

April to June
SPRING 2026

Registration Information on page 5

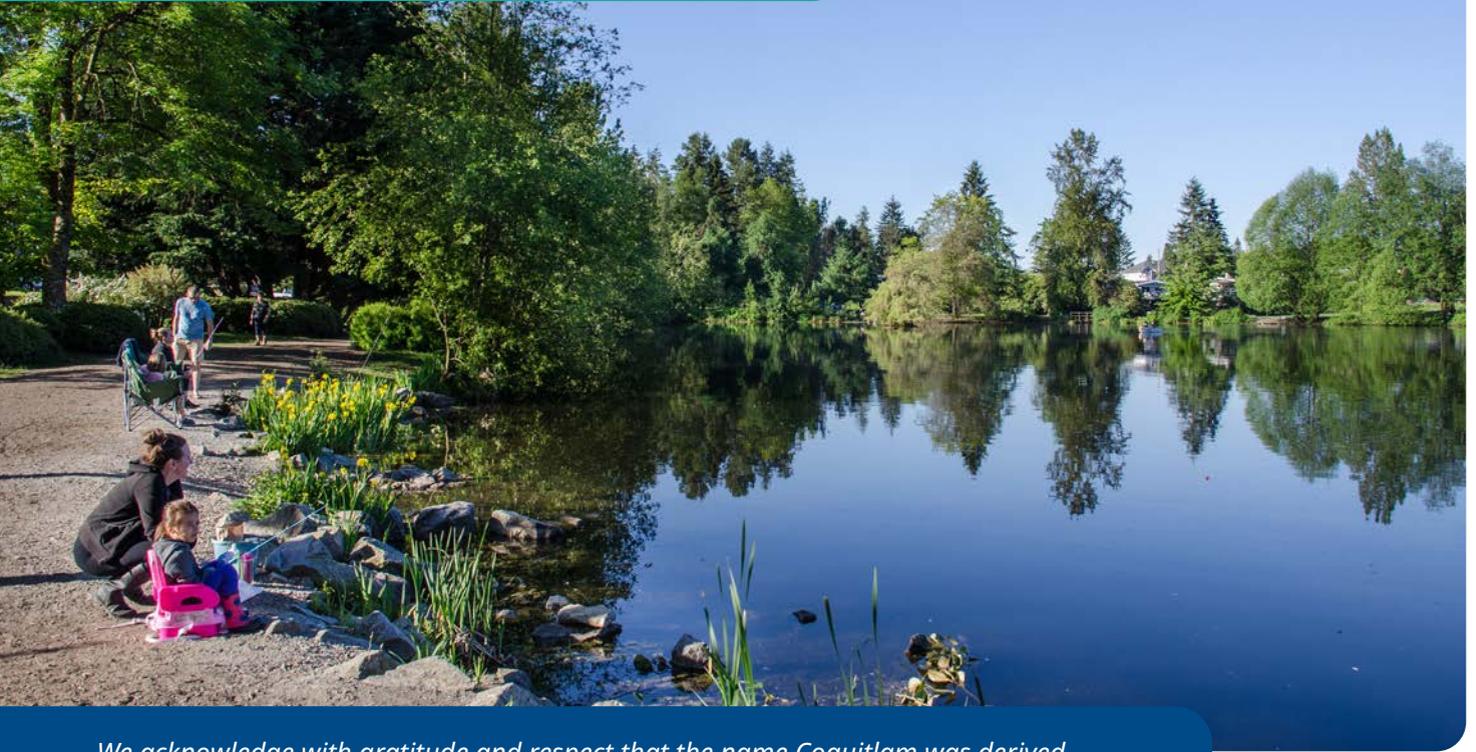
Senior's *Guide*

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 hən̓q̓əmi̓ñəh̓ (HUN-kuh-MEE-num) word kʷikʷəłəm (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the kʷikʷəłəm traditional and ancestral lands, including those parts that were historically shared with the ǵíçəy̓ (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, 2026.

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

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

* 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, 2027.

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

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

Parks

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

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



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

Here are some ways to get involved:

Park Spark

Bringing Coquitlam Parks Alive



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

Bad Seed

Weed Out Invasive Plants



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

Inspiration Garden



Growing and Connecting Gardeners

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

Explore Coquitlam Parks this Spring

Discover fun, hands-on and educational programs for all ages as our parks come back to life. From spring planting and seed starting workshops to guided nature walks, photography and outdoor journaling, there's something for everyone.

