personal trainer will take you through fun workouts and answer all your questions about health and fitness.

at Poirier Sport & Leisure Complex
Sa (3) Jan 11 – Jan 25 9:30 – 10:30 a.m. $26.85 658641
Sa (3) Feb 22 – Mar 7 9:30 – 10:30 a.m. $26.85 658642
Sa (3) Mar 14 – Mar 28 9:30 – 10:30 a.m. $26.85 658643
Sa (3) Apr 4 – Apr 25 9:30 – 10:30 a.m. $26.85 658644

T.I.M.E. Program
Together In Movement and Exercise (T.I.M.E.) 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 and the MS Society providing a structured, safe and fun environment. Participants must be able to walk 30 feet with or without a walking aid.

at Poirier Sport & Leisure Complex
Tu/Th (9) Jan 2 – Jan 30 11:45 a.m. – 12:45 p.m. $90.00 658645
Tu/Th (9) Feb 4 – Mar 5 11:45 a.m. – 12:45 p.m. $90.00 658646
Tu/Th (8) Mar 10 – Apr 2 11:45 a.m. – 12:45 p.m. $80.00 658647
Tu/Th (8) Apr 7 – Apr 30 11:45 a.m. – 12:45 p.m. $80.00 658648

Ballet Core Fusion
Use Pilates, ballet, yoga and elements of barre to target muscles using small isometric movements. Classes may be taught with Ballet Bars, centre floor or with chairs for support.

at Dogwood Pavilion
Tu (1) Jan 14 2:30 – 3:30 p.m. FREE 655803
Tu (8) Jan 21 – Mar 10 2:30 – 3:30 p.m. $71.60 655801
Tu (4) Apr 7 – Apr 28 2:30 – 3:30 p.m. $35.80 655802

at Pinetree Community Centre
Su (8) Jan 26 – Mar 8 11:30 a.m. – 12:30 p.m. $62.65 654646
Th (8) Jan 16 – Mar 5 7 – 8 p.m. $71.60 658653
Sa (8) Mar 7 – Apr 25 10 – 11 a.m. $62.65 658652
Th (8) Mar 12 – Apr 28 7 – 8 p.m. $71.60 658654

C.A.N. Circuit Training
Canucks Autism Network’s I CAN Get Fit program offers youth and young adults with autism the opportunity to participate in a fitness class designed to promote physical and social development in a safe and supportive environment. The Fit program teaches skills such as learning cardio exercises, using free weights, and basic gym etiquette. Participants will also be encouraged to build independence and fitness routines that can be maintained outside of the program. Registration is done through CAN, please contact Program Coordinator at Canucks Autism Network or visit canucksautism.ca for more information. 604-685-4049 ext 214

at Pinetree Community Centre
Su (8) Jan 26 – Mar 8 11:30 a.m. – 12:30 p.m. $62.65 654646

GENERAL

ABC Ballfit Workout
Agility, Balance and Core. Focus is on balance, joint mobility, strength and flexibility with the use of a fitness ball and resistance equipment. A good option for pre or post operative joint replacement of knees or hips.

at Dogwood Pavilion
W (7) Jan 15 – Feb 26 9 – 10 a.m. $62.65 655499
W (7) Mar 4 – Apr 15 9 – 10 a.m. $62.65 655498
Coquitlam Parks, Recreation & Culture

**Health & Fitness**

**Essentrics Forever Painless**
Focus on relieving chronic pain through gentle movement. Each sequence is designed to gently lubricate the joints, release locked or tight muscles and rebalance your body.

*at Dogwood Pavilion*
- **M (8) Jan 13 – Mar 9** 11 a.m. – 12 p.m. $71.60 655480
- **M (3) Apr 6 – Apr 27** 11 a.m. – 12 p.m. $26.85 655481

*at Glen Pine Pavilion*
- **Tu (1) Jan 7** 1:45 – 2:45 p.m. FREE 656986
- **Tu (6) Jan 14 – Feb 18** 1:45 – 2:45 p.m. $53.70 656987
- **Tu (6) Feb 25 – Mar 31** 1:45 – 2:45 p.m. $53.70 656988
- **Tu (6) Apr 7 – May 12** 1:45 – 2:45 p.m. $53.70 656989

**Kickboxing**
Learn the techniques behind punching and kicking using plyometric and cardio exercises from a black belt martial arts instructor. Includes the use of boxing equipment (bags, gloves, etc.).

*at Pinetree Community Centre*
- **M (7) Jan 13 – Mar 2** 7:30 – 8:30 p.m. $62.65 658162
- **M (7) Mar 9 – Apr 27** 7:30 – 8:30 p.m. $62.65 658163

**Introduction to Adapted Fitness Equipment**
If you have been wanting to work out in the gym, and some assistance will make it possible, adaptive fitness equipment might be the answer. A fitness instructor will introduce and demonstrate how to use:
- Non-Motorized Treadmill — use your feet for power, pace is safer, great for walking and less impact on your joints;
- Active Hands — provides assistance with your grip to use cables and dumbbells
- Hand Cycling — cycle from a standing or sitting position (chair or wheelchair)
- D Ring Aids — assist with pushing/pulling equipment with a pulley system.

*at Glen Pine Pavilion*
- **Th (1) Jan 30** 10 – 11:30 a.m. $5.00 657101
- **at Poirier Sport & Leisure Complex**
  - **Tu (1) Jan 21** 1 – 2:30 p.m. $5.00 658276

**Intro to TRX Workshop**
TRX is a suspension training system developed to tone and strengthen all major muscles. This class will flow through bootcamp style movements and conditioning on the suspension trainers. Limited space.

*at Poirier Sport & Leisure Complex*
- **Sa (1) Jan 4** 4 – 5 p.m. $15.00 658611
- **Sa (1) Mar 7** 4 – 5 p.m. $15.00 658627

**Minds in Motion**
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 B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee. For more information contact Rylee at 604-449-5010.

*at Dogwood Pavilion*
- **W (8) Jan 8 – Feb 26** 1 – 3 p.m. $42.00 655483
- **W (9) Mar 4 – Apr 29** 1 – 3 p.m. $47.25 655484

**SportMedBC 10k InTraining Program**
Whether you’re a runner or a walker of any level, the internationally regarded SportMedBC 10k InTraining Program will help you reach your fitness and health goals in a safe and supportive environment! The 13-week program, designed by SportMedBC’s RunWalk Coach, Olympian Lynn Kanuka, will gradually develop your strength and stamina so that you can train injury-free and prepare for the 10k distance. Choose to register for a 10k event or just join the InTraining community of walkers and runners across the province and receive: 13 guided run/walk sessions with trained leaders, a logbook with your 13-week training plan, exclusive gear, nutrition tips, fun times and more! For more information, visit sportmedbc.com

*at Glen Pine Pavilion*
- **Sa (13) Jan 18 – Apr 11** 8:45 – 10:30 a.m. $99.00 659137
- **at Poirier Sport & Leisure Complex**
  - **Th (13) Jan 23 – Apr 16** 6:30 – 8 p.m. $99.00 659136

**PRE & POSTNATAL**
All participants must submit a PARmed-X Pregnancy signed by your physician/care provider prior to or at the first class. Form is available online at coquitlam.ca/fitness. Check the Adult & Child section for more postnatal classes!

**Mom 2B Fitness (Prenatal)**
Join a network of moms-to-be! Our certified prenatal instructor will provide you a safe environment to maintain cardiovascular and muscular strength throughout your pregnancy.

*at Poirier Sport & Leisure Complex*
- **M (7) Jan 13 – Mar 2** 7:15 – 8:15 p.m. $62.65 658655
- **M (7) Mar 9 – Apr 27** 7:15 – 8:15 p.m. $62.65 658656

**Prenatal Yoga**
Gentle Hatha yoga class. Stretches, breathing exercises and strength building poses to help increase energy and stamina.

*at Pinetree Community Centre*
- **Th (8) Jan 16 – Mar 5** 7:15 – 8:15 p.m. $71.60 658657
- **Th (8) Mar 12 – Apr 30** 7:15 – 8:15 p.m. $71.60 658658
Yoga: Beginner
Learn how to improve your concentration, relaxation, flexibility and energy through stretching, postures and breathing techniques in this progressive class. No yoga experience needed.

at Dogwood Pavilion
F (8) Jan 10 – Feb 28 11:15 a.m. – 12:45 p.m. $75.60 655884
F (6) Mar 6 – Apr 24 11:15 a.m. – 12:45 p.m. $56.70 655885

Yoga: Chair Yoga
Designed to achieve mental and physical fitness, learn yoga postures, breathing techniques and meditation. Poses are practised sitting in a chair. No yoga experience needed.

at City Centre Aquatics Complex
Tu (8) Jan 7 – Feb 25 1:15 – 2:30 p.m. $75.60 665655
Tu (8) Mar 3 – Apr 22 1:15 – 2:30 p.m. $85.05 665656
at Dogwood Pavilion
F (8) Jan 10 – Feb 28 1 – 2:30 p.m. $75.60 655877
W (9) Jan 15 – Mar 11 9:15 – 10:45 a.m. $56.70 655875
F (6) Mar 6 – Apr 24 1 – 2:30 p.m. $56.70 655875
W (5) Apr 1 – Apr 29 9:15 – 10:45 a.m. $47.25 655874
at Glen Pine Pavilion
M (5) Jan 6 – Feb 3 10:15 – 11:30 a.m. $47.25 657078
Tu (6) Jan 7 – Feb 11 1:45 – 3 p.m. $56.70 657081
W (6) Jan 8 – Feb 12 9:45 – 11 a.m. $56.70 657076
Th (6) Jan 9 – Feb 13 11 a.m. – 12:15 p.m. $56.70 657080
M (6) Feb 10 – Mar 23 10:15 – 11:30 a.m. $56.70 657079
Tu (6) Feb 18 – Mar 24 1:45 – 3 p.m. $56.70 657082
W (6) Feb 19 – Mar 25 9:45 – 11 a.m. $56.70 657077
Th (6) Feb 20 – Mar 26 11 a.m. – 12:15 p.m. $56.70 657075
M (6) Mar 30 – May 4 10:15 – 11:30 a.m. $56.70 657091
Tu (6) Mar 31 – May 5 1:45 – 3 p.m. $56.70 657094
W (6) Apr 1 – May 6 9:45 – 11 a.m. $56.70 657093
Th (6) Apr 2 – May 7 11 a.m. – 12:15 p.m. $56.70 657092

at Poirier Sport & Leisure Complex
F (7) Jan 10 – Feb 28 11 a.m. – 12:15 p.m. $66.15 658048
F (5) Mar 6 – Apr 3 11 a.m. – 12:15 p.m. $47.25 658049

Yoga: Restorative
Slow paced yoga suitable for everyone. Deep stretching and yin postures are held for a longer period of time to target the deep connective tissues in 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 Glen Pine Pavilion
Tu (6) Jan 7 – Feb 25 7 – 8:30 p.m. $56.70 657108
Th (6) Jan 9 – Feb 13 7 – 8:30 p.m. $56.70 657109
Tu (6) Feb 18 – Mar 24 7 – 8:30 p.m. $56.70 657110
Th (6) Feb 20 – Mar 26 7 – 8:30 p.m. $56.70 657107
Tu (6) Mar 31 – May 5 7 – 8:30 p.m. $56.70 657112
Th (6) Apr 2 – May 7 7 – 8:30 p.m. $56.70 657111

at Poirier Sport & Leisure Complex
Su (7) Jan 12 – Mar 1 5:45 – 7 p.m. $66.15 658659
Su (7) Mar 8 – Apr 26 5:45 – 7 p.m. $66.15 658660

