

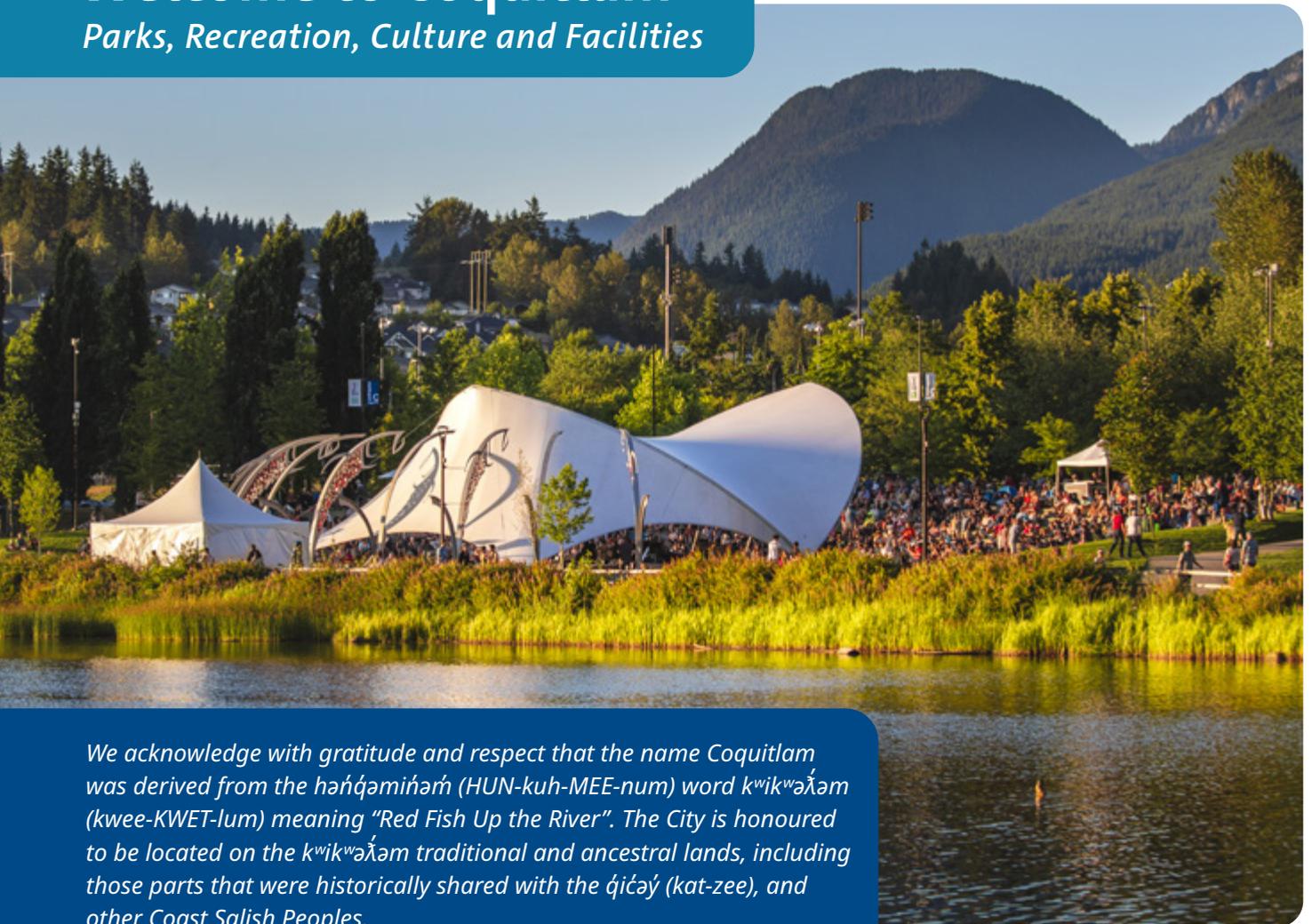
Senior's *Guide*

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 *hən̓q̓əmi̓n̓əm̓* (HUN-kuh-MEE-num) word *kʷikʷə́ləm* (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the *kʷikʷə́ləm* traditional and ancestral lands, including those parts that were historically shared with the *q̓íçəy̓* (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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Coquitlam Champions Equity, Diversity and Inclusion

What is Equity, Diversity and Inclusion?

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

EDI in Coquitlam

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

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

coquitlam.ca/EDI

Coquitlam



All Abilities Welcome!

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

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.*

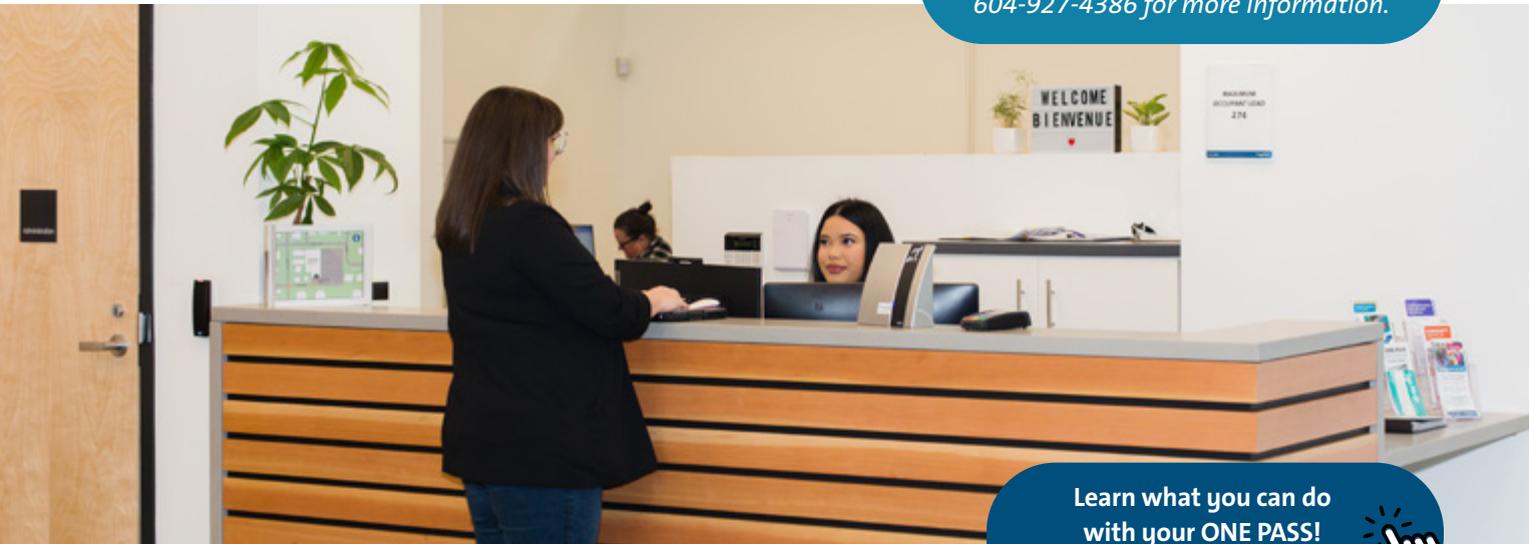
Admission Fees and Recreation Passes

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 April 1, 2025.

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

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.38	\$27	\$31	\$21.70	\$243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	\$6.67	\$53.40	\$61.90	\$43.30	\$486
Senior	(65 – 79 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Super Senior	(80 yrs +)	\$3.38	\$27	\$31	\$21.70	\$243
Adult and Tot	(per person)	\$3.38	\$27	—	—	—

* Students 19 – 25 yrs must present valid full time student ID

** A minimum three month commitment is required

Additional Arena Services

Prices valid through to March 31, 2026.

	Drop-In	10-Visit Pass
Skate Rentals	\$3.38	\$27.10
Helmet Rentals	\$2.14	\$17.10
Skate Sharpening	\$5.43	—

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! Valid June 28, 2025 – March 29, 2026.

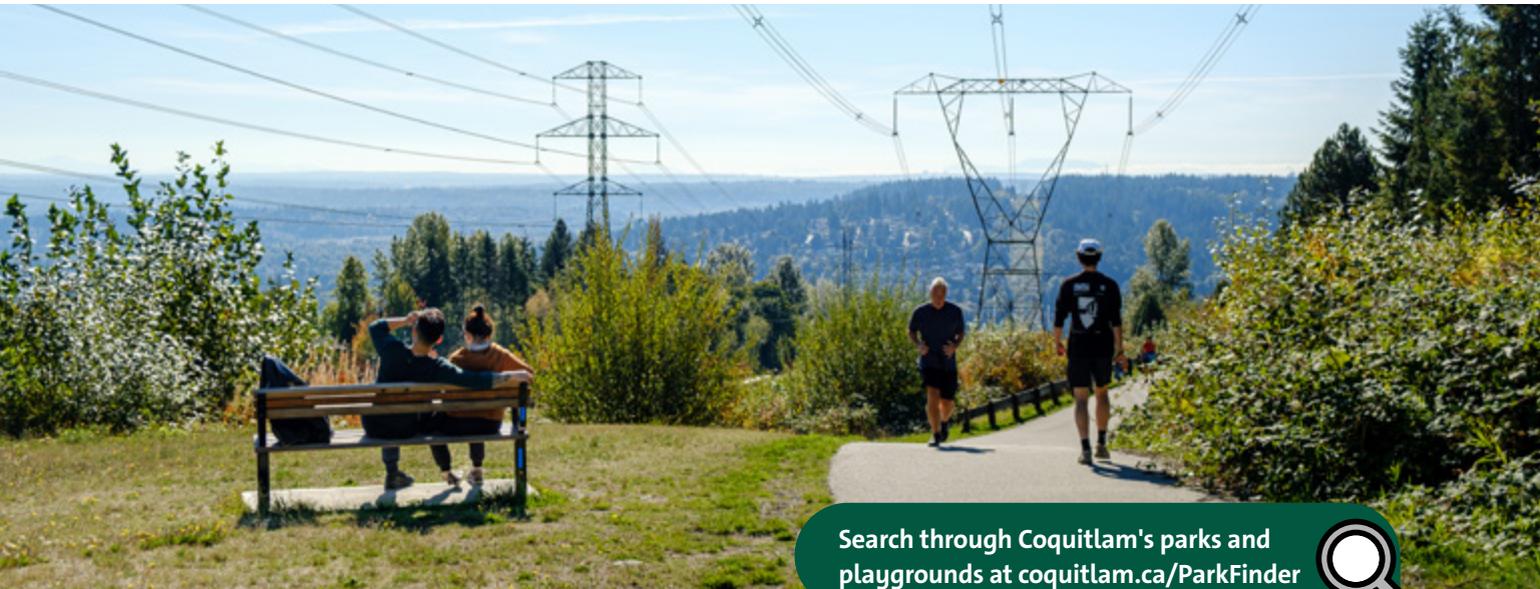
Available June 2.

coquitlam.ca/SchoolsOutPass

Parks

Park program registration opens at 8:30 a.m. on May 20 for Coquitlam residents and at 8:30 a.m. on May 22 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 native 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/Inspiration-Garden