Join community weed pulls, garden tours and Tree Spree walks—learn new skills, connect with others and enjoy the season outdoors.

Explore all the programs at: coquitlam.ca/registration → **Outdoors Section (Spring)**



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

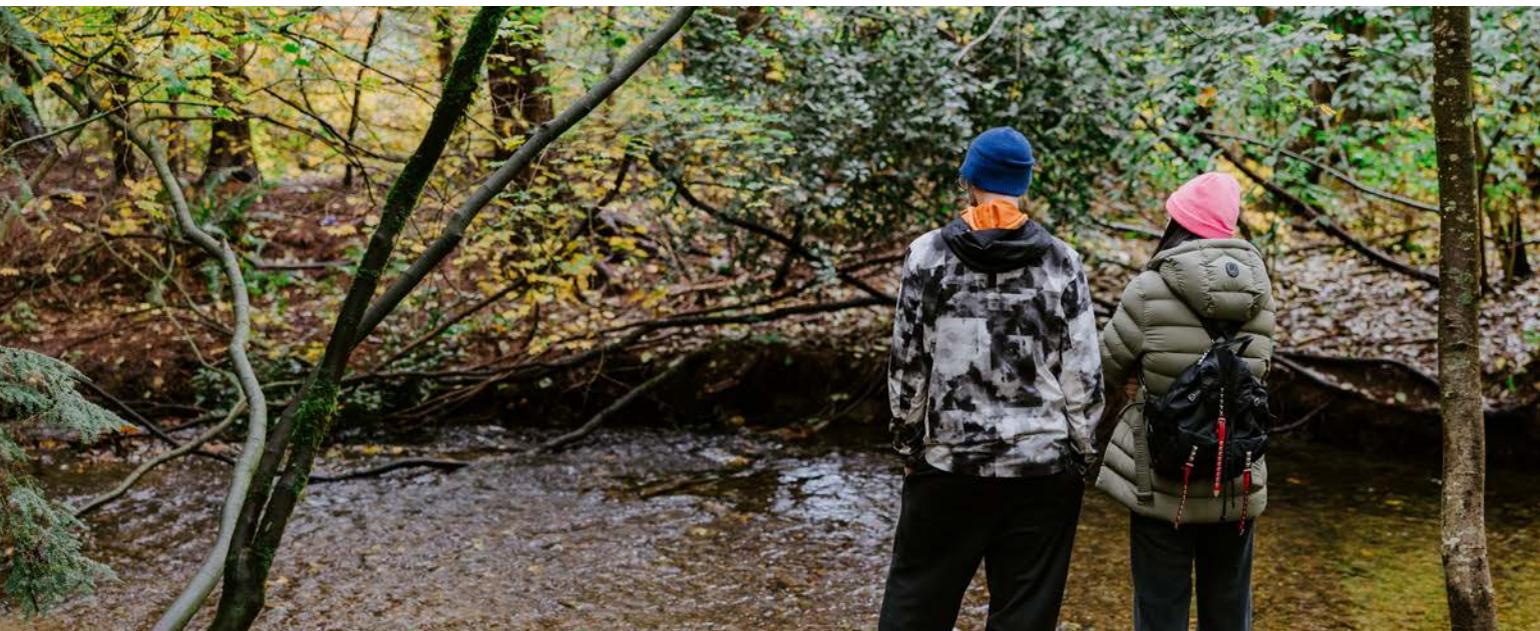
Search through Coquitlam's parks and playgrounds at coquitlam.ca/ParkFinder



Outdoor Recreation

Mixed Ages

Camp registration opens at 8:30 a.m. on February 24 for Coquitlam residents and at 8:30 a.m. on February 26 for non-residents.



Baby and Me Beginner Hike (0 – 1.5 yrs)

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

Tu	Apr 7 – Apr 28	10 – 11:30 a.m.	4/\$18.40	218739
Tu	May 12 – Jun 9	10 – 11:30 a.m.	5/\$23	218758

Baby and Me Intermediate Hike (0 – 1.5 yrs)

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

Th	Apr 9 – Apr 30	10 – 11:30 a.m.	4/\$18.40	218745
Th	May 14 – Jun 11	10 – 11:30 a.m.	5/\$23	218760

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.

