

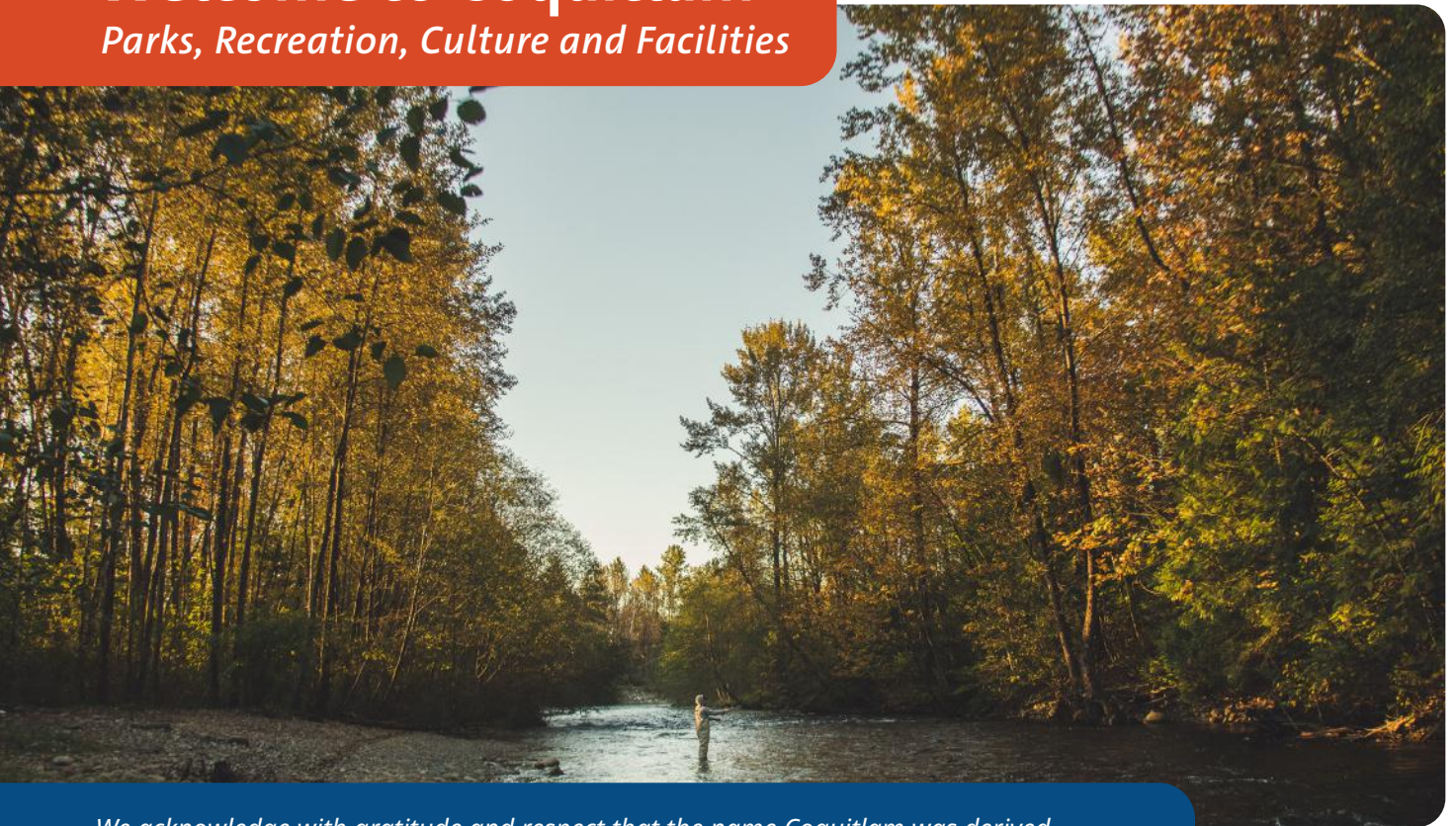
Program *Guide*

Coquitlam Parks, Recreation, Culture and Facilities



Welcome to Coquitlam

Parks, Recreation, Culture and Facilities



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

How to Use This Guide

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

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

at Poirier Community Centre ← Location

F Oct 21 1–3 p.m.

1/\$37.30

98661

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

Number of
sessions/price

Course
ID

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

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

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

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Accessibility and Inclusion

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

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

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

Coquitlam



Accessibility Awareness

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

coquitlam.ca/RecAccess

Financial Assistance for Recreation

**Making recreation more
affordable and accessible.**

Eligible residents can apply today.

coquitlam.ca/FinancialAssistanceRec

Sign Me Up

Online Registration System
for Parks, Recreation and Culture programs

3 Easy Ways To Register

1 Online coquitlam.ca/registration

Available 24 hours a day, 7 days a week

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

How To Register Online

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

Once you have logged into your account, you can:

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

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

Questions? We're here to help!

604-927-4386 | prcs_info@coquitlam.ca

2 Over the Phone 604-927-4386

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

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

3 In-person at these facilities:

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

Payment by Visa, MasterCard or American Express is required at the time of online or phone registration.

In-person registration accepts payment by Visa, MasterCard, American Express, debit or cash.

We reserve the right to cancel programs. Participants can withdraw up to 5 days (10 days for camps) prior to the start of their program for a full refund. Service fees apply when less than 5 days notice is provided (10 days for camps).

No refunds will be given on third day of class or later. Prices listed do not include applicable taxes.

Admission Fees and Recreation Passes

Coquitlam PRC Gift Cards



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

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



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



ONE PASS and Drop-in Fees

Prices valid at all facilities March 31, 2027.

The ONE PASS provides universal access to all of our facilities for both pre-registered drop-in programs and drop-in programs, such as drop-in basketball, fitness, swimming and ice skating. No refunds for 10-Visit, 30-Day, 365-Day Passes or 10 Skate Rental Passes. There is a two year expiry on all 10-Visit Passes and 10 Skate Rental Passes.

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

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

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

Additional Arena Services

Prices valid through to March 31, 2027.

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

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

SCHOOL'S OUT PASS

Only \$25

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

coquitlam.ca/SchoolsOut

Summer 2026:
June 26 to Sept 7

Winter 2026-2027:
Dec 19 to Jan 3

Spring 2027:
March 13 to 29

Parks

Park program registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.

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



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



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

Here are some ways to get involved:



Park Spark

Bringing Coquitlam Parks Alive

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



Bad Seed

Weed Out Invasive Plants

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



Inspiration Garden

Growing and Connecting Gardeners

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



Tree Spree

Supporting Trees in Coquitlam

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



Spotlight on Sport

Shining a Spotlight on Community Sport

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



Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

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

Bad Seed

Intro to: Bad Seeds (All Ages) **FREE**

Join the Park Spark Team and learn how to identify invasive plants, the negative impacts of these plants to the natural environment, best practices for removal and disposal, and suggestions for what to plant instead.

at Town Centre Park

Sa	Oct 17	2 – 3 p.m.	233908
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at Town Centre Park Community Centre

Sa	Sep 5	2:30 – 3:30 p.m.	233900
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Inspiration Garden

Bat-friendly Gardening 101 (All Ages) **FREE**

Join this fun and introductory workshop to learn about your local neighbours of the night! Sign up to discover the secret lives of local bats! Find out about their ecological importance, beneficial bat-friendly garden plants, and how you can help conserve their natural bat habitat in the community. Family friendly. All Welcome!

at Dogwood Pavilion

Tu	Sep 8	1 – 2:15 p.m.	235255
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at Town Centre Park Community Centre

Th	Oct 1	4:30 – 6 p.m.	232769
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Garden Basics: Compost Works (All Ages) **FREE**

Learn why you should compost at home, school and even in your work place! Find out about the different types of composting methods and techniques, and discover the many beneficial creatures that help turn your kitchen scraps into garden gold! Family friendly.

at Town Centre Park

M	Sep 21	11:30 a.m. – 12:30 p.m.	232752
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at Town Centre Park Community Centre

W	Oct 7	7 – 8 p.m.	232746
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Garden Basics: Pollinator Power (All Ages) **FREE**

Learn about beneficial insects and pollinators and why they are so important for a healthy garden. We will also observe and discuss on local pollinators during the fall season such as mason bees, butterflies and beetles! All ages welcome!

at Town Centre Park

Su	Oct 4	3 – 4 p.m.	232750
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at Town Centre Park Community Centre

Su	Sep 27	3 – 4 p.m.	232743
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Garden Basics: Seed Saving 101 (All Ages) **FREE**

Join this hands-on workshop to explore the world of seed saving. Learn about the different seeds you can save from your garden, proper harvesting techniques, seed storage, and more! All ages welcome.

at Dogwood Pavilion

Tu	Oct 6	4 – 5 p.m.	235269
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at Town Centre Park Community Centre

Th	Sep 17	4:30 – 5:30 p.m.	232674
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W	Sep 23	7 – 8 p.m.	232741
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Garden Tour: Fall Season of Interest (All Ages) **FREE**

Tour the Poirier Precinct and Dogwood Pavilion gardens this fall season! This is a walking tour, we will be showcasing and enjoying the vibrant colours of a variety of fall foliage in this guided tour! Family friendly.

at Dogwood Pavilion

Sa	Oct 17	1 – 2 p.m.	232772
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Garden Tour: Fall Season of Interest (All Ages) FREE

Tour the Garden Walk at Town Centre Park this fall season! This is a guided walking tour, we will be showcasing diverse designs of the garden walk and enjoy the vibrant colours of fall foliage all around us! Family friendly.

at Town Centre Park

M	Oct 5	11 a.m. – 12 p.m.	232755
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Intro to Mason Bees (All Ages) FREE

Join this intro to mason bee workshop with the Park Spark Team and learn all about these native solitary bees. Find out how you can support pollination and the local natural ecosystem by setting up a mason bee friendly environment in your very own garden! All experiences, ages and abilities welcome! Family friendly.

at Dogwood Pavilion

W	Dec 9	3:30 – 4:30 p.m.	235279
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Planter Workshop: Autumn Planter (All Ages)

Create your own fall planter with a variety of warm autumn colours and seasonal blooms. Add a lovely planter addition to your patio, front entrance, balcony garden space! Green thumbs of all ages and abilities are welcome, space limited. All supplies included.

at Dogwood Pavilion

W	Sep 23	3:30 – 4:30 p.m.	1/\$40	235259
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at Town Centre Park

Tu	Oct 20	1 – 2 p.m.	1/\$40	232754
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at Town Centre Park Community Centre

W	Sep 16	7 – 8 p.m.	1/\$40	232710
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Su	Sep 20	2 – 3 p.m.	1/\$40	232740
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Planter Workshop: Gourd-geous Succulents (All Ages)

Create gourd-geous planters for your dining, office or patio table display! This is a special DIY workshop featuring a fun selection of succulents, and colourful gourds for you to craft into a planter to bring home with you, just in time for Thanksgiving! Green thumbs of all ages and abilities are welcome, space limited. All supplies included.

at Town Centre Park Community Centre

Su	Oct 11	3 – 4 p.m.	1/\$40	232676
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Oops! We cancelled it...

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

**Tell us how we did!**
coquitlam.ca/ProgramEvaluation
School Garden Tour (All Ages)

School Garden Tours are open to grades 2 – 6.

1 hour guided garden tour and presentation in the gardens of the Poirier Complex. Meet in the Centennial Rose Garden outside the Dogwood Pavilion.

Teacher may select from one of the following topics: Pollinator Power, Compost Works!, Plant Lifecycle, Bugs in the Garden. The topic selected must be emailed to parkspark@coquitlam.ca upon registration.

at Dogwood Pavilion

W	Sep 9	1:30 – 2:30 p.m.	1/\$30	232756
W	Sep 16	1:30 – 2:30 p.m.	1/\$30	232758
W	Sep 23	1:30 – 2:30 p.m.	1/\$30	232760
W	Oct 7	1:30 – 2:30 p.m.	1/\$30	232762
W	Oct 14	1:30 – 2:30 p.m.	1/\$30	232764
W	Oct 21	1:30 – 2:30 p.m.	1/\$30	232766

School Garden Tour (All Ages)

School Garden Tours are open to grades 2 – 6.

1 hour guided garden tour and presentation in the Inspiration Garden located at Town Centre Park.

Teacher may select from one of the following topics: Pollinator Power, Compost Works!, Plant Lifecycle, Bugs in the Garden. The topic selected must be emailed to parkspark@coquitlam.ca upon registration.

at Town Centre Park

Th	Sep 10	1:30 – 2:30 p.m.	1/\$30	232757
Th	Sep 17	1:30 – 2:30 p.m.	1/\$30	232759
Th	Sep 24	1:30 – 2:30 p.m.	1/\$30	232761
Th	Oct 8	1:30 – 2:30 p.m.	1/\$30	232763
Th	Oct 15	1:30 – 2:30 p.m.	1/\$30	232765
Th	Oct 22	1:30 – 2:30 p.m.	1/\$30	232767

Tea Garden: Autumn Tour and Tea (All Ages) FREE

Enjoy a warm cup of tea, swap seeds, while embarking on a self-guided walking tour in the Inspiration Garden this Autumn. Appreciate and learn about the evolving colours of different plants and flowers adapt to the cooler season ahead! Family friendly. Drop in anytime between 1 – 3pm.

at Town Centre Park

Su	Oct 4	12:30 – 2:30 p.m.	232679
Su	Oct 18	12:30 – 2:30 p.m.	232751



Terrarium Workshop (All Ages)

Design your very own glass terrarium in your own style from a variety of air plants, colourful sand, moss, pebbles and more! Perfect for your home or office decor! This is a hands-on workshop with all the materials and supplies included. Family friendly.

at Town Centre Park Community Centre

W	Dec 16	6 – 7 p.m.	1/\$40	232773
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Tropical Indoor Planter (All Ages)

Brighten your home by creating your very own and one of a kind indoor planter with a variety of colourful tropical plants to choose from! Learn about indoor plant care and maintenance at this hands-on workshop. Green thumbs of all ages and abilities are welcome.

at Dogwood Pavilion

Tu	Oct 27	4 – 5 p.m.	1/\$40	235273
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Winter Garden Prep 101 (All Ages) **FREE**

Learn different ways to overwinter your garden and yard at this workshop. Explore efficient and creative ideas to protect garden spaces, balcony potted plants over the winter months! All ages welcome.

at Town Centre Park Community Centre

Th	Oct 15	4:45 – 5:45 p.m.		232713
W	Dec 2	7 – 8 p.m.		232753

Park Spark

Adopt-A-Park Program Orientation (All Ages) **FREE**

Are you passionate about your community and the environment? The Park Spark team invites you to get involved in one or more of our exciting Adopt-A-Park programs designed to enhance and care for our local outdoor spaces. Attend this orientation event to find out more about these programs, and sign up today! To learn more about the many Adopt-A-Park programs we offer, please visit Coquitlam.ca/618/Adopt-a-Park-Programs.

at Town Centre Park Community Centre

Sa	Sep 12	5 – 6 p.m.		232770
W	Oct 14	7 – 8 p.m.		232771

Coquitlam Remembers Banner Painting (All Ages) **FREE**

Community members are invited to show gratitude and honour our veterans by joining Park Spark for a Coquitlam Remembers park banner painting workshop. Banners will be displayed in Blue Mountain Park along Veteran's Way.

at Town Centre Park Community Centre

Sa	Nov 7	2:30 – 4 p.m.		233853
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Park Spark Light Brigade Workshops (All Ages) **FREE**

Join the Park Spark Light Brigade team and get involved in Metro Vancouver's largest free outdoor light display, Lights at Lafarge! These Light Brigade Workshops provide an opportunity for the community to be a part of Lights at Lafarge by assisting in the creation and fabrication of lit elements that contribute to the lights display. Please bring a recycled plastic bottle to the workshop to be used in the lights display.

at Town Centre Park Community Centre

Th	Sep 24	3:30 – 4:30 p.m.		233601
Sa	Sep 26	2:30 – 3:30 p.m.		233596
Th	Oct 8	3:30 – 4:30 p.m.		233590
Sa	Oct 10	2:30 – 3:30 p.m.		233603
Th	Oct 15	3:30 – 4:30 p.m.		233839
Sa	Oct 17	2:30 – 3:30 p.m.		233609
Th	Oct 22	3:30 – 4:30 p.m.		233608
Sa	Oct 24	2:30 – 3:30 p.m.		233843
Th	Oct 29	3:30 – 4:30 p.m.		233845
Sa	Oct 31	2:30 – 3:30 p.m.		233849
Th	Nov 12	3:30 – 4:30 p.m.		233860
Sa	Nov 14	2:30 – 3:30 p.m.		233862
Su	Nov 15	2 – 3:30 p.m.		233866



Tree Spree

Intro To: Forest Bathing (All Ages) **FREE**

The scent of the forest, the song of birds, the fresh forest air – awaken your senses and let your body relax in this introduction into the Japanese practice of forest bathing.

at Mundy Park

F	Sep 11	9:30 – 11 a.m.	233883
F	Oct 16	10 – 11:30 a.m.	233892

Intro To: Nature Photography (All Ages) **FREE**

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

at Mundy Park

Sa	Oct 3	9:30 – 11 a.m.	233888
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Tree Spree Tours: Creekside Curiosities (All Ages) **FREE**

Creeks and rivers are teeming with life that support a rich and healthy forest. Join the Park Spark team and the Coquitlam Public Library to discover fun facts about the trees, flora and fauna found next to creeks and rivers in Coquitlam parks.

at Parks (Neighbourhood)

Tu	Sep 15	10 – 11:30 a.m.	233884
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Tree Spree Tours: Forest Canopy Walk (All Ages) **FREE**

Coquitlam's Park Spark and Urban Forestry staff are teaming up to offer some tree-rific walks. Explore Coquitlam's tree canopy and learn fun facts about all of the amazing types of trees that call Coquitlam home. Join us at Como Lake Park!

at Parks (Neighbourhood)

Tu	Oct 6	1 – 2:30 p.m.	233890
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Tree Spree Tours: Forest Understory Walk (All Ages) **FREE**

Tucked under the treetops, the forest understory is teeming with life that support a rich and healthy forest. Join the Park Spark team and learn fun facts about the trees, flora and fauna found beneath the canopy of Coquitlam parks.

at Mundy Park

Sa	Sep 5	10 – 11:30 a.m.	233882
Sa	Sep 26	10 – 11:30 a.m.	233886
Sa	Oct 17	1 – 2:30 p.m.	233893

Aquatics

Program registration is now open for both Coquitlam and non-residents.

Mixed
Ages



Learn to Swim

Swim for Life – Parent and Tot (4 – 36 months)

The Parent and Tot program structures in-water interaction between parent/guardian and child to stress the importance of play in developing water-positive attitudes and skills.

Swim for Life – Preschool (3 – 5 yrs)

Our Preschool program teaches kids to have a healthy respect for water safety. With our progression-based approach, we work to ensure 3 – 5 year olds become comfortable in the water and have fun while developing a foundation of swimming skills. Water Smart® education is included in all Preschool levels.

Swim for Life – Swimmer (6 – 16 yrs)

Swimmer program teaches school-aged children how to be safe in, on, and around the water. Each of the 6 levels challenges swimmers to develop safe entries, deep water support, underwater skills, and swimming strokes. Swimmers will learn healthy habits by getting wet and staying fit in the water. Swimmer levels include fun, hands-on activities for developing skills and attitudes that last a lifetime.

Swim for Life – Swim Patrol (6 – 16 yrs)

The Lifesaving Society's three-level (Swimmer 7-9) Swim Patrol program further builds on participants' swimming strokes and introduces the rescue of others in skills such as talk, throw and reach rescues, calling 911 and victim removals. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment.

Swim Workshop (6 – 16 yrs)

Stroke Workshops provide targeted support for swimmers who need extra help with stroke progression in our Swimmer program. Participants can choose from four focused workshops—Front Crawl, Back Crawl, Whipkick, and Breaststroke—each designed to reinforce key techniques and build confidence in specific skills. These sessions complement regular lessons and offer extra practice to help swimmers progress more successfully through their levels.

FUNDamentals (6 – 12 yrs)

Join us for Fun in the water with this introductory swim program that includes basic swim skill instruction and water games. There will be no formal evaluation at the end of the program.

Youth Learn to Swim Program (12 – 16 yrs)

The Youth Swim Program offers three progressive levels, guiding swimmers from beginner skills to mastery of front crawl, back crawl, and breaststroke. Participants develop water safety, breath control, floating, gliding, and stroke techniques while building fitness, confidence, and overall aquatic skills in a supportive, structured environment.

Adult Learn to Swim Program (16+ yrs)

The Adult Swim Program offers three progressive levels, guiding swimmers from beginner skills to mastery of front crawl, back crawl, and breaststroke. Participants develop water safety, breath control, floating, gliding, and stroke techniques while building fitness, confidence, and overall aquatic skills in a supportive, structured environment.



Certifications

Bronze Program (Star, Medallion, Cross) (8 – 13 years)

The Bronze Program is a progressive series of lifesaving courses designed to build swimming proficiency, water safety, and leadership skills. It includes Bronze Star (recommended for ages 8–12 as preparation for Bronze Medallion), Bronze Medallion (minimum 13 years old, or 12 with Bronze Star), and Bronze Cross. Together, these courses provide a structured pathway to develop confidence, fitness, and readiness for advanced lifeguarding and leadership training.

National Lifeguard Pool Option (15+ yrs)

This professional aquatics award is designed for those seeking employment as a lifeguard. Recognized as the standard measurement of lifeguarding performance in Canada, the National Lifeguard (NL) program develops a sound understanding of lifeguarding principles, good judgement and communication skills, and a mature and responsible attitude toward the role of the lifeguard. Prerequisites – Bronze Cross (does not need to be current), 15 years old, Standard First Aid with CPR C. Extra candidate fee will be 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.

National Lifeguard Waterpark Option (15+ yrs)

The National Lifeguard Waterpark award builds on the skills and knowledge taught in NL Pool to train lifeguards in safety supervision and rescue in a large aquatic facility and/or waterpark environments. Prerequisites – National Lifeguard Pool Option (does not need to be current)

Swim Instructor (15+ yrs)

The Lifesaving Society Swim Instructor course prepares candidates to teach and evaluate swimmers in the Swim for Life and Canadian Swim Patrol programs. Candidates will develop the foundational knowledge, skills, and instructional techniques required to meet Competency Level 1 standards. Successful candidates will receive a digital certification valid for two years from the date of completion. Teaching Experience will be completed during the course from 4pm – 7pm. Candidates will be divided into 2 groups and required to attend 3 days of teaching experience as assigned by the instructor. Details to be provided by the instructor at the start of the course.

Lifesaving Instructor and Examiner (15+ yrs)

Lifesaving Instructors are trained to teach the Swim to Survive® and Canadian Swim Patrol awards, as well as Bronze Star, Bronze Medallion, Bronze Cross, and Junior Lifeguard Club. Lifesaving Examiners evaluate and certify candidates in Bronze Medallion and Bronze Cross. Candidates are trained in, and must demonstrate knowledge, skills, and attitudes at a Competency Level 2 to achieve certification.

Camps

Pro-D Day Camp registration opens at 8:30 a.m. on August 4 for Coquitlam residents and at 8:30 a.m. on August 6 for non-residents.

Mixed
Ages



We offer camp options in most of Coquitlam's facilities!



Find Your Perfect Pro-D Day and Winter Camp!

For Pro-D Days and Winter Break, there's camp options to cover most of Coquitlam's neighbourhoods. We're offering camps at Maillardville Community Centre, Pinetree Community Centre, Poirier Community Centre, Town Centre Park Community Centre and Victoria Hall!

Explore all the options at:

coquitlam.ca/registration →

Camps Section (Pro D Day, Winter Break)



Outdoor Recreation

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.

Mixed Ages



Baby and Me Beginner Hike (0 – 1.5 yrs)

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

Tu	Sep 15 – Nov 3	10 – 11:30 a.m.	8/\$36.80	234676
Tu	Nov 10 – Dec 8	10 – 11:30 a.m.	5/\$23	234847

Backcountry Navigation (16+ yrs)

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

Su	Oct 4	9 a.m. – 2 p.m.	1/\$15.35	234731
Su	Oct 11	9 a.m. – 2 p.m.	1/\$15.35	234733
Su	Oct 18	9 a.m. – 2 p.m.	1/\$15.35	234734

Baby and Me Intermediate Hike (0 – 1.5 yrs)

This intermediate program is designed for new parents and babies to enjoy moderate hikes. Must be able to carry baby for 90 mins over changing terrain. Trail and meet up locations will be emailed prior to start of program. Program will run rain or shine.

Th	Sep 17 – Nov 5	10 a.m. – 12 p.m.	8/\$49.20	234694
Th	Nov 12 – Dec 10	10 a.m. – 12 p.m.	5/\$30.75	234848

Beginner Bike Skills (16+ yrs)

Having trouble balancing, starting, or stopping on your bike? Beginner Bike Skills is a StreetWise course for adults who have not yet learned to ride a bike or lack the basic handling skills or confidence to cycle for urban transportation. This course occurs completely off-road, in a safe and comfortable environment for new riders. Under the guidance of our experienced instructors, participants will practice fundamental bike handling skills such as balance, braking, steering, and pedaling. Bicycles and helmets will be provided for participants who need them. In partnership with HUB Cycling.

Sa	Sept 12	2 – 4 p.m.	1/\$15	238849
Sa	Sept 19	11 a.m. – 1 p.m.	1/\$15	235973

Beginner E-Scooter Skills (16+ yrs)

Interested in learning more about e-scooters and staying safe on the road? Learn to use an e-scooter safely with HUB Cycling! Join us for a two hour, small group, immersive course on how to safely and legally use an e-scooter across BC. This course includes an introductory discussion, an exploratory skill session, and a guided ride around local streets. There will be free e-scooters and helmets for use by any participants who need them. In partnership with HUB Cycling.

Sa	Sep 12	11 a.m. – 1 p.m.	1/\$15	235971
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Beginner Hike: Coquitlam River (19+ yrs)

This hike will loop a section of the Coquitlam River to north David Ave. Most of the trail will be flat and wide. Be prepared for some uneven ground and some short hills. Time will be taken to explain how nature and humans coexist in the watershed of this urban stream. Roundtrip distance is 6 km with minimal elevation change.

Sa	Nov 7	9 a.m. – 12 p.m.	1/\$9.30	234835
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Beginner Hike: Jug Island and Admiralty Point (19+ yrs)

Hike in təmtəx̱w̱tən Regional Park (formally known as Belcarra). The hike will traverse the undulating spine of the peninsula and will travel through a lush forest. Elevation will be lost steeply before reaching a wonderful beach to view Jug Island and views up Indian Arm. This hike will also explore Admiralty Point on the return. Roundtrip 10 km with a cumulative elevation gain of 245 m.

Sa	Oct 24	9 a.m. – 1:30 p.m.	1/\$13.95	234834
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Eco Trekkers (2 – 5 yrs)

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

Sa	Oct 3 – Nov 7	9 – 10 a.m.	6/\$18.45	234719
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Sa	Nov 14 – Dec 12	9 – 10 a.m.	5/\$15.40	234836
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

All Abilities Welcome!

Visit page 4 for details

Intermediate Bike Skills (16+ yrs)

Want to take your cycling experience to the next level? Intermediate Bike Skills is a course for people who have mastered the basics of riding a bike and are looking to become more confident riding on city streets and pathways. Start with a refresher skills session and progress to a Road Ride in the local community. When riding on the road our courses maintain a 1:6 instructor-to-participant ratio to ensure optimum safety and plenty of instructor attention. Bicycles and helmets will be provided for participants who need them. In partnership with HUB Cycling.

Sa	Sep 19	2 – 4 p.m.	1/\$15	235974
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Intermediate Hike: Belcarra and Sasamat Lake Loop (16+ yrs)

Hike in təmtəx̱w̱tən Regional Park (formally known as Belcarra) while traveling on groomed park trails and quiet roads. Loop Woodhaven Swamp and Sasamat Lake along the way as well as views of Bedwell Bay. Roundtrip distance 12 km with a cumulative elevation gain of 270 m.

Sa	Oct 3	9 a.m. – 1 p.m.	1/\$12.40	234729
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Intermediate Hike: Night Owls Trail Hikes (16+ yrs)

Hike by the light of your headlamp. This hiking program will explore intermediate trails around the Tri-Cities in the evening. Trails will come alive with sounds, smells and glowing eyes peering back from the bushes! Hikes are weather dependent. Prior hiking experience required, 5-10km on moderately steep terrain.

W	Nov 4 – Dec 2	6 – 8 p.m.	5/\$31	234754
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Intermediate Hiking: Buntzen Adventures (16+ yrs)

Hike around BC Hydro's Buntzen Lake reservoir and take in three great viewpoints on the Diez Vistas Trail. Hikes will include beautiful views of Indian Arm, the North Shore mountains, Buntzen Lake and Eagle Ridge. Trails will have some very steep sections so care and hands may be needed. Roundtrip distance will be 8 and 10 km with cumulative elevation gains of 275 m and 550 m.

Th	Sep 17 – Sep 24	9 a.m. – 1 p.m.	2/\$26.35	234696
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Early Years

0 – 5 yrs

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.



Adult Participation

Ball Hockey

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

at Poirier Community Centre

1.5 – 2 yrs

Tu	Oct 6 – Nov 3	10 – 10:30 a.m.	5/\$23	232493
Tu	Nov 10 – Dec 8	10 – 10:30 a.m.	5/\$23	232494

3 yrs

at Poirier Community Centre

Tu	Oct 6 – Nov 3	9:15 – 9:45 a.m.	5/\$23	232491
Tu	Nov 10 – Dec 8	9:15 – 9:45 a.m.	5/\$23	232492

Programs marked with  are for kids and adults together!

Ballet (2 – 3 yrs)

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

at Maillardville Community Centre

M	Oct 5 – Nov 2	3:30 – 4 p.m.	4/\$18.40	233352
M	Nov 9 – Dec 7	3:30 – 4 p.m.	5/\$23	233354

at Pinetree Community Centre

Sa	Sep 19 – Oct 3	9:15 – 9:45 a.m.	3/\$13.80	233509
Sa	Oct 10 – Nov 7	9:15 – 9:45 a.m.	5/\$23	233510
Sa	Nov 14 – Dec 12	9:15 – 9:45 a.m.	5/\$23	233511

at Poirier Community Centre

W	Sep 16 – Sep 23	5:30 – 6 p.m.	2/\$9.20	232498
W	Oct 7 – Nov 4	5:30 – 6 p.m.	5/\$23	232499
W	Nov 18 – Dec 9	5:30 – 6 p.m.	4/\$18.40	232500

at Town Centre Park Community Centre

Su	Sep 13 – Sep 27	10:15 – 10:45 a.m.	3/\$13.80	234642
Su	Oct 4 – Nov 1	10:15 – 10:45 a.m.	5/\$23	234723
Tu	Nov 10 – Dec 8	4:30 – 5 p.m.	5/\$23	234869



Arts, Crafts and Story Time

Join us for arts, crafts and story time. Themes will vary weekly.

at Town Centre Park Community Centre

1 – 2 yrs

Fairy Tales

Tu	Dec 1	10 – 10:30 a.m.	1/\$4.60	234860
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Holidays

Tu	Dec 8	10 – 10:30 a.m.	1/\$4.60	234861
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Outer Space

Tu	Nov 17	10 – 10:30 a.m.	1/\$4.60	234858
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2-3 yrs

Construction

Th	Oct 22	10 – 10:45 a.m.	1/\$6	234767
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Halloween

Th	Oct 29	10 – 10:45 a.m.	1/\$6	234769
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Outer Space

Th	Nov 5	10 – 10:45 a.m.	1/\$6	234771
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Welcome Fall

Th	Oct 15	10 – 10:45 a.m.	1/\$6	234766
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at Poirier Community Centre

2 – 5 yrs

Alphabet Adventures

Tu	Oct 13	5:30 – 6:15 p.m.	1/\$6	232813
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Arctic Animals

Tu	Dec 1	5:30 – 6:15 p.m.	1/\$6	232820
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Construction Zones

Tu	Nov 24	5:30 – 6:15 p.m.	1/\$6	232819
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Dinosaurs

Tu	Oct 20	5:30 – 6:15 p.m.	1/\$6	232814
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Forest Friends

Tu	Oct 6	5:30 – 6:15 p.m.	1/\$6	232812
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Pumpkin Patch Pals

Tu	Oct 27	5:30 – 6:15 p.m.	1/\$6	232815
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Superheroes

Tu	Nov 10	5:30 – 6:15 p.m.	1/\$6	232817
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Treasure Maps

Tu	Nov 17	5:30 – 6:15 p.m.	1/\$6	232818
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Welcome Fall

Tu	Nov 3	5:30 – 6:15 p.m.	1/\$6	232816
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Winter Wonders

Tu	Dec 8	5:30 – 6:15 p.m.	1/\$6	232821
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Programs marked with  are for kids and adults together!

Programs marked with  are for kids and adults together!

Crafts: Halloween (2 – 3 yrs)

Unleash your imagination in this single session workshop as you create a unique craft.

at **Town Centre Park Community Centre**

Th	Oct 29	4 – 4:45 p.m.	1/\$6	234804
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Dance for Two (3 – 5 yrs)

Looking for a creative way to spend time with your child? This course is for you. An introduction to some basic dance movements through age-appropriate dance and play. Adult participation required.

at **Pinetree Community Centre**

Sa	Sep 19 – Oct 3	11 – 11:45 a.m.	3/\$18	233515
Sa	Oct 10 – Nov 7	11 – 11:45 a.m.	5/\$30	233516
Sa	Nov 14 – Dec 12	11 – 11:45 a.m.	5/\$30	233517

Discover Dance (2 – 3 yrs)

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

at **Centennial Activity Centre**

Su	Sep 13 – Sep 27	9:30 – 10 a.m.	3/\$13.80	232433
Su	Oct 4 – Nov 1	9:30 – 10 a.m.	5/\$23	232434
Su	Nov 8 – Dec 6	9:30 – 10 a.m.	5/\$23	232435

at **Town Centre Park Community Centre**

Tu	Sep 15 – Sep 29	4:30 – 5 p.m.	3/\$13.80	234679
Tu	Oct 6 – Nov 3	4:30 – 5 p.m.	5/\$23	234745
Su	Nov 8 – Dec 6	1 – 1:30 p.m.	5/\$23	234854

Gymnastics (1.5 – 2 yrs)

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

at **Maillardville Community Centre**

Su	Sep 13 – Sep 27	9:15 – 10 a.m.	3/\$28.20	235023
Tu	Sep 15 – Sep 29	4:15 – 5 p.m.	3/\$28.20	235082
Su	Oct 4 – Nov 1	9:15 – 10 a.m.	5/\$47	235083
Tu	Oct 6 – Nov 3	4:15 – 5 p.m.	5/\$47	235085
Su	Nov 8 – Dec 13	9:15 – 10 a.m.	6/\$56.40	235084
Tu	Nov 10 – Dec 15	4:15 – 5 p.m.	6/\$56.40	235086

at **Pinetree Community Centre**

Sa	Sep 19 – Oct 3	9:30 – 10:15 a.m.	3/\$28.20	233538
Sa	Oct 10 – Nov 7	9:30 – 10:15 a.m.	5/\$47	233539
Sa	Nov 14 – Dec 12	9:30 – 10:15 a.m.	5/\$47	233540

Holiday Workshop: Explore the World of Winter (2 – 3 yrs)

Join us in exploring winter through art, crafts, stories and learning activities.

at **Pinetree Community Centre**

Th	Dec 17	9:30 – 10:15 a.m.	1/\$6	234430
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Holiday Workshop: Gingerbread Decorating (3 – 5 yrs)

Come cozy up while decorating gingerbread cookies and building a gingerbread house with graham crackers! Closed toe shoes are required for all participants and parents.

at **Poirier Community Centre**

M	Dec 14	3:15 – 4:15 p.m.	1/\$10.20	232836
M	Dec 14	4:45 – 5:45 p.m.	1/\$10.20	232837
Tu	Dec 15	3:15 – 4:15 p.m.	1/\$10.20	234621

Holiday Workshop: Little Carpenters (3 – 5 yrs)

Sand, hammer and paint! Learn how to use tools properly and create a wooden project. This session will be holiday themed.

at **Poirier Community Centre**

Th	Dec 17	4 – 4:45 p.m.	1/\$6.60	234626
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Holiday Workshop: Little Chefs Holiday Edition (3 – 5 yrs)

Closed toe shoes are required for all participants. This session will be holiday themed! Adult participation is required.

at **Maillardville Community Centre**

Su	Dec 13	10:30 – 11:30 a.m.	1/\$10.20	234358
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Holiday Workshop: Little Learners (2 – 3 yrs)

Is your child ready to take the next step in connecting play with learning? Early learning skills such as basic letter recognition, numbers, sorting and fine motor skills will be introduced through play and fun activities. This session will be holiday themed.

at **Pinetree Community Centre**

W	Dec 16	9:45 – 10:30 a.m.	1/\$6	234428
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Oops! We cancelled it...