Tree Spree

Supporting Trees in Coquitlam

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



Spotlight on Sport

Shining a Spotlight on Community Sport

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



Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

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

Bad Seed

Bad Seed: Community Weed Pull Party (All Ages)

Join the Park Spark Team and other community members to help restore local parks around Coquitlam. All ages are welcome to come remove and learn about the invasive species that affect our local ecosystem.

at Other Locations

Sa	Jul 5	10 a.m. – 12 p.m.	1/ FREE	191391
Su	Jul 27	10 a.m. – 12 p.m.	1/ FREE	191397
Sa	Aug 16	10 a.m. – 12 p.m.	1/ FREE	191403
Su	Aug 24	10 a.m. – 12 p.m.	1/ FREE	191409

Community Science: Observing and Reporting Invasive Species (All Ages)

Community science is an essential part of local research and data collection. This workshop shows participants how to identify, track, and report invasive species in order to prevent their spread and protect native ecosystems. Take part in local citizen science and learn more about managing and mitigating the impact of invasive species.

at Town Centre Park Community Centre

Su	Jul 6	3:30 – 4:30 p.m.	1/ FREE	191393
Sa	Jul 26	3 – 4 p.m.	1/ FREE	191396
Th	Aug 14	4 – 5 p.m.	1/ FREE	191402
Su	Aug 24	2 – 3 p.m.	1/ FREE	191407

Intro to: Bad Seeds (All Ages)

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	Jul 19	11 a.m. – 12 p.m.	1/ FREE	191395
F	Aug 8	11 a.m. – 12 p.m.	1/ FREE	191399

at Town Centre Park Community Centre

W	Jul 2	6 – 7 p.m.	1/ FREE	191389
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Resilient Restorations: Sustainable Gardening Solutions (All Ages)

Join us for an engaging and hands-on workshop focused on identifying, removing, and replacing invasive species in your garden and on your property! The workshop will include: A guided tour of local invasive species, giving step-by-step instructions on proper invasive removal methods, and tips for selecting and planting native alternatives.

at Parks (Neighbourhood)

Su	Jul 27	3 – 4:30 p.m.	1/ FREE	191398
Tu	Aug 26	4 – 5:30 p.m.	1/ FREE	191411

Inspiration Garden

Bugs in the Garden (All Ages)

Join the Park Spark Team on a fun bug discovery in the Inspiration Garden! We will be going on an adventure on foot with our Bug Box to find different bugs hidden and living all over the garden. Family Friendly.

at Town Centre Park

W	Aug 13	1 – 2 p.m.	1/ FREE	191315
W	Aug 13	3 – 4 p.m.	1/ FREE	191318
W	Aug 27	1 – 2 p.m.	1/ FREE	191321

Compost Works (All Ages)

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

at Town Centre Park

W	Jul 16	1 – 2 p.m.	1/ FREE	191308
Th	Aug 14	1 – 2 p.m.	1/ FREE	191316
Th	Aug 14	3 – 4 p.m.	1/ FREE	191317
W	Aug 27	10 – 11 a.m.	1/ FREE	191320

Container Gardening 101 (All Ages) **LOW COST**

Join this beginner-friendly workshop focusing on summer container gardening. This session will cover the basic techniques of growing vegetables and herbs in containers, soil preparation, watering, supplements and more! This session will provide you with a better understanding of how to care for your garden containers in small spaces. All ages and abilities welcome!

at Town Centre Park Community Centre

Su	Jul 6	2 – 3:30 p.m.	1/\$2	191304
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Family Garden Tour (All Ages)

Join on a walking tour around the Inspiration Garden and the garden walk with the Park Spark Team! Say hello to blooming plants and flowers and explore the garden walk with the hummingbirds! Family Friendly, All Welcome!

at Town Centre Park

Tu	Jul 8	3 – 4 p.m.	1/ FREE	191222
Tu	Jul 15	3 – 4 p.m.	1/ FREE	191225
Tu	Jul 22	3 – 4 p.m.	1/ FREE	191226
Tu	Jul 29	3 – 4 p.m.	1/ FREE	191228
W	Aug 6	10 – 11 a.m.	1/ FREE	191230
W	Aug 6	2 – 3 p.m.	1/ FREE	191231

All Abilities Welcome!

Visit page 4 for details

Family Garden Tour (All Ages)

Join on a walking tour around Town Centre Park with the Park Spark Team! Observe the different urban flora and fauna living around Lafarge Lake! Family Friendly, All Welcome!

at Town Centre Park Community Centre

Su	Aug 10	3 – 4 p.m.	1/ FREE	191232
Sa	Aug 23	3 – 4 p.m.	1/ FREE	191234

Garden Basics: Seed Saving and Swap (All Ages)

Join this hands-on workshop hosted by the Park Spark team to learn how to save your flower and vegetable seeds. Learn about the different seeds you can save, how to collect and clean them, and storage tips and tricks. We also welcome attendees to bring in your saved seeds for a seed swap! All experiences, ages and abilities welcome! *Note: Please be mindful of the seeds you bring in order to avoid spreading invasive plants.

at Dogwood Pavilion

W	Aug 20	4 – 5 p.m.	1/ FREE	191319
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Garden Basics: Starting from Seed (All Ages)

This hands-on course will cover everything you need to know about starting your vegetable garden from seed. Plan for your growing season with us! In this session, we will talk about soil mixes, preparation, watering, the process of germination, and the plant lifecycle. Family Friendly.

at Town Centre Park Community Centre

Th	Jul 24	2 – 3 p.m.	1/ FREE	191311
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Glamorous Grasses Planter (All Ages)

Glam up your patio entrances with this special planter workshop. Design and create your very own summer finale colour palette. Perfect fitting for all types of garden spaces. Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Tu	Aug 19	2 – 3 p.m.	1/\$40	191302
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at Town Centre Park Community Centre

Su	Aug 17	3 – 4 p.m.	1/\$40	191301
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Healthy Herb Container (All Ages)

Imagine fresh tasty herbs right by your kitchen window! Create a healthy herb container for your summer cuisines in this hands-on workshop. Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Su	Jul 20	10 – 11 a.m.	1/\$40	191295
Tu	Jul 22	2 – 3 p.m.	1/\$40	191296
Tu	Aug 12	2 – 3 p.m.	1/\$40	191300

at Town Centre Park Community Centre

Su	Aug 10	5 – 6 p.m.	1/\$40	191299
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Info Night: Intro to Master Gardener (All Ages)

Join this informative intro session to learn the steps, courses, requirements and certifications on how to become a Master Gardener. All ages, abilities and all levels of garden experiences welcome!

at Town Centre Park Community Centre

W	Jul 9	6 – 7 p.m.	1/ FREE	191291
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Inspiration Garden Exploration (All Ages)

Drop on in for a summer garden exploration at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Drop in anytime between 9 a.m. to 11 a.m.

at Town Centre Park

Sa	Jul 5	9 – 11 a.m.	1/ FREE	191216
Su	Jul 6	9 – 11 a.m.	1/ FREE	191221
Sa	Jul 26	9 – 11 a.m.	1/ FREE	191289
Sa	Aug 23	9 – 11 a.m.	1/ FREE	191233
Su	Aug 24	9 – 11 a.m.	1/ FREE	191227

Music in the Garden (All Ages)

Tune in at the Inspiration Garden on this special evening of nature musical storytelling! Wander through the colourful summer garden displays and learn all about the plants, pollinators, creatures that make this garden inspirational. Sit down to enjoy a cup of tea with a book from the newly stocked garden library. All ages, family friendly.

at Town Centre Park

Th	Jul 10	7 – 9 p.m.	1/ FREE	193067
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Music in the Garden (All Ages)

Tune in at the Inspiration Garden at this special musical event! Wander through the summer garden displays and learn all about the plants and pollinators that make this garden inspirational. All ages, family friendly.

at Town Centre Park

W	Jul 23	8:30 – 9:30 p.m.	1/ FREE	193096
Sa	Aug 16	2 – 4 p.m.	1/ FREE	191907

Pollinator Power (All Ages)

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

at Dogwood Pavilion

W	Jul 30	1 – 2 p.m.	1/ FREE	191312
W	Jul 30	3 – 4 p.m.	1/ FREE	191313

at Town Centre Park

W	Jul 16	7 – 8 p.m.	1/ FREE	193224
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at Town Centre Park Community Centre

Sa	Aug 30	5 – 6 p.m.	1/ FREE	191322
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Seminar Series: All About Seed Saving (All Ages)

Join this informative seminar with the Park Spark team to learn how to save flower, fruit and vegetable seeds for your future propagations. Learn about the rich history of seed saving, and how you can collect, save, clean and store your own seeds to be grown in the next season! All Ages welcome.

at Town Centre Park Community Centre

W	Aug 20	6 – 7:30 p.m.	1/\$8	191293
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Seminar Series: Balcony and Patio Garden Design (All Ages)

Explore the possibilities of planning and planting up your small spaces whether it's balconies or patios! In this seminar, we will be looking at how to maximize and transform your outdoor spaces into a beautiful and functional garden. Be inspired with creative vertical designs, sun mapping, growing with containers, microclimates and more. All ages and abilities welcome!

at Town Centre Park Community Centre

Th	Jul 3	4:30 – 6 p.m.	1/\$8	191303
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Seminar Series: Propagation Late-Summer (All Ages)

In this garden seminar, we will be presenting a wide range of vegetative propagation methods and techniques suited for the late-summer season. This includes: layering, grafting, divisions, root cuttings and more. All ages and abilities welcome.

at Town Centre Park Community Centre

Th	Aug 21	4:30 – 6 p.m.	1/\$8	191306
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Seminar Series: Propagation Summer (All Ages)

In this garden seminar, we will be presenting a wide range of vegetative propagation methods and techniques suited for the summer season. This includes: layering, grafting, divisions, root cuttings and more. All ages and abilities welcome.

at Town Centre Park Community Centre

Th	Jul 10	4:30 – 6 p.m.	1/\$8	191305
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Seminar Series: Shade Garden Secrets (All Ages)

In this garden seminar, we will be exploring the secrets of shade gardens! Discover the many plants that thrive in limited-light environments including perennials, annuals, small trees and shrubs. Find the best foliage colours, shapes and features that offer the wow-factor to designing your outdoor shaded-spaces!

at Town Centre Park Community Centre

Th	Aug 7	4:30 – 6 p.m.	1/\$8	191314
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Seminar Series: Square Foot Gardening (All Ages)

In this hands-on workshop led by Embark Sustainability's Gardens Manager, we will be exploring a variety of efficient methods on managing and maximizing your small garden spaces or containers to grow vegetables and herbs. There will be a demonstration on companion planting, transplanting seedlings, crop rotation, soil mixes and maintenance techniques. All ages and abilities welcome.

at Town Centre Park Community Centre

W	Jul 23	6 – 8 p.m.	1/\$10	191292
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Stunning Succulents Planter (All Ages)