Backcountry Navigation (16+ yrs)

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

Sa	May 16	9 a.m. – 2 p.m.	1/\$15.35	218801
Su	May 24	9 a.m. – 2 p.m.	1/\$15.35	218803
Sa	Jun 6	9 a.m. – 2 p.m.	1/\$15.35	218802

Beginner Hike: Fraser River Sunset (16+ yrs)

This evening hike will utilize the new PoCo Climb Trail and take in λέxətəm 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.

Sa	Apr 11	6 – 8:30 p.m.	1/\$7.70	218725
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Beginner Hiking Program: Four Week Spring Hikes (16+ yrs)

This four week program will give beginner hikers experience on local trails. Trails will include Miller Ravine, Harbour Chines, Shoreline Park, Mundy Park, Riverview Forest, and Ridge Park. Hikes will be from 2 to 3 hours, elevation gain from 50 to 245 m, and distance from 4 to 10 km.

W	May 6 – May 27	6 – 8 p.m.	4/\$32.20	218622
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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.

Th	May 14	6 – 8 p.m.	1/ FREE	218772
W	Jun 3	6 – 8 p.m.	1/ FREE	218768

Eco Trekkers (2 – 5 yrs)

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

Sa	Apr 11 – May 2	10 – 11 a.m.	4/\$12.30	220689
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Intermediate Hike: Buntzen Lake Loop (19+ yrs)

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

Sa	May 9	8:30 a.m. – 12:30 p.m.	1/\$12.30	218731
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Intermediate Hike: High Knoll (19+ yrs)

This hike will be in Minnekhada Regional Park in north eastern Coquitlam. This park has an abundance of wildlife and the hike will cover most of the trails. The highlight of the day will be a short but steep walk to the High Knoll where the group will be rewarded with great views of the Pitt River Valley, the TriCities, and mountains beyond. Roundtrip distance is 8 km with an elevation gain of 250 m.

Sa	May 23	8 a.m. – 12 p.m.	1/\$12.30	218804
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All Abilities Welcome!
Visit page 4 for details

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.

Th	May 7	6 – 8 p.m.	1/ FREE	218773
Th	May 28	6 – 8 p.m.	1/ FREE	218775
Th	Jun 11	6 – 8 p.m.	1/ FREE	218776

Presentation: Hiking Safety and Techniques (19+ yrs)

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

at Town Centre Park Community Centre

Th	Apr 9	6:30 – 8:30 p.m.	1/\$6.25	218707
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Presentation: Where to Hike in the Tri-Cities (16+ yrs)

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

at Town Centre Park Community Centre

Th	Jun 11	6:30 – 8:30 p.m.	1/\$6.25	218761
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Walk: Colony Farm (19+ yrs)

Join us each week for a led walk along the beautiful trails and walkways surrounding Xéxətəm Regional Park (formerly known as Colony Farm). Learn about Nature along the way.

Sa	May 30	8 – 11 a.m.	1/\$9.20	218805
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Walk: Coquitlam River (19+ yrs)

Join us each week for a led walk along the beautiful trails and walkways surrounding the Coquitlam River. Learn about Nature along the way.

W	Apr 29	6 – 8 p.m.	1/\$6.15	218699
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Tell us how we did!
coquitlam.ca/ProgramEvaluation

Volunteering



Gain experience, Get involved, Become a Volunteer!

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

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

1. Create a Volunteer Profile

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

2. Provide References

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

3. Complete a Police Information Check

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

4. Attend an Orientation Session

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

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

Drop-In Fitness



ONE PASS and Drop-in Fees

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

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



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

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

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

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

Getting Started? Let Us Help!

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

Adult Orientation **LOW COST**

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

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

City Centre Aquatic Complex

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

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

Poirier Sport and Leisure Complex

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

Saturday: 10 – 11 a.m.

Pinetree Community Centre

Tuesday: 6 – 7 p.m.**

Glen Pine Pavilion

Monday: 11 a.m. – 12 p.m.**

** Pending staff availability.

Youth Orientation **LOW COST**

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

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

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

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

Personal Training

Looking for a personalized training program?

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

First Assessment Session (1.25 hrs): \$81.80
Assessment session is mandatory for first-time clients.