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

Holiday Workshop: Mini Makers

Explore, create and play through art! Nurture your child's creativity through artistic experimentation. This session will be holiday themed.

at Pinetree Community Centre

1 – 2 yrs

F	Dec 18	9:15 – 9:45 a.m.	1/\$4.60	234432
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2 – 3 yrs

F	Dec 18	10:15 – 11 a.m.	1/\$6	234433
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Holiday Workshop: Story Time and Craft

(2 – 5 yrs) 

Join us for a holiday themed story time and craft.

at Poirier Community Centre

W	Dec 16	5:30 – 6:15 p.m.	1/\$6	233816
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I Can Run, Jump and Throw (1.5 – 2 yrs)

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

at Centennial Activity Centre

Sa	Sep 19 – Oct 3	9:15 – 9:45 a.m.	3/\$13.80	232689
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Sa	Oct 10 – Nov 7	9:15 – 9:45 a.m.	5/\$23	232690
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Sa	Nov 14 – Dec 12	9:15 – 9:45 a.m.	5/\$23	232692
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at Maillardville Community Centre

M	Oct 5 – Nov 2	9:30 – 10 a.m.	4/\$18.40	235079
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M	Nov 9 – Dec 14	9:30 – 10 a.m.	6/\$27.60	235087
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at Smiling Creek Activity Centre

Sa	Sep 26 – Oct 24	10:45 – 11:15 a.m.	5/\$23	233716
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Sa	Oct 31 – Nov 28	10:45 – 11:15 a.m.	5/\$23	233717
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Jump Start: Jollyjumpers (1 – 18 months)

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

at Pinetree Community Centre

Tu	Sep 8 – Dec 8	9:15 – 10 a.m.	14/\$175	232590
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Tu	Sep 8 – Dec 8	11:15 a.m. – 12 p.m.	14/\$175	232592
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F	Sep 11 – Dec 11	10:15 – 11 a.m.	14/\$175	232729
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at Poirier Community Centre

W	Sep 9 – Dec 16	9:15 – 10 a.m.	13/\$162.50	232525
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W	Sep 9 – Dec 16	11:15 a.m. – 12 p.m.	13/\$162.50	232527
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Sa	Sep 12 – Dec 12	10:30 – 11:15 a.m.	14/\$175	232543
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Jump Start: Puddlejumpers (16 – 42 months)

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

at Pinetree Community Centre

Tu	Sep 8 – Dec 8	10:15 – 11 a.m.	14/\$175	232594
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W	Sep 9 – Dec 16	6:30 – 7:15 p.m.	13/\$162.50	232595
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F	Sep 11 – Dec 11	9:15 – 10 a.m.	14/\$175	232724
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at Poirier Community Centre

W	Sep 9 – Dec 16	10:15 – 11 a.m.	13/\$162.50	232526
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Th	Sep 10 – Dec 10	5:15 – 6 p.m.	14/\$175	232528
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Sa	Sep 12 – Dec 12	11:30 a.m. – 12:15 p.m.	14/\$175	232544
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Jump, Tuck and Roll! (1.5 – 2 yrs)

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

at Poirier Community Centre

Su	Sep 13 – Sep 27	9:30 – 10:15 a.m.	3/\$18	232395
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M	Sep 14 – Sep 28	4:30 – 5:15 p.m.	3/\$18	232442
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Su	Oct 4 – Nov 1	9:30 – 10:15 a.m.	5/\$30	232396
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M	Oct 5 – Nov 2	4:30 – 5:15 p.m.	4/\$24	232443
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F	Oct 9 – Nov 6	9 – 9:45 a.m.	5/\$30	232680
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Su	Nov 8 – Nov 22	9:30 – 10:15 a.m.	3/\$18	232397
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M	Nov 9 – Dec 7	4:30 – 5:15 p.m.	5/\$30	232444
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F	Nov 13 – Dec 11	9 – 9:45 a.m.	5/\$30	232682
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Little Bakers (3 – 5 yrs)

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

at Poirier Community Centre

Su	Nov 8 – Dec 6	9 – 10:30 a.m.	5/\$76.75	235363
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Little Bakers: Thanksgiving Mini Pumpkin Pies (3 – 5 yrs)

Learn how to bake mini pumpkin pies just in time for Thanksgiving. Preschoolers, with an adult, will measure, mix, pour and stir in this hands-on class. Closed toe shoes are required for all participants and parents.

at Poirier Community Centre

Su	Oct 11	9 – 10:30 a.m.	1/\$15.35	234404
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Little Carpenters (3 – 5 yrs)

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

at Poirier Community Centre

W	Sep 16 – Sep 23	4 – 4:45 p.m.	2/\$13.20	232553
W	Oct 7 – Nov 4	4 – 4:45 p.m.	5/\$33	232554
W	Nov 18 – Dec 9	4 – 4:45 p.m.	4/\$26.40	232556

Little Chefs (3 – 5 yrs)

We aim to create a love of cooking through simple recipes that are fun, nutritious and delicious! Preschoolers, with an adult, will measure, mix, pour and stir in this hands-on class. Closed toe shoes are required for all participants and parents.

at Maillardville Community Centre

Su	Sep 13 – Sep 27	9:30 – 10:30 a.m.	3/\$30.60	233128
Sa	Sep 19 – Oct 3	9:30 – 10:30 a.m.	3/\$30.60	233779
Su	Oct 4 – Nov 1	9:30 – 10:30 a.m.	5/\$51	233129
Sa	Oct 10 – Nov 7	9:30 – 10:30 a.m.	5/\$51	233780
Su	Nov 8 – Dec 6	9:30 – 10:30 a.m.	5/\$51	233130
Sa	Nov 14 – Dec 12	9:30 – 10:30 a.m.	5/\$51	233781

at Poirier Community Centre

Su	Sep 13 – Sep 27	10 – 11 a.m.	3/\$30.60	235360
M	Sep 14 – Sep 28	6:30 – 7:30 p.m.	3/\$30.60	232480
Tu	Sep 15 – Sep 29	5 – 6 p.m.	3/\$30.60	232483
M	Oct 5 – Nov 2	6:30 – 7:30 p.m.	4/\$40.80	232481
Tu	Oct 6 – Nov 3	5 – 6 p.m.	5/\$51	232484
M	Nov 9 – Dec 7	6:30 – 7:30 p.m.	5/\$51	232482
Tu	Nov 10 – Nov 24	5 – 6 p.m.	3/\$30.60	232485

Mini Makers

Explore, create and play through art! Nurture your child's creativity through artistic experimentation.

1 – 2 yrs**at Poirier Community Centre**

Su	Oct 4 – Nov 1	10:45 – 11:15 a.m.	5/\$23	232406
Su	Nov 8 – Dec 6	10:45 – 11:15 a.m.	5/\$23	232407

at Town Centre Park Community Centre

Tu	Oct 6 – Nov 3	10:15 – 10:45 a.m.	5/\$23	234738
Th	Nov 12 – Dec 10	10:15 – 10:45 a.m.	5/\$23	234876

2 – 3 yrs**at Poirier Community Centre**

Su	Oct 4 – Nov 1	9:30 – 10:15 a.m.	5/\$30	232404
Su	Nov 8 – Dec 6	9:30 – 10:15 a.m.	5/\$30	232405

at Town Centre Park Community Centre

Tu	Nov 10 – Dec 8	11 – 11:45 a.m.	5/\$30	234862
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**Did you know?**

Kids six and under need daily active play to develop their fundamental movement skills—running, kicking, jumping, throwing, catching, agility, balance and coordination. These skills are key for kids to enjoy sports and a long life of physical activity.

Multi-Ball (1.5 – 2 yrs)

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

at Smiling Creek Activity Centre

W	Sep 23 – Oct 21	5:15 – 5:45 p.m.	4/\$18.40	233658
Sa	Sep 26 – Oct 24	9:15 – 9:45 a.m.	5/\$23	233693
W	Oct 28 – Nov 25	5:15 – 5:45 p.m.	4/\$18.40	233659
Sa	Oct 31 – Nov 28	9:15 – 9:45 a.m.	5/\$23	233695

Soccer (1.5 – 2 yrs)

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

at Centennial Activity Centre

Su	Sep 13 – Sep 27	9:15 – 9:45 a.m.	3/\$13.80	232408
Su	Oct 4 – Nov 1	9:15 – 9:45 a.m.	5/\$23	232410
Su	Nov 8 – Dec 6	9:15 – 9:45 a.m.	5/\$23	232411

at Maillardville Community Centre

Tu	Sep 15 – Sep 29	4:45 – 5:15 p.m.	3/\$13.80	235089
Sa	Sep 19 – Oct 3	9 – 9:30 a.m.	3/\$13.80	235091
M	Oct 5 – Nov 2	10:15 – 10:45 a.m.	4/\$18.40	235080
Tu	Oct 6 – Nov 3	4:45 – 5:15 p.m.	5/\$23	235081
Sa	Oct 10 – Nov 7	9 – 9:30 a.m.	5/\$23	235092
M	Nov 9 – Dec 14	10:15 – 10:45 a.m.	6/\$27.60	235088
Tu	Nov 10 – Dec 15	4:45 – 5:15 p.m.	6/\$27.60	235090
Sa	Nov 14 – Dec 12	9 – 9:30 a.m.	5/\$23	235093

at Pinetree Community Centre

Sa	Oct 17 – Nov 7	9 – 9:30 a.m.	4/\$18.40	233528
Sa	Nov 14 – Dec 12	9 – 9:30 a.m.	5/\$23	233529

at Poirier Community Centre

Th	Oct 8 – Nov 5	10:15 – 10:45 a.m.	5/\$23	232571
Th	Nov 12 – Dec 10	10:15 – 10:45 a.m.	5/\$23	232572

at Smiling Creek Activity Centre

M	Sep 21 – Oct 19	5:15 – 5:45 p.m.	4/\$18.40	233652
M	Oct 26 – Nov 23	5:15 – 5:45 p.m.	4/\$18.40	233653

Zumbini® (0 – 4 yrs)

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

at Maillardville Community Centre

Tu	Sep 8 – Oct 6	9:15 – 10 a.m.	5/\$33.25	233930
Tu	Oct 13 – Nov 10	9:15 – 10 a.m.	5/\$33.25	233931
Tu	Nov 17 – Dec 15	9:15 – 10 a.m.	5/\$33.25	233932

at Pinetree Community Centre

F	Sep 11 – Oct 9	11:15 a.m. – 12 p.m.	5/\$34	233960
M	Sep 14 – Oct 26	9:30 – 10:15 a.m.	6/\$40.80	233957
F	Oct 16 – Nov 13	11:15 a.m. – 12 p.m.	5/\$34	233961
M	Nov 2 – Dec 14	9:30 – 10:15 a.m.	7/\$47.60	233958
F	Nov 20 – Dec 18	11:15 a.m. – 12 p.m.	5/\$34	233962

Arts and Crafts**Adventures in Art (3 – 5 yrs)**

Experiment with colours, shapes, and textures through a variety of fun art projects where creativity knows no bounds!

at Town Centre Park Community Centre

Sa	Sep 19 – Oct 3	10 – 10:45 a.m.	3/\$18	234720
Tu	Oct 6 – Nov 3	11:15 a.m. – 12 p.m.	5/\$30	234740
Tu	Oct 6 – Nov 3	4:30 – 5:15 p.m.	5/\$30	234742
Sa	Oct 17 – Nov 7	10 – 10:45 a.m.	4/\$24	234841
Su	Nov 8 – Dec 6	10:15 – 11 a.m.	5/\$30	234849
W	Nov 18 – Dec 9	6 – 6:45 p.m.	4/\$24	234873

Autumn Art Creations (3 – 5 yrs)

Connect with nature and the outdoors through autumn art inspired creations.

at Pinetree Community Centre

Sa	Oct 10 – Nov 7	10:45 – 11:30 a.m.	5/\$30	233561
Sa	Nov 14 – Dec 12	10:45 – 11:30 a.m.	5/\$30	233563

Holiday Workshop: Adventures in Art (3 – 5 yrs)

Experiment with colours, shapes, and textures through a fun holiday themed art project where creativity knows no bounds!

at Town Centre Park Community Centre

M	Dec 14	3:45 – 4:30 p.m.	1/\$6	234803
W	Dec 16	5:15 – 6 p.m.	1/\$6	234817

All Abilities Welcome!

Visit page 4 for details

Crafts Workshop (3 – 5 yrs)

Unleash your imagination in this single session workshop as you create a unique craft.

at Town Centre Park Community Centre**Autumn Craft Creations**

W	Sep 23	4:30 – 5:15 p.m.	1/\$6	234691
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Dinosaur Discovery

Tu	Sep 29	4:30 – 5:15 p.m.	1/\$6	234689
Tu	Nov 10	4:30 – 5:15 p.m.	1/\$6	234863

Fairy Tales

Tu	Nov 24	4:30 – 5:15 p.m.	1/\$6	234865
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Halloween

Th	Oct 29	5:15 – 6 p.m.	1/\$6	234808
F	Oct 30	4:15 – 5 p.m.	1/\$6	234826

Holidays

Tu	Dec 8	4:30 – 5:15 p.m.	1/\$6	234867
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Salt Painting

W	Nov 4	4:30 – 5:15 p.m.	1/\$6	234759
Tu	Dec 1	4:30 – 5:15 p.m.	1/\$6	234866

Space Explorers

Sa	Sep 26	10 – 10:45 a.m.	1/\$6	234717
Tu	Nov 17	4:30 – 5:15 p.m.	1/\$6	234864

Holiday Workshop: Craft and Play (3 – 5 yrs)

Spark your little one's imagination with two hours of festive crafting, sensory games, and joyful playtime. This workshop is designed to keep tiny hands busy and big smiles glowing!

at Maillardville Community Centre

Th	Dec 17	4:30 – 6:30 p.m.	1/\$12.85	234359
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Holiday Workshop: Craft Creations (3 – 5 yrs)

Join us for a fun, hands-on crafting session filled with sensory exploration, easy painting, and simple cutting projects designed just for little hands!

at Maillardville Community Centre

Sa	Dec 19	11:15 a.m. – 12 p.m.	1/\$6	234365
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at Town Centre Park Community Centre

Su	Dec 13	10:15 – 11 a.m.	1/\$6	234770
Th	Dec 17	4 – 4:45 p.m.	1/\$6	234903
Su	Dec 20	10:15 – 11 a.m.	1/\$6	234772

Holiday Workshop: Little Scientists (3 – 5 yrs)

Conduct a holiday themed experiment that explores the matters of science in a fun and engaging way!

at Town Centre Park Community Centre

Sa	Dec 19	10:30 – 11:15 a.m.	1/\$6	234905
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Holiday Workshop: Mini Makers (2 – 3 yrs)

Explore, create and play through art! Nurture your child's creativity through artistic experimentation in this holiday themed workshop.

at Town Centre Park Community Centre

W	Dec 16	4 – 4:45 p.m.	1/\$6	234814
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Learn and Discover**Crocodile Mandarin: Toddlers (2 – 5 yrs)**

This non-academic, play-based language class uses Crocodile's original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. The theme this fall is "Nature, Weather, Seasons." We will learn the names of natural objects and how to describe the weather and seasonal changes. Each student may bring one parent or caregiver along to learn along with them. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Sep 12 – Dec 12	10:05 – 11 a.m.	12/\$294	234401
Sa	Sep 12 – Dec 12	11:05 a.m. – 12 p.m.	12/\$294	234402
Su	Sep 13 – Dec 13	10:05 – 11 a.m.	12/\$294	234399
Su	Sep 13 – Dec 13	11:05 a.m. – 12 p.m.	12/\$294	234400

Holiday Workshop: Explore the World of Winter (3 – 5 yrs)

Join us in exploring winter through art, crafts, stories and learning activities.

at Pinetree Community Centre

Th	Dec 17	10:45 – 11:30 a.m.	1/\$6	234431
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Holiday Workshop: Little Learners (3 – 5 yrs)

Is your child ready to take the next step in connecting play with learning? Early learning skills such as basic letter recognition, numbers, sorting and fine motor skills will be introduced through play and fun activities. This session will be holiday themed.

at Pinetree Community Centre

F	Dec 18	11:30 a.m. – 12:15 p.m.	1/\$6	234434
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Holiday Workshop: Little Scientists (3 – 5 yrs)

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

at Pinetree Community Centre

W	Dec 16	11 – 11:45 a.m.	1/\$6	234429
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Little Scientists (3 – 5 yrs)

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

at Maillardville Community Centre

Sa	Oct 10 – Nov 7	9:15 – 10 a.m.	5/\$30	233791
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Sa	Nov 14 – Dec 12	9:15 – 10 a.m.	5/\$30	233792
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at Pinetree Community Centre

Sa	Oct 10 – Nov 7	9:30 – 10:15 a.m.	5/\$30	233524
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Sa	Nov 14 – Dec 12	9:30 – 10:15 a.m.	5/\$30	233525
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at Poirier Community Centre

Sa	Oct 10 – Nov 7	10:30 – 11:15 a.m.	5/\$30	232832
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Sa	Nov 14 – Dec 12	10:30 – 11:15 a.m.	5/\$30	232831
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at Town Centre Park Community Centre

M	Sep 14 – Sep 28	4 – 4:45 p.m.	3/\$18	234654
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Th	Oct 15 – Nov 5	11:15 a.m. – 12 p.m.	4/\$24	234774
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M	Oct 19 – Nov 2	4 – 4:45 p.m.	3/\$18	234735
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Sa	Nov 14 – Dec 12	11:30 a.m. – 12:15 p.m.	5/\$30	234895
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Mini Builders (3 – 5 yrs)

Explore building through play. Children will learn to stack, sort, and create through hands on activities using a variety of materials.

at Pinetree Community Centre

Sa	Oct 10 – Nov 7	12 – 12:45 p.m.	5/\$30	233526
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Sa	Nov 14 – Dec 12	12 – 12:45 p.m.	5/\$30	233527
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at Poirier Community Centre

Sa	Oct 10 – Nov 7	9:15 – 10 a.m.	5/\$30	232829
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Sa	Nov 14 – Dec 12	9:15 – 10 a.m.	5/\$30	232830
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at Town Centre Park Community Centre

Su	Oct 4 – Nov 1	10:15 – 11 a.m.	5/\$30	234727
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Th	Nov 12 – Dec 10	11:15 a.m. – 12 p.m.	5/\$30	234877
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Oops! We cancelled it...

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

Play and Learn (3 – 5 yrs)

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

at Maillardville Community Centre

M/W/F	Sep 14 – Oct 2	9:30 – 11:30 a.m.	7/\$99.40	233611
Tu/Th	Sep 15 – Oct 1	9:30 – 11:30 a.m.	6/\$85.20	233620
M/W/F	Oct 5 – Dec 11	9:30 – 11:30 a.m.	27/\$383.40	233615
Tu/Th	Oct 6 – Dec 10	9:30 – 11:30 a.m.	20/\$284	233621

at Town Centre Park Community Centre

Tu/Th	Sep 15 – Oct 22	10 a.m. – 12 p.m.	12/\$170.40	234656
W	Sep 16 – Oct 21	10 a.m. – 12 p.m.	5/\$71	234657
Sa	Sep 19 – Oct 3	10 a.m. – 12 p.m.	3/\$42.60	234711
Sa	Oct 10 – Nov 7	10 a.m. – 12 p.m.	4/\$56.80	234712
Tu/Th	Oct 27 – Dec 10	10 a.m. – 12 p.m.	14/\$198.80	234659
W	Oct 28 – Dec 9	10 a.m. – 12 p.m.	6/\$85.20	234660
Sa	Nov 14 – Dec 12	10 a.m. – 12 p.m.	5/\$71	234713

at Pinetree Community Centre

M/W/F	Oct 5 – Nov 6	9:30 – 11:30 a.m.	14/\$198.80	232849
M/W/F	Nov 9 – Dec 11	9:30 – 11:30 a.m.	14/\$198.80	232850

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

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

at Maillardville Community Centre

M	Sep 14 – Sep 28	11:30 a.m. – 12:30 p.m.	3/\$21.30	233622
Tu	Sep 15 – Sep 29	11:30 a.m. – 12:30 p.m.	3/\$21.30	233638
W	Sep 16 – Sep 30	11:30 a.m. – 12:30 p.m.	2/\$14.20	233639
Th	Sep 17 – Oct 1	11:30 a.m. – 12:30 p.m.	3/\$21.30	233640
F	Sep 18 – Oct 2	11:30 a.m. – 12:30 p.m.	2/\$14.20	233641
M	Oct 5 – Dec 7	11:30 a.m. – 12:30 p.m.	9/\$63.90	233625
Tu	Oct 6 – Dec 8	11:30 a.m. – 12:30 p.m.	10/\$71	233643
W	Oct 7 – Dec 9	11:30 a.m. – 12:30 p.m.	9/\$63.90	233648
Th	Oct 8 – Dec 10	11:30 a.m. – 12:30 p.m.	10/\$71	233646
F	Oct 9 – Dec 11	11:30 a.m. – 12:30 p.m.	9/\$63.90	233650

at Town Centre Park Community Centre

Tu	Sep 15 – Oct 20	12 – 1 p.m.	6/\$42.60	234661
W	Sep 16 – Oct 21	12 – 1 p.m.	5/\$35.50	234664
Th	Sep 17 – Oct 22	12 – 1 p.m.	6/\$42.60	234666
Tu	Oct 27 – Dec 8	12 – 1 p.m.	7/\$49.70	234669
W	Oct 28 – Dec 9	12 – 1 p.m.	6/\$42.60	234672
Th	Oct 29 – Dec 10	12 – 1 p.m.	7/\$49.70	234673

at Pinetree Community Centre

M	Oct 5 – Nov 2	11:30 a.m. – 12:30 p.m.	4/\$28.40	233212
W	Oct 7 – Nov 4	11:30 a.m. – 12:30 p.m.	5/\$35.50	233218
F	Oct 9 – Nov 6	11:30 a.m. – 12:30 p.m.	5/\$35.50	233228
M	Nov 9 – Dec 7	11:30 a.m. – 12:30 p.m.	5/\$35.50	233215
F	Nov 13 – Dec 11	11:30 a.m. – 12:30 p.m.	5/\$35.50	233229
W	Nov 18 – Dec 9	11:30 a.m. – 12:30 p.m.	4/\$28.40	233225

Performing Arts**Acro (4 – 5 yrs)**

Acro is a combination of dance and gymnastics. It focuses on concentration, balance, flexibility and control. Participants will develop flexibility and strength while learning acrobatic and gymnastic skills.

at Maillardville Community Centre

M	Oct 5 – Nov 2	5 – 5:45 p.m.	4/\$24	234555
M	Nov 9 – Dec 7	5 – 5:45 p.m.	5/\$30	234556

at Pinetree Community Centre

M	Sep 14 – Sep 28	6:15 – 7 p.m.	3/\$18	235823
M	Oct 5 – Nov 2	6:15 – 7 p.m.	4/\$24	235824
M	Nov 9 – Dec 7	6:15 – 7 p.m.	5/\$30	235825



Tell us how we did!

coquitlam.ca/ProgramEvaluation



Ballet (3 – 5 yrs)

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

at Maillardville Community Centre

Sa	Sep 19 – Oct 3	10:45 – 11:30 a.m.	3/\$18	234067
M	Oct 5 – Nov 2	4:15 – 5 p.m.	4/\$24	233355
Sa	Oct 10 – Nov 7	10:45 – 11:30 a.m.	5/\$30	234068
M	Nov 9 – Dec 7	4:15 – 5 p.m.	5/\$30	233356
Sa	Nov 14 – Dec 12	10:45 – 11:30 a.m.	5/\$30	234070

at Pinetree Community Centre

Sa	Sep 19 – Oct 3	10 – 10:45 a.m.	3/\$18	233512
Sa	Sep 19 – Oct 3	12 – 12:45 p.m.	3/\$18	233518
Sa	Oct 10 – Nov 7	10 – 10:45 a.m.	5/\$30	233513
Sa	Oct 10 – Nov 7	12 – 12:45 p.m.	5/\$30	233519
Sa	Nov 14 – Dec 12	10 – 10:45 a.m.	5/\$30	233514
Sa	Nov 14 – Dec 12	12 – 12:45 p.m.	5/\$30	233520

at Poirier Community Centre

W	Sep 16 – Sep 30	4:30 – 5:15 p.m.	3/\$12	232495
Th	Sep 17 – Oct 1	6:30 – 7:15 p.m.	3/\$18	232581
W	Oct 7 – Nov 4	4:30 – 5:15 p.m.	5/\$30	232496
Th	Oct 8 – Nov 5	6:30 – 7:15 p.m.	5/\$30	232582
Th	Nov 12 – Dec 10	6:30 – 7:15 p.m.	5/\$30	232583
W	Nov 18 – Dec 9	4:30 – 5:15 p.m.	4/\$24	232497

at Town Centre Park Community Centre

Su	Sep 13 – Sep 27	11 – 11:45 a.m.	3/\$18	234643
Tu	Sep 15 – Sep 29	5:15 – 6 p.m.	3/\$18	234681
Th	Sep 17 – Oct 1	6:30 – 7:15 p.m.	3/\$18	234704
Su	Oct 4 – Nov 1	11 – 11:45 a.m.	5/\$30	234724
Tu	Oct 6 – Nov 3	5:15 – 6 p.m.	5/\$30	234747
Th	Oct 8 – Nov 5	6:30 – 7:15 p.m.	5/\$30	234796
Su	Nov 8 – Dec 6	12 – 12:45 p.m.	5/\$30	234853
Tu	Nov 10 – Dec 8	5:15 – 6 p.m.	5/\$30	234870
Th	Nov 12 – Dec 10	4:30 – 5:15 p.m.	5/\$30	234878

Discover Dance (3 – 5 yrs)

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

at Centennial Activity Centre

Su	Sep 13 – Sep 27	10:15 – 11 a.m.	3/\$18	232436
Su	Oct 4 – Nov 1	10:15 – 11 a.m.	5/\$30	232437
Su	Nov 8 – Dec 6	10:15 – 11 a.m.	5/\$30	232438

at Town Centre Park Community Centre

Tu	Sep 15 – Sep 29	6:15 – 7 p.m.	3/\$18	234683
Tu	Oct 6 – Nov 3	6:15 – 7 p.m.	5/\$30	234748
Tu	Nov 10 – Dec 8	6:15 – 7 p.m.	5/\$30	234871

Hip Hop (3 – 5 yrs)

Explore the different styles of hip hop through the foundation elements of urban dance, grooves, body movements and group games.

at Maillardville Community Centre

Su	Sep 13 – Sep 27	2:30 – 3:15 p.m.	3/\$18	233333
Su	Sep 13 – Sep 27	3:30 – 4:15 p.m.	3/\$18	233336
Su	Oct 4 – Nov 1	2:30 – 3:15 p.m.	5/\$30	233334
Su	Oct 4 – Nov 1	3:30 – 4:15 p.m.	5/\$30	233337
Su	Nov 8 – Dec 6	2:30 – 3:15 p.m.	5/\$30	233335
Su	Nov 8 – Dec 6	3:30 – 4:15 p.m.	5/\$30	233338

at Poirier Community Centre

Th	Sep 17 – Oct 1	4:30 – 5:15 p.m.	3/\$18	232574
Th	Oct 8 – Nov 5	4:30 – 5:15 p.m.	5/\$30	232575
Th	Nov 12 – Dec 10	4:30 – 5:15 p.m.	5/\$30	232576

at Town Centre Park Community Centre

Th	Sep 17 – Oct 1	5:30 – 6:15 p.m.	3/\$18	234702
Th	Oct 8 – Nov 5	5:30 – 6:15 p.m.	5/\$30	234795
Su	Nov 8 – Dec 6	11 – 11:45 a.m.	5/\$30	234852

Holiday Workshop: Holiday Dance Party and Story Time (1 – 2 yrs)

An introduction to moving and bouncing your body to holiday music. Taught through age-appropriate dance and play. This session will be holiday themed.

at Maillardville Community Centre

Tu	Dec 15	3:30 – 4:15 p.m.	1/\$6	234343
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Holiday Workshop: Nutcracker 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. This session will be holiday themed.

at Maillardville Community Centre

Tu	Dec 15	4:30 – 5:15 p.m.	1/\$6	234345
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Jazz (3 – 5 yrs)

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

at Maillardville Community Centre

Sa	Oct 10 – Nov 7	12:45 – 1:30 p.m.	5/\$30	234074
Sa	Nov 14 – Dec 12	12:45 – 1:30 p.m.	5/\$30	234075

at Town Centre Park Community Centre

Su	Sep 13 – Sep 27	1 – 1:45 p.m.	3/\$18	234645
Su	Oct 4 – Nov 1	1 – 1:45 p.m.	5/\$30	234726
Th	Nov 12 – Dec 10	5:30 – 6:15 p.m.	5/\$30	234879

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

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

at Pinetree Community Centre

W	Sep 9 – Dec 16	5:15 – 6:15 p.m.	13/\$182	232664
F	Sep 11 – Dec 11	11:15 a.m. – 12:15 p.m.	14/\$196	232730

at Poirier Community Centre

Th	Sep 10 – Dec 10	6:15 – 7:15 p.m.	14/\$196	232529
Sa	Sep 12 – Dec 12	9:15 – 10:15 a.m.	14/\$196	232542

Mini Performers (4 – 5 yrs)

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

at Centennial Activity Centre

Su	Sep 13 – Sep 27	11:15 a.m. – 12 p.m.	3/\$18	232439
Su	Oct 4 – Nov 1	11:15 a.m. – 12 p.m.	5/\$30	232440
Su	Nov 8 – Dec 6	11:15 a.m. – 12 p.m.	5/\$30	232441

at Maillardville Community Centre

W	Oct 7 – Nov 4	3:30 – 4 p.m.	5/\$30	233372
W	Nov 18 – Dec 9	3:30 – 4 p.m.	4/\$24	233373

Sports and Active Play**Ball Hockey (4 – 5 yrs)**

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

at Maillardville Community Centre

Su	Sep 13 – Sep 27	10 – 10:30 a.m.	3/\$13.80	235138
Su	Oct 4 – Nov 1	10 – 10:30 a.m.	5/\$23	235141
Su	Nov 8 – Dec 13	10 – 10:30 a.m.	6/\$27.60	235142

Basketball (3 – 5 yrs)

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

3 yrs**at Pinetree Community Centre**

M	Sep 14 – Sep 28	4:30 – 5 p.m.	3/\$13.80	233456
M	Oct 5 – Nov 2	4:30 – 5 p.m.	4/\$18.40	233460
M	Nov 9 – Dec 7	4:30 – 5 p.m.	5/\$23	233464

3 – 5 yrs**at Smiling Creek Activity Centre**

Th	Sep 24 – Oct 22	5:15 – 5:45 p.m.	5/\$23	233674
Sa	Sep 26 – Oct 24	11:30 a.m. – 12 p.m.	5/\$23	233724
Th	Oct 29 – Nov 26	5:15 – 5:45 p.m.	5/\$23	233683
Sa	Oct 31 – Nov 28	11:30 a.m. – 12 p.m.	5/\$23	233725

4 – 5 yrs**at Centennial Activity Centre**

Sa	Sep 19 – Oct 3	10:45 – 11:15 a.m.	3/\$13.80	232700
Sa	Oct 10 – Nov 7	10:45 – 11:15 a.m.	5/\$23	232702
Sa	Nov 14 – Dec 12	10:45 – 11:15 a.m.	5/\$23	232703

at Maillardville Community Centre

Su	Sep 13 – Sep 27	9 – 9:30 a.m.	3/\$13.80	235137
Su	Oct 4 – Nov 1	9 – 9:30 a.m.	5/\$23	235139
Su	Nov 8 – Dec 13	9 – 9:30 a.m.	6/\$27.60	235140

at Smiling Creek Activity Centre

Th	Sep 24 – Oct 22	6 – 6:30 p.m.	5/\$23	233685
Th	Oct 29 – Nov 26	6 – 6:30 p.m.	5/\$23	233687



Gymnastics (3 yrs)

Help your child gain strength, coordination, flexibility and confidence through FUNdamental gymnastics skills in a fun and challenging environment. This is a gradual independent participation program. The aim is for your child to participate by themselves by the end of the program. Feel free to lend them a hand for the first few classes if they need it.

at Maillardville Community Centre

Su	Sep 13 – Sep 27	10:15 – 11 a.m.	3/\$28.20	235146
Tu	Sep 15 – Sep 29	5:15 – 6 p.m.	3/\$28.20	235149
Su	Oct 4 – Nov 1	10:15 – 11 a.m.	5/\$47	235147
Tu	Oct 6 – Nov 3	5:15 – 6 p.m.	5/\$47	235150
Su	Nov 8 – Dec 13	10:15 – 11 a.m.	6/\$56.40	235148
Tu	Nov 10 – Dec 15	5:15 – 6 p.m.	6/\$56.40	235151

at Pinetree Community Centre

F	Sep 18 – Oct 2	5:15 – 6 p.m.	3/\$28.20	233500
Sa	Sep 19 – Oct 3	10:30 – 11:15 a.m.	3/\$28.20	233541
F	Oct 9 – Nov 6	5:15 – 6 p.m.	5/\$47	233501
Sa	Oct 10 – Nov 7	10:30 – 11:15 a.m.	5/\$47	233542
F	Nov 13 – Dec 11	5:15 – 6 p.m.	5/\$47	233502
Sa	Nov 14 – Dec 12	10:30 – 11:15 a.m.	5/\$47	233543

Gymnastics (4 – 5 yrs)

Help your child gain strength, coordination, flexibility and confidence through FUNdamental gymnastics skills in a fun and challenging environment.

at Maillardville Community Centre

Su	Sep 13 – Sep 27	2:30 – 3:15 p.m.	3/\$28.20	235143
Tu	Sep 15 – Sep 29	6:15 – 7 p.m.	3/\$28.20	235152
Su	Oct 4 – Nov 1	2:30 – 3:15 p.m.	5/\$47	235144
Tu	Oct 6 – Nov 3	6:15 – 7 p.m.	5/\$47	235153
Su	Nov 8 – Dec 13	2:30 – 3:15 p.m.	6/\$56.40	235145
Tu	Nov 10 – Dec 15	6:15 – 7 p.m.	6/\$56.40	235154

at Pinetree Community Centre

Su	Sep 13 – Sep 27	9:15 – 10 a.m.	3/\$28.20	233240
F	Sep 18 – Oct 2	6:15 – 7 p.m.	3/\$28.20	233503
Sa	Sep 19 – Oct 3	11:30 a.m. – 12:15 p.m.	3/\$28.20	233549
Su	Oct 4 – Nov 1	9:15 – 10 a.m.	5/\$47	233244
F	Oct 9 – Nov 6	6:15 – 7 p.m.	5/\$47	233504
Sa	Oct 10 – Nov 7	11:30 a.m. – 12:15 p.m.	5/\$47	233550
Su	Nov 8 – Dec 6	9:15 – 10 a.m.	5/\$47	233246
F	Nov 13 – Dec 11	6:15 – 7 p.m.	5/\$47	233505
Sa	Nov 14 – Dec 12	11:30 a.m. – 12:15 p.m.	5/\$47	233551

All Abilities Welcome!

Visit 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.

I Can Run, Jump and Throw (3 – 5 yrs)

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

at Smiling Creek Activity Centre

Sa	Sep 26 – Oct 24	11:30 a.m. – 12 p.m.	5/\$23	233718
Sa	Oct 31 – Nov 28	11:30 a.m. – 12 p.m.	5/\$23	233719

Jump, Tuck and Roll!