Create a stunning succulent planter, perfect summer accent for your garden outdoor or indoor space! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Su	Jul 27	5 – 6 p.m.	1/\$40	191297
Tu	Jul 29	2 – 3 p.m.	1/\$40	191298

Summer Care For Roses (All Ages)

Join the Park Spark Team and the Fraser Pacific Rose Society to learn how to care for your roses this Summer! This is a hands-on workshop and welcomes all garden experiences and all ages to attend. Location: Outdoors in The Centennial Rose Garden, Dogwood Pavilion.

at Dogwood Pavilion

Sa	Jul 12	9:30 – 11:30 a.m.	1/ FREE	191224
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Summer Hanging Basket (All Ages)

Create a summer hanging basket perfect for your patio or balcony garden! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Su	Jul 13	10 – 11 a.m.	1/\$40	191270
Tu	Jul 15	2 – 3 p.m.	1/\$40	191271

Summer Salad Container (All Ages)

Grow your own refreshing summer salad ingredients to impress your dinner guests! In this hands-on workshop, create your own edible garden container perfect for your patio or balcony garden. Green thumbs of all ages and abilities are welcome. All supplies included, you will be bringing your planter creation home.

at Town Centre Park

Tu	Jul 8	2 – 3 p.m.	1/\$40	191294
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Tea in the Garden and Seed Swap (All Ages)

Enjoy a nice cup of herbal tea, meet fellow garden enthusiasts, and bring some seeds to a fun pop-up summer seed swap at the Inspiration Garden. Drop in anytime 10 a.m. -12 pm.

at Town Centre Park

Th	Jul 31	10 a.m. – 12 p.m.	1/ FREE	191290
Th	Aug 28	10 a.m. – 12 p.m.	1/ FREE	191229

Xeriscape Gardening (All Ages)

Dive into a world of water efficient garden designs, xeriscape-friendly plants, and water wise ideas for your garden! This is an introductory workshop in collaboration with the Environmental Services Team. Green thumbs of all ages and abilities are welcome.

at Town Centre Park

F	Aug 15	9:30 – 10:30 a.m.	1/ FREE	193114
Sa	Aug 23	1:30 – 2:30 p.m.	1/ FREE	193115

at Town Centre Park Community Centre

Su	Jul 13	5 – 6 p.m.	1/ FREE	191307
Th	Jul 17	2 – 3 p.m.	1/ FREE	191309
Su	Jul 20	5 – 6 p.m.	1/ FREE	191310

Tree Spree

Advanced Nature Photography (All Ages)

This hands-on workshop allows participants learn advanced techniques, like shooting in manual, for photographing landscapes, wildlife, and environmental features in various dynamic outdoor settings.

at Mundy Park

Su	Jul 13	10 – 11:30 a.m.	1/ FREE	191345
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at Parks (Neighbourhood)

Sa	Aug 23	10 – 11:30 a.m.	1/ FREE	191385
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Behind the Scenes: Bat Walk and Talk (All Ages)

LOW COST

Learn about your local neighbours of the night, flying around behind the scenes! Discover the secret lives of local bats, their ecological importance and how you can help conserve their natural bat habitat on this Bat Walk. Bring your flashlights, a camp chair, and join the Park Spark team with host from the Burke Mountain Naturalists as we watch local bats dance over Como Lake!

at Parks (Neighbourhood)

F	Jul 4	8:30 – 10 p.m.	1/\$2	191460
F	Aug 29	8:30 – 10 p.m.	1/\$2	191388

Forest Foundations: Curious Critters (All Ages)

LOW COST

Explore Micro Habitats within our Parks! This Workshop invites participants to discover the hidden worlds of small ecosystems within parks, such as under rocks, in tree bark, and small mammals. This hands-on experience teaches the importance of micro habitats in supporting biodiversity and encourages participants to observe and document the fascinating creatures and wildlife that thrive in these spaces.

at Mundy Park

Tu	Aug 19	4 – 6 p.m.	1/\$2	191384
Sa	Aug 30	10 a.m. – 12 p.m.	1/\$2	191387

Forest Foundations: Exploring Lichen and Moss (All Ages)

Join us in the exploration of the vital roles lichens and mosses play in forest ecosystems. Participants learn to identify these organisms, understand their ecological importance, and discover how they contribute to biodiversity and environmental health, as well as their role as a primary succession species.

at Parks (Neighbourhood)

Sa	Jul 19	2 – 3:30 p.m.	1/ FREE	191348
Tu	Aug 12	4:30 – 6 p.m.	1/ FREE	191381

Forest Foundations: Tree Life Cycle (All Ages)

Tree Life Cycle Workshop is outdoor education workshop about the full life cycle of trees, from planting to growth, maintenance, and eventual decay. This workshop empowers participants to understand the ecological roles of trees at each life stage, from seed, sapling, and mature growth and eventually wildlife or nursery trees.

at Mundy Park

Sa	Jul 26	2 – 3:30 p.m.	1/ FREE	191356
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at Town Centre Park Community Centre

W	Jul 30	6 – 7:30 p.m.	1/ FREE	191357
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Forest Foundations: Trees of the Future (All Ages)

The Workshop focuses on the benefits of increasing the urban forest canopies through planting and creating sustainable, green spaces in your garden or neighborhoods that enhance resilience. It encourages innovative planning and climate adapted tree and plant species selection to improve air quality, reduce urban heat, and promote biodiversity in rapidly growing cities.

at Parks (Neighbourhood)

Su	Jul 20	10 – 11:30 a.m.	1/ FREE	191354
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at Town Centre Park Community Centre

W	Jul 9	7 – 8:30 p.m.	1/ FREE	191343
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Intro To: Forest Bathing (All Ages)

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. Please email ParkSpark@coquitlam.ca for meeting location details.

at Mundy Park

Su	Aug 10	9:30 – 11 a.m.	1/ FREE	191380
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Intro to: Nature Journaling (All Ages)

The Nature Journaling Workshop encourages participants to connect with the natural world through the practice of journaling, creating art, and fostering mindfulness and observation skills. In this hands-on program, individuals learn to record their observations, sketching wildlife and reflecting on their outdoor experiences to deepen their appreciation of nature through journaling, drawing, or painting!

at Mundy Park

Su	Jul 6	10 – 11:30 a.m.	1/ FREE	191342
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W	Jul 23	10 – 11:30 a.m.	1/ FREE	191355
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Sa	Aug 2	10 – 11:30 a.m.	1/ FREE	191361
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Su	Aug 17	2 – 3:30 p.m.	1/ FREE	191383
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All Abilities Welcome!

Visit page 4 for details

Intro To: Nature Photography (All Ages)

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 Town Centre Park

F	Aug 8	9:30 – 11 a.m.	1/ FREE	191378
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at Town Centre Park Community Centre

Sa	Jul 5	2 – 3:30 p.m.	1/ FREE	191341
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Tree Spree Tours: Creekside Curiosities (All Ages)

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

at City Centre Aquatic Complex

Sa	Aug 9	10 – 11:30 a.m.	1/ FREE	191379
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Tree Spree Tours: Forest Canopy Walk (All Ages)

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 Other Locations

W	Jul 16	4 – 5:30 p.m.	1/ FREE	191347
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F	Aug 15	4 – 5:30 p.m.	1/ FREE	191382
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Tree Spree Tours: Forest Understory Walk (All Ages)

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	Jul 12	10 – 11:30 a.m.	1/ FREE	191344
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Tu	Aug 26	10 – 11:30 a.m.	1/ FREE	191386
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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.

Outdoor Recreation

Mixed Ages

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



Beginner Hike: Fraser River Sunset (16+ yrs)

This evening hike will utilize the new PoCo Climb Trail and take in ʕéxətəm Regional Park (formerly known as Colony Farm), Citadel Heights and end by trying to catch the sunset by the Fraser River. This ground level hike has one short, steep uphill section of stairs. Time will be taken to enjoy the views and wildlife in the area. Roundtrip distance is 6.5km with an elevation gain of 80 m.

at Other Locations

W	Aug 27	6 – 8:30 p.m.	1/\$7.50	192188
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Canoeing 101 (5+ yrs)

Get outdoors and learn to canoe! Build your canoeing skills and get comfortable out on the water. Learn about the parts of a canoe, basic paddling and safety skills. No paddling experience required. Participants under the age of 16 yrs will require adult participation. All participants must register.

at Town Centre Park

Tu	Jul 8	10 – 11:30 a.m.	1/\$10.75	191511
Th	Jul 10	10 – 11:30 a.m.	1/\$10.75	191517
Tu	Jul 15	10 – 11:30 a.m.	1/\$10.75	191512
Th	Jul 17	10 – 11:30 a.m.	1/\$10.75	191519
Tu	Jul 22	10 – 11:30 a.m.	1/\$10.75	191514
Th	Jul 24	10 – 11:30 a.m.	1/\$10.75	191520
Tu	Jul 29	10 – 11:30 a.m.	1/\$10.75	191515
Th	Jul 31	10 – 11:30 a.m.	1/\$10.75	191521
Tu	Aug 5	10 – 11:30 a.m.	1/\$10.75	191522
Th	Aug 7	10 – 11:30 a.m.	1/\$10.75	191526
Tu	Aug 12	10 – 11:30 a.m.	1/\$10.75	191524
Th	Aug 14	10 – 11:30 a.m.	1/\$10.75	191528
Tu	Aug 19	10 – 11:30 a.m.	1/\$10.75	191525
Th	Aug 21	10 – 11:30 a.m.	1/\$10.75	191530



Programs marked with  are for kids and adults together!

Como Lake Learn to Fish (5 – 15 yrs)

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

at Parks (Neighbourhood)

Th	Jul 24	6 – 8 p.m.	1/ FREE	192165
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Eco Trekkers (3 – 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.

at Other Locations

W	Jul 2 – Aug 6	10 – 11 a.m.	6/\$18	192312
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Intermediate Hiking Program: Munro and Dennett Lakes (16+ yrs)

This four step program will give intermediate hikers the opportunity to gain trail experience and the chance to end with an advanced hike. Take in High Knoll, Cypress Lake, South Slope Trail and finish with Munro and Dennett lakes. The hikes will start moderate and get progressively more challenging in terrain and steepness. There will be stream crossings on rocks and hands might be needed on steep sections. The final hike will be 12 km with an elevation gain of 1000m.

at Other Locations

Sa	Jul 5 – Jul 26	8 – 11 a.m.	4/\$63	192180
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Lafarge Lake Learn to Fish (5 – 15 yrs)

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

at Town Centre Park

Th	Jul 10	6 – 8 p.m.	1/ FREE	192164
Th	Aug 7	6 – 8 p.m.	1/ FREE	192166

Drop-In Fitness



ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2026.