3 Sessions
(1-hour per):
\$196.25

5 Sessions
(1-hour per):
\$311.75

10 sessions
(1-hour per):
\$587.65

Learn more at coquitlam.ca/PersonalTraining

Drop-In Group Fitness Classes

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

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Cardio/Strength

Cardio Core Conditioning ●●

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

Fit 360° ●●

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

Low Impact ●●

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

NRG Circuit ●●

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

Step Remix ●●

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

Cycle

Group Ride ●●

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

Dance

Belly Dance4One ●●

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

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

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



Adult and Baby Yoga (16+ yrs)

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

at Centennial Pavilion

Tu	Mar 31 – Apr 21	11 a.m. – 12 p.m.	4/\$44	215334
Tu	Apr 28 – May 26	11 a.m. – 12 p.m.	5/\$55	215335
Tu	Jun 2 – Jun 23	11 a.m. – 12 p.m.	4/\$44	215336

Aging with Strength (19+ yrs)

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

at Glen Pine Pavilion

F	Apr 10 – May 1	11 a.m. – 12 p.m.	4/\$44	216035
F	May 22 – Jun 12	11 a.m. – 12 p.m.	4/\$44	216036

Barre (13+ yrs)

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

at City Centre Aquatic Complex

Th	Apr 2 – Apr 23	5:45 – 6:45 p.m.	4/\$44	215495
Su	Apr 12 – May 10	10:45 – 11:45 a.m.	5/\$55	215498
Th	Apr 30 – May 28	5:45 – 6:45 p.m.	5/\$55	215496
Su	May 24 – Jun 21	10:45 – 11:45 a.m.	5/\$55	215499
Th	Jun 4 – Jun 25	5:45 – 6:45 p.m.	4/\$44	215497

at Poirier Sport and Leisure Complex

Tu	Mar 31 – Apr 21	7:15 – 8:15 p.m.	4/\$44	215318
Tu	Apr 28 – May 19	7:15 – 8:15 p.m.	4/\$44	215319
Tu	May 26 – Jun 23	7:15 – 8:15 p.m.	4/\$44	215320

Bootcamp 4 U and Baby (16+ yrs)

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

at Poirier Sport and Leisure Complex

W	Apr 1 – Apr 22	1 – 2 p.m.	4/\$44	215321
W	Apr 29 – May 20	1 – 2 p.m.	4/\$44	215322
W	May 27 – Jun 24	1 – 2 p.m.	4/\$44	215323

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

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	Mar 31 – Apr 21	7:45 – 8:45 p.m.	4/\$44	216009
Tu	Apr 28 – May 26	7:45 – 8:45 p.m.	5/\$55	216010
Tu	Jun 2 – Jun 23	7:45 – 8:45 p.m.	4/\$44	216011

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	Apr 10 – May 1	11:15 a.m. – 12:30 p.m.	4/\$55	215341
M	Apr 13 – May 11	11 a.m. – 12:15 p.m.	5/\$68.75	215340
F	May 8 – May 29	11:15 a.m. – 12:30 p.m.	4/\$55	215343
M	May 25 – Jun 22	11 a.m. – 12:15 p.m.	5/\$68.75	215342
F	Jun 5 – Jun 26	11:15 a.m. – 12:30 p.m.	4/\$55	215344

at *Glen Pine Pavilion*

F	Apr 17 – May 15	11:45 a.m. – 1 p.m.	5/\$68.75	216032
F	May 22 – Jun 26	11:45 a.m. – 1 p.m.	6/\$82.50	216033

Gentle Hatha Yoga (13+ yrs)

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

at *Victoria Community Hall*

W	Apr 1 – Apr 22	9:30 – 11 a.m.	4/\$66.20	216037
W	Apr 29 – May 27	9:30 – 11 a.m.	5/\$82.75	216038
W	Jun 3 – Jun 24	9:30 – 11 a.m.	4/\$66.20	216039

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	Mar 31 – Apr 23	12 – 1 p.m.	8/\$88	215351
Tu/Th	Apr 28 – May 28	12 – 1 p.m.	10/\$110	215353
Tu/Th	Jun 2 – Jun 25	12 – 1 p.m.	8/\$88	215354

Running late for a fitness class?



The No Show Procedure helps make sure there's space for everyone.