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

at Poirier Community Centre**3 yrs**

Su	Sep 13 – Sep 27	10:30 – 11:15 a.m.	3/\$18	232398
Su	Oct 4 – Nov 1	10:30 – 11:15 a.m.	5/\$30	232399
Su	Nov 8 – Dec 6	10:30 – 11:15 a.m.	5/\$30	232400

3 – 5 yrs

M	Sep 14 – Sep 28	5:30 – 6:15 p.m.	3/\$18	232474
M	Oct 5 – Nov 2	5:30 – 6:15 p.m.	4/\$24	232475
F	Oct 9 – Nov 6	10 – 10:45 a.m.	5/\$30	232683
M	Nov 9 – Dec 7	5:30 – 6:15 p.m.	5/\$30	232476
F	Nov 13 – Dec 11	10 – 10:45 a.m.	5/\$30	232684

4 – 5 yrs

Su	Sep 13 – Sep 27	11:30 a.m. – 12:15 p.m.	3/\$18	232401
Su	Oct 4 – Nov 1	11:30 a.m. – 12:15 p.m.	5/\$30	232402
Su	Nov 8 – Dec 6	11:30 a.m. – 12:15 p.m.	5/\$30	232403

Multi-Ball (3 yrs)

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

at Centennial Activity Centre

Sa	Sep 19 – Oct 3	10 – 10:30 a.m.	3/\$13.80	232694
Sa	Oct 10 – Nov 7	10 – 10:30 a.m.	5/\$23	232697
Sa	Nov 14 – Dec 12	10 – 10:30 a.m.	5/\$23	232698



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Multi-Ball (3 – 5 yrs)

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

at Pinetree Community Centre

Sa	Oct 17 – Nov 7	10:30 – 11 a.m.	4/\$18.40	233532
Sa	Nov 14 – Dec 12	10:30 – 11 a.m.	5/\$23	233533

at Smiling Creek Activity Centre

W	Sep 23 – Oct 21	6 – 6:30 p.m.	4/\$18.40	233662
Sa	Sep 26 – Oct 24	10 – 10:30 a.m.	5/\$23	233714
W	Oct 28 – Nov 25	6 – 6:30 p.m.	4/\$18.40	233666
Sa	Oct 31 – Nov 28	10 – 10:30 a.m.	5/\$23	233715

Preschool Yoga (4 – 6 yrs)

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

at City Centre Aquatic Complex

Sa	Sep 12 – Oct 10	10:45 – 11:30 a.m.	5/\$34	233690
Sa	Oct 17 – Nov 14	10:45 – 11:30 a.m.	5/\$34	233692
Sa	Nov 21 – Dec 19	10:45 – 11:30 a.m.	5/\$34	233694

at Pinetree Community Centre

M	Sep 14 – Oct 5	5:15 – 6 p.m.	4/\$27.20	233963
M	Oct 19 – Nov 9	5:15 – 6 p.m.	4/\$27.20	233964
M	Nov 16 – Dec 14	5:15 – 6 p.m.	5/\$34	234411

Sport and Games (4 – 5 yrs)

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

at Pinetree Community Centre

M	Sep 14 – Sep 28	5:15 – 5:45 p.m.	3/\$13.80	233472
M	Oct 5 – Nov 2	5:15 – 5:45 p.m.	4/\$18.40	233477
M	Nov 9 – Dec 7	5:15 – 5:45 p.m.	5/\$23	233478

Soccer (3 – 5 yrs)

Give your child an early start playing soccer, learning skills through FUNdamental movements and inclusive play. This is a gradual independent participation program

at Poirier Community Centre

Th	Oct 8 – Nov 5	9:30 – 10 a.m.	5/\$23	235954
Th	Nov 12 – Dec 10	9:30 – 10 a.m.	5/\$23	235957

Soccer (3 yrs)

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

at Centennial Activity Centre

Su	Sep 13 – Sep 27	10 – 10:30 a.m.	3/\$13.80	232412
Su	Oct 4 – Nov 1	10 – 10:30 a.m.	5/\$23	232414
Su	Nov 8 – Dec 6	10 – 10:30 a.m.	5/\$23	232415

at Maillardville Community Centre

Sa	Sep 19 – Oct 3	9:45 – 10:15 a.m.	3/\$13.80	235190
M	Oct 5 – Nov 2	11 – 11:30 a.m.	4/\$18.40	235177
Sa	Oct 10 – Nov 7	9:45 – 10:15 a.m.	5/\$23	235191
M	Nov 9 – Dec 14	11 – 11:30 a.m.	6/\$10.14	235176
Sa	Nov 14 – Dec 12	9:45 – 10:15 a.m.	5/\$23	235192

at Pinetree Community Centre

Sa	Oct 17 – Nov 7	9:45 – 10:15 a.m.	4/\$18.40	233530
Sa	Nov 14 – Dec 12	9:45 – 10:15 a.m.	5/\$23	233531

at Smiling Creek Activity Centre

M	Sep 21 – Oct 19	6 – 6:30 p.m.	4/\$18.40	233654
M	Oct 26 – Nov 23	6 – 6:30 p.m.	4/\$18.40	233655

Soccer (4 – 5 yrs)

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

at Centennial Activity Centre

Su	Sep 13 – Sep 27	10:45 – 11:15 a.m.	3/\$13.80	232416
Su	Oct 4 – Nov 1	10:45 – 11:15 a.m.	5/\$23	232417
Su	Nov 8 – Dec 6	10:45 – 11:15 a.m.	5/\$23	232418

at Maillardville Community Centre

Tu	Sep 15 – Sep 29	5:30 – 6 p.m.	3/\$13.80	235178
Sa	Sep 19 – Oct 3	10:30 – 11 a.m.	3/\$13.80	235193
Tu	Oct 6 – Nov 3	5:30 – 6 p.m.	5/\$23	235179
Sa	Oct 10 – Nov 7	10:30 – 11 a.m.	5/\$23	235194
Tu	Nov 10 – Dec 15	5:30 – 6 p.m.	6/\$27.60	235180
Sa	Nov 14 – Dec 12	10:30 – 11 a.m.	5/\$23	235195

at Pinetree Community Centre

Su	Sep 13 – Sep 27	9 – 9:30 a.m.	3/\$13.80	233230
Su	Oct 4 – Nov 1	9 – 9:30 a.m.	5/\$23	233231
Su	Nov 8 – Dec 6	9 – 9:30 a.m.	5/\$23	233232

at Smiling Creek Activity Centre

M	Sep 21 – Oct 19	6:45 – 7:15 p.m.	4/\$18.40	233656
M	Oct 26 – Nov 23	6:45 – 7:15 p.m.	4/\$18.40	233657

Child

6 – 12 yrs

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents
and at 8:30 a.m. on August 13 for non-residents.



Learn and Discover

Chess Club (8 – 11 yrs)

Learn what you need to know to begin playing chess. Includes rules, fundamentals and introduction to analytical skills. Lots of play time with new friends!

at Maillardville Community Centre

W	Oct 7 – Nov 4	4:30 – 5:30 p.m.	4/\$36.50	233341
W	Nov 18 – Dec 9	4:30 – 5:30 p.m.	4/\$29.20	233348

Chess: Beginner

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

5 – 7 yrs

at Maillardville Community Centre

W	Oct 7 – Nov 4	3:30 – 4:15 p.m.	4/\$30	233339
W	Nov 18 – Dec 9	3:30 – 4:15 p.m.	4/\$24	233346

at Pinetree Community Centre

Tu	Oct 6 – Nov 3	4:30 – 5:15 p.m.	5/\$30	234665
Tu	Nov 10 – Dec 8	6:30 – 7:15 p.m.	5/\$30	234667

8 – 11 yrs

at Pinetree Community Centre

Tu	Oct 6 – Nov 3	5:30 – 6:15 p.m.	5/\$30	234670
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Chess: Intermediate

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

5 – 7 yrs

at Pinetree Community Centre

Tu	Nov 10 – Dec 8	4:30 – 5:15 p.m.	5/\$30	234675
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8 – 11 yrs

at Pinetree Community Centre

Tu	Oct 6 – Nov 3	6:30 – 7:15 p.m.	5/\$30	234671
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Tu	Nov 10 – Dec 8	5:30 – 6:15 p.m.	5/\$30	234674
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Creative Bakers (6 – 8 yrs)

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

at Maillardville Community Centre

F	Sep 18 – Oct 2	4 – 5:30 p.m.	3/\$46.05	234060
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F	Oct 9 – Nov 6	4 – 5:30 p.m.	5/\$76.75	234061
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F	Nov 13 – Dec 11	4 – 5:30 p.m.	5/\$76.75	234062
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at Poirier Community Centre

Su	Nov 8 – Dec 6	11 a.m. – 12:30 p.m.	5/\$76.75	235362
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Creative Bakers (9 – 11 yrs)

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

at Maillardville Community Centre

F	Sep 18 – Oct 2	6 – 7:30 p.m.	3/\$46.05	234063
F	Oct 9 – Nov 6	6 – 7:30 p.m.	5/\$76.75	234064
F	Nov 13 – Dec 11	6 – 7:30 p.m.	5/\$76.75	234065

Creative Bakers: Thanksgiving Mini Pumpkin Pies (6 – 8 yrs)

Learn how to bake mini pumpkin pies just in time for Thanksgiving. Closed toe shoes are required for all participants and parents. Parent participation is encouraged.

at Poirier Community Centre

Su	Oct 11	11 a.m. – 12:30 p.m.	1/\$15.35	234406
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Creative Cooks

Make delicious dishes while learning basic cooking skills and kitchen safety. Different recipes will be created each class. Closed toe shoes are required for all participants.

6 – 8 yrs**at Maillardville Community Centre**

Sa	Sep 19 – Oct 3	11 a.m. – 12 p.m.	3/\$29.10	233782
Sa	Oct 10 – Nov 7	11 a.m. – 12 p.m.	5/\$51	233783
Sa	Nov 14 – Dec 12	11 a.m. – 12 p.m.	5/\$51	233784

at Poirier Community Centre

Su	Sep 13 – Sep 27	11:30 a.m. – 12:30 p.m.	3/\$30.60	235361
Tu	Sep 15 – Sep 29	6:30 – 7:30 p.m.	3/\$30.60	232486
Tu	Oct 6 – Nov 3	6:30 – 7:30 p.m.	5/\$51	232487
Tu	Nov 10 – Dec 8	6:30 – 7:30 p.m.	5/\$51	232488

9 – 12 yrs**at Maillardville Community Centre**

Su	Sep 13 – Sep 27	11 a.m. – 12 p.m.	3/\$30.60	233131
Su	Oct 4 – Nov 1	11 a.m. – 12 p.m.	5/\$51	233132
Su	Nov 8 – Dec 6	11 a.m. – 12 p.m.	5/\$51	233133

at Poirier Community Centre

M	Sep 14 – Sep 28	5 – 6 p.m.	3/\$30.60	232477
M	Oct 5 – Nov 2	5 – 6 p.m.	4/\$40.80	232478
M	Nov 9 – Dec 7	5 – 6 p.m.	5/\$51	232479

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.

Crocodile Mandarin: "A" Class (5 – 10 yrs)

This non-academic, play-based language class uses Crocodile's original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. There is no writing. This class focuses on spoken Mandarin only. The theme this fall is "Nature, Weather, Seasons." We will learn the names of natural objects and how to describe the weather and seasonal changes. Each student may bring one parent or caregiver along to learn along with them. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Sa	Sep 12 – Dec 12	9:05 – 10 a.m.	12/\$294	234403
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Crocodile Mandarin: Academic Level 1 (7+ yrs)

This class has some speaking, but focuses principally on reading and writing Chinese characters without the use of phonetic symbols. Students will read dialogues and acquire useful vocabulary in a number of practical areas. Fun, interactive games are included using flashcards and powerpoint presentations. Students should expect a moderate homework load in this class. In partnership with Crocodile Mandarin School.

at Pinetree Community Centre

Su	Sep 13 – Dec 13	12:05 – 1 p.m.	12/\$294	234398
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Crocodile Mandarin: Junior Academic Class (5 – 10 yrs)

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

at Pinetree Community Centre

Sa	Sep 12 – Dec 12	12:05 – 1 p.m.	12/\$294	234405
Su	Sep 13 – Dec 13	9:05 – 10 a.m.	12/\$294	234396

EngKidz: Artsy Engineers (7 – 12 yrs)

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

at Town Centre Park Community Centre

Sa	Nov 7 – Dec 5	10 – 11:30 a.m.	5/\$175	234838
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Kids Night In (5 – 11 yrs)

Parents! Go for dinner, catch a movie, do some shopping – the choice is yours. Children will enjoy a night in with crafts, games and interactive play, as well as a snack and a movie on the big screen projector.

Cats and Dogs

at Maillardville Community Centre

Sa	Nov 28	5:30 – 8:30 p.m.	1/\$21.90	234058
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Dr. Seuss Horton Hears a Who!

at Poirier Community Centre

F	Sep 18	5:30 – 8:30 p.m.	1/\$21.90	233241
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at Town Centre Park Community Centre

F	Nov 27	5:30 – 8:30 p.m.	1/\$21.90	234885
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Elf

at Maillardville Community Centre

Sa	Dec 12	5:30 – 8:30 p.m.	1/\$21.90	234059
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Grinchmas!

at Maillardville Community Centre

F	Dec 4	5:30 – 8:30 p.m.	1/\$21.90	233855
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How the Grinch Stole Christmas (2000)

at Town Centre Park Community Centre

F	Dec 11	5:30 – 8:30 p.m.	1/\$21.90	234886
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Ice Age

at Maillardville Community Centre

F	Nov 20	5:30 – 8:30 p.m.	1/\$21.90	233852
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IF (2024)

at Town Centre Park Community Centre

F	Oct 9	5:30 – 8:30 p.m.	1/\$21.90	234830
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Night at the Museum

at Maillardville Community Centre

F	Oct 23	5:30 – 8:30 p.m.	1/\$21.90	233850
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at Poirier Community Centre

F	Oct 2	5:30 – 8:30 p.m.	1/\$21.90	233242
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Rio

at Town Centre Park Community Centre

Sa	Nov 7	5:30 – 8:30 p.m.	1/\$21.90	234844
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Scooby Doo Ghou! School

at Town Centre Park Community Centre

F	Oct 30	5:30 – 8:30 p.m.	1/\$21.90	234831
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Scooby-doo! Moon Monster Madness

at Poirier Community Centre

F	Oct 16	5:30 – 8:30 p.m.	1/\$21.90	233243
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Space Mysteries

at Maillardville Community Centre

Sa	Nov 14	5:30 – 8:30 p.m.	1/\$21.90	234057
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Spy Kids (2001)

at Town Centre Park Community Centre

Sa	Nov 21	5:30 – 8:30 p.m.	1/\$21.90	234887
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Super Pets!

at Maillardville Community Centre

F	Oct 9	5:30 – 8:30 p.m.	1/\$21.90	233848
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Teenage Mutant Ninja Turtles: Mutant Mayhem

at Poirier Community Centre

F	Oct 23	5:30 – 8:30 p.m.	1/\$21.90	233245
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The LEGO Batman

at Poirier Community Centre

F	Nov 13	5:30 – 8:30 p.m.	1/\$21.90	233247
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The Polar Express

at Poirier Community Centre

F	Dec 11	5:30 – 8:30 p.m.	1/\$21.90	233249
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at Town Centre Park Community Centre

Sa	Dec 5	5:30 – 8:30 p.m.	1/\$21.90	234888
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Tooth Fairy

at Maillardville Community Centre

Sa	Oct 3	5:30 – 8:30 p.m.	1/\$21.90	233861
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Underwater Adventure

at Maillardville Community Centre

Sa	Sep 19	5:30 – 8:30 p.m.	1/\$21.90	233858
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Wall-E

at Poirier Community Centre

F	Nov 27	5:30 – 8:30 p.m.	1/\$21.90	233248
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Wonka (2003)

at Town Centre Park Community Centre

Sa	Oct 17	5:30 – 8:30 p.m.	1/\$21.90	234843
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World of Robots

at Maillardville Community Centre

F	Nov 6	5:30 – 8:30 p.m.	1/\$21.90	233851
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Engkidz: Bio-Chem Explorers (7 – 12 yrs)

Explore Biology and Chemistry! Kids will build cool take home projects and participate in hands-on STEM challenges. This program is in partnership with Engkidz.

at Pinetree Community Centre

Su	Nov 8 – Dec 6	11 a.m. – 12:30 p.m.	5/\$175	235990
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Engkidz: Budding Engineers (7 – 12 yrs)

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

at Town Centre Park Community Centre

Sa	Oct 3 – Oct 31	10 – 11:30 a.m.	5/\$175	234837
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EngKidz: Electric Explorers (7 – 12 yrs)

Spark your imagination and explore electricity! Kids will build cool take home projects and participate in hands-on STEM activities. This program is a fun introduction to circuits, electronics, and other buzzing concepts. This program is in partnership with Engkidz.

at Pinetree Community Centre

Su	Oct 4 – Nov 1	11 a.m. – 12:30 p.m.	5/\$175	235989
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Friday Night Bites (8 – 11 yrs)

Enjoy your Friday night knowing your kids are having a blast. Children will make a bite to eat and play games together.

at Poirier Community Centre

Cookies and Milkshakes

F	Nov 6	5:30 – 7:30 p.m.	1/\$20.40	232801
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French Toast

F	Sep 25	5:30 – 7:30 p.m.	1/\$20.40	232798
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Grilled Cheese and Tomato Soup

F	Oct 23	5:30 – 7:30 p.m.	1/\$20.40	232800
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Mac and Cheese

F	Sep 11	5:30 – 7:30 p.m.	1/\$20.40	232796
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Meatball Subs

F	Oct 9	5:30 – 7:30 p.m.	1/\$20.40	232799
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Mini Pizza

F	Nov 20	5:30 – 7:30 p.m.	1/\$20.40	232802
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S'mores Brownie

F	Dec 4	6 – 8 p.m.	1/\$20.40	232803
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Holiday Workshop: Creative Cooks Holiday Edition

Closed toe shoes are required for all participants. This session will be holiday themed!

at Maillardville Community Centre

6 – 8 yrs

Su	Dec 13	9 – 10 a.m.	1/\$10.20	234354
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9 – 12 yrs

Su	Dec 13	12 – 1 p.m.	1/\$10.20	234356
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Holiday Workshop: Gingerbread Architects (8 – 11 yrs)

This hands on program will encourage young builders to use their curiosity and creativity to plan, design and create small projects using a variety of materials. This workshop is holiday themed.

at Pinetree Community Centre

Su	Dec 13	11 a.m. – 12 p.m.	1/\$7.30	236009
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Holiday Workshop: Gingerbread Builders (5 – 7 yrs)

Imagine, design and build. This hands on program will encourage creativity, team work and problem solving through learning the basics of structure, balance and experimentation. This workshop is holiday themed.

at Pinetree Community Centre

Su	Dec 13	9:30 – 10:30 a.m.	1/\$7.30	236008
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Holiday Workshop: Gingerbread Decorating

Come cozy up while decorating gingerbread cookies and building a gingerbread house with graham crackers! Closed toe shoes are required for all participants and parents.

at Poirier Community Centre

6 – 8 yrs

M	Dec 14	6:30 – 7:30 p.m.	1/\$10.20	232838
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Tu	Dec 15	4:45 – 5:45 p.m.	1/\$10.20	234622
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9 – 11 yrs

at Poirier Community Centre

Tu	Dec 15	6:30 – 7:30 p.m.	1/\$10.20	234623
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Holiday Workshop: Kids Day In: The Polar Express (5 – 11 yrs)

Parents! Go for lunch, take a nap, do some holiday shopping – the choice is yours! Children will enjoy an afternoon in with crafts and games as well as a snack and a movie on the big screen projector. Hot chocolate will be served for this holiday edition.

at Maillardville Community Centre

Sa	Dec 19	1 – 4 p.m.	1/\$21.90	234363
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Holiday Workshop: Young Carpenters

Sand, hammer and paint! Learn how to use tools properly and create a wooden project. This session will be holiday themed.

at Poirier Community Centre

5 – 7 yrs

Th	Dec 17	5:15 – 6 p.m.	1/\$6.60	234627
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8 – 11 yrs

Th	Dec 17	6:30 – 7:15 p.m.	1/\$6.60	234628
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Holiday Workshop: Young Scientists

Conduct experiments that explore the matters of science in a fun and engaging way! This workshop is holiday themed.

5 – 7 yrs

at Pinetree Community Centre

Th	Dec 17	4:15 – 5 p.m.	1/\$6	236004
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at Town Centre Park Community Centre

Sa	Dec 19	11:45 a.m. – 12:30 p.m.	1/\$6	236084
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8 – 11 yrs

at Pinetree Community Centre

Th	Dec 17	5:30 – 6:15 p.m.	1/\$6	236005
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Junior Architects (8 – 11 yrs)

This hands on program will encourage young builders to use their curiosity and creativity to plan, design and create small projects using a variety of materials.

at Pinetree Community Centre

Th	Oct 8 – Nov 5	5:30 – 6:30 p.m.	5/\$36.50	234649
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Su	Nov 8 – Dec 6	11 a.m. – 12 p.m.	5/\$36.50	234699
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at Town Centre Park Community Centre

Th	Nov 12 – Dec 10	6 – 7 p.m.	5/\$36.50	234884
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Magic Makers

Discover the exciting world of magic! Students will learn and create fun and engaging magic tricks in this workshop.

at Town Centre Park Community Centre

5 – 7 yrs

Tu	Sep 15	4:30 – 5:30 p.m.	1/\$7.30	234686
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Su	Sep 27	10 – 11 a.m.	1/\$7.30	234652
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W	Oct 21	4:30 – 5:30 p.m.	1/\$7.30	234755
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8 – 11 yrs

Tu	Sep 15	6 – 7 p.m.	1/\$7.30	234688
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Su	Sep 27	11:30 a.m. – 12:30 p.m.	1/\$7.30	234653
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W	Oct 21	6 – 7 p.m.	1/\$7.30	234756
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Young Builders (5 – 7 yrs)

Imagine, design and build. This hands on program will encourage creativity, team work and problem solving through learning the basics of structure, balance and experimentation.

at Pinetree Community Centre

Th	Oct 8 – Nov 5	4 – 5 p.m.	5/\$36.50	234648
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Su	Nov 8 – Dec 6	9 – 10 a.m.	5/\$36.50	234698
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at Town Centre Park Community Centre

Th	Nov 12 – Dec 10	4:30 – 5:30 p.m.	5/\$36.50	234883
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Young Carpenters

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

at Poirier Community Centre

5 – 7 yrs

W	Sep 16 – Sep 23	5:15 – 6 p.m.	2/\$13.20	232559
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W	Oct 7 – Nov 4	5:15 – 6 p.m.	5/\$33	232560
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W	Nov 18 – Dec 9	5:15 – 6 p.m.	4/\$26.40	232561
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8 – 11 yrs

at Poirier Community Centre

W	Sep 16 – Sep 23	6:30 – 7:15 p.m.	2/\$12.90	232563
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W	Oct 7 – Nov 4	6:30 – 7:15 p.m.	5/\$33	232565
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W	Nov 18 – Dec 9	6:30 – 7:15 p.m.	4/\$26.40	232566
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Young Scientists (5 – 7 yrs)

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

at Maillardville Community Centre

Th	Oct 8 – Nov 5	3:30 – 4:15 p.m.	5/\$30	233598
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Th	Nov 12 – Dec 10	3:30 – 4:15 p.m.	5/\$30	233599
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at Pinetree Community Centre

Su	Oct 4 – Nov 1	9:30 – 10:15 a.m.	5/\$30	234687
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Th	Oct 8 – Nov 5	5:30 – 6:15 p.m.	5/\$30	234684
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Th	Nov 12 – Dec 10	4:30 – 5:15 p.m.	5/\$30	234685
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at Poirier Community Centre

Sa	Oct 10 – Nov 7	11:45 a.m. – 12:30 p.m.	5/\$30	232834
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Tu	Nov 10 – Dec 8	4:15 – 5 p.m.	5/\$30	232822
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Sa	Nov 14 – Dec 12	11:45 a.m. – 12:30 p.m.	5/\$30	232835
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at Town Centre Park Community Centre

M	Sep 14 – Sep 28	5:15 – 6 p.m.	3/\$18	234655
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Sa	Oct 10 – Nov 7	11:30 a.m. – 12:15 p.m.	5/\$30	234840
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M	Oct 19 – Nov 2	5:15 – 6 p.m.	3/\$18	234736
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M	Nov 9 – Dec 7	5:15 – 6 p.m.	5/\$30	234856
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Sa	Nov 14 – Dec 12	10:15 – 11 a.m.	5/\$30	234894
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Young Scientists (8 – 11 yrs)

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

at Maillardville Community Centre

Th	Oct 8 – Nov 5	4:30 – 5:15 p.m.	5/\$30	233600
Th	Nov 12 – Dec 10	4:30 – 5:15 p.m.	5/\$30	233602

at Pinetree Community Centre

Su	Oct 4 – Nov 1	10:45 – 11:30 a.m.	5/\$30	234682
Th	Oct 8 – Nov 5	4:15 – 5 p.m.	5/\$30	234678
Th	Nov 12 – Dec 10	5:30 – 6:15 p.m.	5/\$30	234680

at Town Centre Park Community Centre

Sa	Oct 10 – Nov 7	10:15 – 11 a.m.	5/\$30	234839
M	Nov 9 – Dec 7	4 – 4:45 p.m.	5/\$30	234855

Performing Arts

Acro

Acro is a combination of dance and gymnastics. It focuses on concentration, balance, flexibility and control. Participants will develop flexibility and strength while learning acrobatic and gymnastic skills.

5 – 7 yrs

at Maillardville Community Centre

M	Oct 5 – Nov 2	6 – 6:45 p.m.	4/\$24	234557
M	Nov 9 – Dec 7	6 – 6:45 p.m.	5/\$30	234558

at Pinetree Community Centre

M	Sep 14 – Sep 28	7:15 – 8 p.m.	3/\$18	235826
M	Oct 5 – Nov 2	7:15 – 8 p.m.	4/\$24	235828
M	Nov 9 – Dec 7	7:15 – 8 p.m.	5/\$30	235829

8 – 11 yrs

at Maillardville Community Centre

M	Oct 5 – Nov 2	7 – 8 p.m.	4/\$29.20	234559
M	Nov 9 – Dec 7	7 – 8 p.m.	5/\$36.50	234560

Ballet (5 – 7 yrs)

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

at Maillardville Community Centre

Sa	Sep 19 – Oct 3	11:45 a.m. – 12:30 p.m.	3/\$17.55	234071
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at Summit Community Centre

W	Sep 23 – Oct 28	5:15 – 6 p.m.	5/\$30	235836
W	Nov 4 – Dec 16	5:15 – 6 p.m.	6/\$36	235837



Choir (5 – 7 yrs)

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

at Centennial Activity Centre

F	Oct 9 – Nov 6	6:15 – 7 p.m.	5/\$30	233061
F	Nov 13 – Dec 11	6:15 – 7 p.m.	5/\$30	233062

Dance Mix

This program blends hip-hop, jazz, and contemporary styles, encouraging creativity and self-expression. Each session includes a warm-up and choreography.

5 – 7 yrs

at Maillardville Community Centre

M	Oct 5 – Nov 2	5:15 – 6 p.m.	4/\$24	233358
Sa	Oct 10 – Nov 7	11:45 a.m. – 12:30 p.m.	5/\$30	234072
M	Nov 9 – Dec 7	5:15 – 6 p.m.	5/\$30	233363
Sa	Nov 14 – Dec 12	11:45 a.m. – 12:30 p.m.	5/\$30	234073

at Pinetree Community Centre

Sa	Sep 19 – Oct 3	1 – 1:45 p.m.	3/\$18	233521
Sa	Oct 10 – Nov 7	1 – 1:45 p.m.	5/\$30	233522
Sa	Nov 14 – Dec 12	1 – 1:45 p.m.	5/\$30	233523

8- 11 yrs

at Summit Community Centre

W	Sep 23 – Oct 28	6:15 – 7:15 p.m.	5/\$36.50	235839
W	Nov 4 – Dec 16	6:15 – 7:15 p.m.	6/\$43.80	235840

Guitar Beginner (9 – 11 yrs)

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

at Pinetree Community Centre

W	Oct 7 – Nov 4	4 – 5 p.m.	5/\$36.50	234630
W	Nov 18 – Dec 9	5:15 – 6:15 p.m.	4/\$29.20	234631

at Town Centre Park Community Centre

Th	Oct 8 – Nov 5	6:30 – 7:30 p.m.	5/\$36.50	234786
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All Abilities Welcome!

Visit page 4 for details

Hip Hop

Explore the different styles of hip hop through the foundation elements of urban dance, grooves, body movements and group games.

5 – 7 yrs

at Maillardville Community Centre

Su	Sep 13 – Sep 27	1:30 – 2:15 p.m.	3/\$18	233328
Su	Oct 4 – Nov 1	1:30 – 2:15 p.m.	5/\$30	233331
Su	Nov 8 – Dec 6	1:30 – 2:15 p.m.	5/\$30	233332

at Pinetree Community Centre

F	Sep 18 – Oct 2	5:15 – 6 p.m.	3/\$18	232731
F	Oct 9 – Nov 6	5:15 – 6 p.m.	5/\$30	232732
F	Nov 13 – Dec 11	5:15 – 6 p.m.	5/\$30	232733

at Poirier Community Centre

Th	Sep 17 – Oct 1	5:30 – 6:15 p.m.	3/\$18	232577
Th	Oct 8 – Nov 5	5:30 – 6:15 p.m.	5/\$30	232578
Th	Nov 12 – Dec 10	5:30 – 6:15 p.m.	5/\$30	232580

at Town Centre Park Community Centre

Th	Sep 17 – Oct 1	4:30 – 5:15 p.m.	3/\$18	234700
Th	Oct 8 – Nov 5	4:30 – 5:15 p.m.	5/\$30	234790
Su	Nov 8 – Dec 6	10 – 10:45 a.m.	5/\$30	234851

8 – 11 yrs

at Pinetree Community Centre

F	Sep 18 – Oct 2	6:15 – 7:15 p.m.	3/\$21.90	232736
F	Oct 9 – Nov 6	6:15 – 7:15 p.m.	5/\$36.50	232738
F	Nov 13 – Dec 11	6:15 – 7:15 p.m.	5/\$36.50	232739

Holiday Workshop: Nutcracker Ballet (5 – 7 yrs)

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

at Maillardville Community Centre

Tu	Dec 15	5:30 – 6:15 p.m.	1/\$6	234346
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Holiday Workshop: Sing-a-long (2 – 5 yrs)

Have a Sing-a-long party with holiday music and fun! Sing, play, and enjoy story time at the end. Adult Participation required.

at Maillardville Community Centre

Sa	Dec 19	10 – 10:45 a.m.	1/\$6	234364
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Oops! We cancelled it...

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

Improv (8 – 11 yrs)

Learn ways to express yourself while working as a team. Step out of your comfort zone while creating fun and unique characters through storytelling and activities in a fun and safe space.

at Centennial Activity Centre

F	Oct 9 – Nov 6	7:15 – 8:15 p.m.	5/\$36.50	233059
F	Nov 13 – Dec 11	7:15 – 8:15 p.m.	5/\$36.50	233060

at Maillardville Community Centre

W	Oct 7 – Nov 4	5:15 – 6:15 p.m.	5/\$36.50	233380
W	Nov 18 – Dec 9	5:15 – 6:15 p.m.	4/\$29.20	233381

at Pinetree Community Centre

Th	Nov 12 – Dec 10	4:30 – 5:30 p.m.	5/\$36.50	234650
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Jazz (5 – 7 yrs)

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

at Town Centre Park Community Centre

Su	Sep 13 – Sep 27	12 – 12:45 p.m.	3/\$18	234644
Su	Oct 4 – Nov 1	12 – 12:45 p.m.	5/\$30	234725
Th	Nov 12 – Dec 10	6:30 – 7:15 p.m.	5/\$30	234880

Musical Theatre

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

5 – 7 yrs

at Maillardville Community Centre

W	Oct 7 – Nov 4	4:15 – 5 p.m.	5/\$30	233377
W	Nov 18 – Dec 9	4:15 – 5 p.m.	4/\$24	233378

at Pinetree Community Centre

Th	Nov 12 – Dec 10	5:45 – 6:45 p.m.	5/\$36.50	234651
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at Town Centre Park Community Centre

Th	Oct 8 – Nov 5	4:30 – 5:30 p.m.	5/\$36.50	234777
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8 – 11 yrs

at Town Centre Park Community Centre

Th	Oct 8 – Nov 5	5:45 – 6:45 p.m.	5/\$36.50	234779
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Zumba® Kids (7 – 11 yrs)

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

at Poirier Sport and Leisure Complex

Sa	Sep 12 – Oct 10	1 – 1:45 p.m.	5/\$33.25	234368
Sa	Oct 17 – Nov 14	1 – 1:45 p.m.	5/\$33.25	234369
Sa	Nov 21 – Dec 19	1 – 1:45 p.m.	5/\$33.25	234370

Zumba® Kids Jr (4 – 6 yrs)

A rockin', high-energy dance party packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure while incorporating fitness into your child's life.

at Pinetree Community Centre

Su	Sep 13 – Oct 11	9:30 – 10:15 a.m.	5/\$34	233953
Su	Oct 18 – Nov 15	9:30 – 10:15 a.m.	5/\$34	233955
Su	Nov 22 – Dec 20	9:30 – 10:15 a.m.	5/\$34	233956

Sports and Active Play**Afternoon Sports (6 – 10 yrs)**

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

at Maillardville Community Centre

F	Sep 18 – Oct 2	3:30 – 4:30 p.m.	3/\$21.90	235125
F	Oct 9 – Nov 6	3:30 – 4:30 p.m.	5/\$36.50	235126
F	Nov 13 – Dec 18	3:30 – 4:30 p.m.	6/\$43.80	235127

Badminton (7 – 10 yrs)

Participants will learn the game of badminton and develop skills through fun drills and games. Bringing your own racquet is recommended, however limited racquets are available upon request.

at Maillardville Community Centre

W	Sep 9 – Sep 23	3:15 – 4:15 p.m.	3/\$18	235134
W	Oct 7 – Nov 4	3:15 – 4:15 p.m.	5/\$30	235135
W	Nov 18 – Dec 16	3:15 – 4:15 p.m.	5/\$30	235136

at Pinetree Community Centre

Su	Sep 13 – Sep 27	12 – 12:45 p.m.	3/\$18	233431
Su	Oct 4 – Nov 1	12 – 12:45 p.m.	5/\$30	233434
Su	Nov 8 – Dec 6	12 – 12:45 p.m.	5/\$30	233439

Ball Hockey (6 – 8 yrs)

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

at Maillardville Community Centre

Su	Sep 13 – Sep 27	9 – 9:45 a.m.	3/\$18	235161
Su	Oct 4 – Nov 1	9 – 9:45 a.m.	5/\$30	235163
Su	Nov 8 – Dec 13	9 – 9:45 a.m.	6/\$36	235164

Basketball

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

6 – 8 yrs**at Centennial Activity Centre**

Sa	Sep 19 – Oct 3	11:30 a.m. – 12:15 p.m.	3/\$18	232704
Sa	Oct 10 – Nov 7	11:30 a.m. – 12:15 p.m.	5/\$30	232705
Sa	Nov 14 – Dec 12	11:30 a.m. – 12:15 p.m.	5/\$30	232706

at Maillardville Community Centre

Su	Sep 13 – Sep 27	9:45 – 10:30 a.m.	3/\$18	235167
Su	Oct 4 – Nov 1	9:45 – 10:30 a.m.	5/\$30	235168
Su	Nov 8 – Dec 13	9:45 – 10:30 a.m.	6/\$36	235169

at Pinetree Community Centre

M	Sep 14 – Sep 28	6 – 6:45 p.m.	3/\$18	233481
M	Oct 5 – Nov 2	6 – 6:45 p.m.	4/\$24	233482
Sa	Oct 17 – Nov 7	11:15 a.m. – 12 p.m.	4/\$24	233534
M	Nov 9 – Dec 7	6 – 6:45 p.m.	5/\$30	233483
Sa	Nov 14 – Dec 12	11:15 a.m. – 12 p.m.	5/\$30	233535

at Smiling Creek Activity Centre

W	Sep 23 – Oct 21	6:45 – 7:30 p.m.	4/\$24	233668
Sa	Sep 26 – Oct 24	10:30 – 11:15 a.m.	5/\$30	233722
W	Oct 28 – Nov 25	6:45 – 7:30 p.m.	4/\$24	233671
Sa	Oct 31 – Nov 28	10:30 – 11:15 a.m.	5/\$30	233723

9 – 11 yrs**at Centennial Activity Centre**

Sa	Sep 19 – Oct 3	12:30 – 1:30 p.m.	3/\$21.90	232707
Sa	Oct 10 – Nov 7	12:30 – 1:30 p.m.	5/\$36.50	232708
Sa	Nov 14 – Dec 12	12:30 – 1:30 p.m.	5/\$36.50	232711

at Maillardville Community Centre

Su	Sep 13 – Sep 27	10:45 – 11:45 a.m.	3/\$21.90	235158
Tu	Sep 15 – Sep 29	4:30 – 5:30 p.m.	3/\$21.90	235181
Su	Oct 4 – Nov 1	10:45 – 11:45 a.m.	5/\$36.50	235159
Tu	Oct 6 – Nov 3	4:30 – 5:30 p.m.	5/\$36.50	235182
Su	Nov 8 – Dec 13	10:45 – 11:45 a.m.	6/\$43.80	235160
Tu	Nov 10 – Dec 15	4:30 – 5:30 p.m.	6/\$43.80	235183

at Pinetree Community Centre

Sa	Oct 17 – Nov 7	12:15 – 1:15 p.m.	4/\$29.20	233536
Sa	Nov 14 – Dec 12	12:15 – 1:15 p.m.	5/\$36.50	233537

at Smiling Creek Activity Centre

Th	Sep 24 – Oct 22	6:45 – 7:45 p.m.	5/\$36.50	233688
Sa	Sep 26 – Oct 24	9:15 – 10:15 a.m.	5/\$36.50	233720
Th	Oct 29 – Nov 26	6:45 – 7:45 p.m.	5/\$36.50	233689
Sa	Oct 31 – Nov 28	9:15 – 10:15 a.m.	5/\$36.50	233721

Is your child in Grade 5 or 6 in the 2026/27 school year?