Yoga: Therapeutic
Postures are simplified. Work on aligning the body through breathing and spinal cord exercises. Decrease pain and stiffness and increase range of motion. All levels welcome.

at Dogwood Pavilion
M (7) Jan 13 – Mar 2 9:15 – 10:45 a.m. $66.15 655912
M (7) Mar 9 – Apr 27 9:15 – 10:45 a.m. $66.15 655913
at Glen Pine Pavilion
W (6) Jan 8 – Feb 12 11:30 a.m. – 1 p.m. $56.70 657114
W (6) Feb 19 – Mar 25 11:30 a.m. – 1 p.m. $56.70 657113
W (6) Apr 1 – May 6 11:30 a.m. – 1 p.m. $56.70 657115

Yoga: Hatha Intermediate
For those familiar with the progressions of basic Hatha postures and are looking to deepen their practice. Yoga experience is required.

at Dogwood Pavilion
F (8) Jan 10 – Feb 28 9:30 – 11 a.m. $75.60 655888
M (7) Jan 13 – Mar 2 9 a.m. – 12:30 p.m. $66.15 655887
F (6) Mar 6 – Apr 24 9:30 – 11 a.m. $56.70 655886
M (7) Mar 9 – Apr 27 9:15 – 12:30 p.m. $66.15 655889

at Glen Pine Pavilion
Tu (6) Jan 7 – Feb 11 7:15 – 10:45 a.m. $56.70 657121
Th (6) Jan 9 – Feb 13 9:15 – 10:45 a.m. $56.70 657120
Th (7) Feb 18 – Mar 24 9:15 – 10:45 a.m. $66.15 657122
Th (7) Feb 20 – Mar 26 9:15 – 10:45 a.m. $66.15 657119
Tu (7) Mar 31 – May 5 9:15 – 10:45 a.m. $66.15 657123
Th (7) Apr 2 – May 7 9:15 – 10:45 a.m. $66.15 657125

at Pinetree Community Centre
W (8) Jan 15 – Mar 4 6:30 – 8 p.m. $75.60 658667
W (8) Mar 11 – Apr 29 6:30 – 8 p.m. $75.60 658668

at Poirier Sport & Leisure Complex
M (7) Jan 13 – Mar 2 6 – 7:30 p.m. $66.15 658661
M (7) Mar 9 – Apr 27 6 – 7:30 p.m. $66.15 658662

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

Crafts: Aromatherapy & Solid Perfumes
Aromatic essences derived from portions of the plant. Working with the top ten essential oils, and learn their therapeutic properties and how to safely and effectively use them everyday. Create products for anxiety, sleep, insomnia, and your own signature scent perfume. Plus 2 body sprays, a purse-size customized roll-on and massage oil. Instructor: Cheryl Theilade.

at Glen Pine Pavilion
Tu (1) Apr 7 6:30 – 8:45 p.m. $45.00 659558

Crafts: Decorating Bowls with Alcohol Ink Workshop
Alcohol ink is colourful, vibrant and oh-so-versatile! Students will see how easy it is to create interesting patterns and designs on plain ceramic bowls. We will explore at least three designs in class that students easily recreate at home at their leisure. Instructor: Margarita Hobbes.

at Poirier Community Centre
F (1) Jan 10 10 a.m. – 1 p.m. $31.10 658633

Crafts: Organic Green Tea Bodycare
The powerful antioxidant properties of organic matcha green tea are truly amazing! From anti-aging, scarring and stretch marks to skin elasticity, combine green tea and other ingredients to create your own natural skin care products. Make and take home a restorative facial oil, carrot n’ rosewood night cream, vitamin facial spritz, and a green tea n’ ginseng body wash. Instructor: Cheryl Theilade.

at Glen Pine Pavilion
W (1) Jan 15 6 – 8:45 p.m. $40.00 659386

Crafts: Rock Image Transfers & Magnetic Bookmarks Workshop
We will be decorating stones by transferring images onto them and creating magnetic bookmarks with printed imagery. These bookmarks help liven up your books and the rocks with transfers will make lovely paperweights. Instructor: Margarita Hobbes.

at Dogwood Pavilion
F (1) Mar 6 10 a.m. – 1 p.m. $31.10 658632

Crafts: The Pampered Valentine
Make the gifts for those you love just in time for Valentine’s Day! Create luxurious and high quality products using nourishing butters, organic oils and botanical extracts. Take home a mineral based body powder, papaya sugar scrub, an exotic body butter, a variety of tub fizzers, and a Valentine body care gift. Instructor: Cheryl Theilade.

at Glen Pine Pavilion
Tu (1) Feb 11 6 – 8:30 p.m. $40.00 659387

Crafts: Vegan Soap Making
Good clean fun! From pre-blended vegan bases, learn the basics of cold process soap making from scratch. Make herbal floral and citrus explosion soaps. Explore ingredients, methods and techniques, trouble-shooting, history and packaging/decorating. Recipes for gourmet garden bar, pet soap, laundry soap and herbal shampoo. Take home a bar of soap. Instructor: Cheryl Theilade.

at Glen Pine Pavilion
Tu (1) Mar 10 6 – 8:45 p.m. $45.00 659553

All classes are 19 years + unless otherwise noted.
Drawing: Coloured Pencils
Learn the tips and tricks that go into creating a drawing composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow. Instructor: Danica Noort.

at Dogwood Pavilion
W (6) Jan 15 – Feb 19 12:30 – 2:30 p.m. $66.45 655486
at Poirier Community Centre
W (5) Apr 1 – Apr 29 7 – 9 p.m. $55.35 660314

Drawing: Materials & Techniques
Discover there are more ways to draw other than using an HB pencil and sketchpad. Learn to draw with different types of pencils, charcoal, pen, ink and metal point. Using these materials, different drawing techniques will be explored, such as contour drawing, gesture drawing, hatching and stippling. All skill levels welcome.

at Glen Pine Pavilion — Instructor: Kevin Fleming
Tu (6) Jan 14 – Feb 18 6:30 – 8:30 p.m. $66.45 659381
Su (4) Feb 23 – Mar 15 10:30 a.m. – 12:30 p.m. $44.30 659383
Tu (6) Mar 24 – Apr 28 6:30 – 8:30 p.m. $66.45 659382

at Dogwood Pavilion
W (5) Jan 22 – Feb 19 9:30 – 11:30 a.m. $26.45 655357
W (5) Jan 22 – Feb 19 12:30 – 2:30 p.m. $26.45 655356
W (5) Mar 4 – Apr 1 9:30 – 11:30 a.m. $26.45 655359
W (5) Mar 4 – Apr 1 12:30 – 2:30 p.m. $26.45 655358
W (5) Apr 15 – May 13 9:30 a.m. – 11:30 p.m. $26.45 655355
W (5) Apr 15 – May 13 12:30 – 2:30 p.m. $26.45 655360

Painting: Acrylic All Levels
Learn how to use the paintbrush and prepare the canvas. Explore colour mixing, colour theory, composition, the greyscale and capturing the light in a fun, low pressure environment. Instructor: Eileen Harder.

at Glen Pine Pavilion
M (6) Jan 6 – Feb 10 9 – 11:30 a.m. $49.50 657828
Tu (6) Jan 7 – Feb 11 9 – 11:30 a.m. $49.50 657826
Tu (6) Feb 18 – Mar 24 9 – 11:30 a.m. $49.50 657827
M (6) Feb 24 – Mar 30 9 – 11:30 a.m. $49.50 657830
Tu (6) Mar 31 – May 5 9 – 11:30 a.m. $49.50 657829

at Dogwood Pavilion
W (6) Jan 22 – Feb 26 1 – 3:30 p.m. $69.00 657831

Lapidary Classes: Introduction (50 yrs +)
Lapidary is the art of forming stones and minerals into decorative items. Gain a basic foundation in the cutting and polishing of semiprecious materials. Additional $10 fee payable to instructor at the first class to cover costs of materials. Alternative times may be available; ask in the lapidary shop.

at Dogwood Pavilion
W (5) Jan 22 – Feb 19 12:30 – 2:30 p.m. $66.45 655486
at Poirier Community Centre
W (5) Apr 1 – Apr 29 7 – 9 p.m. $55.35 660314

Painting: Acrylics Beginner
Start at the very beginning and learn everything you need to know about the basics of acrylic painting. From choosing and mixing colours, to painting surfaces, brush techniques, textural elements, and layering and blending. Take a painting from a loose sketch to a finished piece by the end of the classes. Instructor: Danica Noort.

at Dogwood Pavilion
W (6) Jan 22 – Feb 26 6 – 8:30 p.m. $69.00 658637

Lapidary Classes: Introduction
Lapidary is the art of forming stones and minerals into decorative items. Gain a basic foundation in the cutting and polishing of semiprecious materials. Additional $10 fee payable to instructor at the first class to cover costs of materials. Alternative times may be available; ask in the lapidary shop.

at Dogwood Pavilion
W (5) Jan 22 – Feb 19 9:30 – 11:30 a.m. $26.45 655357
W (5) Jan 22 – Feb 19 12:30 – 2:30 p.m. $26.45 655356
W (5) Mar 4 – Apr 1 9:30 – 11:30 a.m. $26.45 655359
W (5) Mar 4 – Apr 1 12:30 – 2:30 p.m. $26.45 655358
W (5) Apr 15 – May 13 9:30 a.m. – 11:30 p.m. $26.45 655355
W (5) Apr 15 – May 13 12:30 – 2:30 p.m. $26.45 655360

Painting: Collage, Paint & Paste
Free form painting on paper is easy, relaxing and fun! In this paper collage class we will not just be pasting paper down to make art but also decoration the papers beforehand. Instructor: Margarita Hobbs.

at Dogwood Pavilion
W (6) Jan 22 – Feb 26 6 – 8:30 p.m. $69.00 658637

Flower Arranging: Blooms Alive
Learn to care for and prepare fresh flowers and create a small take home piece each week. Instructor: Jean Gettle, Florist.

at Dogwood Pavilion
W (3) Apr 22 – May 6 1 – 2:30 p.m. $52.50 655438
at Glen Pine Pavilion
Th (6) Jan 9 – Feb 13 6:30 – 8:30 p.m. $66.45 657823
Th (6) Feb 20 – Mar 26 6:30 – 8:30 p.m. $66.45 657849
Th (6) Apr 2 – May 7 6:30 – 8:30 p.m. $66.45 657850

Flower Arranging: Wedding Florals
This hands on class is an introduction to bouquets, boutonnieres, and table centres. You will be designing a round bouquet, a boutonniere, and a corsage. Crafting experience is helpful. Please bring pruners and sharp paring knife. Instructor: Florist Jean Gettle.

at Poirier Community Centre
Sa (1) Apr 25 1 – 5:30 p.m. $85.00 655502

See page 4 for details.
Painting: Exploring Acrylics
Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint. Demonstrations and one-on-one instruction. Instructor: Eileen Harder.