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	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.38	\$27	\$31	\$21.70	\$243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	\$6.67	\$53.40	\$61.90	\$43.30	\$486
Senior	(65 – 79 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Super Senior	(80 yrs +)	\$3.38	\$27	\$31	\$21.70	\$243
Adult and Tot	(per person)	\$3.38	\$27	—	—	—

* Students 19 – 25 yrs must present valid full time student ID

** A minimum three month commitment is required

Fitness Centre Hours

Fitness centres are open to patrons 13 years and older. *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* Summer Hours	Pinetree Community Centre	Poirier Sport and Leisure Complex
Sunday:	7 a.m. – 10:30 p.m.	Closed	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. – 4:30 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. – 8 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. – 4:30 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. – 8 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

Wednesday: 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.

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): \$80
Assessment session is mandatory for first-time clients.

3 Sessions
(1-hour per):
\$192

5 Sessions
(1-hour per):
\$305

10 sessions
(1-hour per):
\$575

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

Cycle: Group Ride ●●

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

Dance

Belly Dance4One ●●

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

Cardio Dance Fit ●●

An energetic, fun cardio workout incorporating easy dance choreography to greatest songs of all time and modern hits. Expect lots of movements with a beat to burn calories, improve cardiovascular endurance and coordination. Variety of fun and engaging dance routines will leave you feeling uplifted and empowered!

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.



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

Zumba Sentao® ●●●

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

Zumba Toning® ●●

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

Strength/Resistance

Body Basics ●●

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

Iron and HIIT ●●●

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

Specialty Classes

Active Joints ●

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

Chair Fit ●

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

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

Family Yoga (7+ yrs) ●

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

Hatha Yoga ●●

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

Pilates ●●

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

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



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

Adult and Baby Yoga (16+ yrs)

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

at Pinetree Community Centre

F	Jul 4 – Aug 1	9:30 – 10:30 a.m.	5/\$53.75	193139
F	Aug 8 – Aug 29	9:30 – 10:30 a.m.	4/\$43	193140

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

F	Jul 4 – Jul 25	8 – 9 a.m.	4/\$43	193103
Su	Jul 6 – Jul 27	10:45 – 11:45 a.m.	4/\$43	193105
Su	Aug 10 – Aug 24	10:45 – 11:45 a.m.	3/\$32.25	193106

at Poirier Sport and Leisure Complex

Tu	Jul 8 – Aug 26	7:15 – 8:15 p.m.	6/\$64.50	193094
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Barre – Try It (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	Jul 3	5:45 – 6:45 p.m.	1/\$10.75	193099
Th	Jul 31	5:45 – 6:45 p.m.	1/\$10.75	193100
Th	Aug 21	5:45 – 6:45 p.m.	1/\$10.75	193101
Th	Aug 28	5:45 – 6:45 p.m.	1/\$10.75	193102

Cardio Combat (13+ yrs)

Get your heart racing and your body moving with precision and intensity! This dynamic workout blends high-energy cardio exercises with powerful moves from Boxing, Muay Thai, Kung Fu, and kickboxing. This program offers a scalable workout that can be tailored to any fitness level, creating a full-body experience that will leave you feeling strong and empowered.

at Pinetree Community Centre

Tu	Jul 8 – Jul 29	7:45 – 8:45 p.m.	4/\$43	193141
Tu	Aug 5 – Aug 26	7:45 – 8:45 p.m.	4/\$43	193142

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

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	Jul 4 – Aug 1	11:15 a.m. – 12:30 p.m.	5/\$67.25	190145
M	Jul 7 – Jul 28	11 a.m. – 12:15 p.m.	4/\$53.80	190142
F	Aug 8 – Aug 29	11:15 a.m. – 12:30 p.m.	4/\$53.80	190146
M	Aug 11 – Aug 25	11 a.m. – 12:15 p.m.	3/\$40.35	190144

at Glen Pine Pavilion

F	Jul 4 – Aug 1	11:45 a.m. – 1 p.m.	5/\$67.25	193159
F	Aug 8 – Aug 29	11:45 a.m. – 1 p.m.	4/\$53.80	193160

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 Pinetree Community Centre

W	Jul 2 – Jul 30	9:30 – 11 a.m.	5/\$80.75	193143
W	Aug 6 – Aug 27	9:30 – 11 a.m.	4/\$64.60	193144

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	Jul 3 – Jul 31	12 – 1 p.m.	8/\$86	190153
Tu/Th	Aug 5 – Aug 21	12 – 1 p.m.	6/\$64.50	190154

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	Jul 9 – Jul 30	6:45 – 7:45 p.m.	4/\$43	193256
W	Aug 6 – Aug 27	6:45 – 7:45 p.m.	4/\$43	193257

Hatha Yoga Intermediate (13+ yrs)

For those familiar with the progressions of basic hatha yoga postures and are looking to deepen their practice. Some yoga experience is required.

at Centennial Pavilion

M	Jul 7 – Jul 28	12:30 – 2 p.m.	4/\$64.60	189997
M	Aug 11 – Aug 25	12:30 – 2 p.m.	3/\$48.45	190140

at Poirier Sport and Leisure Complex

M	Jul 7 – Jul 28	6 – 7:30 p.m.	4/\$64.60	193084
M	Aug 11 – Aug 25	6 – 7:30 p.m.	3/\$48.45	193092

Kickboxing (19+ yrs)

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

at Pinetree Community Centre

M	Jul 7 – Jul 28	7:45 – 8:45 p.m.	4/\$40.60	190902
M	Aug 11 – Aug 25	7:45 – 8:45 p.m.	3/\$30.45	190903

Killer Kettlebells (13+ yrs)

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

at City Centre Aquatic Complex

Tu	Jul 8 – Jul 29	6 – 7 p.m.	4/\$43	193107
Tu	Aug 5 – Aug 26	6 – 7 p.m.	4/\$43	193108

Learn 2 Ride (13+ yrs)

Designed to prepare the novice participant to learn the basics of indoor cycling. Learn how to set up and properly use an indoor Keiser bike. Be ready and feel confident to participate in our many drop-in cycle offerings!

at City Centre Aquatic Complex

M	Jul 7 – Jul 28	6:30 – 7:15 p.m.	4/\$34.40	193109
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Meditation and Breath (13+ yrs)

Create a deeper mind-body connection and visualization through meditation and breathing exercises.

at Poirier Sport and Leisure Complex

W	Jul 9 – Jul 30	8:30 – 9:30 p.m.	4/\$43	193097
W	Aug 6 – Aug 27	8:30 – 9:30 p.m.	4/\$43	193098



Tell us how we did!

coquitlam.ca/ProgramEvaluation

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	Jul 3 – Aug 14	2:15 – 3:45 p.m.	7/\$46.55	190147
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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	Jul 3 – Jul 31	5:50 – 6:50 p.m.	5/\$53.75	193110
Th	Aug 7 – Aug 28	5:50 – 6:50 p.m.	4/\$43	193111

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	Jul 2 – Jul 30	7 – 8 p.m.	5/\$53.75	193145
W	Aug 6 – Aug 27	7 – 8 p.m.	4/\$43	193146

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	Jul 6 – Jul 27	5:45 – 7 p.m.	4/\$53.80	193112
Su	Aug 10 – Aug 24	5:45 – 7 p.m.	3/\$40.35	193113

at Dogwood Pavilion

M	Jul 7 – Jul 28	7 – 8:15 p.m.	4/\$53.80	190149
M	Aug 11 – Aug 25	7 – 8:15 p.m.	3/\$40.35	190150

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 do not have to be a YMCA member to access this facility.

Learn more at coquitlam.ca/YMCA

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	Jul 7 – Jul 30	1:30 – 2:30 p.m.	8/\$88	190155
M/W	Aug 6 – Aug 27	1:30 – 2:30 p.m.	7/\$77	190157

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. 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.

at Centennial Pavilion

Tu/Th	Jul 3 – Jul 31	1 – 2 p.m.	9/\$99	190151
Tu/Th	Aug 5 – Aug 28	1 – 2 p.m.	8/\$88	190152



Therapeutic Pilates (13+ yrs)

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

at Pinetree Community Centre

M	Jul 7 – Jul 28	10:30 – 11:45 a.m.	4/\$53.80	193147
M	Aug 11 – Aug 25	10:30 – 11:45 a.m.	3/\$40.35	193148

Yoga – YogBhava (16+ yrs)

This heart-centered yoga class brings alignment principles, organic movement, and anatomical sound techniques to guide students toward balance, strength, and self-awareness. By bridging traditional wisdom with modern-day applications, the class will inspire a deeper, lasting connection to yoga as a way of life.

at City Centre Aquatic Complex

Th	Jul 3 – Jul 24	9:15 – 10:45 a.m.	4/\$64.60	193254
Th	Jul 31 – Aug 21	9:15 – 10:45 a.m.	4/\$64.60	193255

All Abilities Welcome!

Visit page 4 for details

Yoga by the Lake (13+ yrs)

Enjoy an outdoor Yoga experience next to Lafarge Lake on an outside deck from the Town Centre Park Community Centre.

at Town Centre Park Community Centre

W	Jul 2 – Jul 30	5:30 – 6:30 p.m.	5/\$53.75	193173
F	Jul 4 – Aug 1	7 – 8 p.m.	5/\$53.75	193177
W	Aug 6 – Aug 27	5:30 – 6:30 p.m.	4/\$43	193176
F	Aug 8 – Aug 29	7 – 8 p.m.	4/\$43	193181

Yoga Outdoors (13+ yrs)

Reach for the sky, breathe in the fresh air and enjoy a relaxing outdoor Yoga experience in the covered area at the Maillardville patio.

at Maillardville Community Centre

Th	Jul 3 – Jul 31	5:30 – 6:30 p.m.	5/\$53.75	193258
Th	Aug 7 – Aug 28	5:30 – 6:30 p.m.	4/\$43	193259

Adult

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

19 yrs +

(unless otherwise noted)



Cards and Games

Learn to Play Poker

Learn how to play this fun and social game of strategy, skill and chance. For players with little or no experience to encourage future playing in the Poker activity group.

at *Glen Pine Pavilion*

Tu	Jul 8 – Jul 29	10 a.m. – 12 p.m.	4/\$10.20	189550
Tu	Aug 5 – Aug 26	10 a.m. – 12 p.m.	4/\$10.20	189551

Lifelong Learning

Cooking: Apple Pie

Bake a classic apple pie with a flaky crust and spiced filling, perfect for any occasion. Learn techniques for dough, filling, and a golden-brown finish.

at *Dogwood Pavilion*

Sa	Jul 19	9:30 – 11:30 a.m.	1/\$25.70	191287
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All Abilities Welcome!

Visit page 4 for details

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.

at *Maillardville Community Centre*

Sa	Jul 5	2 – 4 p.m.	1/\$25.70	191504
Sa	Aug 30	2 – 4 p.m.	1/\$25.70	191505



No experience necessary and all cooking supplies provided.