- Pre-registered participants must check in within 5 minutes of the class start time
- After that, drop-in participants may be given any unclaimed spots

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	Apr 1 – Apr 22	6:45 – 7:45 p.m.	4/\$44	215995
W	Apr 29 – May 27	6:45 – 7:45 p.m.	5/\$55	215996
W	Jun 3 – Jun 24	6:45 – 7:45 p.m.	4/\$44	215997

Hatha Yoga Intermediate (13+ yrs)

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

at *Poirier Sport and Leisure Complex*

M	Apr 13 – May 11	6 – 7:30 p.m.	5/\$82.75	215324
M	May 25 – Jun 22	6 – 7:30 p.m.	4/\$66.20	215328

Kickboxing (19+ yrs)

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

at *Pinetree Community Centre*

M	Apr 13 – May 4	7:45 – 8:45 p.m.	4/\$41.40	218249
M	May 11 – Jun 8	7:45 – 8:45 p.m.	4/\$41.40	218252

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

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	Mar 31 – Apr 21	6 – 7 p.m.	4/\$44	215981
M	Apr 13 – May 11	6:45 – 7:45 p.m.	5/\$55	222044
Tu	Apr 28 – May 26	6 – 7 p.m.	5/\$55	215982
M	May 25 – Jun 22	6:45 – 7:45 p.m.	4/\$44	222049
Tu	Jun 2 – Jun 23	6 – 7 p.m.	4/\$44	215983

Minds in Motion (19+ yrs)

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

Registration fees include the cost of the person living with dementia and one care partner.

at Centennial Pavilion

Th	Apr 2 – Apr 23	2:15 – 3:45 p.m.	4/\$32	215345
Th	Apr 30 – May 28	2:15 – 3:45 p.m.	5/\$40	215347
Th	Jun 4 – Jun 25	2:15 – 3:45 p.m.	4/\$32	215348

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	Apr 2 – Apr 23	5:50 – 6:50 p.m.	4/\$44	215985
Th	Apr 30 – May 28	5:50 – 6:50 p.m.	5/\$55	215988
Th	Jun 4 – Jun 25	5:50 – 6:50 p.m.	4/\$44	215989

at Poirier Sport and Leisure Complex

Su	Apr 12 – May 10	6 – 7 p.m.	5/\$55	215329
Su	May 24 – Jun 21	6 – 7 p.m.	4/\$44	215331

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	Apr 1 – Apr 22	7 – 8 p.m.	4/\$44	216012
W	Apr 29 – May 27	7 – 8 p.m.	5/\$55	216013
W	Jun 3 – Jun 24	7 – 8 p.m.	4/\$44	216014

Restorative Yoga (13+ yrs)

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

at City Centre Aquatic Complex

Su	Apr 12 – May 10	5:45 – 7 p.m.	5/\$68.75	215990
Su	May 24 – Jun 21	5:45 – 7 p.m.	5/\$68.75	215992

at Maillardville Community Centre

M	Apr 13 – May 11	7:30 – 8:45 p.m.	5/\$68.75	216030
M	May 25 – Jun 22	7:30 – 8:45 p.m.	5/\$68.75	216031

Sound Healing Yoga and Meditation (13+ yrs)

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

at Poirier Sport and Leisure Complex

Th	Apr 2 – May 7	7:45 – 8:45 p.m.	5/\$55	215330
Th	May 14 – Jun 25	7:45 – 8:45 p.m.	6/\$66	215332

Start 2 B Strong (13+ yrs)

Start strong and learn the basics of lifting in a supportive small-group setting that helps you move better and feel stronger. This circuit style class progressively becomes more challenging to improve your fitness level. The class will incorporate the spin bikes, TRX, kettlebells, weights, dumbbells and resistance bands.

at City Centre Aquatic Complex

Th	Apr 2 – Apr 23	10 – 11 a.m.	4/\$44	215984
Th	Apr 30 – May 28	10 – 11 a.m.	5/\$55	215986
Th	Jun 4 – Jun 25	10 – 11 a.m.	4/\$44	215987

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	Apr 13 – May 13	1:30 – 2:30 p.m.	10/\$130	215352
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T.I.M.E. PLUS Program (19+ yrs)

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

at Centennial Pavilion

Tu/Th	Mar 31 – Apr 23	1 – 2 p.m.	8/\$104	215346
Tu/Th	Apr 28 – May 28	1 – 2 p.m.	10/\$130	215349
Tu/Th	Jun 2 – Jun 25	1 – 2 p.m.	8/\$104	215350

Therapeutic Pilates (13+ yrs)

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

at Victoria Community Hall

M	Apr 13 – May 11	9:30 – 10:45 a.m.	5/\$68.75	216040
M	May 25 – Jun 22	9:30 – 10:45 a.m.	5/\$68.75	216041

Workshop: Align and Refine Yoga (19+ yrs)

This workshop takes a mindful, approach to Hatha Yoga with a focus on alignment, posture integrity, and intentional movement. We will break down foundational asanas at slower pacing with longer holds to explore how the body is meant to move and hold shape. You'll build strength, body awareness, and confidence through mindful adjustments and clear alignment cues. We will close with a long, restful savasana to integrate the practice and allow the body and nervous system to fully absorb the work. Suitable for all levels.