at Dogwood Pavilion
M (13) Jan 13 – Apr 20 12:30 – 3 p.m. $107.25 655362

Painting: Pen & Watercolour
Create a watercolour painting then use a pen to create a finished product. This is a wonderful technique to use while on vacation to create lasting memories. Ideal for all levels and no drawing experience is necessary. Instructor: Randy Green.

at Dogwood Pavilion
W (4) Mar 4 – Mar 25 9:30 a.m. – 12 p.m. $44.75 655427
W (4) Apr 1 – Apr 22 9:30 a.m. – 12 p.m. $44.75 655426

Painting: Still Life: Acrylic
Learn how to compose a picture, mix and use colour using a limited palette, and how to use dark and light to create depth on the canvas. Different styles will be explored, such as Alla Prima vs Grisaille and Glazing vs Knife Painting. All skill levels welcome. Instructor: Kevin Fleming.

at Glen Pine Pavilion
Sa (6) Mar 28 – May 2 1 – 3 p.m. $66.40 659550
W (6) Apr 1 – May 6 6:30 – 8:30 p.m. $66.40 659394

Painting: Silk Painting: All Levels
Hone previously learned techniques and incorporate new ones. Focus on colours, textures and patterns while creating a unique silk piece. Classes are planned to accommodate beginner and intermediate students. Detailed class descriptions. Instructor: Kathy King.

at Glen Pine Pavilion
M (6) Jan 8 – Feb 12 9 a.m. – 12 p.m. $99.65 657833
W (6) Feb 19 – Mar 25 9 a.m. – 12 p.m. $99.65 657834
W (6) Apr 1 – May 6 9 a.m. – 12 p.m. $99.65 657835

Painting: Watercolour All Levels
Painting techniques and colours for beginners and continuing students. Supply list available at Dogwood Pavilion. Instructor: Hazel Graveness.

at Dogwood Pavilion
Tu (8) Jan 7 – Feb 25 9:30 a.m. – 12 p.m. $90.20 655414
Tu (8) Mar 10 – Apr 28 9:30 a.m. – 12 p.m. $90.20 655415

Photography: Digital Photography
Learn the basics of digital photography. This course is designed for people with their first or new SLR (Single Lens Reflex) digital camera. Topics covered include basic functions, shutter speeds, F-stops, modes, flash, lenses and exposure. Instructor: Wayne McCartney.

at Dogwood Pavilion
Su (5) Apr 5 – May 10 2 – 3:30 p.m. $45.95 655439

Adult & Family VOLUNTEER OPPORTUNITIES
SNOW ANGELS
Volunteer as a family and help someone in need! Each winter our Snow Angels respond to requests made to the City by those unable to shovel their own sidewalks due to physical disabilities or restrictions.

50+ SPECIAL EVENTS COMMITTEE
Meet and brainstorm possible future events to entertain and engage Dogwood Pavilion members. Assist with set-up or decorations and take-down on event day.

PRE-SCHOOL PLAY & LEARN ASSISTANT
Perfect for grandparents, or parents who have their own kids in school. Commit weekly, for a few months or as long as you like. Held at Poirier Community Centre.

FITNESS PROGRAM ASSISTANT
Help a recreation instructor deliver exceptional service to participants in group fitness programs. Assist with set-up and take-down of equipment and provide positive encouragement.

LEARN TO SKATE LESSON ASSISTANT
Help with Learn to Skate programs for kids 3 – 12 years. Volunteers can sign up for single or multiple lesson days.

Questions?
For more information on any of the above opportunities email volunteers@coquitlam.ca or call 604-927-6922.

coquitlam.ca/volunteer
Chinese New Year Lantern
Learn how to make a Chinese lantern to celebrate Chinese New Year!

at Glen Pine Pavilion
Th (1) Jan 16 9:30 – 11:30 a.m. $15.00 657807

Woodcarving
Learn and develop new skills to create a variety of woodcarvings including animals, caricatures and relief panels. Continuing students are welcome to learn new techniques and work on projects. Supplies provided. Instructor: Bob Graves.

at Dogwood Pavilion
W (16) Jan 8 – Feb 26 1:30 – 3:30 p.m. $32.65 655364
W (12) Mar 18 – Apr 22 1:30 – 3:30 p.m. $24.50 655365

Woodcarving: Fantasy House Wood Carving Beginners
In this beginner class participants will be exploring carving of Fantasy House’s from cottonwood bark. Participants will learn carving techniques utilizing various carving tools, sanding, embellishments, finishing and much more. Instructor: Bill Skerrett.

at Dogwood Pavilion
Tu (6) Jan 14 – Feb 18 6:30 – 8:30 p.m. $68.00 655428

Woodcarving: Fantasy House Wood Carving Intermediate
In this class you will continue to build on your skills and knowledge of wood carving techniques and learn new ones as well. Some fantasy house carving experience is required. Instructor: Bill Skerrett.

at Dogwood Pavilion
Tu (6) Mar 3 – Apr 7 6 – 8 p.m. $68.00 655435

LEARN & DISCOVER

Cards: Bridge Play of the Hand
Enhance your skills in playing out the hand. Discuss strategies in defense including signaling and counting out the hands. Not for beginners. Instructor: Judy Macdonald.

at Dogwood Pavilion
Th (8) Jan 9 – Feb 27 12:30 – 2:30 p.m. $37.05 655505

Computers: Apple Mac OS
Learn the basics of the Mac Operating System. We will explore basic navigation skills, how to use Finder, change preferences and use other apps found on your Mac.

at Glen Pine Pavilion
Tu (1) Feb 25 1 – 3 p.m. $14.45 658823

Computers: Drop-In Only
We will help make understanding computers easy. Bring in your android phone, iPhone, tablet, iPad, laptop, or list of questions about desktops and printers.

at Dogwood Pavilion
M (14) Jan 27 – Apr 27 1 – 3 p.m. $3.10 654817

Computers: Social Media
Learn how to use a variety of different websites and applications that help you share information, ideas, personal messages, pictures and videos. Topics discussed will include Facebook, Instagram, Twitter, Facetime & WhatsApp.

at Glen Pine Pavilion
Th (1) Jan 9 10 a.m. – 12 p.m. $14.45 658819

Computers: Tools for Travel
Planning on travelling somewhere? Why not learn how your phone or laptop can help plan your vacation. You don’t want to miss out on some of the best restaurants to try or places to see.

at Glen Pine Pavilion
Tu (1) Jan 28 1 – 3 p.m. $14.45 658825

All Abilities Welcome!
See page 4 for details.
Computers: Windows PCs & Laptops
Learn the basics of how your Windows PC or laptop work. Learn how to get the most out of your device with help from our instructors.

at Glen Pine Pavilion
Th (1) Feb 13 10 a.m. – 12 p.m. $14.45 658824

Computers: iPad / iPhone Basics
Learn the basic features and apps on your iPad/iPhone. Discuss security settings and accessing the internet. Bring your iPad/iPhone to this hands-on class.

at Glen Pine Pavilion
Th (1) Feb 6 10 a.m. – 12 p.m. $14.45 658822

Cooking Classes

Cooking: Cooking Healthy for One (or two)
Do you find yourself now cooking for one and know that you are depending too much on less healthy take-out and ready-made foods? A few simple tricks and tips can help you get yourself back in the kitchen and on the way to healthy eating. If you don't like spending time in the kitchen, resources will be provided with recipes that can be made in less than 30 minutes. Instructor: Lana Danielis

at Poirier Community Centre
Th (2) Jan 16 – Jan 23 1:30 – 3:30 p.m. $34.00 658836

Cooking: Food Skills for Families
Cook simple nutritious meals common to Canada that can help you meet your budget. Come hungry, as you'll eat what you have prepared at the end of each class. This is a hands-on cooking class. You must commit to attending every class. Sponsored by the Canadian Diabetes Association.

at Glen Pine Pavilion
W (6) Feb 5 – Mar 11 5:30 – 8:30 p.m. FREE 659188
at Centennial Activity Centre
S (6) Mar 2 – May 9 1:30 – 4:40 p.m. FREE 661944

Cooking: Gluten Free Workshop
Learn how to stay clear of added sugars, fats and additives of many purchased foods. Preparing your own gluten free meal is not as challenging as you may think, is easier on your wallet and better for your health. Instructor: Lana Danielis.

at Poirier Community Centre
Th (2) Mar 19 – Mar 26 1:30 – 3:30 p.m. $34.00 658857

Cooking: Increasing Plant Based Options
Over the 4-week course, participant will build skills in preparing and cooking various plant proteins and healthy snacks. Participants will also learn how to maximize nutritional value. Instructor: Lana Danielis.

at Poirier Community Centre
Th (4) Apr 2 – Apr 23 1:30 – 3:30 p.m. $65.30 658852

Cooking: Indian Vegetarian Meals
A whole foods vegetarian meal thats easy to make and delicious too. You will be introduced to the common indian spices that you need to have in your pantry to start cooking healthy Indian meals with the amazing health benefits of freshly ground spices and herbs. We will make a seasonal vegetable, a daal and spiced rice. Recipes and food tasting is included.

at Glen Pine Pavilion
Easy Indian Vegetarian
Su (1) Jan 12 10:30 a.m. – 12:30 p.m. $25.00 660579
Comfort foods
M (1) Jan 27 5:30 – 7:30 p.m. $25.00 660578
Low carb Indian
Su (1) Feb 9 10:30 a.m. – 12:30 p.m. $25.00 660575
Kebabs & more
M (1) Feb 24 5:30 – 7:30 p.m. $25.00 660576

Cooking: Korean & Asian Cuisine
Come and learn Korean/Asian signature dishes from delicious appetizers to succulent desserts. Learn how to plan your menu, get useful tips on how to freeze and create nutritious, delicious meals from your leftover food. This is a demonstration program with some hands-on activity. Instructor: Angela Ma-Mason.

at Poirier Community Centre
W (4) Feb 5 – Feb 26 6 – 8 p.m. $75.40 658634
W (4) Mar 4 – Mar 25 6 – 8 p.m. $75.40 658635

Course fees do not include applicable taxes. Details subject to change.
**New** Cooking: Spring Cleanse Workshop

Gear up for a gentle and longlasting way of cleansing your body based on Ayurveda just before the beginning of the Spring. Learn about the different foods, herbs and habits which support the body’s natural ability to cleanse and how to incorporate them in your lifestyle. We will make a cleanse supporting dish to enjoy at the end of the class. Instructor is an Ayurveda Lifestyle consultant and a Registered Nutritionist.

**at Glen Pine Pavilion**
Su (1) Mar 1 10:30 a.m. – 2:30 p.m. $25.00 660580

**Cooking: Sushi Making Introduction**

Impress your friends and family with the art of sushi making. Expand your cooking skills with this easy, healthy and delicious cooking class. Instructor: Ken Lam.

**at Dogwood Pavilion**
W (1) Feb 26 6:30 – 8:30 p.m. $36.80 654818

**First Aid: Standard First Aid**

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. CPR ‘C’ included. Valid for 3 years. 100% attendance is mandatory to be certified.