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

*Passes are valid from
September 8, 2026 – September 6, 2027.*

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

Basketball for Girls (9 – 11 yrs)

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

at Centennial Activity Centre

W	Oct 7 – Nov 4	6:15 – 7:15 p.m.	5/\$36.50	232501
W	Nov 18 – Dec 9	6:15 – 7:15 p.m.	4/\$29.20	232502

at Maillardville Community Centre

Su	Sep 13 – Sep 27	12 – 1 p.m.	3/\$21.90	235162
Su	Oct 4 – Nov 1	12 – 1 p.m.	5/\$36.50	235165
Su	Nov 8 – Dec 13	12 – 1 p.m.	6/\$43.80	235166

Cycling BC HopOn: Weekly Bike Program (8 – 12 yrs)

Spend each Friday after-school making friends, learning new skills, and having fun with Cycling BC's HopOn instructors! Children must self-assess as HopOn level 3-4; able to roll off a sidewalk curb, use their brakes safely and go down a hill. An additional \$25 HopOn membership is required, payable to Cycling BC, to cover insurance and liability costs. In partnership with Cycling BC HopOn.

at Mundy Trail-Mundy Park

F	Sep 11 – Oct 16	4:30 – 6 p.m.	6/	232545
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Family Kickboxing (6+ yrs)

Learn the techniques behind punching and kicking using plyometric and cardio exercises. Each person must register individually. Parent participation is required. Equipment is provided.

at Pinetree Community Centre

Th	Sep 17 – Oct 1	6:30 – 7:30 p.m.	3/\$31.05	233494
Th	Oct 8 – Nov 5	6:30 – 7:30 p.m.	5/\$51.75	233495
Th	Nov 12 – Dec 10	6:30 – 7:30 p.m.	5/\$51.75	233496

Gymnastics (6 – 8 yrs)

Continue to develop FUNdamental movement skills as well as begin to learn gymnastics skills from all four disciplines. Have fun and develop self-confidence in a safe and positive learning environment.

at Maillardville Community Centre

Su	Sep 13 – Sep 27	3:30 – 4:15 p.m.	3/\$28.20	235128
Tu	Sep 15 – Sep 29	7:15 – 8 p.m.	3/\$28.20	235131
Su	Oct 4 – Nov 1	3:30 – 4:15 p.m.	5/\$47	235129
Tu	Oct 6 – Nov 3	7:15 – 8 p.m.	5/\$47	235132
Su	Nov 8 – Dec 13	3:30 – 4:15 p.m.	6/\$56.40	235130
Tu	Nov 10 – Dec 15	7:15 – 8 p.m.	6/\$56.40	235133

at Pinetree Community Centre

Su	Sep 13 – Sep 27	10:15 – 11 a.m.	3/\$28.20	233250
Su	Sep 13 – Sep 27	11:15 a.m. – 12 p.m.	3/\$28.20	233416
F	Sep 18 – Oct 2	7:15 – 8 p.m.	3/\$28.20	233506
Su	Oct 4 – Nov 1	10:15 – 11 a.m.	5/\$47	233251
Su	Oct 4 – Nov 1	11:15 a.m. – 12 p.m.	5/\$47	233423
F	Oct 9 – Nov 6	7:15 – 8 p.m.	5/\$47	233507
Su	Nov 8 – Dec 6	10:15 – 11 a.m.	5/\$47	233252
Su	Nov 8 – Dec 6	11:15 a.m. – 12 p.m.	5/\$47	233424
F	Nov 13 – Dec 11	7:15 – 8 p.m.	5/\$47	233508

Handball (6 – 8 yrs)

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

at Maillardville Community Centre

Su	Sep 13 – Sep 27	10:45 – 11:30 a.m.	3/\$18	235173
Su	Oct 4 – Nov 1	10:45 – 11:30 a.m.	5/\$30	235174
Su	Nov 8 – Dec 13	10:45 – 11:30 a.m.	6/\$36	235175

Oops! We cancelled it...

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

Pickleball (6 – 10 yrs)

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

at Centennial Activity Centre

Su	Sep 13 – Sep 27	12:45 – 1:45 p.m.	3/\$21.90	232422
Su	Oct 4 – Nov 1	12:45 – 1:45 p.m.	5/\$36.50	232423
Su	Nov 8 – Dec 6	12:45 – 1:45 p.m.	5/\$36.50	232426

Soccer

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

6 – 8 yrs

at Centennial Activity Centre

Su	Sep 13 – Sep 27	11:30 a.m. – 12:15 p.m.	3/\$18	232419
Su	Oct 4 – Nov 1	11:30 a.m. – 12:15 p.m.	5/\$30	232420
Su	Nov 8 – Dec 6	11:30 a.m. – 12:15 p.m.	5/\$30	232421

at Maillardville Community Centre

Tu	Sep 15 – Sep 29	6:15 – 7 p.m.	3/\$18	235184
Sa	Sep 19 – Oct 3	11:15 a.m. – 12 p.m.	3/\$18	235187
Tu	Oct 6 – Nov 3	6:15 – 7 p.m.	5/\$30	235185
Sa	Oct 10 – Nov 7	11:15 a.m. – 12 p.m.	5/\$30	235188
Tu	Nov 10 – Dec 15	6:15 – 7 p.m.	6/\$36	235186
Sa	Nov 14 – Dec 12	11:15 a.m. – 12 p.m.	5/\$30	235189

at Pinetree Community Centre

Su	Sep 13 – Sep 27	9:45 – 10:30 a.m.	3/\$18	233233
Su	Oct 4 – Nov 1	9:45 – 10:30 a.m.	5/\$30	233234
Su	Nov 8 – Dec 6	9:45 – 10:30 a.m.	5/\$30	233236

9 – 11 yrs

at Maillardville Community Centre

Su	Sep 13 – Sep 27	11:45 a.m. – 12:45 p.m.	3/\$21.90	235170
Su	Oct 4 – Nov 1	11:45 a.m. – 12:45 p.m.	5/\$36.50	235171
Su	Nov 8 – Dec 13	11:45 a.m. – 12:45 p.m.	6/\$43.80	235172

at Pinetree Community Centre

Su	Sep 13 – Sep 27	10:45 – 11:45 a.m.	3/\$21.90	233237
Su	Oct 4 – Nov 1	10:45 – 11:45 a.m.	5/\$36.50	233238
Su	Nov 8 – Dec 6	10:45 – 11:45 a.m.	5/\$36.50	233239

Stellar Play: Battle Archery (8 – 10 yrs)

Learn the exciting game of Battle Archery with foam tipped arrows! This game is a fun combination of archery, dodgeball, and nerf, which participants can test their archery skills playing fun games like Capture the Flag, king's court, and more! In partnership with Stellar Play.

at Summit Community Centre

M	Sep 21 – Oct 19	5:30 – 6:30 p.m.	4/\$60	234475
M	Oct 26 – Nov 16	5:30 – 6:30 p.m.	4/\$60	234477
M	Nov 23 – Dec 14	5:30 – 6:30 p.m.	4/\$60	234478

Tennis For Life: Indoor Tennis: Orange (9 – 11 yrs)

Learn to serve, rally and score on an Orange size (3/4) court. From learning the basic skills and rules of tennis to playing singles and doubles games, this program will empower you to play and improve your game in a fun and easy way. In partnership with Tennis For Life.

at Summit Community Centre

Tu	Sep 15 – Dec 15	6:30 – 7:25 p.m.	14/\$324	233731
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Tennis For Life: Indoor Tennis: Red (6 – 8 yrs)

Learn to serve, rally and score on a RED size (1/4) court. From developing the FUNdamental movement skills to basic tennis skills, this program will lay the foundation needed to enjoy tennis and improve grow your game in a fun and easy way. In partnership with Tennis For Life.

at Summit Community Centre

Tu	Sep 15 – Dec 15	5:30 – 6:25 p.m.	14/\$324	233730
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Tri-City Fencing Academy: Beginner (6 – 8 yrs)

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

at Pinetree Community Centre

W	Sep 9 – Sep 23	6 – 7 p.m.	3/\$37.50	233484
W	Oct 7 – Oct 28	6 – 7 p.m.	4/\$50	233486
W	Nov 4 – Nov 25	6 – 7 p.m.	3/\$37.50	233488
W	Dec 2 – Dec 16	6 – 7 p.m.	3/\$37.50	233489

Tri-City Fencing Academy: Intermediate (6 – 9 yrs)

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

at Pinetree Community Centre

W	Sep 9 – Sep 23	7 – 8 p.m.	3/\$41.25	233490
W	Oct 7 – Oct 28	7 – 8 p.m.	4/\$55	233491
W	Nov 4 – Nov 25	7 – 8 p.m.	3/\$41.25	233492
W	Dec 2 – Dec 16	7 – 8 p.m.	3/\$41.25	233493

Volleyball Learn to Play (9 – 11 yrs)

Have you ever wanted to play volleyball? FUNdamental skills, drills and game play will be the main focus.

at Maillardville Community Centre

Th	Sep 17 – Oct 1	3:30 – 4:30 p.m.	3/\$21.90	235155
Th	Oct 8 – Nov 5	3:30 – 4:30 p.m.	5/\$36.50	235156
Th	Nov 12 – Dec 17	3:30 – 4:30 p.m.	6/\$43.80	235157

Visual Arts

Anime Drawing

Learn to draw anime-style characters while exploring expressions, poses, and dynamic poses. Young artists will build drawing skills and bring their favorite characters to life in a fun, supportive environment.

at Pinetree Community Centre

5 – 7 yrs

Sa	Nov 14 – Dec 12	9:30 – 10:30 a.m.	5/\$36.50	234922
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8 – 11 yrs

Sa	Nov 14 – Dec 12	11 a.m. – 12 p.m.	5/\$36.50	234923
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Art Explorations (5 – 7 yrs)

Young artists will dive into the exciting world of visual arts through mediums such as painting, drawing, pastels and clay using a wide range of materials and techniques.

at Town Centre Park Community Centre

5 – 7 yrs

Tu	Oct 6 – Nov 3	5:45 – 6:45 p.m.	5/\$36.50	234744
Tu	Nov 10 – Dec 8	5:45 – 6:45 p.m.	5/\$36.50	234868

8 – 11 yrs

W	Nov 18 – Dec 9	4:30 – 5:30 p.m.	4/\$29.20	234874
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Art: Acrylic Painting (8 – 11 yrs)

Unleash your imagination in this single session art workshop.

at Town Centre Park Community Centre

Sa	Sep 19	10:30 – 11:30 a.m.	1/\$7.30	234715
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Clay Works

Pound, poke, roll and build. Children will have the opportunity to design and sculpt new objects using modelling clay while learning basic hand-building techniques.

5 – 7 yrs

at Pinetree Community Centre

M	Oct 5 – Nov 2	5:30 – 6:30 p.m.	4/\$29.20	234741
M	Nov 9 – Dec 7	4 – 5 p.m.	5/\$36.50	234743

at Poirier Community Centre

F	Oct 9 – Nov 6	5:30 – 6:30 p.m.	5/\$36.50	232807
F	Nov 13 – Dec 11	5:30 – 6:30 p.m.	5/\$36.50	232808

at Town Centre Park Community Centre

Su	Oct 4 – Nov 1	11:30 a.m. – 12:30 p.m.	5/\$36.50	234728
Sa	Nov 14 – Dec 12	10 – 11 a.m.	5/\$36.50	234892

8 – 11 yrs

at Pinetree Community Centre

M	Oct 5 – Nov 2	4 – 5 p.m.	4/\$29.20	234730
M	Nov 9 – Dec 7	5:30 – 6:30 p.m.	5/\$36.50	234732

at Poirier Community Centre

F	Oct 9 – Nov 6	4 – 5 p.m.	5/\$36.50	232809
F	Nov 13 – Dec 11	4 – 5 p.m.	5/\$36.50	232810

at Town Centre Park Community Centre

Sa	Nov 14 – Dec 12	11:30 a.m. – 12:30 p.m.	5/\$36.50	234893
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Comic Creations (5 – 7 yrs)

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

at Pinetree Community Centre

5 – 7 yrs

Sa	Oct 10 – Nov 7	9:30 – 10:30 a.m.	5/\$36.50	234920
M	Nov 9 – Dec 7	6 – 7 p.m.	5/\$36.50	234917

at Town Centre Park Community Centre

W	Nov 18 – Dec 9	6 – 7 p.m.	4/\$29.20	234875
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8 – 11 yrs

Sa	Oct 10 – Nov 7	11 a.m. – 12 p.m.	5/\$36.50	234921
M	Nov 9 – Dec 7	4:30 – 5:30 p.m.	5/\$36.50	234918



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Craft Workshop

Unleash your imagination in this single session workshop as you create a unique craft.

5 – 7 yrs

Air Dry Clay

at Poirier Community Centre

Tu	Oct 13	4 – 5 p.m.	1/\$7.30	232826
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Tu	Oct 27	4 – 5 p.m.	1/\$7.30	232827
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at Town Centre Park Community Centre

Su	Sep 13	10 – 11 a.m.	1/\$7.30	234646
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Autumn Craft Creations

at Town Centre Park Community Centre

W	Sep 23	5:45 – 6:45 p.m.	1/\$7.30	234693
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Halloween

at Town Centre Park Community Centre

W	Oct 28	4:30 – 5:30 p.m.	1/\$7.30	234757
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F	Oct 30	5:30 – 6:30 p.m.	1/\$7.30	234828
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Melty Beads

at Poirier Community Centre

Tu	Oct 20	4 – 5 p.m.	1/\$7.30	232825
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Minecraft

at Town Centre Park Community Centre

Tu	Sep 29	5:45 – 6:45 p.m.	1/\$7.30	234690
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Ooey Goey Slime

at Poirier Community Centre

Tu	Oct 6	4 – 5 p.m.	1/\$7.30	232824
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at Town Centre Park Community Centre

Th	Sep 17	4:30 – 5:30 p.m.	1/\$7.30	234707
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Space Explorers

at Town Centre Park Community Centre

Sa	Sep 26	11:15 a.m. – 12:15 p.m.	1/\$7.30	234718
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Super Mario

at Town Centre Park Community Centre

Sa	Sep 19	12 – 1 p.m.	1/\$7.30	234716
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W	Nov 4	5:45 – 6:45 p.m.	1/\$7.30	234760
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Terrariums

at Poirier Community Centre

Tu	Nov 3	4 – 5 p.m.	1/\$7.30	232828
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8 – 11 yrs

Air Dry Clay

at Town Centre Park Community Centre

Su	Sep 13	11:30 a.m. – 12:30 p.m.	1/\$7.30	234647
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Halloween

at Town Centre Park Community Centre

W	Oct 28	6 – 7 p.m.	1/\$7.30	234758
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Slime Lab

at Town Centre Park Community Centre

Th	Sep 17	6 – 7 p.m.	1/\$7.30	234708
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Drawing

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

at Town Centre Park Community Centre

5 – 7 yrs

Sa	Sep 19 – Oct 3	11:15 a.m. – 12:15 p.m.	3/\$21.90	234721
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W	Oct 7 – Nov 4	6 – 7 p.m.	5/\$36.50	234753
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Su	Nov 8 – Dec 6	11:30 a.m. – 12:30 p.m.	5/\$36.50	234850
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8 – 11 yrs

W	Oct 7 – Nov 4	4:30 – 5:30 p.m.	5/\$36.50	234752
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Holiday Workshop: Clay Works

Pound, poke, roll and build. Children will have the opportunity to design and sculpt new objects using modelling clay while learning basic hand-building techniques. This workshop is holiday themed.

5 – 7 yrs

at Pinetree Community Centre

M	Dec 14	4 – 5 p.m.	1/\$7.30	236006
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at Poirier Community Centre

F	Dec 18	5:30 – 6:30 p.m.	1/\$7.30	234638
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8 – 11 yrs

at Pinetree Community Centre

M	Dec 14	5:30 – 6:30 p.m.	1/\$7.30	236007
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at Poirier Community Centre

F	Dec 18	4 – 5 p.m.	1/\$7.30	234637
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All Abilities Welcome!

Visit page 4 for details



Planning a birthday party?

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

A variety of party packages are available at locations across the City for kids up to 14 years old

Find details and register at coquitlam.ca/PartyWithUs

Holiday Workshop: Comic Creations

Children discover story creation through images as they cultivate ideas to produce their own comic. They are taught basic illustration practices, and writing techniques throughout this exciting program! This workshop is holiday themed.

at Pinetree Community Centre

5 – 7 yrs

Sa	Dec 19	9:30 – 10:30 a.m.	1/\$7.30	236002
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8 – 11 yrs

Sa	Dec 19	11 a.m. – 12 p.m.	1/\$7.30	236003
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Holiday Workshop: Craft Creations (5 – 7 yrs)

Join us for holiday themed craft creations.

at Town Centre Park Community Centre

Su	Dec 13	11:30 a.m. – 12:30 p.m.	1/\$7.30	234775
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Th	Dec 17	5:15 – 6:15 p.m.	1/\$7.30	234904
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Su	Dec 20	11:30 a.m. – 12:30 p.m.	1/\$7.30	234776
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Holiday Workshop: Holiday Cards (8 – 11 yrs)

Join us for holiday themed craft creations.

at Town Centre Park Community Centre

Th	Dec 17	5:30 – 6:30 p.m.	1/\$7.30	234823
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Holiday Workshop: Holiday Colourful Clay Creations (5 – 7 yrs)

Learn to shape, sculpt, and mold vibrant foam clay into unique, lightweight creations that dry without baking. This session will be holiday themed.

at Town Centre Park Community Centre

M	Dec 14	5 – 6 p.m.	1/\$7.30	234806
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Th	Dec 17	4 – 5 p.m.	1/\$7.30	234820
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Holiday Workshop: Holiday Cookie Decorating

Join us for holiday themed craft creations.

at Town Centre Park Community Centre

5 – 7 yrs

Sa	Dec 19	10:15 – 11:15 a.m.	1/\$7.30	234827
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Su	Dec 20	10:15 – 11:15 a.m.	1/\$7.30	234907
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8 – 11 yrs

Sa	Dec 19	11:45 a.m. – 12:45 p.m.	1/\$7.30	234829
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Su	Dec 20	11:45 a.m. – 12:45 p.m.	1/\$7.30	234908
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Holiday Workshop: Holiday Garlands (8 – 11 yrs)

Join us for holiday themed craft creations.

at Town Centre Park Community Centre

W	Dec 16	5:45 – 6:45 p.m.	1/\$7.30	234901
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Holiday Workshop: Holiday Slime Lab (8 – 11 yrs)

Join us for holiday themed craft creations.

at Town Centre Park Community Centre

Su	Dec 13	11:45 a.m. – 12:45 p.m.	1/\$7.30	234899
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Holiday Workshop: Ooey Goey Slime (5 – 7 yrs)

Unleash your imagination and artistic expression while creating unique crafts.

at Poirier Community Centre

W	Dec 16	4 – 5 p.m.	1/\$7.30	233814
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at Town Centre Park Community Centre

Su	Dec 13	10:15 – 11:15 a.m.	1/\$7.30	234898
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W	Dec 16	4:15 – 5:15 p.m.	1/\$7.30	234900
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Holiday Workshop: Ornament Making

Make 2 keepsake ornaments out of airdry clay and a plastic ball. Supply subject to change.

5 – 7 yrs

at Maillardville Community Centre

W	Dec 16	4 – 5 p.m.	1/\$7.30	234351
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at Town Centre Park Community Centre

Tu	Dec 15	4 – 5 p.m.	1/\$7.30	234809
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8 – 11 yrs

at Maillardville Community Centre

W	Dec 16	5:15 – 6:15 p.m.	1/\$7.30	234352
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at Town Centre Park Community Centre

Tu	Dec 15	5:30 – 6:30 p.m.	1/\$7.30	234812
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Mae Studio: Sewing Back-to-School Accessories (8 – 11 yrs)

This program will provide participants with the fundamentals of sewing. Create back-to-school accessories, choosing from a variety of exciting projects. Review the basics such as handling a sewing machine safely, using a sewing pattern, cutting fabric and the techniques of assembling accessories. Express your creativity in a beginner friendly environment. In Partnership with Mae Studio.

at Town Centre Park Community Centre

Su	Sep 20 – Oct 25	2:30 – 4 p.m.	6/\$245	234641
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Mae Studio: Sewing Stuffed Animals (8 – 11 yrs)

This program will provide participants with the fundamentals of sewing while making a stuffed animal. Review the basics such as handling a sewing machine safely, using a sewing pattern, cutting fabric and the techniques of assembling a stuffed animal. Express your creativity in a beginner friendly environment. In Partnership with Mae Studio.

at Town Centre Park Community Centre

Su	Nov 1 – Dec 6	2:30 – 4 p.m.	6/\$245	234846
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Watercolour

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

5 – 7 yrs

at Pinetree Community Centre

M	Oct 5 – Nov 2	4:30 – 5:30 p.m.	4/\$29.20	234914
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at Town Centre Park Community Centre

Sa	Oct 17 – Nov 7	11:15 a.m. – 12:15 p.m.	4/\$29.20	234842
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W	Nov 18 – Dec 9	4:30 – 5:30 p.m.	4/\$29.20	234872
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8 – 11 yrs

at Pinetree Community Centre

M	Oct 5 – Nov 2	6 – 7 p.m.	4/\$29.20	234915
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Youth

11 – 18 yrs

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.



Just for Youth

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



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

📍 Connections Youth Lounge at Maillardville Community Centre

- ✓ Foosball
- ✓ Nintendo Switch™
- ✓ Board games
- ✓ Community kitchen

📍 The Getaway Youth Centre at Poirier Community Centre

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

📍 The Landing Youth Centre at Pinetree Community Centre

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

Drop-in fitness classes and weight rooms are open to youth 16 yrs+, and to 13 – 15 yrs once a fitness orientation has been completed. If you're 16 years or older, check out the adult section as well—programs are open to teens on a case-by-case basis.

Coquitlam Youth Council

Share feedback and ideas with the City on initiatives, programs and issues facing youth in Coquitlam.
Open to Coquitlam Residents in Grades 11 and 12.
Learn more and apply at coquitlam.ca/youth

Tell Us What You Want!

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



Certifications

Standard First Aid and CPR C/AED Recertification (14+ yrs)

This is a RECERTIFICATION course. You must bring a Standard First Aid certification to the class. CPR C is included. Valid for three years. 100% attendance is mandatory to be certified. This program is delivered in partnership with the Lifesaving Society BC and Yukon.

at Pinetree Community Centre

Sa	Sep 26	8:30 a.m. – 5:30 p.m.	1/\$85	235995
Su	Oct 25	8:30 a.m. – 5:30 p.m.	1/\$85	235996
Su	Nov 22	8:30 a.m. – 5:30 p.m.	1/\$85	235997

Standard First Aid and CPR C/AED Full Course (13+ yrs)

Standard First Aid is equivalent to WorkSafeBC/CSA Z1210-17 Intermediate and can be used by First Aid Attendants in the workplace. Standard First Aid with CPR-C and AED is a prerequisite to the Lifesaving Society's National Lifeguard Awards. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Valid for three years. 100% attendance is mandatory to be certified.

at Pinetree Community Centre

Sa/Su	Sep 19 – Sep 20	8:30 a.m. – 5:30 p.m.	2/\$195	235993
Sa/Su	Nov 7 – Nov 8	8:30 a.m. – 5:30 p.m.	2/\$195	235994

Babysitting Training (10 – 14 yrs)

The Child Safe Canada Babysitters Course is for responsible youth at least 10 years of age who want to become a babysitter or may already be one. The babysitter course covers the responsibilities of a babysitter, safety tips for children of all ages, first aid, mealtimes, stages of play and development, diapering babies, basic childcare skills, and what to do in case of an emergency.

at Maillardville Community Centre

Sa	Oct 17	9 a.m. – 4 p.m.	1/\$51.10	235097
Sa	Nov 14	9 a.m. – 4 p.m.	1/\$51.10	235098
Sa	Dec 12	9 a.m. – 4 p.m.	1/\$51.10	235099

at Pinetree Community Centre

Sa	Oct 3	9:30 a.m. – 4:30 p.m.	1/\$51.10	234927
Sa	Nov 7	9:30 a.m. – 4:30 p.m.	1/\$51.10	234928
Sa	Dec 5	9:30 a.m. – 4:30 p.m.	1/\$51.10	234929

Home Alone Training (10 – 13 yrs)

The Child Safe Canada 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.

at Maillardville Community Centre

Sa	Sep 26	10 a.m. – 2 p.m.	1/\$29.20	235094
Sa	Oct 31	10 a.m. – 2 p.m.	1/\$29.20	235095
Sa	Nov 28	10 a.m. – 2 p.m.	1/\$29.20	235096

at Pinetree Community Centre

Sa	Sep 19	10 a.m. – 2 p.m.	1/\$29.20	234924
Sa	Oct 24	10 a.m. – 2 p.m.	1/\$29.20	234925
Sa	Nov 21	10 a.m. – 2 p.m.	1/\$29.20	234926

Fitness

Youth Mobility Training (13 – 18 yrs)

Improve flexibility, mobility, balance, and body awareness through guided stretching and movement exercises. A welcoming class for youth looking to move, feel, and recover better. No experience necessary.

at Pinetree Community Centre

Th	Oct 15 – Nov 12	6 – 7 p.m.	5/\$45	233944
Th	Nov 19 – Dec 17	6 – 7 p.m.	5/\$45	233945

Fitness: Youth Orientation

\$2 (13 – 18 yrs) **LOW COST**

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

at City Centre Aquatic Complex

Tues, 3:30 – 4:30 p.m.
Wed, 7:15 – 8:15 p.m.
Sat, 10 – 11 a.m.,
7 – 8 p.m.

at Poirier Sport and Leisure Complex

Wed, 3:45 – 4:45 p.m.
Thurs, 5:45 – 6:45 p.m.
Sun, 11 a.m. – 12 p.m.

at Pinetree Community Centre, pending staff availability

Mon and Fri, 3:30 – 4:30 p.m.

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

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

Lifelong Learning

Girls Night In (10 – 13 yrs)

Come hang out with your friends and meet others! Create a colourful masterpiece. Evening will also include snacks and other crafty options.

at Town Centre Park Community Centre

Halloween Paint, Craft and Movie Night

F	Oct 23	6 – 8 p.m.	1/\$14.60	234832
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Holiday Paint, Craft and Movie Night

F	Dec 4	6 – 8 p.m.	1/\$14.60	234889
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F	Dec 18	6 – 8 p.m.	1/\$14.60	234825
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Science Discovery Lab (11 – 15 yrs)

Unlock the wonders of science in a hands-on, interactive lab. Explore exciting experiments, and discover the secrets of science. Whether you're designing cool inventions or solving scientific problems, the Science Discovery Lab is where curiosity meets creativity. Get ready to dive into the world of discovery!

at Pinetree Community Centre

Th	Nov 12 – Dec 10	6:45 – 7:30 p.m.	5/\$30	234701
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Youth Leadership Development (13 – 15 yrs)

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

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

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

at Pinetree Community Centre

Tu	Oct 6 – Dec 8	4:30 – 6:30 p.m.	10/\$146	235991
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Youth Night In (11 – 14 yrs)

Come hang out with your friends for a fun evening of painting, a movie, and snacks!

at Town Centre Park Community Centre

Holiday Paint and Movie Night

Sa	Dec 12	6 – 8 p.m.	1/\$14.60	234891
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Movie and Game Night

F	Nov 13	6 – 8 p.m.	1/\$14.60	234890
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Paint and Movie Night

F	Oct 16	6 – 8 p.m.	1/\$14.60	234833
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Performing Arts

Dance Mix (11 – 15 yrs)

This program blends hip-hop, jazz, and contemporary styles, encouraging creativity and self-expression. Each session includes a warm-up and choreography.

at Summit Community Centre

W	Sep 23 – Oct 28	7:30 – 8:30 p.m.	5/\$36.50	235843
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W	Nov 4 – Dec 16	7:30 – 8:30 p.m.	6/\$43.80	235844
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Guitar Beginner (12 – 18 yrs)

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

at Centennial Activity Centre

W	Oct 7 – Nov 4	6:15 – 7:15 p.m.	5/\$36.50	232878
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W	Nov 18 – Dec 9	6:15 – 7:15 p.m.	4/\$29.20	232879
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at Pinetree Community Centre

W	Oct 7 – Nov 4	5:15 – 6:15 p.m.	5/\$36.50	234632
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W	Nov 18 – Dec 9	4 – 5 p.m.	4/\$29.20	234633
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at Town Centre Park Community Centre

Th	Oct 8 – Nov 5	7:45 – 8:45 p.m.	5/\$36.50	234788
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Improv League (11 – 15 yrs)

Learn ways to express yourself while working as a team. Step out of your comfort zone while creating fun and unique characters through storytelling and activities in a fun and safe space. No experience needed, just a willingness to try, laugh, and have fun!

at Summit Community Centre

Tu	Sep 22 – Oct 27	6:30 – 8 p.m.	6/\$36	233732
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Tu	Nov 3 – Dec 15	6:30 – 8 p.m.	7/\$42	233733
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Sports and Active Play

Badminton Skill Development

Develop your game through fundamental skills and drills. Bringing your own racquet is recommended, however limited racquets are available upon request.

11 – 15 yrs

at Maillardville Community Centre

W	Sep 9 – Sep 23	4:30 – 5:30 p.m.	3/\$21.90	235119
W	Oct 7 – Nov 4	4:30 – 5:30 p.m.	5/\$36.50	235120
W	Nov 18 – Dec 16	4:30 – 5:30 p.m.	5/\$36.50	235121

11 – 18 yrs

at Pinetree Community Centre

Su	Sep 13 – Sep 27	1 – 2 p.m.	3/\$21.90	232846
Su	Oct 4 – Nov 1	1 – 2 p.m.	5/\$36.50	232847
Su	Nov 8 – Dec 6	1 – 2 p.m.	5/\$36.50	232848

Badminton Youth Junior League (11 – 15 yrs)

Have you been wanting to play on a badminton team or would you like more time to play? Come join Summit's youth badminton junior league! All levels welcome!

at Summit Community Centre

W	Sep 23 – Oct 28	5:30 – 7 p.m.	5/\$30	233737
W	Nov 4 – Dec 16	5:30 – 7 p.m.	6/\$36	233738

Badminton Youth League (12 – 18 yrs)

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

at Pinetree Community Centre

Sa	Oct 17 – Dec 12	2:15 – 5:15 p.m.	8/\$48	232842
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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

W	Oct 7 – Nov 4	7:30 – 8:30 p.m.	5/\$36.50	232503
W	Nov 18 – Dec 9	7:30 – 8:30 p.m.	4/\$29.20	232504

at Maillardville Community Centre

Tu	Sep 15 – Sep 29	5:45 – 6:45 p.m.	3/\$21.90	235196
Tu	Oct 6 – Nov 3	5:45 – 6:45 p.m.	5/\$36.50	235197
Tu	Nov 10 – Dec 15	5:45 – 6:45 p.m.	6/\$43.80	235198

Basketball Youth Junior League (11 – 15 yrs)

Have you been wanting to play on a basketball team or would you like more time to play? Come join Summit's youth basketball junior league! All levels welcome!

at Summit Community Centre

M	Sep 21 – Oct 26	5:30 – 7 p.m.	5/\$30	233727
M	Nov 2 – Dec 14	5:30 – 7 p.m.	7/\$42	233729

Basketball Youth League (12 – 18 yrs)

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

at Pinetree Community Centre

Sa	Oct 17 – Dec 12	2:15 – 5:15 p.m.	9/\$54	232843
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Pickleball Skill Development (11 – 15 yrs)

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

at Centennial Activity Centre

Su	Sep 13 – Sep 27	2 – 3 p.m.	3/\$21.90	232427
Su	Oct 4 – Nov 1	2 – 3 p.m.	5/\$36.50	232428
Su	Nov 8 – Dec 6	2 – 3 p.m.	5/\$36.50	232429

Stellar Play: Battle Archery (10 – 14 yrs)

Learn the exciting game of Battle Archery with foam tipped arrows! This game is a fun combination of archery, dodgeball, and nerf, which participants can test their archery skills playing fun games like Capture the Flag, king's court, and more! In partnership with Stellar Play.

at Summit Community Centre

M	Sep 21 – Oct 19	6:30 – 7:30 p.m.	4/\$60	234479
M	Oct 26 – Nov 16	6:30 – 7:30 p.m.	4/\$60	234480
M	Nov 23 – Dec 14	6:30 – 7:30 p.m.	4/\$60	234481

Oops! We cancelled it...

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



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Tri-City Fencing Academy: Beginner (9 – 15 yrs)

Our youth program begins with a four-session introductory class, quickly teaching the basic actions of the sport, allowing students to progress in their skills in a short time. Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided. In partnership with Tri-City Fencing Academy.

at Pinetree Community Centre

M	Sep 14 – Sep 28	6:30 – 7:30 p.m.	3/\$45	232911
M	Oct 5 – Oct 26	6:30 – 7:30 p.m.	3/\$45	232913
M	Nov 2 – Nov 23	6:30 – 7:30 p.m.	4/\$60	232915
M	Nov 30 – Dec 21	6:30 – 7:30 p.m.	4/\$60	232916

at Poirier Sport and Leisure Complex

F	Sep 11 – Oct 2	7 – 8 p.m.	4/\$60	233050
F	Oct 9 – Oct 30	7 – 8 p.m.	4/\$60	233051
F	Nov 6 – Nov 27	7 – 8 p.m.	4/\$60	233052
F	Dec 4 – Dec 18	7 – 8 p.m.	3/\$45	233053

Tri-City Fencing Academy: Intermediate (9 – 15 yrs)

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

at Pinetree Community Centre

M	Sep 14 – Sep 28	7:30 – 8:30 p.m.	3/\$48.75	232917
M	Oct 5 – Oct 26	7:30 – 8:30 p.m.	3/\$48.75	232918
M	Nov 2 – Nov 23	7:30 – 8:30 p.m.	4/\$65	233201
M	Nov 30 – Dec 21	7:30 – 8:30 p.m.	4/\$65	233206

at Poirier Sport and Leisure Complex

F	Sep 11 – Oct 2	8 – 9 p.m.	4/\$65	233054
F	Oct 9 – Oct 30	8 – 9 p.m.	4/\$65	233055
F	Nov 6 – Nov 27	8 – 9 p.m.	4/\$65	233056
F	Dec 4 – Dec 18	8 – 9 p.m.	3/\$48.75	233057

All Abilities Welcome!

Visit page 4 for details

Volleyball Skill Development

Have you ever wanted to play volleyball or do you want to improve your game? Skills, drills and game play will be the main focus. All levels encouraged.

11 – 15 yrs

at Summit Community Centre

Th	Sep 24 – Oct 29	6:30 – 7:30 p.m.	6/\$43.80	233751
Th	Nov 5 – Dec 17	6:30 – 7:30 p.m.	7/\$51.10	233752

12 – 15 yrs

at Maillardville Community Centre

Th	Sep 17 – Oct 1	4:45 – 5:45 p.m.	3/\$21.90	235112
Th	Sep 17 – Oct 1	6 – 7 p.m.	3/\$21.90	235113
Th	Oct 8 – Nov 5	4:45 – 5:45 p.m.	5/\$36.50	235114
Th	Oct 8 – Nov 5	6 – 7 p.m.	5/\$36.50	235116
Th	Nov 12 – Dec 17	4:45 – 5:45 p.m.	6/\$43.80	235115
Th	Nov 12 – Dec 17	6 – 7 p.m.	6/\$43.80	235117

Volleyball Skill Development for Girls (11 – 15 yrs)

Have you ever wanted to play volleyball or do you want to improve your game? Skills, drills and game play will be the main focus. All levels encouraged.

at Centennial Activity Centre

Su	Sep 13 – Sep 27	4 – 5 p.m.	3/\$21.90	232430
Su	Oct 4 – Nov 1	4 – 5 p.m.	5/\$36.50	232431
Su	Nov 8 – Dec 6	4 – 5 p.m.	5/\$36.50	232432

at Summit Community Centre

Th	Sep 24 – Oct 29	5:15 – 6:15 p.m.	6/\$43.80	233749
Th	Nov 5 – Dec 17	5:15 – 6:15 p.m.	7/\$51.10	233750

Volleyball Youth League

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

11 – 16 yrs

at Maillardville Community Centre

Th	Sep 17 – Dec 3	7:30 – 9 p.m.	12/\$72	235118
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12 – 18 yrs

at Pinetree Community Centre

Tu	Oct 6 – Dec 8	7 – 9:30 p.m.	9/\$54	232845
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Visual Arts

Character Design (11 – 15 yrs)

Bring your wildest characters to life! In this fun and dynamic class, you will learn to design unique characters with a wide range of features and styles. Through drawing, shading, and imaginative techniques, you will create one-of-a-kind characters full of personality!

at Pinetree Community Centre

M	Nov 9 – Dec 7	7:30 – 8:30 p.m.	5/\$36.50	234919
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Crafts: Crochet Beginners (11 – 14 yrs)

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

at Maillardville Community Centre

Tu	Oct 6 – Nov 3	4:45 – 5:45 p.m.	5/\$36.50	233370
Tu	Nov 10 – Dec 8	4:45 – 5:45 p.m.	5/\$36.50	233371

Watercolour (11 – 15 yrs)

Explore basic watercolour painting techniques, experiment with blending and shading and use your imagination to create vibrant masterpieces.

at Pinetree Community Centre

M	Oct 5 – Nov 2	7:30 – 8:30 p.m.	4/\$29.20	234916
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Oops! We cancelled it...

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



Volunteering



Gain experience, Get involved, Become a Volunteer!

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

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

1. Create a Volunteer Profile

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

2. Provide References

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

3. Complete a Police Information Check

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

4. Attend an Orientation Session

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

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

Drop-In Fitness



ONE PASS and Drop-in Fees

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

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



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

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

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

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

Fitness Centre Hours

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

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

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

Getting Started? Let Us Help!

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

Adult Orientation **LOW COST**

Learn guidelines and how to safely and effectively use the equipment in our fitness centres.