at City Centre Aquatic Complex

Sa	May 30	1 – 4 p.m.	1/\$35	220359
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Workshop: Mental Resilience, Self Care and Breath Work (19+ yrs)

A recharge workshop which is based on mindfulness and healing by recharging and refreshing participants yoga poses, movements, journaling and mindful conversation. Workshop is led by an experienced facilitator with the goal of helping participants reduce stress, increase self-awareness, and find a deeper sense of inner peace and well-being.

at City Centre Aquatic Complex

Su	Apr 26	2 – 4 p.m.	1/\$22	220358
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Yoga Meditation and Breath (13+ yrs)

Beginning with gentle yoga designed to improve mobility, ease tension, and support mindful movement at a relaxed pace. The class then transitions into guided meditation and breathwork, promoting deep relaxation, stress reduction, and mental clarity. Suitable for all levels, this class offers a calming reset for both body and mind.

at Poirier Sport and Leisure Complex

Tu	Mar 31 – Apr 21	7:30 – 8:30 p.m.	4/\$44	215325
Tu	Apr 28 – May 19	7:30 – 8:30 p.m.	4/\$44	215326
Tu	May 26 – Jun 23	7:30 – 8:30 p.m.	4/\$44	215327

Yoga Under the Stars (13+ yrs)

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

at City Centre Aquatic Complex

Tu	Mar 31 – Apr 21	8:15 – 9:15 p.m.	4/\$44	216004
Tu	Apr 28 – May 26	8:15 – 9:15 p.m.	5/\$55	216005
Tu	Jun 2 – Jun 23	8:15 – 9:15 p.m.	4/\$44	216006

at Maillardville Community Centre

Su	Apr 12 – May 10	7:45 – 8:45 p.m.	5/\$55	216007
Su	May 24 – Jun 21	7:45 – 8:45 p.m.	5/\$55	216008

Adult

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

19 yrs +

(unless otherwise noted)



Cards and Games

Bridge Foundations (19+ yrs)

Learn how to get started with the basics of bridge. Topics that will be covered include opening bids, responding to your partner, no trump strategies, and play of the hand. Join us for the next set to build on these skills and learn even more.

at Dogwood Pavilion

F Apr 24 – May 22 10 a.m. – 12 p.m. 5/\$14.25 219782

Bridge Foundations (19+ yrs)

Continue learning the basics of bridge with scoring, demand bids and their purpose, doubles and redoubles, stink bids, and slam bidding.

at Dogwood Pavilion

F May 29 – Jun 26 10 a.m. – 12 p.m. 5/\$14.25 219783

Chess: Adult Beginner (16+ yrs)

New to chess? Learn the basics of chess in a relaxed, supportive environment. This course covers the rules, strategies, and tips to help new players build confidence and enjoy the game. Previous experience is not necessary.

at Pinetree Community Centre

W Apr 8 – May 6 6 – 6:30 p.m. 5/\$51.75 220327

Dungeons and Dragons Campaign Play (19+ yrs)

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

at Glen Pine Pavilion

Tu Apr 7 – May 12 7 – 8:45 p.m. 6/\$30 215596

W Apr 8 – May 13 2 – 5 p.m. 6/\$30 215605

Tu May 19 – Jun 23 7 – 8:45 p.m. 6/\$30 215597

W May 20 – Jun 24 2 – 5 p.m. 6/\$30 215606

All Abilities Welcome!

Visit page 4 for details

Impossible Brain Puzzles (12+ yrs)

Join us for some mind-bending and fun puzzles to challenge your thinking. Simple hands-on paper-based puzzles will be provided at each session for you to solve using your creative, lateral and analytical thinking. Great way to exercise your brain and engage with others who love science, technology, engineering and mathematics and more. No experience necessary and available as a multi-generational activity. Facilitated by a volunteer Impossible Puzzler who has researched and compiled centuries of global puzzles.