**at Pinetree Community Centre**
Sa (2) Jan 18 – Jan 25 9 a.m. – 5 p.m. $144.95 658669
Sa (2) Feb 15 – Feb 22 9 a.m. – 5 p.m. $144.95 658670
M/W (4) Mar 16 – Mar 25 5 – 9 p.m. $144.95 658969
Tu/Th (4) Apr 7 – Apr 15 5 – 9 p.m. $144.95 658970

**Language Classes**

**English Language Learner**

In these courses, you will learn fun and practical basic English for everyday use. Meet new multicultural friends, have fun and learn together! Gain confidence to speak English with anyone in everyday conversations. Beginner 2 is for those who know some basic English. Beginner 3 is for those who are more advanced in speaking English.

**Beginner**

**at Glen Pine Pavilion**
Tu (6) Jan 21 – Feb 25 10:45 a.m. – 12:15 p.m. $10.00 657801
Tu (6) Mar 10 – Apr 14 10:45 a.m. – 12:15 p.m. $10.00 657802

**at Glen Pine Pavilion**

**Beginner Level 2**

Th (6) Jan 23 – Feb 27 9:30 – 11 a.m. $10.00 657804
Th (6) Mar 12 – Apr 16 9:30 – 11 a.m. $10.00 657805

**Beginner Level 3**

Th (6) Jan 23 – Feb 27 1 – 2:30 p.m. $10.00 657803
Th (6) Mar 12 – Apr 16 1 – 2:30 p.m. $10.00 657806

**Language: English Language Learner Book Club**

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 (6) Jan 23 – Feb 27 11:30 a.m. – 12:30 p.m. $10.00 657799
Th (6) Mar 12 – Apr 16 11:30 a.m. – 12:30 p.m. $10.00 657800

**Language: English Practise Group**

Enjoy practising English in a small group setting. Improve your speaking and communication skills while connecting with people in the community and making new friends. Facilitated by volunteers from the SHARE Society.

**at Pinetree Community Centre**
Tu (17) Jan 7 – Apr 28 7 – 8:30 p.m. FREE 658221

**at Smiling Creek Activity Centre**
Su (12) Jan 12 – Apr 26 11:30 a.m. – 1 p.m. FREE 658222

**Language: Spanish Conversation**

Hola! Learn basic words, phrases and sentences to be able to converse with others in travel, business or at home. We have five different levels available so you can start at beginner and progress to advanced. Instructor: Leticia Najera.

**at Dogwood Pavilion**

**Intermediate**
M (12) Jan 20 – Apr 20 8:45 – 10:45 a.m. $108.25 655268
Advanced
M (12) Jan 20 – Apr 20 10:45 a.m. – 12:45 p.m. $108.25 655267
Beginner
Tu (14) Jan 21 – Apr 21 6:30 – 8:30 p.m. $126.30 655269
Beginner Continuing
Tu (14) Jan 21 – Apr 21 8:45 – 10:45 a.m. $126.30 655266
Advanced
Tu (14) Jan 21 – Apr 21 10:45 a.m. – 12:45 p.m. $126.30 655265
Intermediate Continuing
Th (14) Jan 23 – Apr 23 6:30 – 8:30 p.m. $126.30 655264

**at Glen Pine Pavilion**

**Beginner Continuing**
M (12) Jan 20 – Apr 20 6:30 – 8:30 p.m. $108.25 657141

**Intermediate Continuing**
Th (14) Jan 23 – Apr 23 2:15 – 4:15 p.m. $126.30 657142

**Intermediate**
F (13) Jan 24 – Apr 24 2 – 4 p.m. $117.25 657143

Course fees do not include applicable taxes. Details subject to change.
### Income Tax Clinic

Have your 2019 income tax returns completed by Canada Revenue Agency trained volunteers. To be eligible for this service, you must be over 50 years of age with a low income or receiving any disability pension. Income guidelines are $35,000 for a single individual, $45,000 for a couple. Deceased final returns are not accepted, only simple tax returns. By appointment only. Registration begins Feb. 1.

**at Glen Pine Pavilion and Dogwood Pavilion**

### Lecture Series with Dr. Douglas Cousineau

Join Dr. Douglas Cousineau for a multi-disciplinary approach on very diverse and current topics. Details to be announced.

**at Glen Pine Pavilion**

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### Mindfulness Meditation


**at Glen Pine Pavilion**

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### Mindfulness Meditation Retreat


**at Glen Pine Pavilion**

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### Mindfulness: Mindful Eating Power over Food

Mindful eating helps to reduce overeating, lose weight, overcome emotional eating and struggles with food while improving health and inner peace. It is among the easiest and most enjoyable mindfulness practices. Try it, your eating will never be the same! Bring your lunch or purchase lunch from the Lemon Tree Café. Instructor: Sung Yang.

**at Glen Pine Pavilion**

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**Get Connected, Get Active**

Financial Assistance for Recreation

**Rec Access Info Session (18 yrs +)**

Sign-up for a FREE information session to learn about the Get Connected, Get Active: Financial Assistance for Recreation program, available to Coquitlam residents who qualify. Learn about low and no cost opportunities in Coquitlam's recreation facilities. Sessions are in English; feel free to bring a translator if needed.

**at Glen Pine Pavilion**

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For more information about GCGA:

604-927-6076 | coquitlam.ca/recaccess
getconnected-getactive@coquitlam.ca
Mindfulness: Mindful Qigong Revitalizing & Healing
Learn the gentle healing movements for the health of body and mind. The practice can improve health, wellness, inner peace, mindfulness and longevity while relieving stress and chronic pain. Learn to project the energy (qi) from your hands for healing. Instructor: Sung Yang.

at Dogwood Pavilion
Th (4) Jan 9 – Jan 30 12:30 – 2 p.m. $36.00 655948
Th (4) Apr 2 – Apr 23 12:30 – 2 p.m. $36.00 655949

Music: Opera Appreciation
Opera Appreciation is an exploration into the art, the history and the story. This drop-in program teaches the sentimental and inspirational sides of opera that makes it relevant to our time. Whether it be a composer who suffered for their art, a plot that stirs up the public conscience of today or the skill that it takes to produce an opera; participants will be left with a greater understanding of the complexity of the art form. Presenter: Kevin Lee.

at Poirier Community Centre
Th (1) Jan 23 12:30 – 2:30 p.m. FREE 655419

at Dogwood Pavilion
Th (1) Feb 20 12:30 – 2:30 p.m. FREE 655420
Th (1) Mar 19 12:30 – 2:30 p.m. FREE 655421
Th (1) Apr 23 12:30 – 2:30 p.m. FREE 655422

Talks & Workshops

Accessible Transit in Metro Vancouver
Join us to learn about the various accessible transit options available in Metro Vancouver, from how to plan your trip, to how to be safe and confident using transit. Highlights include: where to buy Compass products, trip planning tools, how to get help on transit, how to use accessible equipment while using transit. There will also be lots of time for questions. Whether you are an experienced transit user, or just beginning to consider using public transit as an option for getting around. TransLink staff will help make your journey a little smoother. Presented by TransLink.

at Dogwood Pavilion
Th (1) Apr 16 10 a.m. – 12 p.m. FREE 655940

at Glen Pine Pavilion
Tu (1) Jan 28 10 a.m. – 12 p.m. FREE 657934
Th (1) Apr 23 10 a.m. – 12 p.m. FREE 657941

Accessing Services for Dementia Care
Learn about community supports like home care and adult day programs, as well as how to address challenges and work with health-care providers. Registration is required. To register call 604-298-0780 or email info.northfraser@alzheimerbc.org
Presented by: Alzheimer Society of B.C.

at Dogwood Pavilion
Tu (1) Feb 25 1 – 3 p.m. FREE 658374

Philosopher’s Café
You don’t need to be a philosopher, you only need an opinion! Share your thoughts and hear what others have to say. SFU’s Philosophers’ Café is a series of informal public discussions in the heart of our communities. Since 1998, this award winning program has engaged the interests of scholars, seniors, students, philosophers and non-philosophers through stimulating dialogue and the passionate exchange of ideas. Moderator: Marilyn Meden
Presenter: Simon Fraser University

at Dogwood Pavilion
What is confirmation bias? How does it affect us?
Tu (1) Jan 21 10:30 a.m. – 12 p.m. FREE 655492

If you question mainstream religions, where do you go?
Tu (1) Feb 18 10:30 a.m. – 12 p.m. FREE 655493

Finding meaning in death. Really?
Tu (1) Mar 17 10:30 a.m. – 12 p.m. FREE 655494

What responses have we kept from our pre-historic ancestry?
How are they still controlling us?
Tu (1) Apr 21 10:30 a.m. – 12 p.m. FREE 655495

The Theologian’s Café
You will have a chance to air your views and to listen to those of others on religious, spiritual and related topics. Participants from all religious affiliations (and those without one) are welcome to this non-denominational café. Moderator: John Slattery who holds a diploma in Theological Studies.

at Glen Pine Pavilion
Assisted Suicide in Canada—Religious Perspectives
Assisted suicide is legally permitted in this country, but the restrictive conditions under which they were enacted have recently been challenged in a Canadian court. What are the moral issues involved in expanding or further restricting this practice?
M (1) Jan 27 1 – 3 p.m. FREE 657040

The ‘Ideal’ Religious Service—What Would it Look Like?
Many of us came from a religious tradition. Some of us have since left that tradition. And some of us have remained faithful to the one we were brought up in. Suppose you could develop an ideal religious service, one that would fully satisfy your spiritual needs? What would it look and sound like? What might a humanist equivalent be like?
M (1) Feb 24 1 – 3 p.m. FREE 657042

Religion & Art
Music, painting, sculpture and even dancing have all been featured in religious buildings and services down through the ages. What roles have these played and continue to play? Can these be overdone as the Calvinist tradition contends? Or are simpler, no frills better buildings and services preferable?

M (1) Mar 30 1 – 3 p.m. FREE 657041

An Easter Season Question—Who was Jesus?
Was Jesus the Messiah? Was he a prophet? Was he a teacher? Was he a revolutionary? Was he some or all of the above? Or did he exist at all? One or another of these views can be found in various religious traditions and in today’s secular society. So what do you believe about Jesus?
M (1) Apr 27 1 – 3 p.m. FREE 657043
advanced directive

many seniors in bc are not familiar with what this legal document is and is not. in this workshop, we discuss what a person should do to prepare to create an advance directive, what it is, when it can be used and when it may be ignored. presenter: council of senior citizens organization of bc, seniors health and wellness institute.

at Glen Pine Pavilion
Th (1) Mar 26 10 – 11:30 a.m.  Free 657947

are we alone in the universe?