Cost: \$2. Register online or by calling 604-927-4386.

City Centre Aquatic Complex

Tuesday: 7 – 8 a.m. | *Tuesday:* 7:15 – 8:15 p.m.

Thursday: 8 – 9 a.m. | *Sunday:* 6:30 – 7:30 p.m.

Poirier Sport and Leisure Complex

Wednesday: 11 a.m. – 12 p.m. | *Thursday:* 8 – 9 p.m.

Saturday: 10 – 11 a.m.

Pinetree Community Centre

Tuesday: 6 – 7 p.m. **

Glen Pine Pavilion

Monday: 11 a.m. – 12 p.m. **

** Pending staff availability.

Youth Orientation **LOW COST**

An orientation of the facility, the equipment and safe use.

Cost: \$2. Register online or by calling 604-927-4386.

[Refer to the Youth Section](#) for days, times and locations.

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

Personal Training

Looking for a personalized training program?

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

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

3 Sessions
(1-hour per):
\$196

5 Sessions
(1-hour per):
\$312

10 sessions
(1-hour per):
\$588

Learn more at coquitlam.ca/PersonalTraining

Drop-In Group Fitness Classes

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

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Cardio/Strength

Cardio Core Conditioning ●●

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

Fit 360° ●●

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

Low Impact ●●

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

NRG Circuit ●●

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

Step Remix ●●

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

Cycle

Group Ride ●●

Indoor cycling on Keiser bikes with constant tension to maximize cardio and muscular endurance. Ride to the beat with intense drills which may include tabata, visualizations, hills and sprints. All riders welcome as tension can be individualized.

Dance

Belly Dance4One ●●

Middle eastern dance and music inspired workout with belly dance techniques and choreography.

Dance4One ●●

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

Zumba® ●●

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

Zumba Gold® ●

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

Zumba Sentao® ●●

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



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

Zumba Toning® ●●

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

Strength/Resistance

Body Basics ●●

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

Iron and HIIT ●●●

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

Specialty Classes

Active Joints ●

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

Chair Fit ●

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

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Essentrics ●●

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

Essentrics Beginner ●

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

Gentle Impact 4 Healthy Bones ●

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

Tai Chi/Qigong ●●

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

Yoga/Pilates/Stretch

Hatha Yoga ●●

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

Pilates ●●

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

Pilates Yoga Fusion ●●

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

Power Yoga ●●●

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

Stretch and Meditation ●

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

Vinyasa Flow Yoga ●●●

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

Yin Deep Stretch Yoga ●

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

Group Fitness Class Rules

How to have a positive class experience:

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

Be On Time

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

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



Wristbands

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



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

Health and Fitness

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.



Adult and Baby Yoga (16+ yrs)

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

at Centennial Pavilion

Tu	Sep 8 – Oct 6	11 a.m. – 12 p.m.	5/\$55	233425
Tu	Oct 13 – Nov 10	11 a.m. – 12 p.m.	5/\$55	233426
Tu	Nov 17 – Dec 15	11 a.m. – 12 p.m.	5/\$55	233427

Aging with Strength (19+ yrs)

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

at Glen Pine Pavilion

W	Sep 9 – Oct 7	1:30 – 2:30 p.m.	4/\$48	235985
F	Sep 11 – Oct 9	11 a.m. – 12 p.m.	5/\$55	234419
W	Oct 14 – Nov 4	1:30 – 2:30 p.m.	4/\$48	235986
F	Oct 16 – Nov 13	11 a.m. – 12 p.m.	5/\$55	234420
W	Nov 18 – Dec 16	1:30 – 2:30 p.m.	5/\$60	235987
F	Nov 20 – Dec 18	11 a.m. – 12 p.m.	5/\$55	234421

Barre (13+ yrs)

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

at City Centre Aquatic Complex

Th	Sep 10 – Oct 22	5:45 – 6:45 p.m.	7/\$77	233576
Su	Sep 13 – Oct 11	10:45 – 11:45 a.m.	5/\$55	233579
Su	Oct 18 – Nov 15	10:45 – 11:45 a.m.	5/\$55	233580
Th	Oct 29 – Dec 17	5:45 – 6:45 p.m.	8/\$88	233577
Su	Nov 22 – Dec 13	10:45 – 11:45 a.m.	4/\$44	233582

at Poirier Sport and Leisure Complex

Tu	Sep 8 – Oct 6	7:15 – 8:15 p.m.	5/\$55	233406
Tu	Oct 27 – Nov 17	7:15 – 8:15 p.m.	4/\$44	233408
Tu	Nov 24 – Dec 15	7:15 – 8:15 a.m.	4/\$44	233588

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

Running late for a fitness class?



The No Show Procedure helps make sure there's space for everyone.

- Pre-registered participants must check in within 5 minutes of the class start time
- After that, drop-in participants may be given any unclaimed spots

Bootcamp 4 U and Baby (16+ yrs)

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

at Poirier Sport and Leisure Complex

W	Sep 9 – Oct 7	1 – 2 p.m.	4/\$44	233409
W	Oct 14 – Nov 4	1 – 2 p.m.	4/\$44	233410
W	Nov 18 – Dec 16	1 – 2 p.m.	5/\$55	233411

Chair Yoga (19+ yrs)

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

at Centennial Pavilion

F	Sep 11 – Oct 9	11:15 a.m. – 12:30 p.m.	5/\$68.75	233451
M	Sep 14 – Oct 5	11 a.m. – 12:15 p.m.	4/\$55	233429
F	Oct 16 – Nov 13	11:15 a.m. – 12:30 p.m.	5/\$68.75	233458
M	Oct 19 – Nov 9	11 a.m. – 12:15 p.m.	4/\$55	233433
M	Nov 16 – Dec 14	11 a.m. – 12:15 p.m.	5/\$68.75	233435
F	Nov 20 – Dec 18	11:15 a.m. – 12:30 p.m.	5/\$68.75	233462

at Glen Pine Pavilion

F	Sep 11 – Oct 9	11:45 a.m. – 1 p.m.	5/\$68.75	234416
F	Oct 16 – Nov 6	11:45 a.m. – 1 p.m.	4/\$55	234417
F	Nov 20 – Dec 18	11:45 a.m. – 1 p.m.	5/\$68.75	234418

Gentle Hatha Yoga (13+ yrs)

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

at Victoria Community Hall

W	Sep 9 – Oct 7	9:30 – 11 a.m.	4/\$66.20	234425
W	Oct 14 – Nov 4	9:30 – 11 a.m.	4/\$66.20	234426
W	Nov 18 – Dec 16	9:30 – 11 a.m.	5/\$82.75	234427

Get Up and Go! (19+ yrs)

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

at Dogwood Pavilion

Tu/Th	Sep 8 – Oct 1	12 – 1 p.m.	7/\$77	233572
Tu/Th	Oct 27 – Nov 19	12 – 1 p.m.	8/\$88	233573
Tu/Th	Nov 24 – Dec 17	12 – 1 p.m.	8/\$88	233574

Group Cycle: Christmas Night Ride (19+ yrs)

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

at City Centre Aquatic Complex

F	Dec 18	7:30 – 8:30 p.m.	1/\$10.75	233919
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Group Cycle: HALLOWEEN Night Ride (19+ yrs)

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

at City Centre Aquatic Complex

F	Oct 30	7:30 – 8:30 p.m.	1/\$10.75	234412
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Group Cycle: Ride and Strength (13+ yrs)

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

at City Centre Aquatic Complex

W	Sep 9 – Oct 7	6:45 – 7:45 p.m.	4/\$44	233753
W	Oct 14 – Nov 4	6:45 – 7:45 p.m.	4/\$44	233754
W	Nov 18 – Dec 16	6:45 – 7:45 p.m.	5/\$55	233755

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

Hatha Yoga Intermediate (13+ yrs)

For those familiar with the progressions of basic hatha yoga postures and are looking to deepen their practice. Some yoga experience is required.

at Poirier Sport and Leisure Complex

M	Sep 14 – Oct 5	6 – 7:30 p.m.	4/\$66.20	234407
M	Oct 19 – Nov 9	6 – 7:30 p.m.	4/\$66.20	234408
M	Nov 16 – Dec 14	6 – 7:30 p.m.	5/\$82.75	234409

Kickboxing (19+ yrs)

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

at Pinetree Community Centre

Th	Sep 17 – Oct 1	7:45 – 8:45 p.m.	3/\$31.05	233497
Th	Oct 8 – Nov 5	7:45 – 8:45 p.m.	5/\$51.75	233498
Th	Nov 12 – Dec 10	7:45 – 8:45 p.m.	5/\$51.75	233499

Killer Kettlebells (13+ yrs)

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

at City Centre Aquatic Complex

M	Sep 14 – Oct 5	6:45 – 7:45 p.m.	4/\$44	233660
M	Oct 19 – Nov 9	6:45 – 7:45 p.m.	4/\$44	233663
M	Nov 16 – Dec 14	6:45 – 7:45 p.m.	5/\$55	233665

Learn 2 Yoga (13+ yrs)

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

at Pinetree Community Centre

W	Oct 14 – Nov 4	6 – 6:45 p.m.	4/\$34.40	233938
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at Poirier Sport and Leisure Complex

Th	Nov 19 – Dec 17	10:45 – 11:30 a.m.	5/\$41.25	234367
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Minds in Motion (19+ yrs)

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

at Centennial Pavilion

Th	Sep 10 – Oct 8	2:15 – 3:45 p.m.	4/\$32	233466
Th	Oct 22 – Nov 12	2:15 – 3:45 p.m.	4/\$32	233468
Th	Nov 19 – Dec 17	2:15 – 3:45 p.m.	5/\$40	233469

Powerhouse Circuit (13+ yrs)

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

at City Centre Aquatic Complex

Th	Sep 10 – Oct 8	5:50 – 6:50 p.m.	5/\$55	233734
Th	Oct 15 – Nov 12	5:50 – 6:50 p.m.	5/\$55	233735
Th	Nov 19 – Dec 17	5:50 – 6:50 p.m.	5/\$55	233736

at Poirier Sport and Leisure Complex

Su	Sep 13 – Oct 4	6 – 7 p.m.	4/\$44	233412
Su	Oct 18 – Nov 15	6 – 7 p.m.	5/\$55	233413
Su	Nov 22 – Dec 20	6 – 7 p.m.	5/\$55	233414

Prenatal Yoga (16+ yrs)

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

at Pinetree Community Centre

W	Sep 9 – Oct 7	7 – 8 p.m.	4/\$44	233940
W	Oct 14 – Nov 4	7 – 8 p.m.	4/\$44	233941
W	Nov 18 – Dec 16	7 – 8 p.m.	5/\$55	233942

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.

Restorative Yoga (13+ yrs)

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

at City Centre Aquatic Complex

Su	Sep 13 – Oct 11	5:45 – 7 p.m.	5/\$68.75	233740
Su	Oct 18 – Nov 15	5:45 – 7 p.m.	5/\$68.75	233741
Su	Nov 22 – Dec 20	5:45 – 7 p.m.	5/\$68.75	233743

at Maillardville Community Centre

M	Sep 14 – Oct 5	7:30 – 8:45 p.m.	4/\$55	233924
M	Oct 19 – Nov 9	7:30 – 8:45 p.m.	4/\$55	233925
M	Nov 16 – Dec 14	7:30 – 8:45 p.m.	5/\$68.75	233926

Sound Healing Yoga and Meditation (13+ yrs)

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

at Poirier Sport and Leisure Complex

Th	Sep 10 – Oct 22	8 – 9 p.m.	7/\$77	233417
Th	Oct 29 – Dec 3	8 – 9 p.m.	6/\$66	233420

Start 2 B Strong (13+ yrs)

Start strong and learn the basics of lifting in a supportive small-group setting that helps you move better and feel stronger. This circuit style class progressively becomes more challenging to improve your fitness level. The class will incorporate the spin bikes, TRX, kettlebells, weights, dumbbells and resistance bands.

at City Centre Aquatic Complex

Th	Sep 10 – Oct 8	10 – 11 a.m.	5/\$55	233672
M	Sep 14 – Oct 5	6:45 – 7:45 p.m.	4/\$44	237020
Th	Oct 15 – Nov 12	10 – 11 a.m.	5/\$55	233676
M	Oct 19 – Nov 9	6:45 – 7:45 p.m.	4/\$44	237021
M	Nov 16 – Dec 14	6:45 – 7:45 p.m.	5/\$55	237022
Th	Nov 19 – Dec 17	10 – 11 a.m.	5/\$55	233678

All Abilities Welcome!

Visit page 4 for details



Bettie Allard YMCA Coquitlam Resident Access

Did you know?

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

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

Learn more at coquitlam.ca/YMCA

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

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

at Centennial Pavilion

Tu/Th	Sep 8 – Oct 8	1 – 2 p.m.	9/\$117	233471
Tu/Th	Oct 13 – Nov 12	1 – 2 p.m.	9/\$117	233479
Tu/Th	Nov 17 – Dec 17	1 – 2 p.m.	10/\$130	233480

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

Together in Movement and Exercise (TIME) is a community-based exercise program for people with balance and mobility challenges. The specialized circuit-style class was created in partnership with the Fraser Health Authority providing a structured, safe and fun environment. Participants must be able to walk 30 feet with or without a walking aid.

at Maillardville Community Centre

M/W	Sep 9 – Oct 7	1:30 – 2:30 p.m.	8/\$104	233920
M/W	Oct 14 – Nov 9	1:30 – 2:30 p.m.	8/\$104	233921
M/W	Nov 16 – Dec 16	1:30 – 2:30 p.m.	10/\$130	233922

Therapeutic Pilates (13+ yrs)

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

at Victoria Community Hall

M	Sep 14 – Oct 5	9:30 – 10:45 a.m.	4/\$55	234422
M	Oct 19 – Nov 9	9:30 – 10:45 a.m.	4/\$55	234423
M	Nov 16 – Dec 14	9:30 – 10:45 a.m.	5/\$68.75	234424

Workshop: Autumn Renewal Sound Bath Meditation (19+ yrs)

Join us for a candlelit sound bath honoring the Autumn Equinox and September Harvest Full Moon—a time of balance, release, and renewal. Through gentle movement, breathwork, guided meditation, and the soothing sounds of crystal singing bowls, chimes, ocean drum, and other instruments, you'll be invited to relax, reflect, and set intentions for the season ahead.

A nurturing space to restore balance and embrace autumn.

at Maillardville Community Centre

F	Sep 25	7 – 9 p.m.	1/\$22	234410
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Workshop: Prenatal Workshop (19+ yrs)

This 2-hour prenatal yoga workshop offers expectant mothers a supportive space for movement, learning, and connection.

The workshop includes a guided group discussion, a 60-minute prenatal yoga practice suitable for all trimesters, and an extended candle-lit savasana for deep relaxation. After a short break, participants will engage in an educational discussion on preparing for labor and delivery, hear a positive birth story, and enjoy time for questions and community connection.

at City Centre Aquatic Complex

Sa	Nov 28	1 – 3 p.m.	1/\$22	234414
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Yoga Under the Stars (13+ yrs)

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

at City Centre Aquatic Complex

Tu	Sep 15 – Oct 6	8:15 – 9:15 p.m.	4/\$44	233913
Tu	Oct 13 – Nov 10	8:15 – 9:15 p.m.	5/\$55	233914
Tu	Nov 17 – Dec 15	8:15 – 9:15 p.m.	5/\$55	233915

Yoga Under The Stars (13+ yrs)

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

at Maillardville Community Centre

Su	Sep 13 – Oct 11	7:45 – 8:45 p.m.	5/\$68.75	233927
Su	Oct 18 – Nov 15	7:45 – 8:45 p.m.	5/\$68.75	233928
Su	Nov 22 – Dec 20	7:45 – 8:45 p.m.	5/\$68.75	233929

Zumba + Lift™ (13+ yrs)

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

at Pinetree Community Centre

Th	Sep 10 – Oct 8	7:15 – 8:15 p.m.	5/\$55	233950
Th	Oct 15 – Nov 12	7:15 – 8:15 p.m.	5/\$55	233951
Th	Nov 19 – Dec 17	7:15 – 8:15 p.m.	5/\$55	233952

Adapted Aqua Movement (19+ years)



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

Thursdays from 10:15 – 11 a.m.

Poirier Sport and Leisure Complex

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

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

Adult

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.

19 yrs +

(unless otherwise noted)



Cards and Games

Dungeons and Dragons Campaign Play (19+ yrs)

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

at Glen Pine Pavilion

Sa	Sep 12 – Oct 24	12:15 – 2:45 p.m.	7/\$35	233984
Tu	Sep 15 – Oct 27	7 – 8:45 p.m.	7/\$35	233375
W	Sep 16 – Oct 28	2:15 – 5:15 p.m.	6/\$30	233393
Tu	Nov 3 – Dec 15	7 – 8:45 p.m.	7/\$35	233376
W	Nov 4 – Dec 16	2:15 – 5:15 p.m.	6/\$30	233394
Sa	Nov 7 – Dec 19	12:15 – 2:45 p.m.	6/\$30	233985

Euchre (19+ yrs)

Learn how to play Euchre! Students will learn the rules, card values, scoring, trump, and basic strategies through guided instruction and practice games.

at Dogwood Pavilion

F	Sep 18 – Oct 9	10 a.m. – 12 p.m.	4/\$11.40	234625
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Impossible Brain Puzzles (12+ yrs)

Join us for some mind-bending and fun puzzles to challenge your thinking. Simple hands-on paper-based puzzles will be provided at each session for you to solve using your creative, lateral and analytical thinking. Great way to exercise your brain and engage with others who love science, technology, engineering and mathematics and more. No experience necessary and available as a multi-generational activity. Facilitated by a volunteer Impossible Puzzler who has researched and compiled centuries of global puzzles.

at Dogwood Pavilion

Tu	Sep 1	10 – 11:30 a.m.	1/\$5	234347
Tu	Oct 6	10 – 11:30 a.m.	1/\$5	234348
Tu	Nov 3	10 – 11:30 a.m.	1/\$5	234349
Tu	Dec 1	10 – 11:30 a.m.	1/\$5	234350



Tell us how we did!

coquitlam.ca/ProgramEvaluation

All Abilities Welcome!

Visit page 4 for details

Learn to Play Bridge (19+ yrs)

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

at Glen Pine Pavilion

Th	Nov 5 – Dec 10	6:30 – 8:30 p.m.	6/\$17.10	234323
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Magic With Cards – Brain Puzzles (12+ yrs)

Interesting brain puzzles that demonstrate the magic of cards. Exercise the brain and be excited at what you can solve when given that challenge.

at Glen Pine Pavilion

W	Oct 7	7:15 – 8:45 p.m.	1/\$5	235201
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Mah Jong Beginner (19+ yrs)

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

at Dogwood Pavilion

Th	Oct 22 – Nov 26	9:30 – 11:30 a.m.	6/\$17.10	235629
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Paradoxes – Brain Puzzles (12+ yrs)

Think outside any standard rules! Paradox brain puzzles are mind-bending challenges that defy intuition, exploit loopholes in logic, or create contradictions in reality.

at Glen Pine Pavilion

W	Dec 2	7:15 – 8:45 p.m.	1/\$5	235203
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Quick But Very Tricky – Brain Puzzles (12+ yrs)

Quick but very tricky fun puzzles to challenge your thinking.

at Glen Pine Pavilion

W	Sep 16	7:15 – 8:45 p.m.	1/\$5	235200
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Science-Related – Brain Puzzles (12+ yrs)

Science-related brain puzzles challenge you to apply physics, biology, and chemistry concepts to solve paradoxes and riddles.

at Glen Pine Pavilion

W	Nov 18	7:15 – 8:45 p.m.	1/\$5	235202
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Lifelong Learning

Cooking: Around the World (19+ yrs)

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

at Dogwood Pavilion

Argentina – Empanadas

W	Nov 18	6 – 8 p.m.	1/\$31.80	233152
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Australia – Meat Pies

W	Nov 25	6 – 8 p.m.	1/\$31.80	233153
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China – Hot and Sour Soup

W	Sep 16	6 – 8 p.m.	1/\$31.80	233125
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China – Lotus Root Stir Fry

W	Oct 14	6 – 8 p.m.	1/\$31.80	233142
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Germany – Pork Schnitzel

W	Oct 7	6 – 8 p.m.	1/\$31.80	233135
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India – Butter Chickpeas

W	Dec 9	6 – 8 p.m.	1/\$31.80	233155
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India – Pumpkin Erisserly

W	Sep 23	6 – 8 p.m.	1/\$31.80	233127
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Italy – Cannoli

W	Oct 28	6 – 8 p.m.	1/\$31.80	233148
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Korea – Bibimbap

W	Nov 4	6 – 8 p.m.	1/\$31.80	233151
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Malaysia – Roti Chanai with Peanut Sauce

W	Sep 9	6 – 8 p.m.	1/\$31.80	233124
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Mexico – Lentil Tacos

W	Dec 16	6 – 8 p.m.	1/\$31.80	233156
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Middle East – Chicken Shawarma

W	Oct 21	6 – 8 p.m.	1/\$31.80	233144
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Vietnam – Pho

W	Dec 2	6 – 8 p.m.	1/\$31.80	233154
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No experience necessary and all cooking supplies provided.



**No experience necessary and
all cooking supplies provided.**

Cooking: Autumn Moon Cakes (19+ yrs)

Celebrate the Autumn Moon Festival by learning to make moon cakes. Learn how to prepare the pastry and filling, then shape, stamp and bake these beautiful pastries that symbolize family reunion, unity and harmony.

at Dogwood Pavilion

Sa	Sep 26	9:30 a.m. – 12:30 p.m.	1/\$47.70	233120
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Cooking: Baking with Sourdough Starters (16+ yrs)

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

at Maillardville Community Centre

Th	Sep 17	6 – 8 p.m.	1/\$28.90	234563
Th	Oct 15	6 – 8 p.m.	1/\$28.90	234564
Th	Nov 12	6 – 8 p.m.	1/\$28.90	234565
Th	Dec 10	6 – 8 p.m.	1/\$28.90	234566

Cooking: Buche De Noel Cake (19+ yrs)

Buche de Noel or Yule Log cake is a very impressive and delicious holiday dessert. As a group, learn to make a white sponge cake and fill it with flavoured whipped cream. Decorate with chocolate ganache to create a log like look and add a variety of garnishes.

at Dogwood Pavilion

Sa	Dec 12	9:30 – 11:30 a.m.	1/\$31.80	233190
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Cooking: Caribbean Fire and Spice (19+ yrs)

Authentic Jamaican jerk chicken is complemented by the contrasting cool, fruity crunch of mango slaw and the sweet, starchy goodness of fried plantains. Caribbean Fire and Spice recipes will have you dreaming of beaches and happy reggae music.

at Glen Pine Pavilion

Su	Oct 11	10:30 a.m. – 1:30 p.m.	1/\$47.70	232634
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Cooking: Comfort Meals Using Basic Ingredients (19+ yrs)

Meals using basic ingredients often focus on comfort foods that turn out being family favourites. Learn to cook amazing food with minimal effort.

at Glen Pine Pavilion

M	Oct 19 – Nov 9	7 – 8:30 p.m.	4/\$95.40	233982
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Cooking: French Onion Soup (19+ yrs)

Learn to me this classic French dish made with caramelized onions and beef stock or broth. The soup is topped with bread and cheese, then gratinéed to rich, melted perfection.

at Dogwood Pavilion

Sa	Oct 24	9:30 – 11:30 a.m.	1/\$31.80	233185
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Cooking: Fresh Corn Polenta with Roasted Fall Vegetables (19+ yrs)

Learn how to make creamy, buttery fresh corn polenta topped with flavourful roasted fall vegetables. This comforting dish is the perfect meal for crisp autumn days.

at Dogwood Pavilion

Sa	Sep 12	9:30 a.m. – 12:30 p.m.	1/\$47.70	233118
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Cooking: Harvest Moon Festival Dumplings (19+ yrs)

Celebrate the Harvest Moon Festival with a farm-to-table dumpling class featuring seasonal flavors. Learn to make savory Pork and Apple Dumplings, earthy Wild Mushroom and Leek Dumplings, and a sweet-spicy Apple Cider Chili Dipping Sauce. This class is a delicious way to welcome the harvest season.

at Dogwood Pavilion

Sa	Sep 19	9:30 a.m. – 12:30 p.m.	1/\$47.70	233119
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Cooking: Holiday Baking (19+ yrs)

Holiday baking brings festive joy and delicious treats into your home. Surprise yourself with weekly family-friendly recipes that will add holiday cheer.

at Glen Pine Pavilion

M	Nov 23 – Dec 14	7 – 8:30 p.m.	4/\$95.40	233983
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Cooking: Holiday Morning Scones (19+ yrs)

Make your holiday mornings easy and delicious with these make-ahead scones. In this class, you'll learn how to prepare tender scones the day before, then bake them fresh in the morning for a warm, festive breakfast. Perfect for holiday gatherings, brunches, or cozy mornings at home.

at Dogwood Pavilion

Sa	Dec 5	9:30 – 11:30 a.m.	1/\$31.80	233189
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Cooking: Holiday Workshop 3 Flavours of Chocolate Truffles (16+ yrs)

Discover the delicate art of chocolate tempering and ganache piping to create a trio of luxurious, artisanal truffles. You'll hand-roll and decorate three different distinct varieties.

at Maillardville Community Centre

Th	Dec 17	6 – 8 p.m.	1/\$28.90	234714
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Cooking: India Unleashed – Bold Masalas (19+ yrs)

Bold Masalas refer to the rich flavourful spice blends found in an authentic Butter Chicken, a dish simmered in a velvety sauce, served with a delicious garlic Naan (bread). Impress your family with this heart-warming meal made from scratch.

at Glen Pine Pavilion

Su	Sep 27	10:30 a.m. – 1:30 p.m.	1/\$47.70	232632
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Cooking: Japan Beyond Mild – Chili and Umami (19+ yrs)

Warm up with a bowl of spicy Miso Ramen or Udon. Accompany this with a Gomae Sesame Spinach Salad and you will experience Umami, the fifth basic taste, alongside sweet, sour, salty, and bitter.

at Glen Pine Pavilion

Su	Nov 22	10:30 a.m. – 1:30 p.m.	1/\$47.70	232640
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Cooking: Japanese Milk Bread (16+ yrs)

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

at Maillardville Community Centre

Th	Oct 1	6 – 8 p.m.	1/\$28.90	234573
Th	Oct 29	6 – 8 p.m.	1/\$28.90	234574
Th	Nov 26	6 – 8 p.m.	1/\$28.90	234575

Cooking: Japanese Mochi (16+ yrs)

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

at Maillardville Community Centre

Th	Oct 22	6 – 8 p.m.	1/\$28.90	234568
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Cooking: Korea – Fermentation and Heat (19+ yrs)

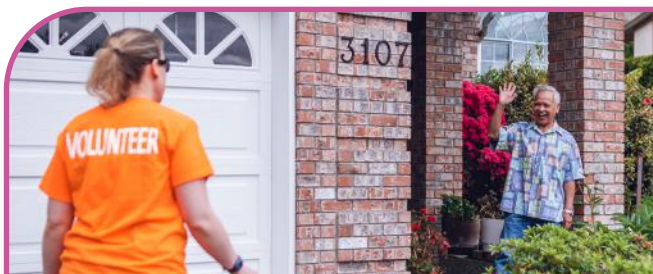
Deliver authentic Korean flavours with a Spick Pork Bulgogi, Jeyuk Bokkeum, in a sweet savoury gochujang sauce paired with a quick and easy KimChi. Feel the K-pop or Kdrama energy when preparing this flavourful combo.

at Glen Pine Pavilion

Su	Oct 25	10:30 a.m. – 1:30 p.m.	1/\$47.70	232636
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**No experience necessary and
all cooking supplies provided.**



Meaningful Meals for Seniors

Volunteer for Meaningful Meals!

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

For more information, visit
coquitlam.ca/MeaningfulMeals

Cooking: Latin American Comfort (19+ yrs)

Chicken Milanese Napolitana is a classic Argentinian comfort food featuring thin, crispy breaded chicken cutlet topped with tomato sauce, a slice of ham, and melted mozzarella cheese. Often called Argentina's version of chicken parmesan. Serve this with an Avocado, Chili and Lime Salad, and you have a new family favourite.

at Glen Pine Pavilion

Su	Dec 6	10:30 a.m. – 1:30 p.m.	1/\$47.70	232643
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Cooking: Mexican Street Food Classics (19+ yrs)

Chiles Rellenos with its rich, cheesy crunch pair perfectly with a Roasted Corn Salad with Chili and Lime dressing. Fire-roasted Poblanos stuffed with cheese is classic Mexican street food.

at Glen Pine Pavilion

Su	Oct 4	10:30 a.m. – 1:30 p.m.	1/\$47.70	232633
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Cooking: Middle Eastern Spice Bazaar (19+ yrs)

Experience the hustle and bustle of a Middle Eastern Spice bazaar by pairing together a Kofta Kebab with the tangy crunch vegetables and of Fattoush, crispy toasted pita bread, with Sumac (red-spice from dried and ground berries of a Sumac bush) and Chili salad.

at Glen Pine Pavilion

Su	Nov 8	10:30 a.m. – 1:30 p.m.	1/\$47.70	232638
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Cooking: Middle Eastern Street Food (19+ yrs)

Chicken Shawarma, richly-spiced marinated protein, with flavourful Falafel, made with ground up legumes, and a Tabbouleh Salad, featuring fresh herbs and bulgur wheat is a popular combo of Middle Eastern Street food. The balance of protein, textures and fresh ingredients is refreshing for a dull evening.

at Glen Pine Pavilion

Su	Dec 13	10:30 a.m. – 1:30 p.m.	1/\$47.70	232644
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Cooking: Morocco – Warming Spices and Slow Heat (19+ yrs)

A complete North African meal is a tender Moroccan Chicken Tagine that is simmered with warming spices and accompanied by a crispy and tangy Carrot and Harissa Salad. Harissa is a red pepper paste made with simple ingredients to create subtle heat to a dish.

at Glen Pine Pavilion

Su	Oct 18	10:30 a.m. – 1:30 p.m.	1/\$47.70	232635
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Cooking: Mushroom Agnolotti With Brown Butter Sage Sauce (19+ yrs)

Learn to make delicate handmade agnolotti filled with a savoury mushroom mixture and finished with a fragrant brown butter sage sauce. In this class, you'll practice pasta-making techniques, create a flavourful filling, and master a classic sauce that highlights the rich, earthy flavours of the dish.

at Dogwood Pavilion

Sa	Nov 7	9:30 a.m. – 12:30 p.m.	1/\$47.70	233186
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Cooking: Pavlova Cake (16+ yrs)

Bake elegant, airy meringues topped with luscious cream and fresh fruit. This hands-on class masters the iconic, crispy-light dessert.

at Maillardville Community Centre

Th	Sep 24	6 – 8 p.m.	1/\$28.90	234567
Th	Nov 19	6 – 8 p.m.	1/\$28.90	234571

Cooking: Poached Pears with Chocolate Sauce (19+ yrs)

Discover an elegant make ahead dessert that's surprisingly simple to make. In this class, you'll learn how to gently poach pears and make a rich, silky chocolate sauce. This beautiful dessert is ideal for entertaining or to add a sophisticated note to a special occasion.

at Dogwood Pavilion

Sa	Nov 14	9:30 – 11:30 a.m.	1/\$31.80	233187
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Cooking: Polish Favourites (19+ yrs)

As the weather becomes chillier, the ultimate Polish comfort meal of Perogies, stuffed dumplings with potato, cheese, or meat, Mizeria, creamy cucumber salad, and Potato Pancakes suits the season.

at Glen Pine Pavilion

Su	Nov 15	10:30 a.m. – 1:30 p.m.	1/\$47.70	232639
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Cooking: Pozole Mexican Soup with Handmade Corn Tortillas (16+ yrs)

Learn the secrets to crafting a deeply flavorful, authentic pozole along with discovering the art of pressing and griddle-cooking fresh, pillowy corn tortillas entirely from scratch.

at Maillardville Community Centre

Th	Dec 3	6 – 8 p.m.	1/\$28.90	234709
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Cooking: Pumpkin Spice Scones with Maple Glaze (19+ yrs)

Learn to make tender pumpkin spice scones with a sweet maple glaze. This delicious fall treat is perfect for breakfast, brunch or tea.

at Dogwood Pavilion

Sa	Oct 17	9:30 – 11:30 a.m.	1/\$31.80	233184
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Cooking: Relish, Chutney and Salsa (19+ yrs)

Transform fresh fall vegetables into delicious homemade relish, chutney and salsas that add bold flavour to appetizers, main dishes and snacks.

at Dogwood Pavilion

Sa	Oct 3	9:30 a.m. – 12:30 p.m.	1/\$47.70	233121
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Cooking: Sichuan Bang Bang Chicken (19+ yrs)

Explore the bold flavors of Sichuan cuisine in this class featuring Bang Bang Chicken, a classic dish of poached chicken served with a rich, spicy sesame sauce. You'll learn techniques for preparing the chicken and balancing the signature combination of savory, nutty, spicy, and tangy flavors that make this dish a favorite.

at Dogwood Pavilion

Sa	Nov 21	9:30 a.m. – 12:30 p.m.	1/\$47.70	233188
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Cooking: Sichuan Sensations (19+ yrs)

Experience the numb-spicy Sichuan sensation with the classic Mapo Tofu dish served with Chinese Fried Rice and Green Beans. This inland province in Southwestern China is renowned for mala spices which produces the tingling buzz on the tongue.

at Glen Pine Pavilion

Su	Nov 1	10:30 a.m. – 1:30 p.m.	1/\$47.70	232637
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Cooking: Spain Turns Up the Heat (19+ yrs)

Olé! Patatas Bravas, crispy potatoes with a smoky tomato-paprika sauce, and Garlicky Shrimp (Gambas) is the ultimate Spanish tapas pairing. Create a fiesta at home as a lead into the holiday season.

at Glen Pine Pavilion

Su Nov 29 10:30 a.m. – 1:30 p.m. 1/\$47.70 232642

Cooking: Taste of Thailand – Heat, Sweet and Sour (19+ yrs)

Thai Green Chicken Curry, Coconut Rice and Green Papaya Salad are three iconic tastes of Thailand. Rich aromatic curry combined with fragrant rice and crunchy salad satisfies the craving for exotic flavours easily cooked at home.

at Glen Pine Pavilion

Su Sep 20 10:30 a.m. – 1:30 p.m. 1/\$47.70 232631

Cooking: Tasty South Asian Treats (19+ yrs)

South Asian street foods balance sweet, sour, salty, and spicy flavors like Chaat (snacks) and Samosas (crispy pastry with fillings). The region's dynamic flavour profile with aromatic spices make these treats special to make at home.

at Glen Pine Pavilion

Su Sep 13 10:30 a.m. – 1:30 p.m. 1/\$47.70 232630

Cooking: Two Thanksgiving Sides – Buckwheat Dressing, Roasted Squash (19+ yrs)

Add something special to your Thanksgiving table with these seasonal side dishes. Learn how to prepare a naturally gluten free Buckwheat Dressing featuring vegetables, chestnuts, dried cranberries, and savory herbs, and a beautiful Roasted Squash dish topped with pomegranate seeds and hazelnuts. These flavorful recipes are perfect for holiday entertaining.

at Dogwood Pavilion

Sa Oct 10 9:30 a.m. – 12:30 p.m. 1/\$47.70 233122

Cooking: Ukrainian Borscht and Pampushky (Garlic and Herb Rolls) (16+ yrs)

Master the art of crafting authentic, vibrant Ukrainian borscht simmered to rich, comforting perfection. You'll also learn to bake fluffy pampushky—traditional yeast rolls smothered in a fragrant garlic-and-herb oil.

at Maillardville Community Centre

Th Oct 8 6 – 8 p.m. 1/\$28.90 234703

Cooking: Vietnamese Chicken Pho (16+ yrs)

Discover the secrets to brewing a deeply aromatic, clear chicken broth infused with traditional spices. You'll master the art of assembling the perfect bowl of authentic Phở Gà, complete with tender shredded chicken, rice noodles, and vibrant fresh herbs.

at Maillardville Community Centre

Th Nov 5 6 – 8 p.m. 1/\$28.90 234706

Finance: Disability – Accessing Your Benefits (19+ yrs)

Learn about the Disability Tax Credit and Registered Disability Savings Plan and how to access them. Workshop will help determine the eligibility criteria and requirements, compare which deductions are of greater benefit to taxpayers and discuss the procedures to follow when changes in medical conditions occur.

at Glen Pine Pavilion

Th Sep 17 10 – 11:30 a.m. 1/**FREE** 234282

Finance: Effective Tax Strategies (19+ yrs)

Learn about Canada's tax system and how to minimize the amount of tax to pay.

at Dogwood Pavilion

Su Oct 18 10 – 11:30 a.m. 1/**FREE** 234514

Finance: Fraud Protection (19+ yrs)

Understand fraud and how to protect yourself from being a victim. Learn about the top three scams.

at Glen Pine Pavilion

Th Dec 10 10 – 11:30 a.m. 1/**FREE** 234298

Finance: Managing Finances in Retirement (19+ yrs)

Learn how to better manage your finances and make your money stretch for you in retirement.

at Dogwood Pavilion

Su Nov 15 10 – 11:30 a.m. 1/**FREE** 234515

Finance: Frauds and Scams (19+ yrs)

Suspicious emails, texts, phone calls are all too common. Learn to look for signs of fraud and how to safeguard against scams. The session will cover real life scenarios, providing practical tips and information to enhance awareness and preparedness. The goal is to empower individuals with the knowledge and tools needed to identify, prevent, and respond to potential fraud, ultimately contributing to a more secure and informed community.

at Dogwood Pavilion

Su Sep 27 10 – 11:30 a.m. 1/**FREE** 234512

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

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

at Glen Pine Pavilion

Th	Nov 19	10 – 11:30 a.m.	1/ FREE	234291
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Finance: Service Canada Presentations (19+ yrs)

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.