at *Glen Pine Pavilion*

W	Apr 8	7:15 – 8:45 p.m.	1/\$5	215613
W	Apr 15	7:15 – 8:45 p.m.	1/\$5	215614
W	Apr 22	7:15 – 8:45 p.m.	1/\$5	215615
W	Apr 29	7:15 – 8:45 p.m.	1/\$5	215616
W	May 6	7:15 – 8:45 p.m.	1/\$5	215617
W	May 13	7:15 – 8:45 p.m.	1/\$5	215618
W	May 20	7:15 – 8:45 p.m.	1/\$5	215619
W	May 27	7:15 – 8:45 p.m.	1/\$5	215620
W	Jun 3	7:15 – 8:45 p.m.	1/\$5	215621
W	Jun 10	7:15 – 8:45 p.m.	1/\$5	215622
W	Jun 17	7:15 – 8:45 p.m.	1/\$5	215623
W	Jun 24	7:15 – 8:45 p.m.	1/\$5	215624

Lifelong Learning

Cooking: All About Mushrooms (19+ yrs)

Explore the wonderful world of mushrooms. Learn about different mushroom varieties, their flavours and uses, and what makes them unique in the kitchen. We'll finish by cooking classic mushroom dishes, including comforting mushroom soup and a hearty mushroom stroganoff.

at *Dogwood Pavilion*

Sa	May 23	9:30 a.m. – 12:30 p.m.	1/\$43.35	216743
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Cooking: Baking with Sourdough Starters (16+ yrs)

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

at *Maillardville Community Centre*

Th	Apr 9	6 – 8 p.m.	1/\$28.90	218108
Th	May 7	6 – 8 p.m.	1/\$28.90	218110
Th	Jun 11	6 – 8 p.m.	1/\$28.90	218111

Cooking: Around the World Series (19+ yrs)

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

at *Dogwood Pavilion*

Vietnam – Bun Cha

W	Apr 1	6 – 8 p.m.	1/\$28.90	214403
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Italy – Calzone

W	Apr 8	6 – 8 p.m.	1/\$28.90	214404
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Middle East – Mujadara and Baba Ganoush

W	Apr 15	6 – 8 p.m.	1/\$28.90	214406
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Argentina – Pascualina

W	Apr 22	6 – 8 p.m.	1/\$28.90	214408
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Peru – Fish in Banana Leaves, Rice Chaufa

W	Apr 29	6 – 8 p.m.	1/\$28.90	214409
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Brazilian Cheese Bread and Columbian Cheese Arepas

W	May 6	6 – 8 p.m.	1/\$28.90	214410
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India – Lentil Creamy Stew, Homemade Naan

W	May 13	6 – 8 p.m.	1/\$28.90	214411
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Philippines – Chicken Adobo with Garlic Rice

W	May 20	6 – 8 p.m.	1/\$28.90	214418
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Greece – Pork Souvlaki, Tzatziki, Lemon Herb Rice

W	May 27	6 – 8 p.m.	1/\$28.90	214420
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India – Baked Samosas with Homemade Mango Chutney

W	Jun 3	6 – 8 p.m.	1/\$28.90	214421
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Japan – Gyoza

W	Jun 10	6 – 8 p.m.	1/\$28.90	214423
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United Kingdom – Grilled Spatchcock Chicken with Cola BBQ Sauce

W	Jun 17	6 – 8 p.m.	1/\$28.90	214445
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South Africa – Bobotie with Rice and Sambals

W	Jun 24	6 – 8 p.m.	1/\$28.90	214438
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No experience necessary and all cooking supplies provided.

Cooking: British Victorian Sponge Cake (19+ yrs)

Learn to make Victorian sponge cake, a light, airy British classic made of two soft sponge layers sandwiched with sweet strawberry jam and whipped cream. It's delicate, buttery, and beautifully simple.

at *Dogwood Pavilion*

Sa May 16 9:30 – 11:30 a.m. 1/\$28.90 215175

Cooking: Caldo Verde (19+ yrs)

Caldo verde is a simple and comforting Portuguese soup considered by many to be the country's unofficial national dish. It is a hearty soup featuring a creamy, puréed potato base with thinly sliced greens and smoky sausage.

at *Dogwood Pavilion*

Sa Apr 18 9:30 – 11:30 a.m. 1/\$28.90 215163

Cooking: Chicken Pot Pie (19+ yrs)

Join us to make individual Chicken pot pies, a warm, comforting dish made with tender chicken, vegetables, and a creamy savory sauce, all baked inside a flaky, golden crust.

at *Dogwood Pavilion*

Sa May 30 9:30 – 11:30 a.m. 1/\$28.90 215178

Cooking: Classic Chicken Velouté (19+ yrs)