Astronomers seem to be discovering planets around other stars on a weekly basis. Yet, radio telescopes have yet to pickup any evidence of communication from other worlds. Why? The answer lies in the history of our planet. This talk will explore the extremely unlikely combination of events in the history of the Earth that led to the appearance of us. Find out why ET won’t be calling us anytime soon. Presenter: Lionel E. Jackson Jr. PhD., P.Geo., FGSC Adjunct Professor Department of Earth Sciences Simon Fraser University.

at Dogwood Pavilion
Th (1) Mar 12 10 a.m. – 2 p.m.  Free 655941

AED Demonstration Workshop

An automated external defibrillator (AED) has been installed in several Coquitlam facilities and this portable device is available to be used by the public. It automatically diagnosis life-threatening cardiac arrhythmias. Learn how the device works so you can be prepared in an emergency. This is a demonstration only.

at Dogwood Pavilion
Tu (1) Feb 11 10 – 11:30 a.m.  Free 655952

be bear smart

Coquitlam is home to bears who will soon be waking up and co-existing with us. We are an official Bear Smart Community so everyone has a responsibility to make sure they do their part to keep bears safe and prevent human/bear interactions. Discover what you can do on your own property to discourage bears, with advice from the City of Coquitlam, as well as what to do if you encounter a bear. A fed bear is a dead bear and you can be fined up to $500 for not managing your waste, so come find out how easy it can be to discourage a bear from visiting your property. Presenter: Urban Wildlife Coordinator, City of Coquitlam.

at Dogwood Pavilion
M (1) Mar 30 1 – 3 p.m.  Free 657855
at Glen Pine Pavilion
W (1) Apr 1 1 – 3 p.m.  Free 657978

better at home

SHARE Family and Community Services offers Tri-Cities Better at Home, which helps seniors with simple day-to-day tasks. The program offers 6 specific non-medical support services for adults 65 years or older, who are living independently (not at independent/assisted living facilities) in the Tri-Cities. Helping seniors remain home longer creates a supported, diverse and inclusive neighbourhood for everyone. The Program Coordinator will talk about the program, how to access it and answer questions. Plan to attend and learn if this is the support you might need or someone you know might need to stay independent.

at Glen Pine Pavilion
Th (1) Feb 20 10 a.m. – 12 p.m.  Free 658898
M (1) Apr 20 1 – 2:30 p.m.  Free 658911

chronic diseases

We outline the warning signs of four of the diseases that are most likely to affect the health of senior adults: Cancer, Diabetes, Heart Disease and Lung Disease. Early recognition is emphasized. Presenter: Council of Senior Citizens Organization of BC, Seniors Health and Wellness Institute.

at Glen Pine Pavilion
Th (1) Apr 30 10 – 11:30 a.m.  Free 657948

chronic pain self-management

Do you live with chronic pain or support someone who does? This free workshop gives people the confidence and motivation they need to manage the challenges of living with chronic pain conditions. For more information email selfmgmt@uvic.ca or call 604-940-1273. Pre-registration required. Register at selfmanagementbc.ca. In partnership with the University of Victoria Centre on Aging.

at Dogwood Pavilion
Tu (6) Jan 21 – Feb 25 1 – 3:30 p.m.  Free 655935
at Glen Pine Pavilion
Sa (6) Jan 18 – Feb 22 12 – 2:45 p.m.  Free 655793
Sa (6) Mar 14 – Apr 25 12 – 2:45 p.m.  Free 655794
**Connecting With Technology—Low Vision**

If you have vision loss and can't see the computer/smartphone screen as well as you used to, or you didn't grow up with these devices—they can be intimidating. Maintain your independence and discover how to use your phone as a magnifier, make it talk; get a newspaper read aloud; video chat with the grandkids; even stay safe online. Workshops will be presented in a non-technical way. Presented by Science and Economic Development Canada, The CNIB Foundation and the Canadian Council of the Blind (Dogwood Chapter). For people with low vision, however, you do not have to be registered with CNIB to attend.

at Dogwood Pavilion

**Assistive Technology 101**

Are friends and family always telling you it’s time to get an iPhone? We’ll discuss devices controlled entirely with your voice, phones and computers with large print and speech output—and so much more.

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**Assistive Technology 102**

We will dive deeper into the accessibility features built into iPhones and Windows computers, such as Zoom, voiceOver, Magnifier and Narrator. We’ll also discuss commercial solutions like ZoomText and JAWS. Don't worry, we won’t go all geeky, we want to show you the basics of how to make your device work for you!

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**Staying Safe Online & Getting Connected**

Until you learn how to navigate it safely, the internet can seem like the ‘wild west’ of the digital age. We want to put your mind at ease by giving you do's and don'ts when you are online. We will also talk about how to prolong battery life, explain the pros and cons of public and private wi-fi and help you get your device connected to the internet. Please bring your iPhone or Windows laptop.

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**Staying in Touch**

Want to do a better job at staying connected with the young people in your life? Imagine everyone's delight when they learn you’ve joined the cool crowd and can now text, email and Facetime. This will be a step-by-step walk-through of high-tech, ways of staying in touch using your iPhone with Zoom or VoiceOver

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**Helpful Apps for Freedom & Independence**

There are apps that can identify groceries and read printed instructions aloud, let you listen to audiobooks and podcasts or get on-demand sighted assistance—anytime, anywhere. Learn about this exciting technology and how to use it. Bring your iPhone or iPad and get ready for more independence as we introduce you to some game changing apps for low vision users.

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**Cuba**

Join local photographer Terry McCullough as he whiskes you away to Cuba. Presentation will include the city of Havana, resort area in Varadero, colonial city of Trinidad and the history and birdlife of Playa Larga. Slide show is set to music so minimal discussion during the show, but plenty of time for questions afterwards.

at Dogwood Pavilion

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<td>Mar 3</td>
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<td>Mar 28</td>
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**Deprescribing**

Deprescribing is the supervised process of reducing dosage or stopping a medication that might be causing harm or is no longer of benefit. Some medications need to be reduced slowly to avoid withdrawal effects. Deprescribing is done with the help of your health care provider. The goal of this workshop is to explain why reducing your medications should be something you should ask your health care provider to consider. Presented by a trained volunteer from COSCO Seniors Health and Wellness Institute.

at Dogwood Pavilion

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<td>Tu</td>
<td>Apr 7</td>
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**Diabetes Self-Management**

A community program to help people live successfully with diabetes. Aimed at type two diabetics, although type one diabetics will also benefit. Register at selfmanagementbc.ca. Email selfmgmt@uvic.ca or call 604-940-1273 for more information. In partnership with the University of Victoria Centre on Aging.

at Dogwood Pavilion

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<td>Tu</td>
<td>Mar 24 – Apr 28</td>
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<td>FREE 655936</td>
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Digitization Station Tour
You can bring your old home recordings back to life at Coquitlam Public Library’s Digitization Station, which is located at the Poirier Branch. Now is the time to look at your old technology—VHS, 8mm, cassette tapes, negatives, slides, etc. and come discover what the station can do including:
- Transferring Home Movies to DVD or USB Memory Stick
- Transferring Home Audio Duplication to CD or Memory Stick
- Photographic Scanning
- And much more
After the presentation you can book your own time to come back and begin the process of preserving your family history.

*at Dogwood Pavilion*

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<td>Feb 4</td>
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Evergreen Tunnel Reveals Geological History
Drilling done in preparation of the Evergreen Line Tunnel unexpectedly discovered a buried fjord filled with sediments deposited during three ice ages. Lionel Jackson, Adjunct Professor of SFU's Department of Earth Sciences, studied cores from this drilling. He will talk about what the sediments in the drilling cores reveal about the geological history of our local area including several inundations by the sea, burial by glaciers and vanished forests. Presenter: Lionel E. Jackson Jr. PhD, PGeo., FGAC.

*at Dogwood Pavilion*

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<td>10 a.m. – 12 p.m.</td>
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Face Care
A hands-on workshop to learn facial massage and lymph drainage techniques that have been shown to reduce signs of aging. Instructor: Milada Dzevitskaya.

*at Glen Pine Pavilion*

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<td>Th</td>
<td>Feb 6</td>
<td>10:30 a.m. – 12:30 p.m.</td>
<td>$8.00</td>
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Falls Prevention Mobile Clinic
A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have the opportunity to sit one-on-one with various health professionals for 20-minute sessions, including a pharmacist, nurse, kinesiologist, and physiotherapist. Various aspects of the participants’ fall risk status will be assessed and interventions will be discussed. To register call 604-587-7866. Presented by Fraser Health.

*at Glen Pine Pavilion*

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Financial Literacy Presentations
Presented by Chartered Professional Accountants Canada
These presentations provide access to information and support for those retired and for seniors in their quest for continued financial education.

*at Glen Pine Pavilion*

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The Journey Out of Debt
Learn what credit is and how it works and understand the difference between good debt and bad debt. Learn the cost of debt, particularly bad debt and only making minimum payments; how payday loan companies operate and the cost of borrowing from them; how debt can pile up and the negative consequences on future financial plans. Take control of debt including assessing the amount of debt, debt repayment options, dealing with creditors, and collection agencies.

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<td>Feb 11</td>
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Estate Planning
Learn how to create a plan to distribute assets, during life or upon death.

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FREE PREPAREDNESS TRAINING SESSIONS
Personal, Family & Community Preparedness
This session will cover typical earthquake damage and hazards and how to protect yourself inside and outside your home. Details regarding emergency supplies, family communication and community preparedness will be discussed.

*at Coquitlam City Centre Library*

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*at Poirier Library*

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<td>Tu</td>
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*at Dogwood Pavilion*

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*at Glen Pine Pavilion*

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<td>Tu</td>
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<td>6:30 – 8:30 p.m.</td>
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Visit coquitlam.ca/emergtraining to register.

BE A HERO
BE PREPARED
TAKE CARE OF YOUR BASIC NEEDS FOR AT LEAST 72 HOURS
Hiking Adventures Great Britain & Ireland

Join Terry McCullough for an interesting hiking presentation with visually captivating photographs and exciting tales of his adventurous experiences. Slide shows are set to music, so minimal discussion during the shows, but plenty of time for questions afterwards. Please pre-register.

at Glen Pine Pavilion
Th  (1)  Feb 27  10 a.m. – 12 p.m.  FREE  657927

Introduction to First Aid

Are you interesting in learning signs and symptoms of a stroke and heart attack? This is an introduction to First Aid. Bring all of your questions and learn how to deal with minor first aid situations. This is not a certification course.

at Glen Pine Pavilion
M  (1)  Mar 9  10 a.m. – 12 p.m.  FREE  657124

Life in Care

This session is designed to help family caregivers who are considering residential care options for a person with dementia. General information will be provided on how to access residential care in the community, as well as a review of some important considerations when choosing a facility. The session will also explore the challenges families face when making decisions about residential care, and review some strategies for preparing for the transition. Space is limited and pre-registration is required. To register, please contact Alzheimer Society of B.C. at 604-449-3792.

at Glen Pine Pavilion
Th  (1)  Feb 20  6:30 – 8:30 p.m.  FREE  658888

Navigating the Emergency Department

In this workshop we review some of the reasons for going to the Emergency Department and some reasons not to go. How to prepare for a visit and what to expect when you arrive. Presented by a trained volunteer from COSCO Seniors Health and Wellness Institute.

at Dogwood Pavilion
Tu  (1)  Feb 18  1 – 3 p.m.  FREE  655939

Path of Growing Younger

Be inspired and uplifted in a rejuvenating talk on how to grow younger with passing years. Learn essential tips and ways to master important techniques for creating a healthier mind, body, heart and spirit. Greater balance, overall wellness and increased satisfaction in life awaits! Instructor: Fay Wong.