Sep Benefits for Persons with Disabilities

Oct Seniors Benefits

Nov Pre-Retirement Workshop

Dec Employment Insurance and Special Benefits

at Glen Pine Pavilion

Tu	Sep 15	1:30 – 2:45 p.m.	1/ FREE	234193
Th	Oct 8	10 – 11:30 a.m.	1/ FREE	234194
Th	Nov 12	10 – 11:30 a.m.	1/ FREE	234196
Th	Dec 17	10 – 11:30 a.m.	1/ FREE	234198

Finance: Teaching Children About Money (19+ yrs)

Set goals and better understand the challenges of raising money-smart children who are financially independent and responsible. Learn how to address age-appropriate money-related topics with young kids, pre-teens, teenagers and emerging adults

at Glen Pine Pavilion

W	Oct 21	6:30 – 8 p.m.	1/ FREE	234295
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General: Hiking Adventures Slideshow (19+ yrs)

Presented by volunteer Terry McCullough, view his visually captivating photographs set to music and his exciting tales of adventurous travel and hiking experiences.

at Glen Pine Pavilion

F	Sep 18	11 a.m. – 12:30 p.m.	1/ FREE	234207
F	Oct 16	11 a.m. – 12:30 p.m.	1/ FREE	234209
F	Nov 20	11 a.m. – 12:30 p.m.	1/ FREE	234210
F	Dec 18	11 a.m. – 12:30 p.m.	1/ FREE	234211

General: Lecture Series with Dr. Cousineau (19+ yrs)

Using a multi-disciplinary approach to describe, explain many world views and belief systems that have emerged on planet earth. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau (Clinical Psychology and Sociology).

at Glen Pine Pavilion

Th	Sep 24 – Oct 29	3 – 5 p.m.	6/ \$66.00	236453
Th	Nov 5 – Dec 17	3 – 5 p.m.	7/ \$77.00	236453

General: Lifesizing – Strata Living Workshop (19+ yrs)

Two session workshop discussing the motivations, challenges and benefits to consider when thinking about transitioning from a conventional, single-family home to strata. Get a clear picture of “what’s in it for you” focusing on the costs of strata living as well as information on strata depreciation reports and opportunity to ask all the questions you may have.

at Glen Pine Pavilion

Th	Sep 24 – Oct 1	9:30 – 11:45 a.m.	2/ FREE	233562
Th	Oct 29 – Nov 5	6:30 – 8:45 p.m.	2/ FREE	233564

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

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

at Glen Pine Pavilion

1st and 3rd Thursdays of each month

Sep 17 – Dec 17	1:30 – 3 p.m.	7/ FREE	233544
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Health and Safety: Injury Prevention and Training for Runners (19+ yrs)

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

at Glen Pine Pavilion

Su	Sep 20	12 – 1:30 p.m.	1/ FREE	235439
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Health and Wellness Fair for Seniors

*Presented by the
Glen Pine 50Plus Society*

Saturday, October 3
10 a.m. – 2 p.m.
Glen Pine Great Room
FREE Admission

*Special thanks to Presenting Partner,
Aspira Retirement Living (Astoria and Mayfair Terrace)*



coquitlam.ca/GlenPine

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

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

at Glen Pine Pavilion

Su Nov 15 12 – 1:30 p.m. 1/FREE 235446

Health and Safety: Falls Prevention Mobile Clinic (19+ yrs)

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have a fall risk assessment as well as a one on one consult with various health professionals, Kinesiologist/Pharmacist/Physiotherapist, for 45 minutes, totaling two hours. Registration is required! To register please call 604-374-2273. Presented by Fraser Health.

at Glen Pine Pavilion

Tu Nov 17 8:30 a.m. – 5 p.m. 1/FREE 233909

Health: Falls Prevention (19+ yrs)

November is Falls Prevention Month. The alarming impact falls have on the well-being of seniors and hazards that contribute to the likelihood of falls are reviewed. Safeguards and suggested exercises to improve balance and strength are recommended.

at Glen Pine Pavilion

Th Nov 26 10 – 11:30 a.m. 1/FREE 234316

Health: Osteoarthritis (19+ yrs)

September is Arthritis Awareness Month. This debilitating disease is the most common form of arthritis. Its symptoms, self-management strategies and various available therapies are presented.

at Glen Pine Pavilion

F Sep 18 2 – 3:30 p.m. 1/FREE 234308

Health: Osteoporosis (19+ yrs)

October 16 is World Spine Day. This presentation is on Osteoporosis, this bone disease, often called the “silent thief”, is the underlying cause of many falls and fractures. Its causes, risks and treatments are presented.

at Glen Pine Pavilion

F Oct 16 2 – 3:30 p.m. 1/FREE 234311

Health: Chronic Diseases Self – Management Program (19+ yrs)

The Chronic Disease Self-Management Program is a patient education program that includes: how to develop a suitable exercise program; cognitive symptom management; healthy eating; breathing exercises; problem solving communication skills with family, friends and health care providers; use of medication; and how to deal with emotions of chronic illness (anger and depression).

at Dogwood Pavilion

Sa Sep 26 – Oct 31 9:30 a.m. – 12 p.m. 6/FREE 234639

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

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

at Glen Pine Pavilion

Sa Nov 7 – Dec 19 9:30 a.m. – 12 p.m. 6/FREE 233859

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

The Diabetes Self-Management Program is a free six-session workshop. Gain knowledge, skills and confidence in your ability to manage symptoms.

at Glen Pine Pavilion

Sa Sep 19 – Oct 24 9:30 a.m. – 12 p.m. 6/**FREE** 233846

Health: Family and Caregivers of People Living with Dementia Series (19+ yrs)

An education series for family members who are caring for a person living with dementia that covers understanding dementia, communication and behaviour, as well as planning for the future and self-care for caregivers.

at Glen Pine Pavilion

Th Oct 15 – Nov 5 11 a.m. – 1 p.m. 4/**FREE** 233991

Health: Getting Your Affairs in Order on the Dementia Journey (19+ yrs)

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

at Glen Pine Pavilion

F Oct 23 2 – 3:30 p.m. 1/**FREE** 234159

Health: Introduction to Brain Health (19+ yrs)

It is never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.

at Dogwood Pavilion

M Sep 28 10 – 11:30 a.m. 1/**FREE** 235331

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

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

at Glen Pine Pavilion

Su Oct 18 12 – 1:30 p.m. 1/**FREE** 235442

Health: Osteoporosis (19+ yrs)

October 16 is World Spine Day. Osteoporosis is a bone disease, often referred to as the “silent thief”, that is an underlying cause of many falls and fractures. It's causes, risks and treatments are presented.

at Dogwood Pavilion

Th Oct 15 10 – 11:30 a.m. 1/**FREE** 235016

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

Learn practical strategies to better understand communication with those with dementia. Presented by the Alzheimer's Society of BC. Suitable for Caregivers (or families of loved ones with dementia caring for them).

at Glen Pine Pavilion

W Sep 9 10 – 11:30 a.m. 1/**FREE** 234157

Language: Creative Writing All Levels (19+ yrs)

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

at Dogwood Pavilion

Sa Sep 19 – Oct 31 10:15 – 11:45 a.m. 7/\$78.40 234498

Sa Nov 7 – Dec 19 10:15 – 11:45 a.m. 6/\$67.20 234499

at Glen Pine Pavilion

Th Sep 17 – Oct 29 7 – 8:30 p.m. 7/\$78.40 233786

Th Nov 5 – Dec 17 7 – 8:30 p.m. 7/\$78.40 233787

Language: Dogwood Discovery Week – Creative Writing (19+ yrs)

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

at Dogwood Pavilion

Sa Sep 12 10 – 11 a.m. 1/\$7.45 235589

Language: Dogwood Discovery Week – Intro to Spanish (19+ yrs)

Hola! Not sure Spanish is for you? Try this one time class where you will get an introduction to basic words and phrases, and get to know the instructor.

at Dogwood Pavilion

Sa Sep 12 11:15 a.m. – 12:15 p.m. 1/\$7.45 235599

All Abilities Welcome!

Visit page 4 for details

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

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

at Glen Pine Pavilion

Th	Sep 24 – Oct 29	11:30 a.m. – 12:30 p.m.	6/\$17.10	233793
Th	Nov 5 – Dec 10	11:30 a.m. – 12:30 p.m.	6/\$17.10	233794

Language: English Learner 1 (19+ yrs)

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

at Glen Pine Pavilion

Th	Sep 24 – Oct 29	9:30 – 11 a.m.	6/\$17.10	233789
Th	Nov 5 – Dec 10	9:30 – 11 a.m.	6/\$17.10	233790

Language: English Learner 2 (19+ yrs)

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

at Glen Pine Pavilion

Th	Sep 24 – Oct 29	1 – 2:30 p.m.	6/\$17.10	233796
Th	Nov 5 – Dec 10	1 – 2:30 p.m.	6/\$17.10	233801

Language: English Learner 3 (19+ yrs)

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

at Glen Pine Pavilion

Tu	Sep 22 – Oct 27	9:30 – 11 a.m.	6/\$17.10	233388
Tu	Nov 3 – Dec 8	9:30 – 11 a.m.	6/\$17.10	233389

Language: Japanese Beginner (19+ yrs)

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

at Glen Pine Pavilion

Sa	Sep 19 – Oct 24	1 – 2:30 p.m.	6/\$67.20	233826
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Language: Japanese Intermediate (19+ yrs)

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

at Glen Pine Pavilion

Sa	Nov 7 – Dec 19	1 – 2:30 p.m.	6/\$67.20	233829
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Language: Korean Beginner (19+ yrs)

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

at Glen Pine Pavilion

Su	Sep 13 – Oct 25	10:15 – 11:45 a.m.	7/\$78.40	233295
Tu	Sep 15 – Oct 27	7 – 8:30 p.m.	7/\$78.40	233395
Su	Nov 1 – Dec 13	10:15 – 11:45 a.m.	7/\$78.40	233296
Tu	Nov 3 – Dec 15	7 – 8:30 p.m.	7/\$78.40	233396

Language: Spanish Beginner (19+ yrs)

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home.

at Dogwood Pavilion

Sa	Sep 19 – Oct 31	2 – 3:30 p.m.	7/\$78.40	234501
Sa	Nov 7 – Dec 19	2 – 3:30 p.m.	6/\$67.20	234503

at Glen Pine Pavilion

W	Sep 16 – Oct 28	9:30 – 11 a.m.	6/\$67.20	233391
M	Nov 9 – Dec 14	7 – 8:30 p.m.	6/\$67.20	233345

Language: Spanish Foundations (19+ yrs)

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

at Dogwood Pavilion

Sa	Sep 19 – Oct 31	12:15 – 1:45 p.m.	7/\$78.40	234502
Sa	Nov 7 – Dec 19	12:15 – 1:45 p.m.	6/\$67.20	234504

at Glen Pine Pavilion

M	Sep 14 – Oct 26	7 – 8:30 p.m.	6/\$67.20	233343
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Language: Spanish Intermediate (19+ yrs)

Further your skills and understanding of the Spanish language both written and spoken.

at Glen Pine Pavilion

W	Nov 4 – Dec 16	9:30 – 11 a.m.	6/\$67.20	233392
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Life Skills: Confident Communication (19+ yrs)

Confident Communication helps build confidence in speaking, self-expression, and navigating everyday life and community interactions. Through practical communication exercises and self-recorded video practice, participants develop greater confidence, improve public speaking skills, and strengthen their ability to handle meetings, conversations, and life challenges effectively.

at Dogwood Pavilion

Th	Dec 3 – Dec 10	9:30 – 11 a.m.	2/\$10	235630
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Technology: Android Phones Workshop

(19+ yrs) **LOW COST**

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

at Glen Pine Pavilion

Th	Nov 12	1:30 – 3 p.m.	1/\$2.85	233809
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Technology: Digital Security for Tech Devices

(19+ yrs) **LOW COST**

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

at Glen Pine Pavilion

Th	Oct 22	1:30 – 3 p.m.	1/\$2.85	233808
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Technology: iPad and iPhone Workshop

(19+ yrs) **LOW COST**

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

at Glen Pine Pavilion

Th	Nov 26	1:30 – 3 p.m.	1/\$2.85	233810
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Technology: Tools for Travel (19+ yrs) **LOW COST**

Planning on travelling somewhere? Why not learn how your phone, tablet or laptop can help plan your vacation. Do not miss out on some of the best restaurants to try or places to see. Use online maps to navigate, language translators to communicate and maybe get some great local deals through special tickets or coupons.

at Glen Pine Pavilion

Th	Sep 24	1:30 – 3 p.m.	1/\$2.85	233804
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Technology: Using a Smartphone Camera

(19+ yrs) **LOW COST**

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

at Glen Pine Pavilion

Th	Oct 8	1:30 – 3 p.m.	1/\$2.85	233807
Th	Dec 10	1:30 – 3 p.m.	1/\$2.85	233811

Wellness: Aging in Place (19+ yrs)

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

at Dogwood Pavilion

M	Sep 21	11 a.m. – 12:30 p.m.	1/ FREE	235012
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Life Long Learning for Adults (19+)



Learn Something New!

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

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

Register

coquitlam.ca/registration | 604-927-4386

Stay up to date: coquitlam.ca/enews

Wellness: Art of Nature – Awakening Real Talents with Truths (19+ yrs)

Draw and Journal with heartfelt conversations. Each session has a stand alone theme to engage your mind in the discovery of your hidden talents.

- Growth and Changes in Autumn
- Flow Through Life with Ocean Beauty
- Be Mountain with Super New Powers
- Doodles to Enjoy the Discovery of New Self

at Glen Pine Pavilion

F	Sep 25	2 – 3 p.m.	1/\$14.10	236918
F	Oct 2	2 – 3 p.m.	1/\$14.10	236919
F	Oct 9	2 – 3 p.m.	1/\$14.10	236920
F	Oct 16	2 – 3 p.m.	1/\$14.10	236921

Wellness: Care for the Caregiver (19+ yrs)

Causes of caregiver burnout are examined and suggestions made as to how to prevent this all-too-common result. Sources of assistance and support are also reviewed.

at Dogwood Pavilion

Tu	Nov 17	9:30 – 11 a.m.	1/ FREE	235018
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Wellness: Deep Healing Sleep (16+ yrs)

Sleep is when the body repairs, restores, balances hormones, and supports the brain and immune system. In this session, we'll explore why insomnia is often connected to stress, blood sugar, gut health, and daily rhythms.

at Dogwood Pavilion

Tu	Oct 20	4 – 5:30 p.m.	1/\$14.10	234112
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Wellness: Happy Social Circles (19+ yrs)

Enjoy time together with new friends. Each session has a stand alone theme to connect you with other people in a kind and caring space.

- Elevating Mind
- Loving Body
- Cherishing Heart
- Becoming Spirit

at Glen Pine Pavilion

F	Nov 20	2 – 3 p.m.	1/\$14.10	236922
F	Nov 27	2 – 3 p.m.	1/\$14.10	236923
F	Dec 4	2 – 3 p.m.	1/\$14.10	236924
F	Dec 11	2 – 3 p.m.	1/\$14.10	236925

All Abilities Welcome!

Visit page 4 for details

Wellness: Inflammation 101 (19+ yrs)

Inflammation is the body's natural healing response, but when it stays switched on, it can quietly affect many areas of health. Explore what drives chronic inflammation and how food and lifestyle can help calm the terrain.

at Glen Pine Pavilion

Tu	Sep 15	3:30 – 5 p.m.	1/\$14.10	234190
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Wellness: Intermittent Fasting (19+ yrs)

Intermittent fasting can support digestion, metabolism, and cellular repair, but it is not the right fit for everyone. Explore fasting through a personalized lens so you can understand when it helps and when it may create more stress.

at Glen Pine Pavilion

Tu	Nov 3	3:30 – 5 p.m.	1/\$14.10	234192
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Wellness: Life without Driving (19+ yrs)

The decision to no longer drive has a profound impact on many seniors. This workshop explores warning signs of the need to consider other ways of getting around, encourages planning and outlines alternatives to driving.

at Dogwood Pavilion

M	Dec 7	1 – 2:30 p.m.	1/ FREE	235022
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Wellness: Love Your Gut (19+ yrs)

Many health imbalances begin in the gut — or are deeply influenced by it. Explore how digestion works and influences energy, immunity, inflammation, mood, and overall well being.

at Glen Pine Pavilion

Tu	Oct 6	3:30 – 5 p.m.	1/\$14.10	234191
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Wellness: Tai Chi in a Chair Workshop (19+ yrs)

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

at Glen Pine Pavilion

M	Sep 14 – Oct 5	7:15 – 8:15 p.m.	4/\$37.60	233776
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Wellness: Strong Bones, Healthy Joints (16+ yrs)

Bone and joint health is connected to digestion, inflammation, hormones, movement, and lifestyle. In this session, we'll look at how to support strength, mobility, and healthy aging from the inside out.

at Dogwood Pavilion

Tu	Sep 22	4 – 5:30 p.m.	1/\$14.10	234111
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Wellness: Wellness: Tai Chi in a Chair Workshop (19+ yrs)

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

at Glen Pine Pavilion

W	Sep 16 – Oct 28	7:30 – 8:30 p.m.	6/\$56.40	233777
W	Nov 4 – Dec 16	7:30 – 8:30 p.m.	6/\$56.40	233778

Wellness: The Brain – Gut Connection (16+ yrs)

Your brain and gut are in constant communication through the nervous system, immune system, hormones, and microbiome. In this session, we'll explore how digestion, inflammation, stress, and lifestyle patterns can influence mood, memory, focus, and mental clarity.

at Dogwood Pavilion

Tu	Nov 10	4 – 5:30 p.m.	1/\$14.10	234116
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Performing Arts

Dance: Ageless Ballet All Levels (19+ yrs)

Ballet moves improves posture, enhances and strengthens mobility and is mentally stimulating enough to create a feeling of positive well-being no matter what age you are. The music and the moves of this ageless ballet class is suitable for everyone.

at Dogwood Pavilion

Tu	Sep 15 – Oct 13	12:45 – 1:45 p.m.	5/\$54.75	235322
Tu	Oct 20 – Nov 10	12:45 – 1:45 p.m.	4/\$43.80	232588
Tu	Nov 17 – Dec 15	12:45 – 1:45 p.m.	5/\$54.75	232881

at Glen Pine Pavilion

Th	Oct 22 – Nov 12	11 a.m. – 12 p.m.	4/\$43.80	235384
Th	Nov 19 – Dec 10	11 a.m. – 12 p.m.	4/\$43.80	235385

Dance: Argentine Tango Beginner (19+ yrs)

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

at Dogwood Pavilion

M	Nov 2 – Dec 14	7:15 – 8:15 p.m.	7/\$76.65	232549
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Dance: Ballroom Beginner – Cha-Cha (19+ yrs)

Ballroom Beginner is an introduction or a refresher for partner dancing. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register. Solo dancers welcome. Focus is on Cha-Cha.

at Glen Pine Pavilion

Th	Sep 17 – Oct 29	6:45 – 7:30 p.m.	7/\$57.40	234085
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Dance: Ballroom Beginner – Nightclub 2 Step (19+ yrs)

Ballroom Beginner is an introduction or a refresher for partner dancing. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register. Solo dancers welcome. Focus is on Nightclub 2 Step.

at Glen Pine Pavilion

Th	Nov 5 – Dec 17	6:45 – 7:30 p.m.	7/\$57.40	234080
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Dance: Ballroom for One Foundations (19+ yrs)

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

at Dogwood Pavilion

Su	Sep 13 – Oct 25	10:15 – 11:15 a.m.	7/\$76.65	232534
Su	Nov 1 – Dec 6	10:15 – 11:15 a.m.	5/\$54.75	232535

Dance: Bellydance Beginner (19+ yrs)

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

at Dogwood Pavilion

W	Sep 16 – Oct 28	5 – 6 p.m.	6/\$65.70	234491
W	Nov 4 – Dec 16	5 – 6 p.m.	6/\$65.70	234492

Dance: Bellydance Foundations (19+ yrs)

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

at Glen Pine Pavilion

Tu	Sep 15 – Oct 27	5:15 – 6:15 p.m.	7/\$76.65	233379
Tu	Nov 3 – Dec 15	5:15 – 6:15 p.m.	7/\$76.65	233382

Dance: Bellydance Intermediate (19+ yrs)

Build on your knowledge of bellydance in this intermediate-level class. Practice classic postures with the traditional hip and shoulder movements.

at Glen Pine Pavilion

W	Sep 16 – Oct 28	7:45 – 8:45 p.m.	6/\$65.70	233397
W	Nov 4 – Dec 16	7:45 – 8:45 p.m.	6/\$65.70	233398

Dance: Cha-Cha Foundations (19+ yrs)

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

at Dogwood Pavilion

M	Nov 2 – Dec 14	6 – 7 p.m.	7/\$76.65	232547
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Dance: Choreographed Bellydance (19+ yrs)

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

at Glen Pine Pavilion

Tu	Sep 15 – Oct 27	7:45 – 8:45 p.m.	7/\$76.65	233384
Tu	Nov 3 – Dec 15	7:45 – 8:45 p.m.	7/\$76.65	233385

Dance: Dogwood Discovery Week – Ageless Ballet (19+ yrs)

Try Ageless Ballet. Ballet moves improves posture, enhances and strengthens mobility and is mentally stimulating enough to create a feeling of positive well-being no matter what age you are. The music and the moves of this ageless ballet class is suitable for everyone.

at Dogwood Pavilion

Tu	Sep 8	12:45 – 1:45 p.m.	1/\$10.95	235306
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Dance: Hip Hop (16+ yrs)

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

at Pinetree Community Centre

F	Sep 18 – Oct 2	7:30 – 8:30 p.m.	3/\$32.85	232747
F	Oct 9 – Nov 6	7:30 – 8:30 p.m.	5/\$54.75	232748
F	Nov 13 – Dec 11	7:30 – 8:30 p.m.	5/\$54.75	232749

Dance: Jazz All Levels (19+ yrs)

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

at Glen Pine Pavilion

M	Oct 19 – Nov 9	2:30 – 3:30 p.m.	4/\$43.80	236840
M	Nov 16 – Dec 14	2:30 – 3:30 p.m.	5/\$54.75	236841

Dance: Line Dance All Levels (19+ yrs)

Build on your line dancing foundations with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats. Beginner line dancing experience is recommended.

at Centennial Pavilion

Tu	Sep 15 – Oct 27	3:30 – 4:30 p.m.	7/\$76.65	232585
Tu	Nov 3 – Dec 15	3:30 – 4:30 p.m.	7/\$76.65	232586

at Dogwood Pavilion

F	Sep 18 – Oct 30	2:15 – 3:15 p.m.	7/\$76.65	235316
F	Nov 6 – Dec 18	2:15 – 3:15 p.m.	6/\$65.70	235317

Dance: Line Dance Beginner (19+ yrs)

Learn basic line dancing steps across several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Glen Pine Pavilion

M	Sep 14 – Oct 26	6:15 – 7:15 p.m.	6/\$65.70	233365
M	Nov 9 – Dec 14	6:15 – 7:15 p.m.	6/\$65.70	233367

Dance: Line Dance Foundations (19+ yrs)

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

at Centennial Pavilion

Tu	Sep 15 – Oct 27	2:15 – 3:15 p.m.	7/\$76.65	232550
Tu	Nov 3 – Dec 15	2:15 – 3:15 p.m.	7/\$76.65	232584

Dance: Nightclub Two Step Foundations (19+ yrs)

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

at Dogwood Pavilion

M	Sep 14 – Oct 26	6 – 7 p.m.	6/\$65.70	232546
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Dance: Nightclub Two-Step Foundations Workshop (19+ yrs)

Nightclub Two-Step dancing for two! Diversify your dancing with this contemporary social dance. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at Dogwood Pavilion

Sa	Oct 17	1:30 – 3:30 p.m.	1/\$21.90	234510
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Dance: Persian Dance All Levels (19+ yrs)

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

at Glen Pine Pavilion

M	Sep 14 – Oct 26	5 – 6 p.m.	6/\$65.70	233360
M	Nov 9 – Dec 14	5 – 6 p.m.	6/\$65.70	233364

Dance: Swing Foundations (19+ yrs)

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

at Dogwood Pavilion

M	Sep 14 – Oct 26	7:15 – 8:15 p.m.	6/\$65.70	232548
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Dance: Swing Foundations Workshop (19+ yrs)

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

at Dogwood Pavilion

Sa	Sep 19	1:30 – 3:30 p.m.	1/\$21.90	234509
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Dance: Waltz Foundations Workshop (19+ yrs)

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

at Dogwood Pavilion

Sa	Nov 28	1:30 – 3:30 p.m.	1/\$21.90	234511
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Drama: Improv Theatre Workshop (19+ yrs)

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

at Glen Pine Pavilion

W	Sep 23	7 – 8:30 p.m.	1/\$17.20	233399
W	Oct 14	7 – 8:30 p.m.	1/\$17.20	233400
W	Oct 28	7 – 8:30 p.m.	1/\$17.20	233403
W	Nov 25	7 – 8:30 p.m.	1/\$17.20	233404
W	Dec 9	7 – 8:30 p.m.	1/\$17.20	233405

at Town Centre Park Community Centre

W	Oct 7	7:30 – 9 p.m.	1/\$15.60	234761
W	Nov 18	7:30 – 9 p.m.	1/\$15.60	234762

Music: Guitar Beginner (19+ yrs)

Beginner guitar for those who have learnt the basics on chords, strumming and how to read tablature. Please bring your own guitar.

at Glen Pine Pavilion

Tu	Nov 3 – Dec 15	7:30 – 8:30 p.m.	7/\$65.10	233993
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Music: Guitar Foundations (19+ yrs)

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar. No experience required.

at Centennial Activity Centre

W	Oct 7 – Nov 4	7:30 – 8:30 p.m.	5/\$46.50	232882
W	Nov 18 – Dec 9	7:30 – 8:30 p.m.	4/\$37.20	232883

at Glen Pine Pavilion

Tu	Sep 15 – Oct 27	7:30 – 8:30 p.m.	7/\$65.10	233992
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Music: Karaoke Voice Skills Foundations (19+ yrs)

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

at Dogwood Pavilion

Th	Sep 17 – Oct 29	4:30 – 5:30 p.m.	7/\$65.10	235620
Th	Nov 5 – Dec 17	4:30 – 5:30 p.m.	7/\$65.10	235622



Tell us how we did!

coquitlam.ca/ProgramEvaluation

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.

Music: K-Pop Music, Korean Language and Culture (16+ yrs)

With the return of the popular BTS as a global phenomenon, understanding K-Pop as the gateway to Korean culture is interesting and exciting! Learn how to understand Korean lyrics, popular Korean phrases and explore Korean language and trends.

at Glen Pine Pavilion

W	Sep 16 – Oct 28	7 – 8 p.m.	6/\$55.80	233996
W	Nov 4 – Dec 16	7 – 8 p.m.	6/\$55.80	233997

Music: Singing Voice Skills Foundations (19+ yrs)

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

at Glen Pine Pavilion

Su	Sep 13 – Oct 25	12:15 – 1:45 p.m.	7/\$97.65	233323
Su	Nov 1 – Dec 6	12:15 – 1:45 p.m.	6/\$83.70	233325

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

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

at Glen Pine Pavilion

Tu	Sep 15 – Oct 27	6:15 – 7:15 p.m.	7/\$65.10	233386
Tu	Nov 3 – Dec 15	6:15 – 7:15 p.m.	7/\$65.10	233387

Music: Ukulele All Levels (19+ yrs)

Build on your foundations, learning chords and strums, working towards improving your skills on the ukulele. Please bring your own ukulele. Foundations experience recommended.

at Dogwood Pavilion

Tu	Sep 15 – Oct 27	2:30 – 3:30 p.m.	7/\$65.10	234966
Tu	Nov 3 – Dec 15	2:30 – 3:30 p.m.	7/\$65.10	234967

Music: Ukulele Beginner (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at Glen Pine Pavilion

Su	Sep 13 – Oct 25	11 a.m. – 12 p.m.	7/\$65.10	233297
M	Nov 9 – Dec 14	7 – 8 p.m.	6/\$55.80	233353

Music: Ukulele Foundations (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at Dogwood Pavilion

Sa	Sep 12 – Oct 10	1 – 2 p.m.	5/\$46.50	234963
Sa	Oct 17 – Nov 14	1 – 2 p.m.	5/\$46.50	234964

at Glen Pine Pavilion

M	Sep 14 – Oct 26	7 – 8 p.m.	6/\$55.80	233351
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Music: Ukulele Intermediate (19+ yrs)

Building on the basics of chords and strumming, you will further expand your skill set and work towards a new set of songs by the end of the course. Please bring your own ukulele.

at Glen Pine Pavilion

Su	Nov 1 – Dec 6	11 a.m. – 12 p.m.	6/\$55.80	233321
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Sports and Active Play

Badminton: Skills and Drills (16+ yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

16+ yrs*at Maillardville Community Centre*

W	Sep 9 – Sep 23	5:30 – 6:45 p.m.	3/\$39	235106
W	Oct 7 – Nov 4	5:30 – 6:45 p.m.	5/\$65	235107
W	Nov 18 – Dec 16	5:30 – 6:45 p.m.	5/\$65	235108

19+ yrs*at Pinetree Community Centre*

Su	Sep 13 – Sep 27	10:15 – 11:45 a.m.	3/\$46.80	233447
Su	Oct 4 – Nov 1	10:15 – 11:45 a.m.	5/\$78	233449
Su	Nov 8 – Dec 6	10:15 – 11:45 a.m.	5/\$78	233450

Boorman Archery (16+ yrs)

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

at Pinetree Community Centre

Su	Sep 13 – Sep 27	9 – 10 a.m.	3/\$45	232901
Su	Sep 13 – Sep 27	10:15 – 11:15 a.m.	3/\$45	232562
Su	Sep 13 – Sep 27	11:30 a.m. – 12:30 p.m.	3/\$45	232570
Su	Oct 4 – Nov 1	9 – 10 a.m.	5/\$75	232902
Su	Oct 4 – Nov 1	10:15 – 11:15 a.m.	5/\$75	232564
Su	Oct 4 – Nov 1	11:30 a.m. – 12:30 p.m.	5/\$75	232573
Su	Nov 8 – Dec 6	9 – 10 a.m.	5/\$75	232903
Su	Nov 8 – Dec 6	10:15 – 11:15 a.m.	5/\$75	232567
Su	Nov 8 – Dec 6	11:30 a.m. – 12:30 p.m.	5/\$75	232579

Volleyball: Skill Progression (16+ yrs)

Learn or improve your volleyball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Centennial Activity Centre

Su	Sep 13 – Sep 27	5:15 – 6:15 p.m.	3/\$31.05	232532
Su	Oct 4 – Nov 1	5:15 – 6:15 p.m.	5/\$51.75	236259
Su	Nov 8 – Dec 6	5:15 – 6:15 p.m.	5/\$51.75	232533

at Maillardville Community Centre

Th	Sep 17 – Oct 1	6 – 7 p.m.	3/\$31.05	235109
Th	Oct 8 – Nov 5	6 – 7 p.m.	5/\$51.75	235110
Th	Nov 12 – Dec 17	6 – 7 p.m.	6/\$62.10	235111

Pickleball: Learn to Play (16+ yrs)

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

16+ yrs*at Maillardville Community Centre*

M	Sep 14 – Sep 28	3:45 – 5:15 p.m.	3/\$46.80	235100
M	Oct 5 – Nov 2	3:45 – 5:15 p.m.	4/\$62.40	235101
M	Nov 9 – Dec 14	3:45 – 5:15 p.m.	6/\$93.60	235102

19+ yrs*at Poirier Forum*

Tu	Sep 15 – Oct 6	11 a.m. – 12:30 p.m.	4/\$62.40	232596
W	Sep 16 – Oct 28	11 a.m. – 12:30 p.m.	6/\$93.60	232885
Th	Sep 17 – Oct 29	11 a.m. – 12:30 p.m.	6/\$93.60	234494
Tu	Oct 13 – Nov 10	11 a.m. – 12:30 p.m.	5/\$78	232597
W	Nov 4 – Dec 16	11 a.m. – 12:30 p.m.	6/\$93.60	232886
Th	Nov 5 – Dec 17	11 a.m. – 12:30 p.m.	7/\$109.20	234495
Tu	Nov 17 – Dec 15	11 a.m. – 12:30 p.m.	5/\$78	232880

Pickleball: Skill Progression (16+ yrs)

Learn or improve your pickleball skills. Lessons include skill development for all levels of play from beginner to intermediate.

16+ yrs*at Centennial Activity Centre*

Su	Sep 13 – Oct 4	11 a.m. – 12:30 p.m.	4/\$62.40	232536
Su	Oct 18 – Nov 8	11 a.m. – 12:30 p.m.	4/\$62.40	232537
Su	Nov 15 – Dec 6	11 a.m. – 12:30 p.m.	4/\$62.40	232538

at Maillardville Community Centre

M	Sep 14 – Sep 28	5:15 – 6:45 p.m.	3/\$46.80	235103
M	Oct 5 – Nov 2	5:15 – 6:45 p.m.	4/\$62.40	235104
M	Nov 9 – Dec 14	5:15 – 6:45 p.m.	6/\$93.60	235105

19+ yrs*at Poirier Forum*

W	Sep 16 – Oct 28	12:45 – 2:15 p.m.	6/\$93.60	234413
W	Nov 4 – Dec 16	12:45 – 2:15 p.m.	6/\$93.60	234415

Seniors Can Move (50+ yrs)

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

at Maillardville Community Centre

Tu	Sep 15 – Nov 17	10 – 11 a.m.	10/\$103.50	235122
Tu	Sep 15 – Nov 17	11:15 a.m. – 12:15 p.m.	10/\$103.50	235123
Tu	Sep 15 – Nov 17	1 – 2 p.m.	10/\$103.50	235124

Visual Arts

Choose Your Level

Foundations:

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

Beginner:

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

Intermediate:

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

All Levels:

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

Foundations

Crafts: Needle Felting Foundation (19+ yrs)

Learn the basics of needle felting, a popular craft that uses special needles to interlock and tangle wool fibers into beautiful pieces of art. Bring along a basic needle felting starter kit that is easily purchased online, at a crafts store or speak to instructor at the first class.

- Sep – Fall Leaf Garland
- Oct – Pumpkins

at Glen Pine Pavilion

Th	Sep 17 – Oct 8	1 – 2:30 p.m.	4/\$44.20	232971
Th	Oct 22 – Nov 12	1 – 2:30 p.m.	4/\$44.20	233262

Drawing: Exploring Oil Pastels (19+ yrs)

Explore the vibrant world of drawing with pastels and learn techniques for blending, layering and creating texture. Perfect for beginners and those looking to refine their own unique artistic style.

at Glen Pine Pavilion

F	Nov 6 – Dec 18	11:30 a.m. – 1:30 p.m.	6/\$88.20	233817
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Drawing: Portraits Foundations (19+ yrs)

Enjoy drawing portraits using basic tools of pencils and pens.

at Glen Pine Pavilion

M	Nov 9 – Dec 14	11:30 a.m. – 1 p.m.	6/\$66.30	233034
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Painting: Acrylic Foundations Workshop (19+ yrs)

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

at Town Centre Park Community Centre

Th	Nov 19	6:30 – 8:30 p.m.	1/\$23.70	234881
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Painting: Acrylic Painting Workshop – Canadian Mountains and Skies (19+ yrs)

This beginner, two-week acrylic painting class is inspired by Lawren Harris and his iconic mountain shapes, strong contrasts, and straightforward composition. Students will explore color, light, and texture while learning basic acrylic techniques to create their own Canadian Mountain scene.

at Dogwood Pavilion

Tu	Nov 3 – Nov 10	6 – 8 p.m.	2/\$52.20	234143
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Painting: Acrylic Painting Workshop – Van Gogh Sunflowers (19+ yrs)

This beginner, two-week acrylic painting class is inspired by Van Gogh's Sunflowers. Students will explore color, light, and texture while learning basic techniques such as color mixing, brushwork, and layering to create their own fall floral painting.

at Dogwood Pavilion

Tu	Sep 22 – Sep 29	6 – 8 p.m.	2/\$52.20	234137
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Painting: Paper Marbling Workshop (19+ yrs)

Learn how to mordant paper, make the marbling size/solution and create paint patterns on prepared water for marbled creations. Materials and techniques will be discussed to make beautiful and unique decorative papers.

at Glen Pine Pavilion

Th	Nov 19	6:30 – 8:30 p.m.	1/\$26.10	232914
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Oops! We cancelled it...