Cooking: Biscoff Braided Babka Sweet Bread (16+ yrs)

Create a decadent, braided babka swirled with rich Biscoff spread. This class will guide you through the art of making the perfect soft dough and sweet filling. A beautifully indulgent treat that's as fun to make as it is to eat.

at Maillardville Community Centre

Sa Jul 19 2 – 4 p.m. 1/\$25.70 191506

Cooking: Blueberry Lemon Tarts (16+ yrs)

Create beautiful and tasty blueberry lemon tarts bursting with summertime flavours. Learn how to make tart shells from scratch and two types of curd fillings.

at Maillardville Community Centre

Sa Aug 2 2 – 4 p.m. 1/\$25.70 191507

Cooking: Bolivian Merengon Dessert (16+ yrs)

Dive into the delicious world of Bolivian Merengon, a light, airy dessert made from meringue, fruit, and cream. This class will show you how to create this sweet, layered dessert that's as beautiful as it is tasty.

at Maillardville Community Centre

Tu Aug 12 6 – 8 p.m. 1/\$25.70 191500

Cooking: Buttercream Piping Techniques: Rosettes and Sunflowers on Chocolate Cupcakes (16+ yrs)

Hone your piping skills and learn to create classic buttercream rosettes and stunning sunflowers, all atop deliciously moist chocolate cupcakes.

at Maillardville Community Centre

Sa Aug 16 2 – 4 p.m. 1/\$25.70 191508

Cooking: Butternut Squash and Black Bean Empanadas with Cilantro Dip

Learn how to craft flaky, golden empanadas filled with a hearty butternut squash and black bean mixture, perfectly paired with a zesty cilantro dip.

at Dogwood Pavilion

W Aug 27 6 – 8 p.m. 1/\$25.70 191276

Cooking: Canning and Pickling Vegetables

Learn the art of preserving seasonal produce with hands-on techniques for pickling and canning, perfect for beginners and home cooks.

at Dogwood Pavilion

W Jul 9 6 – 8 p.m. 1/\$25.70 191267

Cooking: Colombian and Brazilian Cheese Buns (16+ yrs)

Master the art of creating soft, cheesy buns that are naturally gluten-free with a mix of Colombian and Brazilian flavours. These buns are perfect for any occasion, with a chewy texture and rich taste.

at Maillardville Community Centre

Tu Jul 8 6 – 8 p.m. 1/\$25.70 191494

Cooking: Colombian Cheese Arepas and Chicken Empanadas (16+ yrs)

Learn to make two Colombian classics: cheesy, golden arepas and savoury, crispy chicken empanadas. This class will guide you through the techniques for creating these beloved dishes from scratch.

at Maillardville Community Centre

Tu Aug 5 6 – 8 p.m. 1/\$25.70 191499

Cooking: Colombian Chicken and Rice Tamales with Banana Leaves (16+ yrs)

Prepare Colombian tamales filled with tender chicken, rice, and spices, all wrapped in fragrant banana leaves. This hands-on class covers the art of tamale-making, from seasoning to steaming.

at Maillardville Community Centre

Tu Jul 22 6 – 8 p.m. 1/\$25.70 191496

Cooking: Colombian Leche Asada (16+ yrs)

Discover the creamy, caramelized goodness of Colombian Leche Asada, a sweet dessert made from milk and eggs.

at Maillardville Community Centre

Tu Jul 29 6 – 8 p.m. 1/\$25.70 191498

Cooking: Fresh Fettucine

Discover the joy of making fresh fettuccine from scratch, from kneading silky dough to rolling and cutting ribbons. Pair your pasta with a sauce at home to elevate your skills to the next level.

at Dogwood Pavilion

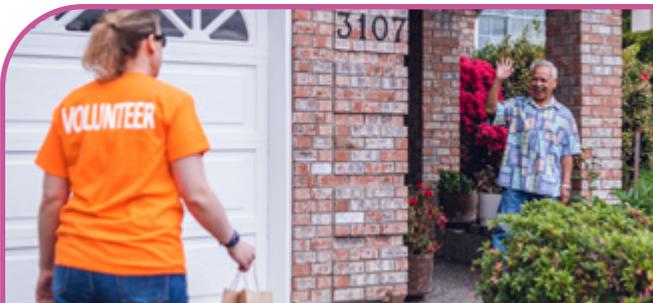
W Aug 13 6 – 8 p.m. 1/\$25.70 191274

Cooking: Grilled Chicken with Mango Salsa and Coconut Rice

Elevate your grilling game with juicy chicken topped with a refreshing mango salsa, served alongside fragrant coconut rice. This class will teach you how to balance sweet, savory, and smoky flavors inspired by the tropics.

at Dogwood Pavilion

W Aug 20 6 – 8 p.m. 1/\$25.70 191275



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

 **No experience necessary and all cooking supplies provided.**

Cooking: Peruvian Fish in Banana Leaves with Lentils and Rice (16+ yrs)

Prepare a traditional Peruvian fish dish, delicately steamed in banana leaves and served with hearty lentils and rice. This class will teach you the art of creating a balanced, flavourful meal that's both healthy and satisfying.

at *Maillardville Community Centre*

Tu Aug 19 6 – 8 p.m. 1/\$25.70 191502

Cooking: Shrimp Tacos with Cilantro-Lime Slaw and Chipotle Mayo

Spice up taco night with perfectly seasoned shrimp, a zesty cilantro lime slaw, and smoky chipotle mayo, all wrapped in warm tortillas. Learn how to balance bold flavors and textures for delicious tacos at home.

at *Dogwood Pavilion*

W Jul 23 6 – 8 p.m. 1/\$25.70 191269

Cooking: Sweet Corn Fritters with Avocado Salsa

Crispy on the outside and fluffy on the inside, these golden fritters pair beautifully with a fresh, zesty avocado salsa. Learn to create this vibrant crowd-pleaser.

at *Dogwood Pavilion*

W Jul 30 6 – 8 p.m. 1/\$25.70 191272

Cooking: Turkish Gozleme

Learn to make this traditional Turkish flatbread stuffed with savory fillings all cooked to golden perfection. Practice the art of kneading, rolling, and folding dough while discovering the rich flavors of Anatolia.

at *Dogwood Pavilion*

W Jul 16 6 – 8 p.m. 1/\$25.70 191268

Cooking: Ukrainian Dessert Perogies

Discover how to make traditional Ukrainian dessert perogies filled with seasonal fruits, combining sweet flavors with soft dough.

at *Dogwood Pavilion*

W Aug 6 6 – 8 p.m. 1/\$25.70 191273

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

Cooking: Lemon Meringue Pie

Create a zesty lemon curd pie topped with fluffy meringue. Discover the secrets to a crisp crust, smooth filling, and perfect peaks.

at *Dogwood Pavilion*

Sa Aug 16 9:30 – 11:30 a.m. 1/\$25.70 191286

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

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

at *Maillardville Community Centre*

Tu Jul 15 6 – 8 p.m. 1/\$25.70 191495

Cooking: Peruvian and Colombian Ceviche (16+ yrs)

Explore the vibrant, tangy flavours of Peruvian and Colombian ceviche, made with fresh fish, citrus, and bold seasonings. In this class, you'll learn how to prepare these refreshing dishes with just the right balance of acidity and spice.

at *Maillardville Community Centre*

Tu Aug 26 6 – 8 p.m. 1/\$25.70 191503

Finance: Estate Planning

Learn how to create a plan to distribute assets, during life or upon death and the various tools of estate planning.

at *Glen Pine Pavilion*

Th	Jul 24	10 – 11:30 a.m.	1/ FREE	190716
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Finance: Managing Finances in Retirement

Learn how to better manage your finances by active budgeting and make your money stretch for you in the different stages of retirement by tapping into resources.

at *Glen Pine Pavilion*

Th	Aug 21	10 – 11:30 a.m.	1/ FREE	190718
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Finance: Protecting Your Assets

Learn the importance of an estate plan, how to create a plan to distribute assets during life and upon death.

at *Poirier Community Centre*

F	Jul 25	1 – 2 p.m.	1/ FREE	192436
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Finance: Service Canada Presentations

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.

at *Dogwood Pavilion*

Employment Insurance and Special Benefits

Tu	Jul 29	9:30 – 10:30 a.m.	1/ FREE	192419
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Newcomer Benefits and Resources

Tu	Aug 26	9:30 – 10:30 a.m.	1/ FREE	192420
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at *Glen Pine Pavilion*

Senior Benefits and Programs

M	Jul 21	11:30 a.m. – 12:30 p.m.	1/ FREE	190188
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Pre-Retirement Workshop

M	Aug 18	11:30 a.m. – 12:30 p.m.	1/ FREE	190189
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Finance: Teaching Your Kids About Money

Learn tips on how to raise more financially independent kids. Better understand the challenges involved and obtain skills on addressing money-related topics.

at *Dogwood Pavilion*

Sa	Aug 23	10 – 11 a.m.	1/ FREE	192437
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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.

Health and Wellness Fair for Seniors

Presented by the *Glen Pine 50 Plus Society*

Theme: Healthy Living — Happy Aging!

Vendor Opportunity!

Connect with seniors, showcase your health and wellness services, and share resources through demos.

Saturday, October 4, 2025

10 a.m. – 2 p.m. | *Glen Pine Great Room*
\$75 per table (tax included)

Register early — limited spots!

Call 604-927-6940 or register online with Course ID: 00190028

Special thanks to Aspira Retirement Living (Astoria and Mayfair Terrace).

General: Hiking Adventures Slideshow

View an interesting presentation with visually captivating photographs and exciting tales of adventurous travel and hiking experiences. Slide shows are set to music, so minimal discussion during the shows, but plenty of time for questions afterwards. Presented by Terry McCullough, avid hiker and photographer.

at *Glen Pine Pavilion*

F	Jul 25	2 – 3:30 p.m.	1/ FREE	190241
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F	Aug 15	2 – 3:30 p.m.	1/ FREE	190242
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General: Lecture Series

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	Jul 10 – Aug 14	2 – 4 p.m.	6/\$53.40	190186
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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 CommunityServices@coquitlam.ca.