at Glen Pine Pavilion
Tu  (1)  Jan 21  7 – 8 p.m.  FREE  657914
Tu  (1)  Jan 28  7 – 8 p.m.  $8.00  657916
W  (1)  Jan 29  11:45 a.m. – 12:45 p.m.  FREE  657915
W  (1)  Feb 5  11:45 a.m. – 12:45 p.m.  $8.00  657920
W  (1)  Feb 19  11:45 a.m. – 12:45 p.m.  $8.00  657921
Tu  (1)  Feb 25  7 – 8 p.m.  $8.00  657917
W  (1)  Mar 11  11:45 a.m. – 12:45 p.m.  $8.00  657922
Tu  (1)  Mar 24  7 – 8 p.m.  $8.00  657918
W  (1)  Apr 15  11:45 a.m. – 12:45 p.m.  $8.00  657923
Tu  (1)  Apr 21  7 – 8 p.m.  $8.00  657919

Personal Training Information Session

Get more out of your workout and reach your fitness goals faster with a City of Coquitlam personal trainer. At this presentation a personal trainer will talk about what the city’s personal trainers do, where the training is offered and how to get started. This is an opportunity to find out how you can develop an individual fitness program, specifically tailored to suit your needs, schedule, abilities and goals.

at Dogwood Pavilion
Tu  (1)  Jan 7  9:30 – 10:30 a.m.  FREE  657845
Th  (1)  Feb 6  9:30 – 10:30 a.m.  FREE  657846
at Glen Pine Pavilion
Th  (1)  Jan 23  10 – 11 a.m.  FREE  657102

Raptors Around Us

Informative slideshow presentation with original photography on raptors—species of birds that primarily hunt and feed on vertebrates. Topic includes the feeding habits of bald eagles. Instructor: Milada Dzevitskaya.

at Glen Pine Pavilion
Th  (1)  Mar 19  10:30 a.m. – 12:30 p.m.  $8.00  657859

Restorative Justice

Restorative Justice is an alternative approach to the current justice system, which does not always adequately meet the needs of the person who has caused harm, the person harmed or the community. Learn about what restorative justice is, highlighting the 3Rs Repair the Harm, Resolve the Conflict and Restore the Balance and about the program that is here in Coquitlam. Q & A to follow presentation. Instructor: Gurinder Mann, Executive Director, Communities Embracing Restorative Action (CERA).

at Dogwood Pavilion
Th  (1)  Mar 19  10:30 a.m. – 12:30 p.m.  $8.00  657859
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<tr>
<td><strong>Seniors &amp; Income Tax</strong></td>
<td>The Canada Revenue Agency will provide an overview of different types of income that are specific to seniors, as well as credits and benefits, pension income splitting, RRSPs, old age security repayment, payment methods, direct deposit, authorizing a representative, and scams. Don't miss out on applying for the benefits and credits you are entitled to! <strong>at Dogwood Pavilion</strong> F (1) Jan 31 10 a.m. – 2 p.m. <strong>FREE</strong> 660199</td>
</tr>
<tr>
<td><strong>Service Canada: Employment Insurance &amp; Benefits</strong></td>
<td>Employment Insurance—including new Caregiver Benefits for Children and Adults and change to maternity and parental benefits. Service Canada has an office in Coquitlam. Presented by Dianne Stoesz, Citizen's Services Specialist, Service Canada. <strong>at Glen Pine Pavilion</strong> Tu (1) Mar 31 6:30 – 8 p.m. <strong>FREE</strong> 658966</td>
</tr>
<tr>
<td><strong>Service Canada: Newcomers to Canada Benefits</strong></td>
<td>Newcomers Benefits—introduction to Service Canada / Federal Government Programs and Services. Service Canada has an office in Coquitlam. Presented by Dianne Stoesz, Citizen’s Services Specialist, Service Canada. <strong>at Glen Pine Pavilion</strong> Tu (1) Jan 14 6:30 – 8 p.m. <strong>FREE</strong> 658955</td>
</tr>
<tr>
<td><strong>Service Canada: Pre-Retirement Presentation</strong></td>
<td>For the newly retired or those contemplating retirement in the near future. Find out about Canada Pension Plan (CPP) contributions, pension sharing, credit splitting and the changes in 2012 that reduce CPP if taken early. Discussion on death benefits, survivors benefits, and a brief introduction to Old Age Security (including benefits under OAS: Allowance and Guaranteed Income). Presented by Dianne Stoesz, Citizen’s Services Specialist, Service Canada. <strong>at Glen Pine Pavilion</strong> Th (1) Feb 6 10 – 11:30 a.m. <strong>FREE</strong> 658998</td>
</tr>
<tr>
<td><strong>Service Canada: Senior's Benefits</strong></td>
<td>For seniors or near seniors on the Canada Pension Plan, the Old Age Security (OAS) program and Employment Insurance Caregiver benefits. Find out if you qualify for additional low income supplements and benefits by using the OAS Toolkit and the Benefit Finder. Also includes information on Safer and HAFI grant benefits. Presented by Dianne Stoesz, Citizen’s Services Specialist, Service Canada. <strong>at Glen Pine Pavilion</strong> Th (1) Feb 13 10 – 11:30 a.m. <strong>FREE</strong> 658998</td>
</tr>
<tr>
<td><strong>South America</strong></td>
<td>Eunice Hodge, a member at Dogwood Pavilion, and a local photographer, took a cruise around South America. She started in Valparaiso, Chile and finished her journey in Rio. Along the way she took every land tour she could. Come and explore the edge of South America with her and get a fleeting glimpse of a continent with a very different culture. <strong>at Dogwood Pavilion</strong> M (1) Jan 13 1 – 3 p.m. <strong>FREE</strong> 655951 <strong>at Glen Pine Pavilion</strong> M (1) Mar 2 1 – 3 p.m. <strong>FREE</strong> 658889</td>
</tr>
<tr>
<td><strong>Stroke</strong></td>
<td>As we age, the possibility of experiencing a stroke increases. We describe the types of strokes emphasizing mini-strokes, early warning signs and information about prevention. Presenter: Council of Senior Citizens Organization of BC, Seniors Health and Wellness Institute. <strong>at Glen Pine Pavilion</strong> Th (1) Feb 13 10 – 11:30 a.m. <strong>FREE</strong> 657946</td>
</tr>
<tr>
<td><strong>Tips &amp; Secrets Smart Canadians Know About Money</strong></td>
<td>This session teaches new Canadians to effectively manage their money, covering topics such as how credit works, filing taxes and putting a financial plan in action. Learn about the basics of banking, credit and taxes. Presented by CPA (Chartered Professional Accountants) Canada. <strong>at Glen Pine Pavilion</strong> Tu (1) Apr 28 6:30 – 7:30 p.m. <strong>FREE</strong> 659610</td>
</tr>
<tr>
<td><strong>Transition to Life in Residential Care</strong></td>
<td>This session focuses on the process of adjustment after a person with dementia has moved into a residential care facility. Learn about the changes to your role as a caregiver that this transition can bring, and how to enhance your visits. The session will also review strategies for working effectively with a care team and offers tips for acting as an advocate within a residential care setting. Space is limited and pre-registration is required. To register, please contact Alzheimer Society of B.C. at: 604-449-3792. <strong>at Glen Pine Pavilion</strong> Th (1) Feb 13 6 – 8:30 p.m. <strong>FREE</strong> 658887</td>
</tr>
</tbody>
</table>

**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.
Vision Health

We describe the structure of the eye and explain major diseases that may affect older adults. We stress prevention and explore possible treatments. Delivered by a trained senior volunteer. Presenter: Council of Senior Citizens Organization of BC, Seniors Health and Wellness Institute.

at Glen Pine Pavilion
Th (1) Jan 30 10 – 11:30 a.m. FREE 657944

Visual Presentation on Hummingbirds

Informative slideshow presentation with original photography on Hummingbirds—birds native to the Americas and constitute the biological family Trochilidae. They are the smallest of birds but very beautiful and easy to attract. Instructor: Milada Dzevitskaya.

at Glen Pine Pavilion
Th (1) Apr 16 10:30 a.m. – 12:30 p.m. $8.00 657860

What Happens at the Cemetery?

This presentation will highlight the services that are provided to families pre-planning or at the time of need, in the City of Coquitlam’s Robinson Memorial Park Cemetery, located at 621 Robinson Street. Cemetery staff will discuss their roles and the steps involved for both a full casket burial and the internment of cremated remains. They will also talk about what families can do at the grave site, celebrations, placing flowers and visitation as well as markers and monuments. This is a good opportunity to ask questions about the city owned cemetery and the services provided. Presenters: Aidon Pyne, Working Foreman Arboriculture and Cemetery; Kerry Haynes, Cemetery caretaker.

at Dogwood Pavilion
Th (1) Feb 27 10 a.m. – 2 p.m. FREE 659044

Performing Arts

Dance: Ballroom & Latin Introduction
An introduction to ballroom dance for the absolute beginner. Partner required; both people must register.

at Glen Pine Pavilion
W (6) Jan 15 – Feb 19 6:30 – 7:30 p.m. $60.60 657808
W (6) Mar 4 – Apr 8 6:30 – 7:30 p.m. $60.60 657809
W (6) Apr 15 – May 20 6:30 – 7:30 p.m. $60.60 657810

Dance: Ballroom & Latin Beginners
Build from the basics of ballroom dance. Prerequisites: Ballroom Introduction, or some experience in ballroom dance. Partner required, both people must register.

at Glen Pine Pavilion
M (5) Jan 13 – Feb 10 6:45 – 7:45 p.m. $50.50 657133
M (5) Feb 24 – Mar 23 6:45 – 7:45 p.m. $50.50 657134
M (5) Mar 30 – May 16 6:45 – 7:45 p.m. $50.50 657130
W (6) Jan 15 – Feb 19 7:45 – 8:45 p.m. $60.60 657131
W (6) Mar 4 – Apr 8 7:45 – 8:45 p.m. $60.60 657132
W (6) Apr 15 – May 20 7:45 – 8:45 p.m. $60.60 657132

Dance: Ballroom & Latin Intermediate
Build on steps you already know and learn a few new ones. Partner required, both people must register. Prerequisite: Ballroom & Latin Beginner.

at Glen Pine Pavilion
M (5) Jan 13 – Feb 10 7:55 – 8:55 p.m. $50.50 657814
M (5) Feb 24 – Mar 23 7:55 – 8:55 p.m. $50.50 657813
M (5) Mar 30 – May 4 7:55 – 8:55 p.m. $50.50 657815

Dance: Belly Dance
This middle eastern dance increases your core balance and flexibility, tones your abs and improves posture. Learn the basic techniques, movements and shimmies. Instructor: Parvaneh Ranjbar.

at Dogwood Pavilion
Th (9) Jan 16 – Mar 12 6 – 7 p.m. $66.15 655914
Th (5) Apr 2 – Apr 30 6 – 7 p.m. $36.75 655915

at Glen Pine Pavilion
M (1) Jan 6 5:30 – 6:30 p.m. FREE 657126
M (8) Jan 13 – Mar 9 5:30 – 6:30 p.m. $56.80 657127
M (8) Mar 16 – May 4 5:30 – 6:30 p.m. $56.80 657130

Dance: Belly Dance Intermediate
Build on the skills and techniques learned in Belly Dance. Experience total body conditioning, and improve your posture and flexibility while learning more advanced moves.

at Glen Pine Pavilion
Tu (10) Feb 25 – Apr 28 6:15 – 7:15 p.m. $71.00 657816
Dance: Bollywood Dance
Bollywood dance features a fusion of energetic and elegant Indian dance styles combined with modern dance styles such as jazz and hip hop. Learn the moves inspired by Bollywood films in this fun and vibrant class. Instructor: Shwetha Bhaskaran.