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

Beginner

Crochet: Beginner Skills (19+ yrs)

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

at Town Centre Park Community Centre

Tu	Oct 6 – Nov 3	6 – 8 p.m.	5/\$75.50	234749
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Crafts: Crochet Beginner (19+ yrs)

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

at Maillardville Community Centre

Tu	Oct 6 – Nov 3	6 – 8 p.m.	5/\$58	233366
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Tu	Nov 10 – Dec 8	6 – 8 p.m.	5/\$58	233368
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Crafts: Introduction to Weaving (19+ yrs)

Join us for an introductory weaving workshop and learn to make an item using a mini loom and yarn. The project will be completed over 2 sessions. Instructor, Laura R. will acknowledge the knowledge keepers who helped guide her interest/passion in weaving and the types of material (cedar, suede and leather) in addition to wool and cotton. She is from the Haida/Tsimshian First Nations, Metlakatla, B.C.

at Dogwood Pavilion

F	Oct 16 – Oct 23	9:30 – 11:30 a.m.	2/\$20	235397
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Winter Market

at Glen Pine Pavilion

Your Holiday Shopping Starts Here!

Friday, November 13 (4 – 9 p.m.) and Saturday, November 14 (9 a.m. – 3 p.m.)

Admission to the event is Free

Want to be a vendor at this year's event?
Reserve your booth for both days.
Visit coquitlam.ca/registration or call 604-927-4386.

Drawing: Animal Drawing (19+ yrs)

This course focuses on the fundamentals of drawing animals. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more.

at Glen Pine Pavilion

M	Sep 14 – Oct 26	11:30 a.m. – 1 p.m.	6/\$66.30	233021
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Th	Nov 26 – Dec 17	11 a.m. – 12:30 p.m.	4/\$44.20	233267
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Drawing: Drawing Beginner (19+ yrs)

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

at Dogwood Pavilion

M	Sep 14 – Oct 26	11:45 a.m. – 1:45 p.m.	6/\$88.20	233306
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at Glen Pine Pavilion

F	Sep 18 – Oct 23	11:30 a.m. – 1:30 p.m.	6/\$88.20	232939
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Drawing: Drawing Beginner – Seeing Shapes in Objects (19+ yrs)

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

at Dogwood Pavilion

Tu	Nov 3 – Dec 8	9:15 – 11:15 a.m.	6/\$88.20	234470
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Mixed Media: Sketch and Paint (19+ yrs)

Explore different mediums with a focus on sketching and painting. Explore different techniques and materials in fun relaxed atmosphere.

at Glen Pine Pavilion

Th	Oct 22 – Nov 12	11 a.m. – 12:30 p.m.	4/\$44.20	233265
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Mixed Media: Watercolour and Pencil Crayons (19+ yrs)

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

at Glen Pine Pavilion

F	Sep 18 – Oct 23	9 – 11 a.m.	6/\$88.20	232936
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All Abilities Welcome!

Visit page 4 for details



Beginner

Painting: Acrylic Beginner (19+ yrs)

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint.

at Dogwood Pavilion

Th	Sep 17 – Oct 29	9:30 – 11:30 a.m.	7/\$102.90	234007
Th	Nov 5 – Dec 17	9:30 – 11:30 a.m.	7/\$102.90	234014

at Glen Pine Pavilion

Tu	Sep 15 – Oct 20	6:30 – 8:30 p.m.	6/\$88.20	232930
Sa	Sep 19 – Oct 24	9:30 – 11:30 a.m.	6/\$88.20	233257
Tu	Nov 3 – Dec 8	6:30 – 8:30 p.m.	6/\$88.20	232932
Sa	Nov 7 – Dec 19	9:30 – 11:30 a.m.	6/\$88.20	233258

Painting: Watercolour Beginner (19+ yrs)

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

at Dogwood Pavilion

Tu	Sep 15 – Oct 20	12:30 – 3 p.m.	6/\$110.40	233581
Th	Sep 17 – Oct 22	12:30 – 3 p.m.	6/\$110.40	234039
Tu	Nov 3 – Dec 8	12:30 – 3 p.m.	6/\$110.40	233583
Th	Nov 5 – Dec 10	12:30 – 3 p.m.	6/\$110.40	234040

at Town Centre Park Community Centre

Th	Dec 3	6:30 – 8:30 p.m.	1/\$23.70	234882
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Woodcarving Beginner (19+ yrs)

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

at Dogwood Pavilion

W	Sep 16 – Oct 28	6 – 8 p.m.	6/\$88.20	234002
W	Nov 4 – Dec 16	6 – 8 p.m.	6/\$88.20	234003

Intermediate

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

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

at Town Centre Park Community Centre

Tu	Nov 10 – Dec 8	6 – 8 p.m.	5/\$75.50	234750
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Drawing: Intermediate (19+ yrs)

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

at Dogwood Pavilion

M	Nov 2 – Dec 14	11:45 a.m. – 1:45 p.m.	7/\$102.90	233310
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Drawing: Intermediate Portraits (19+ yrs)

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

at Dogwood Pavilion

Tu	Sep 15 – Oct 20	9:15 – 11:15 a.m.	6/\$88.20	234468
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Painting: Watercolour Intermediate (19+ yrs)

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

at Dogwood Pavilion

Tu	Sep 15 – Oct 20	9:30 a.m. – 12 p.m.	6/\$110.40	233344
Tu	Nov 3 – Dec 8	9:30 a.m. – 12 p.m.	6/\$110.40	233347

All Levels

Crafts: Air Dry Clay Jewelry/Trinket Holder Workshop (19+ yrs)

Curious about Air Dry Clay? Knead, shape, and sculpt two small jewelry or trinket holders to keep or gift. Option to paint and decorate items before sealing for extra protection. Demonstration on how to use resin to make air dry clay projects water-resistant.

at Glen Pine Pavilion

Th	Oct 29 – Nov 5	6:30 – 8:30 p.m.	2/\$52.20	232919
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Crafts: Air Dry Clay Painting and Sealing Workshop (19+ yrs)

In this class, students will learn how to finish the Air Dry Clay creation they have made in a previous class. They will have the option to paint and decorate their project then seal it for extra protection. The instructor will also demonstrate how to use resin to make their projects water-resistant.

at Dogwood Pavilion

Th	Oct 29	1 – 3 p.m.	1/\$26.10	234695
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Crafts: Air Dry Clay Trinket Boxes Workshop (19+ yrs)

Learn the basics of working with air-dry clay. Students will learn how to knead, shape, and sculpt clay while creating trinket boxes. Join us for the painting and sealing course to decorate the item and also learn to seal it for added protection.

at Dogwood Pavilion

Th	Oct 15	1 – 3 p.m.	1/\$26.10	234577
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Crafts: Air Dry Clay Vase Workshop (19+ yrs)

Learn the basics of working with air-dry clay. Students will learn how to knead, shape, and sculpt clay while creating their own vase or vessel. Join us for the painting and sealing course to decorate it and seal it for added protection.

at Dogwood Pavilion

Th	Oct 1	1 – 3 p.m.	1/\$26.10	234692
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Crafts: Air Dry Clay Vessel/Container Workshop (19+ yrs)

Curious about Air Dry Clay? Knead, shape, and sculpt a vessel to use as a vase for dried flowers or a decorative container to keep or gift. Option to paint and decorate items before sealing for extra protection. Demonstration on how to use resin to make air dry clay projects water-resistant.

at Glen Pine Pavilion

Th	Oct 1 – Oct 8	6:30 – 8:30 p.m.	2/\$52.20	232921
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Crafts: Air Dry Clay Watercolour Palette Workshop (19+ yrs)

Learn the basics of air-dry clay. Students will learn how to knead, shape, and sculpt clay while creating their own small watercolour palette. Join us for the painting and sealing course to decorate it and seal it for added protection.

at Dogwood Pavilion

Th	Sep 17	1 – 3 p.m.	1/\$26.10	234576
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Crafts: Autumn Harvest Wreath Workshop (19+ yrs)

Create an autumn wreath that brings rich fall colours to your home. Layer faux foliage, berries and pumpkins onto a grapevine base.

at Glen Pine Pavilion

Th	Sep 24	6:30 – 8:30 p.m.	1/\$26.10	233568
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Crafts: Heritage Holiday Wreath Workshop (19+ yrs)

This vintage-inspired Christmas wreath designed to evoke a sense of warmth, nostalgia, and timeless elegance using faux boughs and festive accent decorations.

at Glen Pine Pavilion

Th	Nov 26	6:30 – 8:30 p.m.	1/\$26.10	233812
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Crafts: Holiday Bottle Lantern Workshop (19+ yrs)

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful festive lantern. Finish the lantern with fairy lights inside to create a beautiful glow.

at Dogwood Pavilion

Tu	Nov 24	6 – 8 p.m.	1/\$26.10	234150
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Crafts: Holiday Centerpiece Workshop (19+ yrs)

Elevate your holiday table with a fresh centerpiece combining seasonal elements like evergreen branches, pinecones, and berries.

at Glen Pine Pavilion

Th	Dec 17	6:30 – 8:30 p.m.	1/\$26.10	233813
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Crafts: Holiday Relief Carving and Printmaking Workshop (19+ yrs)

Join us in creating your own holiday-themed linoleum carving and ink print. Learn to safely carve and transfer your image into personalized art stamps. All supplies included.

at Dogwood Pavilion

Sa	Nov 28 – Dec 5	10 a.m. – 12 p.m.	2/\$44.20	234962
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All Levels

Crafts: Holiday Wreath Workshop (19+ yrs)

Get into the holiday spirit by making a festive wreath with us! Join us for a cozy, hands-on session where you'll craft a beautiful, personalized wreath to take home and enjoy all season long.

at Dogwood Pavilion

Tu	Dec 1	6 – 8 p.m.	1/\$26.10	234146
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Crafts: Needle Felting Workshop – Forest Mushroom (19+ yrs)

Learn the basics of needle felting while creating a forest mushroom in this beginner-friendly class. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

at Dogwood Pavilion

M	Sep 21	9:30 – 11:30 a.m.	1/\$26.10	234523
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Crafts: Needle Felting Workshop – Holiday Ornament (19+ yrs)

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

at Dogwood Pavilion

M	Dec 7	9:30 – 11:30 a.m.	1/\$26.10	234722
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Crafts: Needle Felting Workshop – Storybook Mouse (19+ yrs)

Learn the art of needle felting while creating a charming mouse complete with handmade clothing. This relaxed workshop introduces basic sculpting and detailing techniques, with plenty of guidance along the way.

at Dogwood Pavilion

M	Oct 19 – Nov 2	9:30 – 11:30 a.m.	3/\$56.40	234710
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Crafts: Needle Felting Workshop – Penguin (19+ yrs)

Bring your needle felting kit and have some fun with others who love this craft. Share current project or start a new one with the group and learn some tips and tricks of this popular hobby.

at Glen Pine Pavilion

Th	Nov 26 – Dec 17	1 – 2:30 p.m.	4/\$44.20	233263
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Drawing: Coloured Pencils (19+ yrs)

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

at Dogwood Pavilion

M	Sep 14 – Oct 26	9 – 11:30 a.m.	6/\$110.40	233298
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M	Nov 2 – Dec 14	9 – 11:30 a.m.	7/\$128.80	233301
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Drawing: Coloured Pencils Workshop (19+ yrs)

Discover the fun of working with coloured pencils. In this guided class, with all supplies provided, you will explore using different colours that can be blended and layered – using coloured pencils to draw and sketch is more than colouring a page.

at Glen Pine Pavilion

Th	Oct 1 – Oct 8	6:30 – 8:30 p.m.	2/\$52.20	232794
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Drawing: Drawing All Levels (19+ yrs)

Drawing is fundamental artistic technique using lines and marks (pencil, ink, digital) to create images, focusing on form, shape, and line rather than just color.

at Glen Pine Pavilion

Su	Sep 13 – Oct 4	12:15 – 1:45 p.m.	4/\$44.20	232781
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Tu	Sep 15 – Oct 6	9 – 11 a.m.	4/\$58.80	232787
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Su	Oct 18 – Nov 8	12:15 – 1:45 p.m.	4/\$44.20	232782
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Tu	Oct 20 – Nov 10	9 – 11 a.m.	4/\$58.80	232788
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Su	Nov 22 – Dec 13	12:15 – 1:45 p.m.	4/\$44.20	232783
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Tu	Nov 24 – Dec 15	9 – 11 a.m.	4/\$58.80	232789
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Drawing: Drawing, Design and Architecture (19+ yrs)

Explore different ways to draw buildings and related landscapes in inventive ways. This class blends perspective, composition, and creative interpretation to bring architectural and structural subjects to life.

at Dogwood Pavilion

Th	Sep 17 – Oct 29	6 – 8 p.m.	7/\$102.90	234044
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Th	Nov 5 – Dec 17	6 – 8 p.m.	7/\$102.90	234047
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Drawing: Just a Pencil and Pen – Creating an Illustrated Sketchbook Diary (19+ yrs)

Explore drawing techniques with just pencils and pens to help you develop an illustrated sketchbook diary. By sketching everyday objects, learn how to capture ordinary moments to build your personal story consistent with creating a drawing routine.

at Glen Pine Pavilion

W	Sep 16 – Oct 14	1 – 3 p.m.	4/\$58.80	233454
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W	Nov 4 – Dec 16	1 – 3 p.m.	6/\$88.20	233463
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

All Levels

Drawing: Oil Pastels Workshop (19+ yrs)

Discover the fun of working with oil pastels. In this guided class, with all supplies provided, you will explore bold colours, soft blending, and creative layering techniques.

at Glen Pine Pavilion

Th	Sep 17 – Sep 24	6:30 – 8:30 p.m.	2/\$52.20	232793
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Drawing: Playing with Portraits (19+ yrs)

Enjoy drawing portraits using basic tools of pencils and pens.

at Glen Pine Pavilion

W	Nov 25 – Dec 16	3:30 – 5:30 p.m.	4/\$58.80	233273
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Mixed Media: Art Explorations (19+ yrs)

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

at Dogwood Pavilion

Sa	Sep 19 – Oct 31	9:30 a.m. – 12 p.m.	7/\$128.80	234051
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Sa	Nov 7 – Dec 19	9:30 a.m. – 12 p.m.	6/\$110.40	234052
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Mixed Media: Exploring Water Soluble Materials (19+ yrs)

Graphite, pastels, pencil crayons, watercolours, inks ... so many materials dissolve with water. Water soluble materials can be used wet or dry, on their own or together, to create marvelous masterpieces. Learn techniques to help use these tools confidently and creatively. Themes of nature, clouds, sky and botanicals will be explored.

at Dogwood Pavilion

M	Sep 14 – Oct 26	2 – 4 p.m.	6/\$88.20	233312
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M	Nov 2 – Dec 14	2 – 4 p.m.	7/\$102.90	233313
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at Glen Pine Pavilion

W	Oct 21 – Nov 18	1 – 3 p.m.	4/\$58.80	233272
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Mixed Media: Faces and Figures (19+ yrs)

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

at Glen Pine Pavilion

W	Sep 16 – Oct 14	3:30 – 5:30 p.m.	4/\$58.80	233271
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Mixed Media: Inks and Watercolours (19+ yrs)

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

at Glen Pine Pavilion

Tu	Sep 15 – Oct 6	11:30 a.m. – 1 p.m.	4/\$44.20	233268
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Tu	Oct 20 – Nov 10	11:30 a.m. – 1 p.m.	4/\$44.20	233269
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Tu	Nov 24 – Dec 15	11:30 a.m. – 1 p.m.	4/\$44.20	233270
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Painting: 3D Acrylic Knife Painting with Modelling Paste Workshop (19+ yrs)

Create a bold, modern painting using acrylics, palette knives, and textured mediums. In this class, you'll explore how to build dimension, layer colour, and use expressive knife techniques to achieve a contemporary, sculptural look.

at Dogwood Pavilion

Tu	Oct 6 – Oct 13	6 – 8 p.m.	2/\$62.20	234549
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Painting: Abstract Realism Florals in Acrylics (19+ yrs)

Capture the beautiful essence of a flower without needing to perfectly paint every single petal. Abstract realism is a beautiful style that balances structured blooms loosely and expressively within a background.

at Glen Pine Pavilion

M	Nov 9 – Nov 16	9 – 11 a.m.	2/\$52.20	233024
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Painting: Acrylic Afternoons (19+ yrs)

Working in acrylic paint, the afternoon is designed to accommodate individual levels with the focus on the presented visual for each set. Practice colour mixing with different brushes to create paintings that showcase the versatility of the medium.

Sep Still Life; Oct Landscapes; Nov Portraits

at Glen Pine Pavilion

F	Sep 18 – Oct 9	2 – 4 p.m.	4/\$58.80	232942
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F	Oct 16 – Nov 6	2 – 4 p.m.	4/\$58.80	232943
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F	Nov 20 – Dec 11	2 – 4 p.m.	4/\$58.80	232944
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Painting: Acrylic All Levels (19+ yrs)

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

at Dogwood Pavilion

W	Sep 16 – Oct 28	12:30 – 3 p.m.	6/\$110.40	233588
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W	Nov 4 – Dec 16	12:30 – 3 p.m.	6/\$110.40	234006
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at Glen Pine Pavilion

Tu	Sep 15 – Oct 20	9 – 11:30 a.m.	6/\$110.40	233255
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Tu	Nov 3 – Dec 8	9 – 11:30 a.m.	6/\$110.40	233256
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All Abilities Welcome!

Visit page 4 for details

All Levels

Painting: Acrylic Animals (19+ yrs)

Explore the beauty of animals through acrylic painting in bold colours and expressive brushstrokes. Students will learn techniques to create texture, depth, and character while painting a variety of wildlife and animal subjects.

at Dogwood Pavilion

Su	Sep 20 – Oct 11	9:15 – 11:15 a.m.	4/\$58.80	234461
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Painting: Acrylic Impasto (19+ yrs)

Create a bold, modern painting using acrylics, palette knives, and textured mediums. In this class, you'll learn how to build rich surface texture, layer colours, and use expressive palette knife techniques to create depth and movement. Explore the sculptural qualities of acrylic impasto as you develop a contemporary artwork with striking dimension and personality.

at Dogwood Pavilion

F	Oct 30 – Dec 4	9:30 – 11:30 a.m.	6/\$88.20	235395
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Painting: Acrylic Paint Night – Autumn (19+ yrs)

Get cozy and warm in an Autumn themed paint night.

at Glen Pine Pavilion

Th	Oct 22	6:30 – 8:30 p.m.	1/\$26.10	232953
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Painting: Acrylic Paint Night – Christmas Gnomes (19+ yrs)

Paint cute little Christmas Gnomes for this holiday season Paint Night.

at Glen Pine Pavilion

Th	Dec 10	6:30 – 8:30 p.m.	1/\$26.10	232912
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Painting: Acrylic Paint Night – Expressive Florals (19+ yrs)

Painting expressive florals in acrylics is all about focusing on the movement and the rhythm of brushstrokes on the canvas.

at Glen Pine Pavilion

Th	Sep 17	6:30 – 8:30 p.m.	1/\$26.10	233259
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Painting: Acrylic Paint Night – Holiday Cheer Plank (19+ yrs)

Paint some holiday cheer on a decorative plank.

at Glen Pine Pavilion

Th	Dec 3	6:30 – 8:30 p.m.	1/\$26.10	232958
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Painting: Acrylic Paint Night – Spooky Halloween Lantern (19+ yrs)

Create a painted wine bottle spooky lantern complete with eerie lights to shine brightly.

at Glen Pine Pavilion

Th	Oct 15	6:30 – 8:30 p.m.	1/\$26.10	233260
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Painting: Acrylic Painting Workshop – Bold Bright Jellyfish (19+ yrs)

Join us for a two session workshop with acrylics using bold bright colours and expressive techniques to paint jellyfish. Learn blending, layering and brushwork to bring movement and energy to your artwork.

at Dogwood Pavilion

Su	Oct 18 – Oct 25	9:15 – 11:15 a.m.	2/\$52.20	234464
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Painting: Acrylic Under the Sea (19+ yrs)

Explore the beauty of life under the sea through acrylic painting in bold colours and expressive brushstrokes. Students will learn techniques to create texture, depth, and character while painting a variety of underwater scenes and marine life.

at Dogwood Pavilion

Su	Nov 1 – Dec 6	9:15 – 11:15 a.m.	5/\$73.50	234467
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Painting: Autumn Flowers in Acrylics (19+ yrs)

Using a warm and rich acrylic palette to capture on canvas autumn flowers to capture the colours of the season.

at Glen Pine Pavilion

M	Sep 14 – Sep 21	9 – 11 a.m.	2/\$52.20	233020
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Painting: Breathtaking Roses in Acrylics (19+ yrs)

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

at Glen Pine Pavilion

M	Nov 23 – Nov 30	9 – 11 a.m.	2/\$52.20	233253
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Painting: Camera Roll Art Workshop (19+ yrs)

Do you have on your smartphone camera roll or printed photographs of plants, flowers, a memory, a loved one that you can transform into a piece of art? This watercolour workshop will enable you to replicate your images on to paper or turn them into cards for the holidays.

at Glen Pine Pavilion

Th	Dec 10 – Dec 17	6:30 – 8:30 p.m.	2/\$52.20	232910
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All Levels

Painting: Dramatic Oceans in Acrylics (19+ yrs)

Painting dramatic oceans in acrylics requires mastering light, shadow, and movement. Bring stormy seas and crashing waves to life on canvas.

at Glen Pine Pavilion

M Oct 19 – Oct 26 9 – 11 a.m. 2/\$52.20 233023

Painting: Fall Themed Watercolour Workshop (19+ yrs)

Using watercolour paints to capture the warm hues of the Fall season.

at Glen Pine Pavilion

Th Oct 22 – Oct 29 6:30 – 8:30 p.m. 2/\$52.20 232967

Painting: Gouache – Cold Weather Comfort (19+ yrs)

Discover the rich, velvety qualities of gouache while painting cozy winter-inspired subjects. Explore flickering candlelight, favourite books, winter botanicals, knitted textures, and other seasonal comforts in a relaxed and welcoming studio environment.

at Dogwood Pavilion

W Nov 18 – Dec 16 9:30 – 11:30 a.m. 5/\$73.50 234487

Painting: Gouache – Fall Botanicals (19+ yrs)

Discover the rich colours and velvety textures of gouache while painting seasonal botanicals inspired by autumn. Explore leaves, berries, mushrooms and natural treasures in a relaxed and welcoming fun studio environment.

at Dogwood Pavilion

W Sep 16 – Oct 28 9:30 – 11:30 a.m. 6/\$88.20 234486

Painting: Gouache – Tea Cups Workshop (19+ yrs)

Using a cozy teacup as our inspiration, you'll learn the fundamentals of this unique painting medium, including colour mixing, layering, creating highlights and shadows, and achieving gouache's signature velvety finish.

at Dogwood Pavilion

W Nov 4 9:30 – 11:30 a.m. 1/\$26.10 234488

Painting: Holiday 3D Acrylic Knife Painting with Modelling Paste Workshop (19+ yrs)

Create a holiday themed bold, modern painting using acrylics, palette knives, and modelling paste. In this class, you'll explore how to build dimension, layer colour, and use expressive knife techniques to achieve a contemporary, sculptural look.

at Dogwood Pavilion

Tu Dec 1 – Dec 8 6 – 8 p.m. 2/\$62.20 234569

Painting: Holiday Cards Workshop (19+ yrs)

Create beautiful handmade holiday cards using simple watercolour techniques. In this festive class, you'll learn how to paint seasonal designs while exploring colour, composition, and brushwork.

at Dogwood Pavilion

Sa Dec 12 1 – 3 p.m. 1/\$26.10 234357

Painting: Holiday Plank Painting Workshop (19+ yrs)

Create a beautiful festive painting on a wood plank to display or gift this holiday season. Using acrylic paint, you'll learn how to build a seasonal design with colour, brushwork, and simple layering techniques.

at Dogwood Pavilion

W Dec 2 6 – 8 p.m. 1/\$26.10 234474

Painting: Holiday Watercolour Imagery Workshop (19+ yrs)

Capture the serene beauty of a snow-covered holiday landscape in this watercolour workshop. Learn essential techniques to render soft snow drifts, frosty trees, and winter light.

at Dogwood Pavilion

Th Dec 17 1 – 3 p.m. 1/\$26.10 234594

Painting: Impasto Acrylics Workshop (19+ yrs)

Bring physical depth, energy, and a sculptural quality to your canvas with a painting technique where paint is applied so thickly to a surface that the texture and brushstrokes remain visible. Impasto derived from the Italian word for "dough" creates a 3-D effect.

at Glen Pine Pavilion

Th Nov 26 – Dec 3 6:30 – 8:30 p.m. 2/\$52.20 232909

Painting: Nature in Watercolours (19+ yrs)

Painting nature using watercolour paint to capture the beauty of flowers, plants and trees. Learn how to mix the hues to bring life to your botanical pieces.

at Glen Pine Pavilion

Th Nov 26 – Dec 17 9 – 10:30 a.m. 4/\$44.20 233266

Painting: Paint Pouring Workshop (19+ yrs)

Acrylic Pouring is a fascinating fluid painting technique with natural flowing patterns. It allows artists of all abilities to apply colour in puddles, pools, cells and marble patterns throughout your painting.

at Dogwood Pavilion

W Nov 4 6 – 8 p.m. 1/\$26.10 234473

All Levels

Painting: Rich Landscapes in Acrylics (19+ yrs)

To achieve rich landscapes in acrylics, a balanced colour palette is used to build a vibrant and vivid highly textured canvas using different techniques.

at Glen Pine Pavilion

M	Sep 28 – Oct 5	9 – 11 a.m.	2/\$52.20	233022
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Painting: Snowy Effects Workshop (19+ yrs)

Creating realistic and dynamic snow effects in acrylics is all about layering, shadowing, and using the right tools. Different techniques capture different aspects of a snowy landscape.

at Glen Pine Pavilion

Th	Nov 12	6:30 – 8:30 p.m.	1/\$26.10	233261
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Painting: Sumi Inkwash Workshop – Fall Theme (19+ yrs)

Join us for a fall theme, guided Sumi Inkwash class to explore traditional asian brush techniques, learning to create expressive lines, soft washes and balanced composition.

at Dogwood Pavilion

Tu	Oct 27	1 – 3 p.m.	1/\$26.10	234599
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Painting: Thanksgiving Porch Signs Workshop (19+ yrs)

Join us for a special class painting a Thanksgiving porch sign with a stenciled message. You will leave with a completed sign to decorate your home or gift with love.

at Dogwood Pavilion

W	Oct 7	5:45 – 8:15 p.m.	1/\$32.65	234472
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Painting: Watercolour All Levels (19+ yrs)

Using watercolour paints this class is for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods.

at Glen Pine Pavilion

Su	Sep 13 – Oct 4	10:15 – 11:45 a.m.	4/\$44.20	232778
W	Sep 16 – Oct 14	11:30 a.m. – 1:30 p.m.	4/\$58.80	232790
Su	Oct 18 – Nov 8	10:15 – 11:45 a.m.	4/\$44.20	232779
W	Oct 21 – Nov 18	11:30 a.m. – 1:30 p.m.	4/\$58.80	232791
Su	Nov 22 – Dec 13	10:15 – 11:45 a.m.	4/\$44.20	232780
W	Nov 25 – Dec 16	11:30 a.m. – 1:30 p.m.	4/\$58.80	232792

Painting: Watercolour Autumn Moon (19+ yrs)

Capture the soft, glowing light of the Autumn Moon, reflecting on silver grass in this special watercolour workshop. Learn to control water, color, and brushes to create expressive and confident artwork.

at Dogwood Pavilion

Sa	Sep 19 – Sep 26	1 – 3 p.m.	2/\$29.40	234355
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Painting: Watercolour Landscapes (19+ yrs)

Using watercolours to comfortably paint landscapes that capture different scenery.

at Glen Pine Pavilion

Th	Oct 22 – Nov 12	9 – 10:30 a.m.	4/\$44.20	233264
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Painting: Watercolour Monochrome Workshop (19+ yrs)

Try a fresh, contemporary approach to watercolour painting using a single colour. Explore how varying tones and values can create artwork with depth, mood, and visual impact. By focusing on light, shadow, and composition rather than multiple colours, you'll create clean, modern paintings with a sophisticated feel.

at Dogwood Pavilion

Tu	Dec 15	1 – 3 p.m.	1/\$26.10	234598
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Painting: Watercolour Paint – Fall Maples Trees (19+ yrs)

Capture the bright beautiful autumn hues of maple trees in the fall in this watercolour workshop, using a reference photo and step by step support from the instructor.

at Dogwood Pavilion

W	Sep 23	6 – 8 p.m.	1/\$26.10	234471
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Painting: Watercolour Poppies Landscape Workshop (19+ yrs)

Using watercolour paints to create a beautiful landscape of poppies.

at Glen Pine Pavilion

Th	Nov 5 – Nov 12	6:30 – 8:30 p.m.	2/\$52.20	232797
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Painting: Watercolour Postcards (19+ yrs)

Using either watercolour and/or Gouache paints to create postcards size pieces of art.

at Glen Pine Pavilion

Th	Sep 17 – Oct 8	9 – 10:30 a.m.	4/\$44.20	232969
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All Levels

Painting: Watercolour Techniques (19+ yrs)

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

at Dogwood Pavilion

Sa	Oct 3 – Oct 31	1 – 3 p.m.	5/\$73.50	234053
Sa	Nov 7 – Dec 5	1 – 3 p.m.	4/\$58.80	234054

Painting: Watercolour Themed (19+ yrs)

Using watercolour paints this class is for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods. Different themed projects.

at Glen Pine Pavilion

F	Nov 6 – Dec 18	9 – 11 a.m.	6/\$88.20	233823
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Painting: Watercolour Urban Scenescapes (19+ yrs)

Using watercolour paint urban scenescapes encompass the physical, cultural, and visual character of city environments. Sketch, paint and capture the subject, buildings, landscapes, objects, with your own perspective.

at Glen Pine Pavilion

M	Sep 14 – Oct 5	6:30 – 8:30 p.m.	4/\$58.80	232784
M	Oct 19 – Nov 9	6:30 – 8:30 p.m.	4/\$58.80	232785
M	Nov 23 – Dec 14	6:30 – 8:30 p.m.	4/\$58.80	232786

Painting: Watercolour Wet on Wet Technique (19+ yrs)

Learn this Wet on Wet watercolour technique in this special two session course. This unique method can be used to create beautiful soft edges, pretty colour blends and other special effects.

at Dogwood Pavilion

Tu	Oct 20 – Oct 27	6 – 8 p.m.	2/\$29.40	234561
F	Dec 11 – Dec 18	9:30 – 11:30 a.m.	2/\$29.40	235396

Painting: Watercolour Whimsical Botanical Mushrooms (19+ yrs)

Using either watercolour paints to draw and colour whimsical or botanical mushrooms found in the forest.

at Glen Pine Pavilion

Th	Sep 17 – Oct 8	11 a.m. – 12:30 p.m.	4/\$44.20	232970
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Painting: Watercolour Winter Imagery Workshop (19+ yrs)

Capture the serene beauty of a snow-covered winter landscape in this watercolor workshop. Learn essential techniques to render soft snow drifts, frosty trees, and winter light.

at Dogwood Pavilion

Sa	Dec 19	1 – 3 p.m.	1/\$26.10	234516
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Painting: Winter Wonderland Scene in Acrylics (19+ yrs)

The layering technique with acrylic paint builds depth when creating a scenic Winter Wonderland on canvas. Blending the colours will emphasize the chill in the air and the beauty of the season.

at Glen Pine Pavilion

M	Dec 7 – Dec 14	9 – 11 a.m.	2/\$52.20	233254
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Woodcarving All Levels (19+ yrs)

Learn and develop woodcarving skills to create a unique piece from basswood. Explore techniques for shaping, texture and adding detail while expressing your own creativity. Beginners and continuing students are welcome.

at Dogwood Pavilion

W	Sep 16 – Oct 28	1:30 – 3:30 p.m.	6/\$91.20	234004
W	Nov 4 – Dec 16	1:30 – 3:30 p.m.	6/\$91.20	234005

Drawing: Dogwood Discovery Week – Drawing from Still Life (19+ yrs)

Working from a simple still life, you'll explore how light, shadow, and form change when observing directly rather than copying a flat image. You'll be guided in how to see shape, proportion, light, and shadow in real space, and learn how to translate what you observe into a drawing on paper.

at Dogwood Pavilion

Tu	Sep 8	9:30 – 11:30 a.m.	1/\$14.70	234490
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Mae Studio: Sewing Fashion 16 yrs+ (16+ yrs)

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

at Town Centre Park Community Centre

Su	Sep 20 – Oct 25	12 – 2 p.m.	6/\$350	234640
Su	Nov 1 – Dec 6	12 – 2 p.m.	6/\$350	234845

All Abilities Welcome!

Visit page 4 for details

All Levels

Painting: Dogwood Discovery Week – 3D Modern Floral (19+ yrs)

Create a unique modern floral acrylic painting using modelling paste to create a 3 dimensional effect. Using a reference photo and step by step instructions, create your own unique piece perfect for modern home decor or a special gift.

at Dogwood Pavilion

F	Sep 11	9:30 – 11:30 a.m.	1/\$31.05	234620
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Painting: Dogwood Discovery Week – Bold Bright Acrylics (19+ yrs)

Explore bold bright acrylic painting in this new class. Learn about the class, how to choose supplies, meet the instructor and have fun with colour, layering and texture while completing an acrylic project in this try it class.

at Dogwood Pavilion

Su	Sep 13	9:15 – 11:15 a.m.	1/\$26.10	234489
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Painting: Dogwood Discovery Week – Exploring Gouache (19+ yrs)

Explore bring paintings to life with gouache! Learn about gouache, meet the instructor and have fun with colour, layering and texture while completing a project in this try it class.

at Dogwood Pavilion

W	Sep 9	9:30 – 11:30 a.m.	1/\$26.10	234485
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Painting: Dogwood Discovery Week – Mono Printing (19+ yrs)

Explore the fun of mono printing in this class. Using soft printing surfaces and simple tools, you will create one-of-a-kind layered prints with color, texture, and pattern.

at Dogwood Pavilion

Th	Sep 10	1 – 3 p.m.	1/\$26.10	234619
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Painting: Dogwood Discovery Week – Monochrome Watercolour (19+ yrs)

Try a fresh, contemporary approach to watercolour painting using a single colour. Explore how varying tones and values can create artwork with depth, mood, and visual impact. By focusing on light, shadow, and composition rather than multiple colours, you'll create clean, modern paintings with a sophisticated feel.

at Dogwood Pavilion

Sa	Sep 12	1 – 3 p.m.	1/\$14.70	234583
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Photography: Photography Foundations (19+ yrs)

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

at Dogwood Pavilion

Sa	Oct 17 – Nov 14	10 – 11:30 a.m.	5/\$55.25	232020
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Photography: Smartphone Camera Foundations (19+ yrs)

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

at Dogwood Pavilion

F	Sep 18 – Oct 16	2:45 – 4:15 p.m.	5/\$55.25	235321
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Woodworking: Woodworking Foundations (19+ yrs)

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

at Dogwood Pavilion

Sa	Sep 12 – Oct 10	9:30 – 11:30 a.m.	5/\$190	234956
Sa	Sep 12 – Oct 10	12 – 2 p.m.	5/\$190	234959
Sa	Oct 17 – Nov 14	9:30 – 11:30 a.m.	5/\$190	234957
Sa	Oct 17 – Nov 14	12 – 2 p.m.	5/\$190	234960
Sa	Nov 21 – Dec 19	9:30 – 11:30 a.m.	5/\$190	234958
Sa	Nov 21 – Dec 19	12 – 2 p.m.	5/\$190	234961

50 Plus Services and Activities

Pre-Registered Drop-Ins

Glen Pine Activity Groups and Clubs are added in to the drop-in activities section of the registration system. Enjoy the same fantastic services and activities with added flexibility.

When to register

Up to 7 days in advance to secure your spot.

How to pay

Participants can now use their ONE PASS towards the drop-in admission fee. Eligible participants can also apply their Financial Assistance for Recreation (FAR) credit towards these drop-in activities. Learn more about Financial Assistance for Recreation at coquitlam.ca/FAR



Staying active and social as you age can help you feel younger and keep you healthier.

Coquitlam offers programming, activities and services specifically for residents 50 years and older. Our pavilions are adult-oriented centres with a focus on programming for older adults. To learn more about 50 Plus services in coquitlam, visit coquitlam.ca/50Plus



Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | coquitlam.ca/dogwood

Amenities:

- Food services
- Fully equipped wood working shop
- Snooker room
- Lapidary workshop
- Library
- Rose garden and surrounding gardens
- Bocce court
- Free Wi-Fi



Glen Pine Pavilion

1200 Glen Pine Crt. | 604-927-6940 | coquitlam.ca/GlenPine

Amenities:

- Computer lab
- Food services
- Fully equipped and accessible fitness centre
- Lounge
- Library
- Spirit Square
- Free Wi-Fi



Dogwood Pavilion Activity Groups (50+ yrs)

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 40 groups and clubs to support the cultural, physical, educational and social needs of adults who are 50+. These activities are led by volunteer leaders and supported by the Board of Directors. Membership in the society is required for ongoing participation. Activity fees may apply. *To register for, or learn more about Dogwood Activity Group programs, visit DogwoodSeniors50Plus.com, email DogwoodSeniors50Plus@gmail.com, or call 604-927-6098.* Activities take place at Dogwood Pavilion or the neighbouring buildings.