Health and Safety: Falls Prevention Mobile Clinic

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

Th Jul 10 8:30 a.m. – 5 p.m. 1/ **FREE** 192209

Health: Advance Directive

Creating an advance directive ensures legal standing for very specific wishes about some aspects of your potential healthcare. Complementary but separate legal documents are also discussed within the context of how they link to overall care in medically extreme situations.

at Glen Pine Pavilion

Th Jul 17 10 – 11:30 a.m. 1/ **FREE** 190712

Health: Aging in Place

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

at Glen Pine Pavilion

Th Aug 14 10 – 11:30 a.m. 1/ **FREE** 190715

Health: Dementia Dialogues

Creating moments of joy along the dementia journey (DVD) Learn ways of supporting the positive moments along the dementia journey through a screening and discussion of the film, “Creating moments of joy”. For caregivers only. Presented by the Alzheimer’s Society of BC.

at Glen Pine Pavilion

F Aug 29 2 – 4 p.m. 1/ **FREE** 190215

Health: Introduction to a Healthy Brain

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. For the Caregivers and the People Living with Dementia.

at Poirier Community Centre

Tu Aug 12 10 – 11:30 a.m. 1/ **FREE** 191846

Health: Recognizing the Journey as a Caregiver

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver. There will be opportunities for discussion throughout the presentation. For the Caregivers of People Living with Dementia. Presented by the Alzheimer’s Society of BC.

at Glen Pine Pavilion

F Jul 18 2 – 3:30 p.m. 1/ **FREE** 190219

Health: Understanding Communication

A person’s ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes. This session is recommended for caregivers. Presented by the Alzheimer’s Society of BC.

at Glen Pine Pavilion

F Aug 1 2 – 3:30 p.m. 1/ **FREE** 190218

Language: Korean Beginner

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

W	Jul 9 – Jul 30	11:30 a.m. – 1 p.m.	4/\$36	190167
W	Aug 6 – Aug 27	11:30 a.m. – 1 p.m.	4/\$36	190168

Language: Korean Conversation

Annyeonghaseyo! Planning to travel to Korea, dining out for Korean food or at home watching Korean dramas learn basic words, phrases and sentences to be able to converse with others in a fun way.

at Glen Pine Pavilion

Tu	Jul 8 – Jul 29	11:30 a.m. – 1 p.m.	4/\$36	190988
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Language: Spanish Beginner

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home.

at Glen Pine Pavilion

W	Jul 9 – Jul 30	9:30 – 11 a.m.	4/\$36	190164
W	Aug 6 – Aug 27	9:30 – 11 a.m.	4/\$36	190166

Life Skills: Emergency Preparedness

Learn how to identify hazards and best prepare yourself and your loved ones in the case of an emergency.

at Poirier Community Centre

F	Aug 15	9:30 – 10:30 a.m.	1/ FREE	192438
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Life Skills: Navigating the Dementia Journey

Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources. For the Caregivers and the People Living with Dementia.

at Dogwood Pavilion

Tu	Jul 8	10 – 11:30 a.m.	1/ FREE	191847
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Life Skills: Technology and Aging

Learn how technology can help manage the demands of daily living, connect with family and friends, and access assistance when needed.

at Poirier Community Centre

F	Jul 18	1 – 2 p.m.	1/ FREE	192439
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All Abilities Welcome!

Visit page 4 for details

Technology: Introduction to Libby App

Learn how to use Coquitlam Public Library's digital collection of eBooks, eAudiobooks, and more through the Libby app – just in time for summer vacations! The Libby app is available for phones and tablets, integrates with many new Kobo eReaders, and is available to anyone with a Coquitlam Public Library card. Joins for tips including how to browse and search for titles, borrow titles, place holds, increase font size, playback speed and using smart tags.

at Dogwood Pavilion

Th	Jul 3	10 – 11 a.m.	1/ FREE	192232
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Performing Arts

Dance: Ageless Ballet All Levels

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 Poirier Sport and Leisure Complex

Tu	Jul 8 – Jul 29	12:45 – 1:45 p.m.	4/\$38.60	191260
Tu	Aug 5 – Aug 26	12:45 – 1:45 p.m.	4/\$38.60	191261

Dance: Bellydance Beginner

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

at Dogwood Pavilion

W	Jul 9 – Jul 30	5 – 6 p.m.	4/\$38.60	191253
W	Aug 6 – Aug 27	5 – 6 p.m.	4/\$38.60	191254

Dance: Choreographed Bellydance

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	Jul 8 – Jul 29	6:30 – 7:30 p.m.	4/\$38.60	189547
Tu	Aug 5 – Aug 26	6:30 – 7:30 p.m.	4/\$38.60	189548

Dance: Flamenco Moves

Flamenco dancing can be entertaining, romantic, or comforting. A very emotional style of dance using body movements, facial expressions and distinctive Flamenco music is suitable for everyone.

at Glen Pine Pavilion

M	Jul 7 – Jul 28	2 – 3 p.m.	4/\$38.60	189513
M	Aug 11 – Aug 25	2 – 3 p.m.	3/\$28.95	190070

Dance: Foxtrot Foundations Workshop

Foxtrot dancing for two! Experience the rhythm and flow of this iconic 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	Aug 16	1:30 – 3:30 p.m.	1/\$19.30	191637
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Dance: Jazz All Levels

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

Th	Jul 10 – Jul 24	11 a.m. – 12 p.m.	3/\$28.95	189522
Th	Aug 14 – Aug 28	11 a.m. – 12 p.m.	3/\$28.95	189523

Dance: Line Dance All Levels

Build on your line dancing foundations with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats. Beginner line dancing experience is recommended.

at Dogwood Pavilion

Tu	Jul 8 – Jul 29	3:15 – 4:15 p.m.	4/\$38.60	191258
Tu	Aug 5 – Aug 26	3:15 – 4:15 p.m.	4/\$38.60	191259
F	Aug 8 – Aug 29	2:15 – 3:15 p.m.	4/\$38.60	191266

Dance: Line Dance Beginner

Learn basic line dancing steps across several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Dogwood Pavilion

F	Jul 4 – Aug 1	2:15 – 3:15 p.m.	5/\$48.25	191265
Tu	Jul 8 – Jul 29	2 – 3 p.m.	4/\$38.60	191256
Tu	Aug 5 – Aug 26	2 – 3 p.m.	4/\$38.60	191257

All Abilities Welcome!

Visit page 4 for details

Dance: Nightclub Two Step Beginner Workshop

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	Jul 19	1:30 – 3:30 p.m.	1/\$19.30	191629
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Music: Guitar Beginner

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

Sa	Jul 12 – Aug 2	9:30 – 10:30 a.m.	4/\$31	189622
Sa	Aug 9 – Aug 30	9:30 – 10:30 a.m.	4/\$31	189623

Music: Musical Improvisation

A practical course for musicians of any instrument, focusing on creativity and expression. Explore rhythm, scales, harmony, and phrasing through guided exercises. No improvisation experience is needed, just basic knowledge of the instrument (chords, scales).

at Glen Pine Pavilion

Tu	Aug 5 – Aug 26	6:15 – 7:45 p.m.	4/\$46.60	189621
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Music: Singing the 60s and 70s

Explore and sing iconic songs from the 60s and 70s, spanning rock, soul, folk music, and disco. Develop vocal techniques, harmony, and musical expression through group singing and song interpretation.

at Glen Pine Pavilion

Tu	Jul 8 – Jul 29	6:15 – 7:45 p.m.	4/\$46.60	189562
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Music: Singing Voice Skills Foundations

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

Sa	Jul 12 – Aug 2	10:45 a.m. – 12:15 p.m.	4/\$46.60	189624
Sa	Aug 9 – Aug 30	10:45 a.m. – 12:15 p.m.	4/\$46.60	189625

Look out for upcoming Specialty Fitness Workshops on facility posters, social media and through online registration.

Sports and Active Play

Badminton: Skills and Drills

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Pinetree Community Centre

Su	Jul 6 – Jul 27	1:45 – 3:15 p.m.	4/\$61	192353
Su	Aug 3 – Aug 24	1:45 – 3:15 p.m.	4/\$61	192357

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.

Crafts: Pipe Cleaner Flower Bouquets (16+ yrs)

Create vibrant, whimsical flowers out of pipe cleaners—no green thumb required. Perfect for gifts, decorations, or just for fun. Bring your creativity, and craft some blooms that never wilt!

at Maillardville Community Centre

F	Aug 15	6 – 8 p.m.	1/\$21.70	191534
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Crafts: Relief Carving and Printmaking Beginner

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

at Dogwood Pavilion

Sa	Jul 12 – Aug 2	10 a.m. – 12 p.m.	4/\$49.20	193246
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Drawing: Drawing All Levels

Take your drawing to the next level! Whether you're a beginner, returning after a break or honing your craft, this program offers fun challenges to improve your skills in line, shading volume, texture, composition, and perspective. Explore both dry and soluble materials while building confidence and creativity.

at Dogwood Pavilion

M	Jul 7 – Jul 28	10 a.m. – 12 p.m.	4/\$47.60	191831
M	Aug 11 – Aug 25	10 a.m. – 12 p.m.	3/\$35.70	191845

at Glen Pine Pavilion

Tu	Jul 8 – Jul 29	9:30 – 11 a.m.	4/\$35.80	189696
F	Jul 11 – Aug 1	11:30 a.m. – 1 p.m.	4/\$35.80	189702
Tu	Aug 5 – Aug 26	9:30 – 11 a.m.	4/\$35.80	189697
F	Aug 8 – Aug 29	11:30 a.m. – 1 p.m.	4/\$35.80	189703

Drawing: Exploring Pastels

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 Dogwood Pavilion

Th	Jul 10 – Jul 31	1 – 3 p.m.	4/\$47.60	191854
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Drawing: Summer

Enjoy drawing inside and outside this summer using basic tools of pencils and pens.

Birds, Bugs and Botanicals

at Glen Pine Pavilion

Tu	Aug 5 – Aug 26	11:30 a.m. – 1 p.m.	4/\$35.80	190768
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Loose Landscapes

at Glen Pine Pavilion

Tu	Aug 5 – Aug 26	1:30 – 3 p.m.	4/\$35.80	191685
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Playing with Portraits

at Glen Pine Pavilion

Tu	Aug 5 – Aug 26	3:30 – 5 p.m.	4/\$35.80	190469
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Trees, Rocks and Clouds

at Dogwood Pavilion

Th	Aug 7 – Aug 28	1:30 – 3:30 p.m.	4/\$47.60	191860
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Drawing: Water-Soluble Materials Workshop

In this workshop, enjoy experimenting with materials that can be used wet or dry such as pencil crayons, crayons and pastels.

at Dogwood Pavilion

M	Aug 25	2 – 4 p.m.	1/\$21.70	191841
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at Glen Pine Pavilion

F	Aug 8	2 – 4 p.m.	1/\$21.70	190774
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Drawing: Zentangle Design and Meditation Workshop

In this workshop, enjoy the beauty and calming effects of zentangle drawing techniques.

at Dogwood Pavilion

M	Aug 11	2 – 4 p.m.	1/\$21.70	191834
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at Glen Pine Pavilion

F	Aug 22	2 – 4 p.m.	1/\$21.70	190776
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Mixed Media: Art Explorations

Explore a variety of materials in the world of drawing, painting and collage such as graphite, ink, pastels or water-soluble paint.

at Dogwood Pavilion

Su	Aug 3 – Aug 24	10:30 a.m. – 12:30 p.m.	4/\$47.60	191828
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Mixed Media: Scratch Art Workshop

Create unique, detailed drawings using scratchboard paper and simple tools. Scratch through the black surface to reveal a dramatic image.

at Dogwood Pavilion

Sa	Aug 23 – Aug 23	9:30 – 11:30 a.m.	1/\$21.70	191840
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Paint in the Park: Nature in Acrylic Workshop

Work with an instructor to paint your own landscape painting, capture the views of Como Lake Park. All supplies will be provided and no previous artistic experience is required. The location is in a temporary enclosure near the south parking lot of Como Lake Park

at Parks (Neighbourhood)