at Centennial Pavilion
M (1) Jan 6 1 – 2 p.m. FREE 655487
M (8) Jan 13 – Mar 9 1 – 2 p.m. $58.80 655488
M (5) Mar 30 – May 4 1 – 2 p.m. $36.75 655489

Dance: Choreographed Dance Beginners
No partner, no problem! Learn choreographed dance styles such as Salsa, Cha Cha, Rumba, Bachata, Mambo and more! No partner required. Instructor: Cher Zorilla.

at Glen Pine Pavilion
F (8) Jan 10 – Feb 28 10:30 – 11:30 a.m. $58.80 657817
F (8) Mar 6 – May 1 10:30 – 11:30 a.m. $58.80 657818

Dance: Line Dance Beginner
For the absolute beginner. No partner required. An introduction to the basic steps across several music genres. Mastering the steps and sequences gives you a good mind/body workout and a boost to your brain power by improving your memory skills. Instructor: Sandra Varley-Schlienz.

at Dogwood Pavilion
M (8) Jan 13 – Mar 9 1:15 – 2:15 p.m. $58.80 655469
M (8) Apr 6 – Jun 8 1:15 – 2:15 p.m. $58.80 655470

Dance: Line Dance Intermediate
For dancers who have taken Line Dance Introduction or other beginner classes and have at least a year or more of line dance experience. Instructor: Agnes Lim.

at Glen Pine Pavilion
Th (8) Jan 9 – Feb 27 12 – 1 p.m. $58.80 657821
Th (8) Mar 5 – Apr 30 12 – 1 p.m. $58.80 657822

Dance: Line Dance Intermediate/Advanced
Lots of variety, dances you know and new dances to enjoy. No partner required. Prerequisites: Line Dance Beginner or previous experience. Instructor: Sandra Varley-Schlienz.

at Dogwood Pavilion
M (8) Jan 13 – Mar 9 11:30 a.m. – 12:30 p.m. $58.80 655472
M (8) Apr 6 – Jun 8 11:30 a.m. – 12:30 p.m. $58.80 655473

Music: Drumming for Vitality
Drumming has been shown to boost the immune system, lower blood pressure, increase concentration and coordination, and reduce overall stress and anxiety. Explore the world of rhythm through use of African drums and small percussions from around the world. Instruments are provided.

at Dogwood Pavilion
W (8) Jan 8 – Feb 26 10:45 – 11:45 a.m. $86.00 655361

at Glen Pine Pavilion
W (6) Jan 29 – Mar 4 1:30 – 2:30 p.m. $64.50 657139
W (5) Apr 1 – Apr 29 1:30 – 2:30 p.m. $53.75 657140

Music: Guitar Beginner
Learn the basics of guitar such as chords, strumming and how to read tabs. Please bring your own guitar.

at Pinetree Community Centre
Th (8) Jan 23 – Mar 12 6:05 – 7:05 p.m. $68.00 658677
Th (6) Apr 2 – May 7 6:05 – 7:05 p.m. $51.00 658676

at Dogwood Pavilion
Th (6) Jan 16 – Feb 20 9:30 – 11 a.m. $73.50 655503
Th (6) Feb 27 – Apr 2 9:30 – 11 a.m. $73.50 655504

Music: Guitar Intermediate
Continue to build on the basics of chords, strumming and reading tabs. Please bring your own guitar. Prerequisite: Guitar Beginner or previous experience.

at Pinetree Community Centre
Th (8) Jan 23 – Mar 12 7:10 – 8:10 p.m. $42.50 658680
Th (6) Apr 2 – May 7 7:10 – 8:10 p.m. $51.00 658679

Tell us how we did!
coquitlam.ca/programevaluation
All Abilities Welcome!
See page 4 for details.
Music: Piano Lessons Introduction
Learn the fundamentals of music and piano in a group class environment. A supply cost of approximately $20 for books will be payable to the instructor at the first class. Instructor: Teri Shaw.

at Dogwood Pavilion
M (8) Feb 24 – Apr 6 9:30 – 10:30 a.m. $105.00 655848
M (8) Feb 24 – Apr 6 10:30 – 11:30 a.m. $105.00 655850

Music: Ukulele Beginner
Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at Dogwood Pavilion (Instructor: Gordon Smithers)
Tu (6) Jan 14 – Feb 18 10:30 a.m. – 12 p.m. $70.25 655424
at Glen Pine Pavilion (Instructor: Francis Henson)
M (5) Jan 27 – Mar 2 7 – 8 p.m. $39.00 657128
M (5) Mar 9 – Apr 6 7 – 8 p.m. $39.00 657129

Music: Ukulele Intermediate
Continue to develop your ukulele skills with more advanced strumming patterns, 12 bar blues progressions, two and three chord songs, basic scales and soloing. Please bring your own ukulele. Prerequisite: Ukulele Beginner or previous experience. Instructor: Gordon Smithers.

at Centennial Pavilion
Tu (6) Apr 7 – May 12 10:30 a.m. – 12 p.m. $70.25 655496

Music: Ukulele 12 Bar Blues
This program will include tips on ukulele technique, strumming, quick chord changes and how to read TABs. Will include gospel blues, country blues, Chicago blues and jazz blues. Please bring your own ukulele. Instructor: Gordon Smithers.

at Dogwood Pavilion
Su (6) Jan 19 – Feb 23 1 – 2:30 p.m. $70.25 655423

Sports & Active Play

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

at Pinetree Community Centre
Su (4) Feb 2 – Feb 23 11:15 a.m. – 12:30 p.m. $45.00 658171
Su (4) Mar 1 – Mar 29 11:15 a.m. – 12:30 p.m. $45.00 658172

Fit Soccer: A Cardio Workout for Women
Our instructor will lead you through drills to increase your heart rate up while playing soccer. All fitness and soccer levels are welcome.

at Centennial Activity Centre
Tu (5) Jan 7 – Feb 4 7:45 – 8:45 p.m. $42.50 659338
Tu (5) Feb 11 – Mar 10 7:45 – 8:45 p.m. $42.50 659339
Tu (5) Mar 31 – Apr 28 7:45 – 8:45 p.m. $42.50 659340

Pickleball: All Levels for Women (50 yrs +)
Learn and work on proper stroke technique, game rules and strategies through fun drills in a non-competitive environment.

at Poirier Forum
W (6) Jan 15 – Feb 19 11:30 a.m. – 1 p.m. $35.70 655880
W (6) Apr 1 – May 6 11:30 a.m. – 1 p.m. $35.70 655881

Pickleball: Introduction & Beginner for Women
Pickleball is a combination of ping-pong, tennis and badminton. Learn basic skills and game play rules while making new friends.

at Centennial Activity Centre
Su (5) Jan 5 – Feb 2 1:45 – 3:15 p.m. $64.00 659058
Su (5) Feb 9 – Mar 8 1:45 – 3:15 p.m. $64.00 659059
Su (5) Mar 29 – Apr 26 1:45 – 3:15 p.m. $64.00 659060

Pickleball: Beginner Continuing for Women
Take your pickleball game to the next level. Work to improve on your skills and game tactics. Prerequisite: Pickleball Introduction & Beginner for Women or some previous experience and knowledge of court awareness, proper scoring and basic rules.

at Centennial Activity Centre
Su (5) Jan 5 – Feb 2 1:45 – 3:15 p.m. $64.00 659061
Su (5) Feb 9 – Mar 8 1:45 – 3:15 p.m. $64.00 659062
Su (5) Mar 29 – Apr 26 1:45 – 3:15 p.m. $64.00 659063
**Skills & Drills**

Learn or improve different sport skills. Lessons include skill development for all levels of play from beginner to advanced.

**Badminton**

*at Pinetree Community Centre*

<table>
<thead>
<tr>
<th>Day</th>
<th>Start Date</th>
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**Pickleball**

*at Centennial Activity Centre*

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*at Pinetree Community Centre*

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**Table Tennis**

*at Pinetree Community Centre*

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**Table Tennis: Intermediate**

*at Pinetree Community Centre*

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**Volleyball**

*at Pinetree Community Centre*

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</table>

**Table Tennis: League Play**

Table tennis in a fun and competitive atmosphere. Players should possess a working knowledge of the rules and a skill level suitable to league play. Only one registration per team needed. Registration ends one week prior to the start date.

*at Pinetree Community Centre*

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<th>Day</th>
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**Volleyball: Co-Ed 6s League**

Co-ed volleyball in a fun and competitive atmosphere. Athletes must register a full team of at least six. All team members should possess a working knowledge of the rules and a skill level suitable to league play. Registration ends one week prior to the start date.

*at Pinetree Community Centre*

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**DROP-INS**

Programs marked with a [Reg] are regular admission

**Badminton**

A great way to exercise and meet new people. Please bring your own racquet and birdies. At Pinetree and Smiling Creek, participants with a valid and current ONE PASS can reserve a spot starting at 8 a.m. the morning of the drop-in. Please call 604-927-6960 to reserve.

19 yrs +

*at Centennial Activity Centre*

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<th>Day</th>
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*at Pinetree Community Centre*

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*at Smiling Creek Activity Centre*

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*at Summit Community Centre*

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<td>Apr 27</td>
<td>8 – 10 p.m.</td>
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50 yrs +

*at Centennial Activity Centre* [Low cost]

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**Ball Hockey**

Drop-in for a casual game of ball hockey. Must supply own hockey stick. Gloves and shin guards are optional, helmet and face cage strongly recommended. Balls provided. Payment is taken at PSLC, participants with a valid and current ONE PASS can reserve a spot starting at 8 a.m. the morning of the drop-in.

*at Poirier Forum*

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<td>Su</td>
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<td>Jun 28</td>
<td>6 – 8 p.m.</td>
<td>[Reg]</td>
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</table>
Basketball
Practise your skills and play a game. Space is limited. Participants with a valid and current ONE PASS can call Pinetree Community Centre to reserve a spot starting at 8 a.m. the morning of the drop-in (excluding Centennial Activity Centre).

19 yrs +
at Centennial Activity Centre
Su Jan 5 – Apr 26  8 – 10 p.m.  ❖
W Jan 8 – Apr 29  9 – 11 p.m.  ❖
at Pinetree Community Centre
M Jan 27 – Apr 27  8 – 10 p.m.  ❖
Su Feb 2 – Apr 26  1 – 3 p.m.  ❖
at Smiling Creek Activity Centre
W Jan 8 – Apr 29  8 – 10 p.m.  ❖
at Summit Community Centre
Tu Jan 7 – Apr 28  8 – 10 p.m.  ❖
30 yrs +
at Summit Community Centre
Th Jan 9 – Apr 30  8 – 10 p.m.  ❖
at Pinetree Community Centre
Sa Feb 1 – Apr 11  3:30 – 5:30 p.m.  ❖

Pickleball
Limited space available each session. Participants with a valid and current ONE PASS can call Pinetree Community Centre to reserve a spot starting at 8 a.m. the morning of the drop-in (excluding Centennial Activity Centre). For the 50+ drop-in, please bring your own racquet and balls. Pay at Dogwood Pavilion.