Bocce

Bocce is a variant of lawn bowling played outdoors on the field adjacent to the Rose Garden.

Tuesday and Friday 9:30 – 11:30 a.m.

Book Club

If you like reading, come and join us each month as we enjoy the works of a specific author.

Third Wednesday of the month 1 – 3 p.m.

Bridge: Casual

Bridge is a four player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere.

Wednesday 12:30 – 3:30 p.m.

Bridge: Duplicate

Duplicate bridge is played in pairs. Prior to coming to play, players arrange their own partner.

Friday 1 – 4 p.m.

Bridge: Social

Bridge is a four player partnership trick-taking game with 13 tricks per deal. A welcoming social atmosphere for players who enjoy the game.

Tuesday 1 – 4 p.m.

Canadian Council of the Blind

The CCB is a support and social group for those who are blind, deaf blind or living with vision loss.

Thursday 1 – 3 p.m.

Canasta

Canasta is a card game resembling Rummy. It is played by two pairs of partners and the aim is to collect sets of cards.

Wednesday 4 – 7:30 p.m.

Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

Monday 1 – 3:30 p.m.

Chess

Keep your mental skills sharp, get together and enjoy a casual game of chess. All levels welcome.

Monday 12:30 – 4 p.m.

Coquitlam Art Club

The Coquitlam Art Club provides an opportunity to paint with other artists in a welcoming setting. Group members work on individual projects and share ideas, but no instruction is provided.

Wednesday 12:30 – 3 p.m.

Crafting Group

Dogwood Variety Crafts is a social group who knit, sew, crochet and make other crafts. A selection is available in the Dogwood Designs Gift Shop which is open 10 a.m. – 2 p.m. Monday to Friday depending on volunteer availability.

Wednesday 9 a.m. – 3:30 p.m.

Cribbage

A social card game played in partners using a Cribbage board.

Thursday 9:30 a.m. – 12 p.m.

Cribbage: 10-Card

10-Card Crib is a variation of Crib where players are dealt 10 cards.

Monday 12:30 – 3:30 p.m.

Current Events

The social group engages in thoughtful discussions about current events and global news. Members actively share ideas and opinions, fostering meaningful and engaging conversations.

Monday 10:30 – 11:30 a.m.



Dogwood Ambassadors

The ambassadors meet and greet the public and give tours of Dogwood Pavilion. They also assist with setting up special events and serving light refreshments.

Third Thursday of the month 1:30 – 2:30 p.m.

Drama

The Drama Group meets to prepare and practice a play to perform. The group produces multiple plays each year.

Monday and Thursday 1:45 – 3:45 p.m.

Floor Hockey

Floor Hockey is derived from Ice Hockey. It is played inside with a plastic ball and plastic stick.

Tuesday 6:30 – 8:15 p.m.

Friendship Circle

The Friendship Circle is a social discussion group open to everyone. Group members bring their ideas for topics and their willingness to share in spirited discussion.

Tuesday 1 – 2:30 p.m.

Garden Club

Whether new to gardening or digging all your life, this group has something for you. Our goal is to promote gardening, increase knowledge and enhance our interest in various horticultural activities.

Second Tuesday of the month 6:15 – 8:15 p.m.

Lapidary

The Lapidary room has equipment for forming stones and minerals into decorative items. The volunteer provides assistance with tips and techniques.

Monday to Friday 9:30 a.m. – 12:30 p.m.

Life Writing

This informal group meets to discuss their life experiences, with the goal of writing them down to make a family history.

Fourth Monday of the month 1 – 3 p.m.

Mexican Train Dominoes

Mexican Train is a game where the object is for all players to play all their dominoes onto one or more trains.

Thursday 12:15 – 3:30 p.m.

Mixed Bag Band

The Mixed Bag Band hosts jam sessions to enjoy and play music with others in a welcoming setting.

Sunday 10:30 a.m. – 1:30 p.m.

Photography Group

Come and share photos and knowledge of photography.

First and Third Wednesday of the month 6:30 – 8:15 p.m.

Pickleball

Pickleball is a court sport that uses a paddle and a pickleball. It is a combination of tennis, badminton and table tennis.

Monday through Friday

Lend a Hand!



Have fun, develop new skills and meet new people!

We are always looking for volunteers to be:

- Cashiers
- Kitchen Assistants
- Meaningful Meals Delivery Drivers
- *and much more*

For more information on becoming a City of Coquitlam volunteer, call 604-927-6076 or visit coquitlam.ca/volunteer.

Quilting

This group shares an interest in quilting and welcomes all skill levels. No instruction is provided, but there is an abundance of knowledge amongst members to share.

Third Wednesday of the month 6:15 – 8:15 p.m.

First and third Friday of the month 9 a.m. – 3 p.m.

Scrabble

A word game where two to four players score points by placing letter tiles onto the board and forming words.

Tuesday 12:30 – 4 p.m.

Snooker

The snooker group has access to the snooker room at Dogwood Pavilion during facility hours.

Monday through Thursday 8:30 a.m. – 8:15 p.m.

Friday, Saturday 8:30 a.m. – 4:15 p.m.

Sunday 9 a.m. – 1:45 p.m.

Social Dance

Social dance meets weekly to enjoy ballroom and latin dancing.

Thursday 6:30 – 8:15 p.m.

Songsters

This choir meets weekly to sing together and learn new songs. Occasionally this group performs at social functions and events in the community.

Tuesday 1:45 – 4:15 p.m.

South Asian Group

This is a social and support group for the South Asian community.

Fourth Wednesday of the month 6:30 – 8:15 p.m.

First and third Thursday of the month 10 a.m. – 12 p.m.

Table Tennis

Table tennis is a sport in which two to four players hit a lightweight ball back and forth across a table using small solid racquets.

Sunday 9:15 a.m. – 12:15 p.m.

Monday 4:15 – 6:15 p.m.

Wednesday 4:15 – 8:15 p.m.

Thursday 1:45 – 3:45 p.m.

Turn Up and Paint

This group meets weekly to paint together. Bring your own supplies and projects. All levels welcome.

Wednesday 9:30 – 11:30 a.m.

Wire Wrapping

Members share ideas and techniques in wrapping stones for jewelry making.

Friday 12:30 – 3 p.m.

Women Helping Others

The WHO group—a safe comfortable place where camaraderie and understanding awaits you.

Wednesday 10 a.m. – 12 p.m.

Woodcarving

Members work on individual projects and must bring their own tools and materials.

Monday 1 – 3 p.m.

Thursday 1 – 3:30 p.m.

Woodworking

Members work on individual projects and bring their own materials. The volunteer leader provides assistance with safety, tips and techniques.

Monday through Friday 8:30 a.m. – 1 p.m.



Glen Pine Pavilion Activity Groups **LOW COST**

The Glen Pine 50 Plus Society is a non-profit organization that promotes low-cost, year-round activities to satisfy the cultural, physical, educational and social needs of senior adults through support of activity groups and programs at Glen Pine Pavilion. Register for Glen Pine Activity Group programs in-person at any recreation facility, by calling **604-927-4386**, or by visiting coquitlam.ca/registration.

\$1

Activity Groups and Clubs now Drop-in.

Pre-registration recommended.

American Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by 4 people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

Friday 12 – 3 p.m.

Art Group (50+ yrs)

Glen Pine Art Group gives you the time and place to draw and paint with other artists. Bring your materials or subject to work on or join others painting from a still set.

Wednesday 9 – 11:30 a.m.

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

Saturday 12 – 2:45 p.m.

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

Wednesday 1:30 – 3:30 p.m.

Bridge All-Levels (50+ yrs)

Bridge is a four player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere. Scoring is optional, and attending with a partner is not necessary. Partners will rotate so players need to be prepared to play with everyone in this all-levels Bridge group.

Monday 12:30 – 3:30 p.m.

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by two pairs of partners and the aim is to collect sets of cards. The word Canasta means “basket” in Spanish with the objective being to get a basket-full (or seven) cards of the same rank in order to obtain points for a canasta.

Tuesday 4 – 7 p.m.

Saturday 11:30 a.m. – 2:30 p.m.

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

Monday 1 – 4 p.m.

Carpet Bowling (50+ yrs)

Carpet Bowling is a variant of lawn bowls played indoors. It is easy to learn and newcomers are welcome.

Friday 1:30 – 3:30 p.m.

Casual Bridge

A beginner-level bridge group focused on building on the basics, practicing and enjoying the game in a relaxed and supportive environment. Attending with a partner is not required. Some experience with bidding and play of the hand is recommended.

Thursday 4 – 6 p.m.

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

Wednesday 9 – 10:30 a.m.

Crafters (50+ yrs)

Come join us and have fun while you pursue your favourite hobbies. Knitting, sewing, crocheting and making other crafts for yourself or for the Glen Pine Gift Shop.

Tuesday 1 – 3 p.m.

Current Events (50+ yrs)

With all that is going on in the world right now, take this weekly opportunity to meet like-minded people and talk about concerns, opinions, and points-of-view in respectful discussions and debates. Activity will be facilitated with a working set of protocols based on confidentiality and the rule to “agree to disagree”.

Wednesday 11:45 a.m. – 12:45 p.m.

English Social Club (50+ yrs)

Improve your English. This group meets weekly and discusses current events to enhance your conversational English.

Monday 9:30 – 11:30 a.m.

Freestyle Dance (50+ yrs)

No dance experience required to join the non-instructor-led performance dance activity group. Try different choreographed dances from all cultures with the learning objective to share skills with each other and to celebrate with in-house performances at fun special themed events. No partner dancing.

Friday 9 – 10:30 a.m.

Friendship Group (50+ yrs)

This welcoming group provides opportunities to build new friendships, receive support and connect with others.

Mondays 1:30 – 3:30 p.m.

Glen Pine Sing-A-Long (50+ yrs)

The Glen Pine Sing-A-Long enjoy meeting weekly and singing a variety of songs together.

Thursday 1:45 – 3:45 p.m.

Glen Pine Singers (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

Monday 9:15 – 10:30 a.m.

Iranian Friendship Group (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Alternating Weeks more active activities such as exercises, dance and movement and less active social activities such as games, bingo, conversations.

Tuesday 1:30 – 3:30 p.m.

Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

Tuesday 3 – 6 p.m.

Thursday 3 – 6 p.m.

Leisure Group (50+ yrs)

This multicultural group welcomes all for an afternoon of different weekly activities. Most of the sessions will be conducted in Cantonese or Mandarin language.

Monday 2 – 4 p.m.

Mexican Train Dominoes (50+ yrs)

Game played with dominoes and the objective is for all players to play all their dominoes from their hand onto 1 or more trains.

Wednesday 1:30 – 4 p.m.

Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Friday afternoon. Must play a musical instrument.

Friday 1:30 – 4 p.m.

Quilters (50+ yrs)

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects. Must have basic sewing/quilting sewing skills.

Friday 9 a.m. – 12 p.m.

Scrabble (50+ yrs)

A word game which 2 – 4 players score points by placing tiles onto the board and forming words.

Friday 9:30 – 11:30 a.m.

Table Tennis (50+ yrs)

Social game with similar principles of lawn tennis, table tennis is a game played on a flat table divided into two equal courts separated by a flexed net across the middle.

Tuesday 1:30 – 3 p.m. | 3 – 4:30 p.m.

Sunday 10 – 11:45 a.m. | 12 – 1:45 p.m.

Traditional Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by four people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

Monday 9 a.m. – 12 p.m.

Whist with a Twist (50+ yrs)

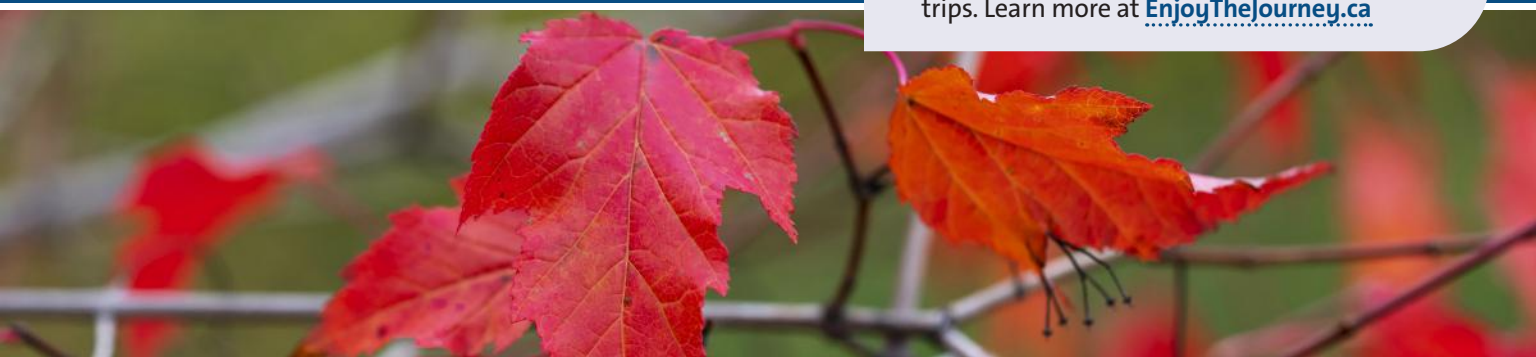
Social card game usually played in 2 pairs of players, in which points are scored according to the number of tricks won.

Thursday 1 – 3:30 p.m.

Bus Trips

To learn more about each trip including departure times, visit coquitlam.ca/GlenPine.

These are all *Enjoy the Journey* all-inclusive trips. Learn more at EnjoyTheJourney.ca



Pender Island with Simone Marler (50+ yrs)

Long time resident Simone brings Pender Island to life with heartfelt stories and rich history. Explore the charming Pender Islands Museum, Gowlland Point, Hope Bay and Vanilla Leaf Bakery Café.

Leave Glen Pine at 8 a.m. Estimated return at 8:15 p.m.
Leave Dogwood at 8:15 a.m. Estimated return at 8 p.m.

Additional \$36 ferry fee for 64 years and under Please bring verifiable BC ID.

\$5.00 fuel surcharge is included in the fees

Activity Level: Easy

- Local Guide Simone Marler
 - Lunch at Port Browning Marina
 - Gowlland Point Viewpoint
 - Hope Bay
 - Pender Islands Museum
 - Vanilla Leaf Bakery Café
- (1 baked good + 1 hot drink)

M	Sep 21	8 a.m. – 8:15 p.m.	1/\$149	234168
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South Surrey Splendour (50+ yrs)

Join Cynthia Waiz for a guided tour of the charming Darts Hill Garden and enjoy a visit to Surrey Nature Centre, each offering a deeper nature connection. Midday, enjoy a delicious lunch at NOBLE at the Hills in a lovely countryside setting.

Leave Glen Pine at 8:45 a.m. Estimated return at 5:30 p.m.
Leave Dogwood at 9 a.m. Estimated return at 5:15 p.m.

Level: Easy

- Darts Hill Garden Guided Tour
- Lunch NOBLE at the Hills Restaurant
- Surrey Nature Centre Guided Tour
- West Coast Gardens Store

F	Sep 25	8:45 a.m. – 5:30 p.m.	1/\$139	234170
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Manning Fall Colours (50+ yrs)

Heading to Manning Park, we drive through the scenic fall colours of the Cascade Mountains. Have lunch at the Manning Park Resort before heading to Lightning Lake for a walk along its shores.

Leave Glen Pine at 8:15 a.m. Estimated return at 6 p.m.
Leave Dogwood at 8:30 a.m. Estimated return at 5:45 p.m.

Level: Easy

- Manning Park
- Manning Park Resort, Lunch
- Lightning Lake
- Hope Slide
- Rhododendron Flats

Th	Oct 15	8:15 a.m. – 6 p.m.	1/\$109	234174
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Westham Island (50+ yrs)

Just getting to Westham is fun. Travel across a wooden swing bridge dating back to 1908 and find yourself on a tiny island packed full of natural beauty and brimming with bird life.

Leave Glen Pine at 9:45 a.m. Estimated return at 5:15 p.m.
Leave Dogwood at 10 a.m. Estimated return at 5 p.m.

Level: Easy

- Brunswick Point Trail
- Reifel Migratory Bird Sanctuary
- Snow Geese Guided Tour
- Lunch at Sharkey's Seafood Grill
- Westham Island Herb Farm

F	Oct 23	9:45 a.m. – 5:15 p.m.	1/\$129	234176
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Harrison Bald Eagle Tour (50+ yrs)

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, separate forested area and the Chehalis River at the Hatchery. Funded in part by the Dogwood Pavilion Seniors Society.

Leave Glen Pine at 7:15 a.m. Estimated return at 5 p.m.
Leave Dogwood at 7:30 a.m. Estimated return at 4:45 p.m.

Level: Easy

- Rivers Edge Restaurant Lunch
- Multiple Eagle Viewing Locations
- Chehalis River at the Hatchery

M	Nov 23	7:15 a.m. – 5 p.m.	1/\$129	234179
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Arts Whistler Holiday Market (50+ yrs)

Join this tour to Whistlers original artisan market. Over 100 artisans of every type display their unique, quality handmade products. Spend time in the village too! This market makes for great Christmas shopping. Meals on your own.

Leave Glen Pine at 8:15 a.m. Estimated return at 5:15 p.m.
Leave Dogwood at 8:30 a.m. Estimated return at 5 p.m.

Level: Easy

- Squamish Adventure Centre
- Admission Donation for Arts Whistler
- 3 hours Free Time

Sa	Nov 28	8:15 a.m. – 5:15 p.m.	1/\$89	234182
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The Singing Christmas Tree (50+ yrs)

Enjoy the Singing Christmas Tree choir, as the tree lights up with 80 singers. Actors, dancers, musical soloists, are all part of the festivities. Vancouver’s biggest celebration, and a highlight of the Christmas season. Enjoy lunch at the historic Sylvia Hotel overlooking English Bay.

Leave Glen Pine at 9:45 a.m. Estimated return at 5:15 p.m.
Leave Dogwood at 10 a.m. Estimated return at 5 p.m.

Level: Easy

- Early Entry Broadway Church
- The Singing Christmas Tree Festival
- 3 p.m. Performance
- Lunch Sylvia Hotel

Sa	Dec 5	9:45 a.m. – 5:15 p.m.	1/\$129	234184
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Christmas Markets Tour (50+ yrs)

Celebrate the magic of Christmas with visits to three festive markets favourites. Browse artisanal Christmas items and seasonal treats at the Shipyards Christmas Market and Vancouver Christmas Market, then enjoy the twinkling lights and nostalgic holiday displays at Burnaby Village Museum. A cheerful day of holiday spirit! Funded in part by the Dogwood Pavilion Seniors Society.

Leave Glen Pine at 2:45 p.m. Estimated return at 9:45 p.m.
Leave Dogwood at 3 p.m. Estimated return at 9:30 p.m.

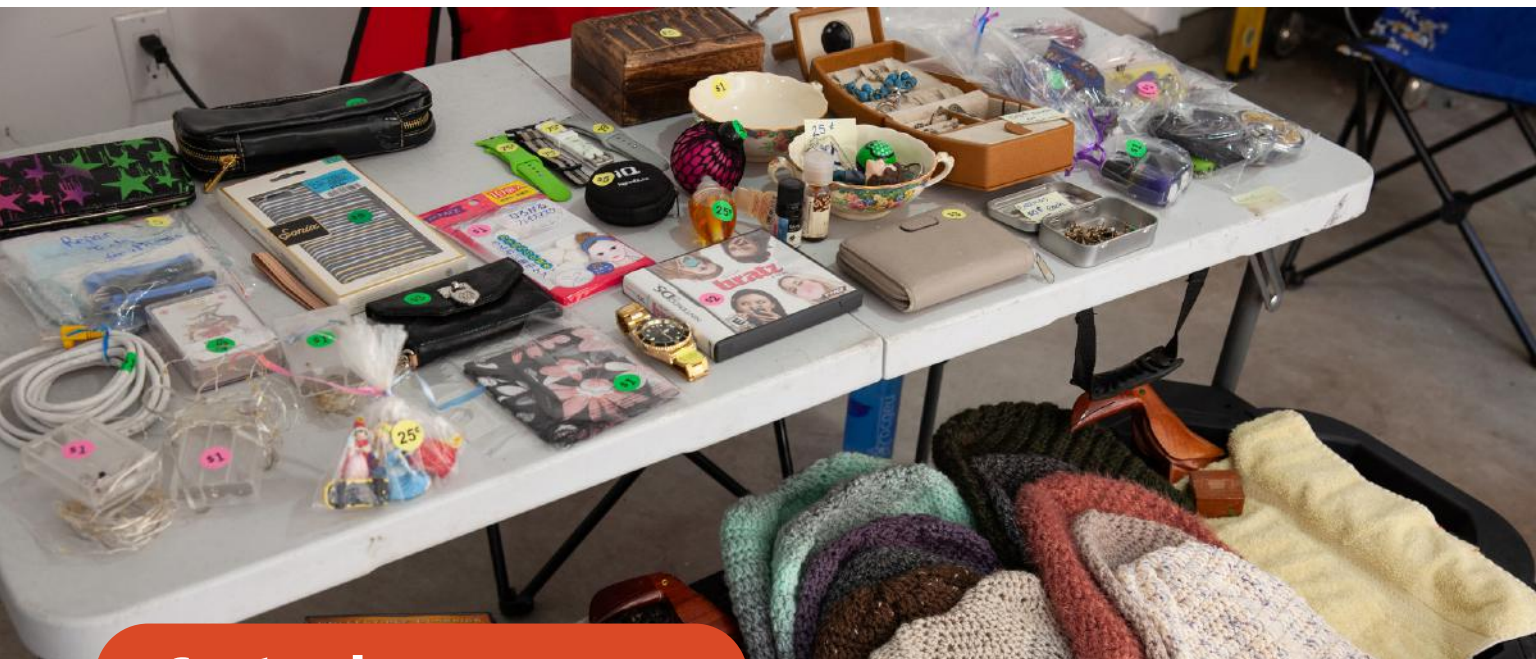
Level: Easy

- Shipyards Christmas Market Escorted Entry
- Vancouver Christmas Market
- Admission, Escorted Entry and Carousel
- Burnaby Village Museum Escorted Entry

W	Dec 16	2:45 – 9:45 p.m.	1/\$99	234186
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Special Events

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.



September

16

Glen Pine Welcome Back BBQ (19+ yrs)

Join us at Glen Pine's Welcome Back BBQ. This annual event in Spirit Square (weather permitting) will get us excited about the Fall season ahead filled with many interesting and fun programs and activities.

at Glen Pine Pavilion

W Sep 16 11:30 a.m. – 1 p.m. 1/\$25.40 233904

19

Dogwood Fall Swap and Sale (19+ yrs)

Sustainability meets second-hand style as we celebrate the City Wide Garage Sale! Dive into a treasure trove of pre-loved goodies, celebrating the themes of reduce, reuse, and upcycle. From trendy fashion to outgrown toys and charming home décor, this event aims to provide good finds for everyone. Registration to be a vendor ends on September 16 at 12 a.m., or attend the event for free!

at Centennial Pavilion

Sa Sep 19 9:30 a.m. – 3:30 p.m. 1/\$34.65 232811

22

Bannock Baking (19+ yrs)

Join a hands-on bannock baking class where you'll learn to prepare this traditional bread while hearing stories about its cultural significance. The experience blends cooking, cultural learning and sharing a meal in a welcoming, community-focused setting.

at Dogwood Pavilion

Tu Sep 22 2:30 – 4 p.m. 1/\$10 235976

24

Tea and Bannock (19+ yrs) **FREE**

Join us for Tea, Bannock and Learning as Dogwood Pavilion acknowledges the National Day for Truth and Reconciliation. This free event is presented in partnership with the Dogwood Pavilion Seniors' Society to highlight the importance of reconciliation through guided discussions.

at Dogwood Pavilion

Th Sep 24 9 – 11:30 a.m. 234392



October

1

National Seniors Day – Challenge the Brain Puzzles (19+ yrs) **FREE**

Join us for some mind-bending and fun puzzles to challenge your thinking. Simple hands-on paper-based puzzles will be provided at each session for you to solve using your creative, lateral and analytical thinking. Great way to exercise your brain and engage with others who love science, technology, engineering and mathematics and more. No experience necessary and available as a multi-generational activity. Facilitated by a volunteer Impossible Puzzler who has researched and compiled centuries of global puzzles.

at Glen Pine Pavilion

Th Oct 1 7 – 8:30 p.m. 234202

3

Glen Pine Health and Wellness Fair 2026 (19+ yrs) **FREE**

The Glen Pine 50plus Society is excited to announce its second Health and Wellness Fair for Seniors, themed Healthy Living – Happy Aging! This Fair aims to provide seniors with valuable resources, expert advice and engaging activities to enhance their overall health and happiness.

at Glen Pine Pavilion

Sa Oct 3 10 a.m. – 2 p.m. 233865

8

Thanksgiving Luncheon (19+ yrs)

Join us around the table and enjoy a plate of home cooked turkey dinner with all the fixings. So much for us to be thankful for with friends to share the occasion.

at Glen Pine Pavilion

Th Oct 8 11:30 a.m. – 1 p.m. \$25.40 233903



23

Dogwood Social Evening: The Driftsman (19+ yrs)

Come enjoy a fall-themed evening with drinks, dinner, and a classic rock cover band performance by local favourite, The Driftsman. Please call Dogwood Front Desk at 604-927-6098 after registering for seat selection.

at Dogwood Pavilion

F	Oct 23	5:30 – 9:30 p.m.	1/\$35.75	234381
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27

Halloween Movie and Luncheon (19+ yrs)

Movie starts at 10:45 a.m. Lunch served during a brief intermission so you can continue to eat and finish the rest of the show. Movie: The Book of Life (2014) Rated PG 1 hr 35mins Animated, Adventure.

at Glen Pine Pavilion

Tu	Oct 27	10:45 a.m. – 1 p.m.	1/\$25.40	233907
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30

Maillardville Halloween Family Fun Night (All Ages)

Enjoy a safe and dry night of indoor Halloween fun at Maillardville Community Centre! Join us for face painting, crafts, active play, and more. Costumes are encouraged.

at Maillardville Community Centre

F	Oct 30	4 – 6:30 p.m.	1/\$5	234562
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31

Dogwood Diwali Celebration (2+ yrs)

Join us for a joyful Diwali celebration filled with colour, culture, and community! Enjoy live performances, a dazzling fashion show, and delightful refreshments included with every registration. Try your hand at diya painting, get a henna design, and admire the intricate rangoli display. All ages welcome. Children 2 yrs+ must register. All children less than 12 yrs must be accompanied by a registered adult guardian.

at Dogwood Pavilion

Sa	Oct 31	12 – 2:30 p.m.	1/\$15.35	232823
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November

5

Remembrance Day Luncheon (19+ yrs)

Lest we forget. Remembrance Day Luncheon to honour and remember those who have served and those currently helping to protect and preserve peace in our lives.

at Glen Pine Pavilion

Th	Nov 5	11:30 a.m. – 1 p.m.	\$25.40	233901
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Remembering Together (19+ yrs) **FREE**

Join us to recognize Remembrance Day to honour and remember those who have served and those currently helping to protect and preserve peace in our lives. Registration includes light refreshments.

at Dogwood Pavilion

Th	Nov 5	1:30 – 3 p.m.		234636
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14 and 15

Glen Pine Winter Market (19+ yrs)

Hand-made treasures, knitting, cards, tree decorations, baby/child items and a great selection of gifts for everyone on your holiday list. The Glen Pine Crafters and other talented crafters and local community vendors will amaze you with their wonderful homespun handiwork.

For those interested in renting a vendor space, visit coquitlam.ca/registration and go the Events section to register for a table in a certain area of the market.

Admission to the event is FREE.

Events runs over 2 days:

Open Friday, November 13 from 4 – 9 p.m. and Saturday, November 14 from 9 a.m. – 3 p.m.

at Glen Pine Pavilion

Vendor Registration:

Corner Pocket Main Floor

F-Sa	Nov 13 – Nov 14	4 – 9 p.m.	2/\$69.30	233894
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Great Room Upper Floor

F-Sa	Nov 13 – Nov 14	4 – 9 p.m.	2/\$69.30	233895
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Lemon Tree Room Main Floor

F-Sa	Nov 13 – Nov 14	4 – 9 p.m.	2/\$69.30	233897
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Studio Main Floor

F-Sa	Nov 13 – Nov 14	4 – 9 p.m.	2/\$69.30	233898
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19

Deck the Halls at Dogwood (19+ yrs) **FREE**

Join the Dogwood Ambassadors and Special Events Committee to decorate Dogwood Pavilion for the holidays. Light refreshments will be served.

at Dogwood Pavilion

Th	Nov 19	1:30 – 3 p.m.		234393
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21 and 22

Dogwood Society Visual Arts Show and Sale (All Ages) **FREE**

Join us for the fall Dogwood Visual Arts Show and Sale. Dogwood Senior Society Activity groups: Coquitlam Art Club, Dogwood Designs Gift Shop, Rock and Gems (Lapidary), Photography Club, Still Crafting, Woodcarving and Woodworking will have items on display and for sale.

at Dogwood Pavilion

Sa	Nov 21	9 a.m. – 4 p.m.		234445
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Su	Nov 22	9 a.m. – 3 p.m.		234448
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25

Coquitlam RCMP Seniors Safe-Tea Event (19+ yrs) **FREE**

The event focuses on educating seniors and caregivers on fraud prevention and elder abuse, offering a relaxed environment with complimentary tea, coffee, and treats.

at Glen Pine Pavilion

W	Nov 25	1:30 – 3:30 p.m.		233911
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29 and 30

Dogwood Drama Production (All Ages)

The Dogwood Drama Group meets weekly to prepare and practice a seasonal production to perform. For tickets, please purchase through the Dogwood Designs Gift Shop, Jean Baker at 604-931-5243, or at the door on performance days.

at Dogwood Pavilion

Su	Nov 29	1:30 – 3 p.m.	1/\$10	234442
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M	Nov 30	1:30 – 3 p.m.	1/\$10	234443
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December

1

Dogwood Drama Production (All Ages)

The Dogwood Drama Group meets weekly to prepare and practice a seasonal production to perform. For tickets, please purchase through the Dogwood Designs Gift Shop, Jean Baker at 604-931-5243, or at the door on performance days.

at Dogwood Pavilion

Tu	Dec 1	2:30 – 4 p.m.	1/\$10	234395
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9

Dogwood Holiday Tea, Cookies and Carols (19+ yrs)

Celebrate the holiday season with an afternoon of carols presented in partnership with the Dogwood Senior Society Songsters and the Tricity Strummers. Tea and holiday cookies provided.

at Dogwood Pavilion

W	Dec 9	2 – 3:30 p.m.	1/\$10.50	234391
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11

Dogwood Social Evening: The Al Foreman Band (19+ yrs)

Come and enjoy dinner, drinks and an evening of music, dancing and fond memories as Al and his band present Rockin' Thru the Ages, highlighting the songs of Buddy Holly, Elvis Presley, Chuck Berry, the Beatles, Fats Domino and many more. Please call Dogwood Front Desk at 604-927-6098 after registering for seat selection.

at Dogwood Pavilion

F	Dec 11	5:15 – 9:30 p.m.	1/\$35.75	234387
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13

Breakfast with Santa (All Ages)

Enjoy a breakfast with Santa, sing-along, and make crafts in the Winter Wonderland. Each participant must register.

at Dogwood Pavilion

Su	Dec 13	10 a.m. – 1 p.m.	1/\$10	234149
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Glen Pine Holiday Sing-Along (19+ yrs)

Join in this festive gathering to celebrate friends and families coming together to sing classic holiday carols and seasonal pop favorites. Choice of a beverage.

at Glen Pine Pavilion

Su	Dec 13	12 – 1:30 p.m.	1/\$5	234000
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16

Dogwood Holiday Luncheon (19+ yrs)

Celebrate the holidays with a traditional turkey meal followed by dessert and entertainment.

at Dogwood Pavilion

W	Dec 16	11:30 a.m. – 1 p.m.	1/\$25.40	232851
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17

Glen Pine Holiday Luncheon (19+ yrs)

Celebrate the holiday with a traditional turkey meal with all the sides followed by a festive dessert and holiday season entertainment.

at Glen Pine Pavilion

Th	Dec 17	11:30 a.m. – 1:30 p.m.	1/\$25.40	233899
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Holiday Improv Special (19+ yrs)

Come for a laugh! Our improv participants present a festive comedy hour with scenes, games and humour around the holiday theme. Light refreshment included.

at Glen Pine Pavilion

Th	Dec 17	7:30 – 8:30 p.m.	1/\$13.50	234105
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18

Maillardville Holiday Family Fun Night (All Ages)

Bring the whole family and enjoy a fun-filled night bursting with holiday spirit! All ages can enjoy a wide variety of festive activities such as face painting, crafts, active play, and more. Cozy up in front of the giant projector screen with a cup of hot chocolate to watch a short holiday film. Pajamas are encouraged!

at Maillardville Community Centre

F	Dec 18	4:30 – 7 p.m.	1/\$5	234353
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30

Social Dance Party – End of the Year Celebration (19+ yrs)

Celebrating the end of the year with a special themed dance party. Photo Booth fun and special surprises. Light refreshment included.

at Glen Pine Pavilion

W	Dec 30	2:15 – 3:45 p.m.	\$15.35	233912
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Arts and Culture



See it! Learn it! Do it!

There are many opportunities to experience culture in your own back yard. Visit your local theatre, take an art class or pick up a book at the library. You can find it all here in Coquitlam.

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636

Coquitlam Public Libraries

City Centre Branch

1169 Pinetree Way | 604-554-7323

Poirier Branch

575 Poirier St. | 604-554-7323



Shine On

**BettieAllard
YMCA.ca**



@BettieAllardYMCA

955 Emerson St.,
Coquitlam, BC

Coquitlam's Bettie Allard YMCA

Start Swim Lessons Today!

Get your child water safe at Coquitlam's Bettie Allard YMCA! Start immediately and your child's time slot is yours for as long as you wish.

We have tons of great programs for the whole family to be active. Visit our website or drop by today!

Juried Art Exhibit

Celebrate the arts! From September 27 to November 22, drop in to Coquitlam Public Library's Poirier branch during opening hours to view art reflecting this year's Juried Art Exhibit theme, *In Motion*.

Opening Reception

Friday, October 2 | 6:30–8:00 pm
Poirier Branch

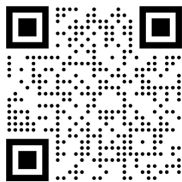
Join fellow art lovers at our Cocktail Reception to officially open the Juried Art Exhibit. View the artworks on display, mingle with the artists, and enjoy delicious refreshments.

Guests wishing to purchase alcoholic beverages must be 19+ and present valid government-issued photo ID.

Attendance is free of charge, but registration is required.

Registration opens September 6th
coquitlam.libnet.info/event/16534908

Scan for more information



coqlibrary.ca

Coquitlam Public Library is grateful
for the support of our partners, the
Art Gallery at Evergreen and Place des Arts.

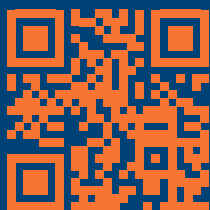


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ARTS COUNCIL



BRITISH
COLUMBIA

Coquitlam

Supported by the Province of British Columbia

A photograph of the Mackin House Museum, a two-story wooden building with a dark roof and a chimney. The word "MUSEUM" is visible on the side of the building. The sky is clear and blue.

Fall 2026 at Mackin House museum

Exhibits

At Mackin House

It Takes A Team | Jul - Oct 2026

Take a journey through Coquitlam's past from the eyes of sports! Baseball, lacrosse, hockey, and much more.

An Edwardian Slumber

Party | Sep - Jan 2027

Get a look at the women's history, hobbies, and interests during the Edwardian Era.

Remembering Coquitlam's Troops |

Nov 2026

Learn about the WW1 & WW2 in the context of community and troops.

At Coquitlam Grill

Connecting with Coquitlam's Past |

Ongoing

A new, permanent exhibit of archival photos & select artifacts, allowing patrons to connect with our city's history.

Events

September:

Mid Autumn Moon Festival

MashUp

Book Exchange Event

October:

Halloween Crafts

Ghost Stories at the Museum

Heritage Halloween

November:

Diwali Fest

Autumn Crafts

Holiday Photo Sessions

December:

Heritage Holiday

Holiday Crafts

PJ Storytime

1116 Brunette Avenue, Coquitlam | Find out more details and register for events at coquitlamheritage.ca

We  Coquitlam

... and we think
you will too.

**Join us and do
work that matters.**

coquitlam.ca/careers



Connect with Coquitlam

Learn more about what's happening in your community



Coquitlam Current E-News

Bi-weekly emails on the latest City news and important resident information.

PRC E-News

Recreation registration details, program highlights, park events and more delivered straight to your inbox.



CoquitlamConnect App

Search City news, events, bike maps, park and facility info and more.



Public Notices

Find statutory notices published on the City's website or sign-up for email notifications.



Social Media

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