M	Jul 14	2 – 4 p.m.	1/\$25	191614
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Paint in the Park: Nature in Workshop

Work with an instructor to paint your own landscape painting, capture the views of Como Lake Park. All supplies will be provided and no previous artistic experience is required. The location is in a temporary enclosure near the south parking lot of Como Lake Park

at Parks (Neighbourhood)

W	Jul 23	5 – 7 p.m.	1/\$25	191625
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Painting: Abstract Flowers Workshop

This beginner step by step class is an excellent introduction to acrylic painting.

at Glen Pine Pavilion

M	Jul 7 – Jul 14	9 – 11 a.m.	2/\$43.40	189358
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Painting: Acrylic All Levels

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	Jul 9 – Jul 30	12:30 – 3 p.m.	4/\$59.60	191277
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W	Aug 6 – Aug 27	12:30 – 3 p.m.	4/\$59.60	191278
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at Glen Pine Pavilion

Tu	Jul 8 – Jul 29	9 – 11:30 a.m.	4/\$59.60	189390
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Tu	Aug 5 – Aug 26	9 – 11:30 a.m.	4/\$59.60	189391
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Tu	Aug 5 – Aug 26	5:30 – 7:30 p.m.	4/\$47.60	189399
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Painting: Acrylic Beginner

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	Jul 10 – Jul 31	9:30 – 11:30 a.m.	4/\$47.60	191279
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Th	Aug 7 – Aug 28	9:30 – 11:30 a.m.	4/\$47.60	191280
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at Glen Pine Pavilion

Tu	Jul 8 – Jul 29	5:30 – 7:30 p.m.	4/\$47.60	189397
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Sa	Aug 9 – Aug 30	9:30 – 11:30 a.m.	4/\$47.60	189394
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Painting: Acrylic Foundations

Learn the basics of acrylic painting and explore skills and techniques that are necessary for a beginner.

at Dogwood Pavilion

Sa	Aug 9 – Aug 30	1 – 3 p.m.	4/\$47.60	191865
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at Glen Pine Pavilion

Sa	Jul 12 – Aug 2	9:30 – 11:30 a.m.	4/\$47.60	189393
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Painting: Happy Sunflowers Workshop

This beginner step by step class is an excellent introduction to acrylic painting.

at Glen Pine Pavilion

M	Aug 11 – Aug 18	9 – 11 a.m.	2/\$43.40	189368
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Painting: Painting Trees Workshop

This beginner step by step class is an excellent introduction to acrylic painting.

at Glen Pine Pavilion

M	Jul 21 – Jul 28	9 – 11 a.m.	2/\$43.40	189360
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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.

All Abilities Welcome!

Visit page 4 for details

Painting: Watercolour All Levels

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

at Dogwood Pavilion

W	Jul 9 – Jul 30	9:30 – 11:30 a.m.	4/\$35.80	191849
W	Aug 6 – Aug 27	9:30 – 11:30 a.m.	4/\$35.80	191850

Painting: Watercolour Birds

Learn how to draw different types of birds and use watercolour paints to bring your sketches to life.

at Glen Pine Pavilion

Th	Aug 7 – Aug 28	11:30 a.m. – 1:30 p.m.	4/\$47.60	190102
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Painting: Watercolour Colour Theory

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

at Glen Pine Pavilion

Th	Jul 10 – Jul 31	11:30 a.m. – 1:30 p.m.	4/\$47.60	190096
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Painting: Watercolour Foundations

Perfect for those with no background in painting, this course covers basic techniques to start watercolour painting. Learn to choose the right materials and explore essential skills like washes, colour mixing, and brush control.

at Dogwood Pavilion

Sa	Jul 12 – Aug 2	1 – 3 p.m.	4/\$47.60	191863
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at Glen Pine Pavilion

Th	Jul 10 – Jul 31	6 – 7:30 p.m.	4/\$35.80	189698
Th	Aug 7 – Aug 28	6 – 7:30 p.m.	4/\$35.80	189699

at Town Centre Park Community Centre

Tu	Jul 8 – Jul 29	6 – 8 p.m.	4/\$86.80	191543
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Painting: Watercolour Loose

Loose watercolor painting is a style that prioritizes freedom of brushwork characterized by expressive brushstrokes, simplified shapes, and a focus on the overall feeling of the scene instead of details.

at Glen Pine Pavilion

F	Aug 8 – Aug 29	9 – 11 a.m.	4/\$47.60	189701
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Painting: Watercolour Mindfulness

Using watercolour painting to practice mindfulness by paying attention to the present moment and involves observing thoughts, feelings, and sensations fostering a sense of awareness and connection.

at Glen Pine Pavilion

F	Jul 11 – Aug 1	9 – 11 a.m.	4/\$47.60	189700
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Painting: Watercolour Paint Night

Learn the step by step process of creating a painting using watercolours in a fun and relaxed atmosphere. Suitable for beginners and all levels are welcome. Supplies included.

at Dogwood Pavilion

Summer Sunset

W	Jul 9	6 – 8 p.m.	1/\$21.70	191851
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Tropical Landscape

W	Aug 13	6 – 8 p.m.	1/\$21.70	191853
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Painting: Watercolour Urban Sketching Daily Objects

Using watercolours to sketch and paint daily objects that you may see around your home or when you are out and about walking, playing, dining out in the community.

at Glen Pine Pavilion

Th	Jul 10 – Jul 31	9 – 11 a.m.	4/\$47.60	190090
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Painting: Watercolour Urban Sketching Outdoors

Using watercolours to sketch outdoor landscapes and scenery. Some class time may be conducted outdoors so dress for the weather with suitable shoes.

at Glen Pine Pavilion

Th	Aug 7 – Aug 28	9 – 11 a.m.	4/\$47.60	190098
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Woodworking: Woodworking Foundations

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	Jul 5 – Jul 26	9:30 – 11:30 a.m.	4/\$135.20	192567
Sa	Jul 5 – Jul 26	12 – 2 p.m.	4/\$135.20	192568
Sa	Aug 2 – Aug 30	9:30 – 11:30 a.m.	5/\$169	192569
Sa	Aug 2 – Aug 30	12 – 2 p.m.	5/\$169	192570

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

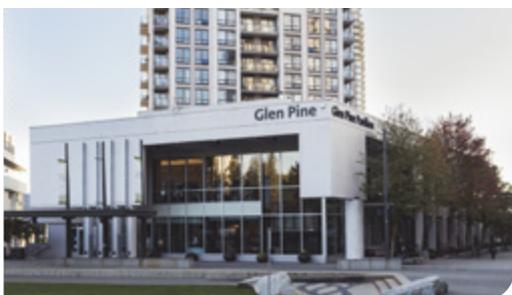


Dogwood Pavilion

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, Friday and Saturday May – Sept 9:30 – 11:30 a.m.

Book Club

If you like reading, come and join us each month as we enjoy the works of a specific author.

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 5:30 – 8:15 p.m.

Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

Tuesday 1:45 – 3:45 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.

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.

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.

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 9 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, Wednesday and Friday

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.
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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.
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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 a.m. – 12 p.m.
Monday	4:15 – 6:30 p.m.
Wednesday	4:15 – 8:15 p.m.

Turn Up and Paint

This group meets weekly to paint together. Bring your own supplies and projects. All levels welcome.

Wednesday	9:30 – 11:30 a.m.
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Wire Wrapping

Members share ideas and techniques in wrapping stones for jewelry making.

Friday	12:30 – 3 p.m.
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Women Helping Others

The WHO group—a safe comfortable place where camaraderie and understanding awaits you.

Wednesday	10 a.m. – 12 p.m.
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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.
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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 – 4 p.m.

Art Group (50+ yrs)

Glen Pine Art Group will be on a summer hiatus and resume in the Fall. Open Art Studio time available in this time slot under Drop in (Pre-registration Recommended).

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 – 3 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.

Bridge Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Players for this group will self-assess level of play as intermediate. Players must form their own quartet of players.

Friday 12 – 4 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 5:30 – 7:45 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.

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.

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 – 3 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 1:30 – 5 p.m.

Thursday 3:30 – 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.

Poker (50+ yrs)

In a friendly non-monetary environment learn a family of card games that combines strategy and different skills. Learn tricks and techniques on how to outwit your opponent.

Tuesday 1 – 3 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 – 4 p.m.

Saturday 12:15 – 2:45 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



Richmond Sunflower Festival (50+ yrs)

Stroll through over 20 acres with 90 varieties of Sunflowers, Dahlias and other flowers. This tour includes a morning walk, a delicious lunch and Steveston's free time featuring a sweet treat at Fisherman's Wharf.

Activity Level: Easy Level

- Flower Festival Admission
- Lunch Sharkey's Seafood Grill
- Brunswick Trail Escorted Walk
- Steveston Free Time
- Timothy's Frozen Yogurt

Leave Glen Pine at 8:30 a.m. Estimated return at 5:15 p.m.

Leave Dogwood at 8:45 a.m. Estimated return at 5 p.m.

M	Aug 18	8:30 a.m. – 5:15 p.m.	1/\$119	188724
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Sea to Sky Gondola Experience (50+ yrs)

Set between Shannon Falls and Stawamus Chief in Squamish, the Sea to Sky Gondola and it's natural surroundings will take your breath away!

Activity Level: Easy Level

- Sea to Sky Gondola ticket
- Lunch Watershed Grill
- Shannon Falls
- Squamish River Walk

Leave Glen Pine at 7:30 a.m. Estimated return at 5:45 p.m.

Leave Dogwood at 7:45 a.m. Estimated return at 5:30 p.m.

Th	Aug 7	7:30 a.m. – 5:45 p.m.	1/\$129	188723
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Summer in Manning Park (50+ yrs)

Spend a Summer afternoon in Manning Provincial Park. Lightning Lake is a popular family day use and vacation destination. Bring your own lunch, or purchase at a morning stop for a group table cloth picnic. Stroll waterfront paths and enjoy the sights and sounds of Summer at the lake.

Activity Level: Easy Level

- Manning Park
- Lightning Lake
- Group Table Cloth Picnic (Please pack your own picnic lunch!)
- Manning Park Resort Stop
- Hope Slide

Leave Glen Pine at 7:45 a.m. Estimated return at 6 p.m.

Leave Dogwood at 8 a.m. Estimated return at 5:45 p.m.

Th	Jul 3	7:45 a.m. – 6 p.m.	1/\$59	188720
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The PNE Fair 2025 (50+ yrs)

Celebrate Labour Day at The PNE Fair! Visit the Marketplace, a Lumberjack show, the Super Dogs, PNE Pep Band, Comedy Corner, Live music stage, Cooking Stage demos, Prize Home display, agriculture displays, rides, games and all Fair food you can eat on your own.

Activity Level: Easy Level

- PNE Fair Entrance Fee
- 4 Hours PNE Fair Free Time
- Professional Driver
- Convenient Drop Off / Pick Up Area

Leave Glen Pine at 8:45 a.m. Estimated return at 3:15 p.m.

Leave Dogwood at 9 a.m. Estimated return at 3 p.m.