19 yrs +
at Centennial Activity Centre
Su Jan 5 – Apr 26  3:30 – 5:30 p.m.  ❖
at Pinetree Community Centre
Sa Feb 1 – Apr 25  1:15 – 3:15 p.m.  ❖
at Smiling Creek Activity Centre
Su Jan 12 – Apr 26  11:15 a.m. – 1:15 p.m.  ❖
at Summit Community Centre
M Jan 6 – Apr 27  6 – 7:45 p.m.  ❖
W Jan 8 – Apr 29  8 – 10 p.m.  ❖
50 yrs +
at Centennial Activity Centre  Low cost
M Jan 6 – Apr 27  7 – 8:30 p.m.  ❖
at Pinetree Community Centre
Sa Feb 1 – Apr 11  9 – 11 a.m.  ❖

Dance: Hip Hop & Breakdance  Low cost
A break dance instructor will be available to work on your skills.
at Pinetree Community Centre
M Jan 20 – Apr 27  7:30 – 9:30 p.m.  ❖

Soccer: Indoor
Enjoy the fast paced and exciting game of indoor soccer. All levels welcome. Participants with a valid and current ONE PASS can call Pinetree Community Centre to reserve a spot at 8 a.m. the morning of the drop-in.
at Pinetree Community Centre
Tu Jan 28 – Apr 28  8 – 10 p.m.  ❖
at Smiling Creek Activity Centre
M Jan 6 – Apr 27  8 – 10 p.m.  ❖

Tennis: Blind Tennis (14 yrs +)
Sometimes called soundball, this program allows players with visual impairments to play tennis with the use of a specialized foam ball that makes noise. A facilitator will be on hand with three available courts to play on. Program is supported by BC Blind Sports.
at Pinetree Community Centre
Tu Jan 28 – Apr 28  4:30 – 6 p.m.  ❖

Volleyball
Limited space available. Participants with a valid and current ONE PASS can call Pinetree Community Centre to reserve a spot starting at 8 a.m. the morning of the drop-in (excluding Centennial Activity Centre).

19 yrs +
at Centennial Activity Centre
M Jan 6 – Apr 27  8:30 – 10:30 p.m.  ❖
at Pinetree Community Centre
Th Jan 30 – Apr 30  8 – 10 p.m.  ❖
at Smiling Creek Activity Centre
Tu Jan 7 – Apr 28  8 – 10 p.m.  ❖
50 yrs +
at Poirier Forum
W Jan 8 – Apr 29  1 – 3 p.m.  ❖

Get Connected, Get Active
Seniors’ Financial Assistance for Recreation

The Get Connected, Get Active—Financial Assistance for Recreation program provides opportunities to Coquitlam residents including seniors and adults who are facing financial barriers, to participate in programs offered at Coquitlam’s pools, rinks, and community centres. Learn more about the program and find out if you qualify at coquitlam.ca/recaccess

Questions?
604-927-6076 | coquitlam.ca/recaccess
getconnected-getactive@coquitlam.ca
DOGWOOD & GLEN PINE 50 PLUS CENTRES & FITNESS & SPECIAL EVENTS

Staying active and social as you age can help you feel younger and keep you healthier.

Coquitlam’s 50 Plus Centres offer recreation opportunities for older adults to socialize, learn new skills, keep fit and stay informed. Programs include: fitness, special events, talks and lectures, bus trips, arts, crafts, technology, cooking, languages and life-long learning classes. See the Adult, Fitness and Special Events sections for a full listing of programs for adults 50 Plus. Cafés on site serve lunch during the week. Coffee, tea and baked goods are available throughout the day. For everyone who is young at heart... come see for yourself!

Bus Trips & Outings

Discover places to go and things to do on one of our bus trips. Day trips to festivals, concerts, theatre and events. Drop into either centre to pick up a listing of upcoming trips.
LEND A HAND!

We're always looking for volunteers at the Pavilions. Here are some of the areas you could volunteer:

→ Food services
→ Computer instructors
→ Bus Trip committee

If you're interested in becoming a City of Coquitlam volunteer, see page 64 for details or call 604-927-6922 or email volunteers@coquitlam.ca

DOGWOOD AMENITIES:

→ Food services
→ Fully equipped wood working shop
→ Snooker room
→ Lapidary workshop
→ Computer lab
→ Lounge
→ Library
→ Lawn bowling green, rose garden, bocce court and surrounding gardens

Looking for information on Pavilion Groups, Clubs & Support Services?

Our pavilions host over 80 groups and clubs covering a wide range of activities. All groups are led by volunteers. Contact and meeting information is included in the directory.

Pick up a copy of the Groups, Clubs & Support Services Directory at the front desk of your local pavilion or find the most up to date information online at coquitlam.ca/50plus

Here is just a sample of the many groups and clubs you can get involved with!

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GLEN PINE AMENITIES:

→ Computer lab
→ Food services
→ Fully equipped and accessible fitness centre
→ Lounge
→ Library
→ Spirit Square

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

Southwest Coquitlam

Place Maillardville
1200 Cartier Ave.
604-933-6166

Place des Arts
1120 Brunette Ave.
604-664-1636

Mackin House Museum
1116 Brunette Ave.
604-516-6151

Mundy Park

Coquitlam Public Library:
Poirier Branch
575 Poirier St.
604-937-4141

Coquitlam Town Centre

Evergreen Cultural Centre
1205 Pinetree Way
604-927-6550

Coquitlam Public Library:
City Centre Branch
1169 Pinetree Way
604-554-7323
MUSIC
Over 40 teachers offering private lessons in most instruments plus voice
Music classes for tots, kids, teens & adults

DANCE
Classes for all ages and from recreational to pre-professional levels
Ballet, Jazz, Hip Hop, Lyrical, Tap, Yoga and more

THEATRE & LITERARY ARTS
Theatre, Musical Theatre and On-Camera performance classes for kids & teens
Coquitlam Youth Theatre Company—performance training for ages 10 - 17
Creative Writing classes for kids & teens

VISUAL ARTS
Skill-building drawing, painting and mixed-media classes for kids & teens
Ceramic, fibre and fine arts classes for adults in our dedicated studios

EVENTS, PERFORMANCES, EXHIBITIONS
Free Family Days, fun art events for Teens, pARTy@PdA for adults
Classic Faculty Performances and A Celebration of Robbie Burns
Monthly exhibitions featuring local emerging artists in our three exhibition spaces

visit placedesarts.ca
Place Maillardville Community Centre

What do we offer?

Children’s Camps & Programs
Adult & Senior Recreation
Youth Drop-In
Birthday Parties
Early Years French & English Playtime

and MORE!!

Where to find us?
1200 Cartier Ave., Coquitlam, BC
604-933-6166
www.placemaillardville.ca

Course fees do not include applicable taxes. Details subject to change.
School Success & Teen Volunteers

To volunteer as a tutor or to register a child for any of these programs, contact librarian Chris Miller at 604-554-7339 or cmiller@coqlibrary.ca

Parlez-Nous en Français!

For French Immersion students. Teens in grades 8–12 help kids in grades 1–6 with grammar, pronunciation, reading, conversation and homework assignments.

POIRIER BRANCH • NANCY BENNETT ROOM
Fridays, January 10–February 14 • 3:45–4:30 pm

Reading Buddies

Teens in grades 9–12 are paired with kids in grades 1–4 to help build their literacy skills and encourage a love of reading.

Application deadline: January 22.

POIRIER BRANCH • NANCY BENNETT ROOM
Wednesdays, February 5–March 11 • 4:00–5:00 pm
CITY CENTRE BRANCH • ROOM 137
Thursdays, February 6–March 12 • 4:00–5:00 pm

Homework Help Club

Teens in grades 8–12 help kids in grades 1–6 with schoolwork in any subject.

CITY CENTRE BRANCH • ROOMS 136 & 137
Fridays, April 24–June 5 • 3:45–4:30 pm

Learn Online—at any age!

Lynda.com: 10,000+ professional online tutorials that teach software, design and business skills. Easy to understand and suitable for all skill levels.

My Canada: Learn English while learning about Canada's history, geography, government, culture and more. Includes citizenship practice tests.

Road to IELTS: Online preparation and practice tests for IELTS, including interactive activities, expert advice videos, hints and tips and downloadable practice tests.

Transparent Languages: Learn how to listen, speak, read and write more than 120 languages, including English.

The Great Courses: Fascinating lectures on fine arts, history, music, philosophy, science, mathematics, economics and more. Available through Hoopla Digital for Coquitlam residents only.

Students in grades 3–12: Give your grades a boost with Solaro's tutorials and study guides. Subjects include math, science and language arts. Track your progress and make personalized notes and flashcards.
Performing Arts Programs for kids + adults

ACTING
MUSICAL THEATRE
VOICE PERFORMANCE
VOICE OVER
SCENE STUDY
DANCE

Shows In Our Studio Theatre... 2019-2020 Season

THEATRE
MUSIC
COMEDY
MAGIC
FAMILY
DANCE
SPOKEN WORD

www.evergreenculturalcentre.ca
604-927-6555
Upcoming Events

**Aging Naturally**
Saturday January 18th, 12:00pm-3:00pm
Learn recipes and tips for natural products that will give you radiant skin and be gentle on your health. (Ages 18+) $30 per person.

**Cooking With Less: WWII Home Front Recipes**
Saturday February 22nd, 12:00pm-3:00pm
Learn how the resourceful homemakers of the 1940’s cooked when dealing with rations and limited access to typical groceries. (Ages 16+) $30 per person.

**Healing Salves & Tinctures**
Wednesday February 26th, 6:30pm-9:00pm
Explore natural healing at its best. Make herbal salves and learn the healing properties of plants that you can make at home. (Ages 16+) $40 per person.

**1940s Fashion Show**
Saturday April 28th, 11:00am-2:00pm
Enjoy high tea while models show off garments from the 1930’s and 40’s at our 3rd annual fashion show with Ivan Sayers. $40.00 per person

Exhibits

**Home Front: World War II**
September 10, 2019 - June 6, 2020 at Mackin House
From rationing to women in the workforce, our latest house exhibit examines the day-to-day lives of those who supported the war from home.

**Winter Sports**
November 2019 - Spring 2020 at the Poirier Sports Complex
From sledding down King Edward Street to ice skating on the foundation of a burnt down church, Coquitlam residents don’t keep still during the winter months!

**Make Do & Mend Tour**
Limited Time Only: Offered until May 2020
Join us for a tour of the newest exhibit at Mackin House Museum and learn about the day-to-day life of Coquitlam residents during WWII. Part of the war effort was to reuse and repair household and personal items in order to prolong their use. Students or groups will explore how different household items can be repurposed or repaired.

These skills are often forgotten today in our disposable culture, but with environmental concerns they are as important as ever. This program is suitable for all ages and activities will be adjusted for each age group.

Call us at 604-516-6151 or email us at museum@coquitlamheritage.ca to book.

**Spring Break Workshops**
Join us for two afternoons of Spring Break fun!

- March 14 - Quilting Bee
- March 21 - DIY Toys: Crafting Playtime

**Become a 2020 Member**
Support your local museum!

Starting at $25
Discounts on workshops
Exclusive tours
Special members-only events
Visit www.coquitlamheritage.ca/membership for a full list of benefits and how to join!
The new system will be more user-friendly, mobile-friendly and will let you manage your whole family’s activities and schedules in one place.

Learn more at coquitlam.ca/registration