W	Aug 27	8:45 a.m. – 3:15 p.m.	1/\$69	188725
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The Train Tour (50+ yrs)

Take an outdoor 2-mile miniature railway ride through woodlands, bridges and tunnels. Learn about the first passenger train to Vancouver in 1887. Enjoy lunch in a train car in Gastown and finish the day on the West Coast Express.

Activity Level: Easy Level

- Burnaby Central Railway
- Miniature Railway Ride
- Engine #374 Exhibit
- Lunch Old Spaghetti Factory
- West Coast Express Ticket

Leave Glen Pine at 10:15 a.m. Estimated return at 6:30 p.m.

Leave Dogwood at 10:30 a.m. Estimated return at 6:15 p.m.

F	Jul 25	10:15 a.m. – 6:30 p.m.	1/\$119	188722
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Visit to Academy Farms (50+ yrs)

Meet the herd of 350+ water buffalo and 100+ bison. Enjoy a ride on a 30-passenger wagon, see baby calves, taste the cheese and learn about agriculture, our animals, and state-of-the-art technology. Lunch included at Adrian's at the Airport. Check out fresh strawberries and raspberries available at Driediger Farms

Activity Level: Easy Level

- Guided Farm Tour
- Wagon Ride
- Water Buffalo Cheese Tasting
- Lunch at Adrian's at the Airport
- Driediger Berry Farms

Leave Glen Pine at 8:15 a.m. Estimated return at 4:15 p.m.

Leave Dogwood at 8:30 a.m. Estimated return at 4 p.m.

Th	Jul 17	8:15 a.m. – 4:15 p.m.	1/\$119	188721
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Special Events

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

July



4

Friday Family Fun: Paper Lantern Workshop (6+ yrs)

Get creative together at this fun, hands-on craft workshop for you and your child. Join us for a relaxed and engaging evening of creativity, connection, and quality time.

at **Maillardville Community Centre**

F Jul 4 6 – 7:30 p.m. 1/\$5 191529

7

Monday Family Dinner: Stuffed Puff Pastry Bourekas with Fresh Hummus (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Monday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at **Maillardville Community Centre**

M Jul 7 6 – 8 p.m. 1/\$14.30 191462



9

Performance on the Patio Concert Series with Michelle Carlisle (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

at Dogwood Pavilion

W	Jul 9	7 – 8:15 p.m.	1/\$10	191281
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10 and 31

Summer BBQ Luncheon (19+ yrs)

Join us for the fun summer special barbecue events with live entertainment. Event is outside if weather permits in Spirit Square.

at Glen Pine Pavilion

Th	Jul 10	11:30 a.m. – 1 p.m.	1/\$22.60	190992
Th	Jul 31	11:30 a.m. – 1 p.m.	1/\$22.60	190993



21

Monday Family Dinner: Artisan Pizza Night From Scratch (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Monday family dinners an occasion! Create a tasty and wholesome meal while building on your family’s kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

M	Jul 21	6 – 8 p.m.	1/\$14.30	191463
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Performance on the Patio Concert Series with Brian Zalo (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

at Dogwood Pavilion

M	Jul 21	7 – 8:15 p.m.	1/\$10	191282
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31

Summer Brunch on the Patio (19+ yrs)

Join us for a light brunch in the Rose Garden with live entertainment. Menu: TBA. Doors open at 2 p.m. Entertainment begins at 2:15 p.m.

at Dogwood Pavilion

Th	Jul 31	2 – 3:30 p.m.	1/\$18	191285
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August

6

Performance on the Patio Concert Series with The Shoe Shakers (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

at Dogwood Pavilion

W Aug 6 7 – 8:15 p.m. 1/\$10 191283

18

Performance on the Patio Concert Series with the New Vintage Band (All Ages)

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

at Dogwood Pavilion

M Aug 18 7 – 8:15 p.m. 1/\$10 191284

11

Monday Family Dinner: Chicken Empanadas with Mexican Cowboy Salad (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Monday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

M Aug 11 6 – 8 p.m. 1/\$14.30 191464

25

Monday Family Dinner: Tortellini Pasta Salad with Blueberry Tarts (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Monday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

M Aug 25 6 – 8 p.m. 1/\$14.30 191465

14 and 28

Summer BBQ Luncheon (19+ yrs)

Join us for the fun summer special barbecue events with live entertainment. Event is outside if weather permits in Spirit Square.

at Glen Pine Pavilion

Th Aug 14 11:30 a.m. – 1 p.m. 1/\$22.60 190994

Th Aug 28 11:30 a.m. – 1 p.m. 1/\$22.60 190995

29

Friday Family Fun: Rock Painting Workshop (6+ yrs)

Get creative together at this fun, hands-on craft workshop for you and your child. Join us for a relaxed and engaging evening of creativity, connection, and quality time.

at Maillardville Community Centre

F Aug 29 6 – 7:30 p.m. 1/\$5 191523

Arts and Culture



See it! Learn it! Do it!

There are many opportunities to experience culture in your own back yard. Visit your local theatre, take an art class or pick up a book at the library. You can find it all here in Coquitlam.

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636

Coquitlam Public Libraries

City Centre Branch

1169 Pinetree Way | 604-554-7323

Poirier Branch

575 Poirier St. | 604-554-7323

Coquitlam's Bettie Allard YMCA



Shine On

BettieAllard
YMCA.ca



@BettieAllardYMCA
955 Emerson St.,
Coquitlam, BC

Start Swim Lessons Today!

Get your child water safe at Coquitlam's Bettie Allard YMCA! Start immediately and your child's time slot is yours for as long as you wish.

We have tons of great programs for the whole family to be active. Visit our website or drop by today!



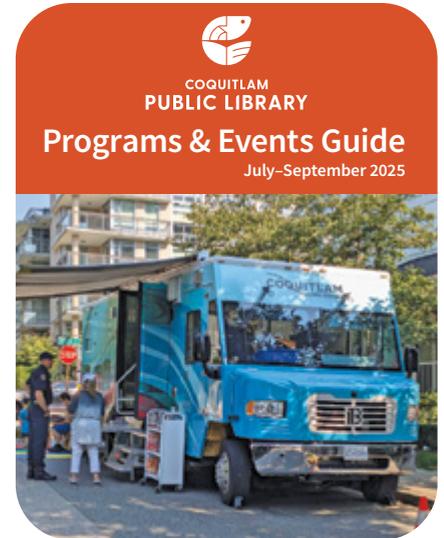
Juried Art Exhibition: Call for Entries

Celebrate the arts with our Juried Art Exhibition, taking place this fall.

This year's theme is "Metamorphosis." Artists based in the Tri-Cities are invited to submit two-dimensional artworks that explore this concept: change, renewal, or transformation.

There are age categories for youth (13–18) and adults (19+). Selected artworks will be displayed at the City Centre branch from October 4 to November 16.

Review the requirements and submit your application at coqlibrary.ca/juried-art-exhibit



Get with the Program!

Drop by one of our branches to pick up a Programs & Events Guide, or check it out online. It's a great way to see all the fun things happening at the Library.

Scan the QR code or visit coqlibrary.ca/programs/program-and-events-guide for the latest issue.

Brave Spaces

Our Brave Spaces series can help encourage dialogue, especially about challenging topics, in a supportive and inclusive environment.

This season, we will focus on Pride and Hope & Healing in the Toxic Drug Crisis through panel discussions and a documentary film screening.

Sessions will be held on Tuesday and Thursday evenings from June 12 through June 24. See coqlibrary.ca for more information.



604-554-7323 | ask@coqlibrary.ca

City Centre Branch | 1169 Pinetree Way

Poirier Branch | 575 Poirier Street



MUSIC

SUMMER
CAMPS



DANCE

Register today and inspire the artist in YOU.



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community

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YOUR VENUE FOR **LIVE** ARTS EVENTS & EXPERIENCES



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ACTIVITIES, ART GALLERY EXHIBITIONS,
SEASONAL CONCERTS AND MORE ONLINE!**

1205 Pinetree Way, Coquitlam | Box Office: 604-927-6555
www.evergreenculturalcentre.ca    @evergreenarts

OUR FRASER MILLS TRAIN STATION AND 1970S CABOOSE ARE NOW OPEN

COME VISIT Coquitlam HERITAGE AT MACKIN HOUSE

WWW.COQUITLAMHERITAGE.CA • INFO@COQUITLAMHERITAGE.CA • @COQUITLAMHERITAGE

EXHIBITS



MACKIN HOUSE

HOBBIES IN COQUITLAM | MAY 16

Explore hobbies past and present through artifacts from Coquitlam Heritage, community objects, and archival images.

LIFE IN A PERIOD HOME | ONGOING
FAERIES IN THE GARDEN | JUN 2
FRASER MILLS TRAIN STATION | JUL - AUG
HAIR IN COQUITLAM | OCT 1

COQUITLAM PUBLIC LIBRARY

POOL LIFE | AUG 1 - 31
MUSIC THROUGH THE AGES | SEPT 1 - 30

COQUITLAM
SPORTS HALL OF FAME
COQUITLAM RACE TRACK | NOV 1

EVENTS



JULY

AGATHA CHRISTIE THEMED FASHION SHOW
SUMMER CRAFT MORNINGS
HOBBY WORKSHOP
BOOK CLUB
FEASTS OF COQUITLAM COOKING WORKSHOP
PJ STORYTIME
AFTERNOON TEA AND SCONES TOUR

AUGUST

BOOK CLUB
MASHUP DROP-IN EVENT
SUMMER CRAFT MORNINGS
FEASTS OF COQUITLAM COOKING WORKSHOP

LEARN ABOUT ALL THESE EVENTS AND MORE
ON OUR WEBSITE!

SCHOOL



COMMUNICATION AND TECHNOLOGY HISTORICAL BIN

CALLING ALL TEACHERS!
BOOK AN IN CLASS HISTORICAL BIN
PRESENTATION WITH US TODAY.

CHECK OUR WEBSITE FOR MORE DETAILS.

HISTORICAL BINS

COMMUNICATION & TECHNOLOGY
MAILLARDVILLE COMMUNITY 1909
EVOLUTION OF MUSIC

EDUCATION KITS

FAMILY LIFE
FOOD CULTURE EVOLUTION
RICH LANDS

MUSEUM TOURS

MACKIN HOUSE TOUR
MAILLARDVILLE WALKING TOUR

VIRTUAL TOURS

MACKIN HOUSE TOUR
HOMEFRONT: WORLD WAR II
TRAIN STATION & CABOOSE
THE HISTORY OF EVERYDAY OBJECTS
FAMILY LIFE
COQUITLAM'S HEART OF GOLD

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

Follow @CityofCoquitlam on Facebook, X, Instagram, YouTube and LinkedIn.

Sign up now! coquitlam.ca/connect

2025

Summer

concert series



save
the date!

FREE Friday night concerts

July 18 | August 1
September 5

Pack a picnic or grab a bite to eat
from an onsite food vendor.

coquitlam.ca/SummerConcerts



Coquitlam