Join us for a classic French cooking class inspired by Thomas Keller of The French Laundry. Learn to master Chicken Velouté, one of the five French mother sauces, paired with perfectly roasted chicken and seasonal root vegetables.

at *Dogwood Pavilion*

Sa Jun 6 9:30 a.m. – 12:30 p.m. 1/\$43.35 216705

Cooking: Creamy Cajun Style Chicken Alfredo Pasta (19+ yrs)

A little spicy, a touch sweet and incredibly delicious chicken pasta is a modern take on chicken Alfredo inspired by the bold flavors of Cajun cuisine, from the best of New York Times recipes.

at *Dogwood Pavilion*

Sa Apr 25 9:30 – 11:30 a.m. 1/\$28.90 216703

Cooking: Dim Sum Classics (19+ yrs)

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

at *Dogwood Pavilion*

Sa Apr 11 9:30 a.m. – 12:30 p.m. 1/\$43.35 214903

Cooking: Global Spice Blends (19+ yrs)

New series exploring the elements of spice blends from around the world. In-depth review of all the individual spices, combining the ingredients into a mix to be used in a signature specialty dish each week. Learn how to prepare, photograph and enjoy a taste of a flavourful creation.

at *Glen Pine Pavilion*

Cajun (USA) – Classic Cajun Jambalaya with Jalepeno Cheddar Corn Bread Muffins

Su Apr 12 10:30 a.m. – 1:30 p.m. 1/\$43.35 217012

Shichimi Togarashi (Japan) – Shichimi Togarashi Infused Tonkatsu and Japanese-spiced pumpkin.

Su Apr 19 10:30 a.m. – 1:30 p.m. 1/\$43.35 217013

Sambal Badjak (Indonesia) – Sambal Badjak Infused Vegetarian Mie Goreng with Sambal Beans.

Su Apr 26 10:30 a.m. – 1:30 p.m. 1/\$43.35 217015

5 Spice (China) – Five-Spice Crispy Tofu Stir-Fry with Dan Dan Noodles.

Su May 3 10:30 a.m. – 1:30 p.m. 1/\$43.35 217017

Nam Prik Pao (Thailand) – Thai Chili Sauce Chicken with Coconut Rice and Green Papaya Salad.

Su May 17 10:30 a.m. – 1:30 p.m. 1/\$43.35 217058

Dukkah (Egypt) – North African Dukkah Chicken Satay With Grilled Zucchini Ribbons and Dukkah Roasted Carrots.

Su May 10 10:30 a.m. – 1:30 p.m. 1/\$43.35 217053

Jerk (Jamaica) – Jerk Chicken with Mango Salsa and Caribbean Coleslaw.

Su May 24 10:30 a.m. – 1:30 p.m. 1/\$43.35 217059

Curry Powder (Sri Lanka) – Sri Lankan Chicken Curry and Caramelized Onion Flat Bread.

Su May 31 10:30 a.m. – 1:30 p.m. 1/\$43.35 217060

Sazón (Puerto Rico) – Pork Pinchos (Kebabs) with Arroz con Gandules (Rice with Pigeon Peas).

Su Jun 7 10:30 a.m. – 1:30 p.m. 1/\$43.35 217063

Za'atar (Iran) – Za'atar Hummus, Classic Fattoush salad with Queso Fresco and Whole Roasted Cauliflower Head.

Su Jun 14 10:30 a.m. – 1:30 p.m. 1/\$43.35 217064

Berberé (Ethiopia) – Ethiopian Berberé Spiced Lentils (Misir Wot) with Salata (Ethiopian Tomato Salad).

Su Jun 21 10:30 a.m. – 1:30 p.m. 1/\$43.35 217066

Cooking: Filipino Lumpia Spring Rolls (16+ yrs)

Hand-roll authentic Filipino spring rolls with savory fillings and learn the secrets to achieving a perfectly golden, crispy crunch.

at Maillardville Community Centre

Th May 28 6 – 8 p.m. 1/\$28.90 218125

Cooking: Global Cookie Tour (19+ yrs)

Take a cookie tour around the world with a collection of recipes that will satisfy all sweet tooth cravings.

at Glen Pine Pavilion

M May 25 – Jun 22 7 – 8:30 p.m. 5/\$108.50 215588

Cooking: Hot Cross Buns (19+ yrs)

Learn to make Hot Cross Buns; the soft, lightly spiced sweet rolls with dried fruit with a flour-paste cross on top. They're finished with a sweet glaze for a shiny, fragrant seasonal treat.

at Dogwood Pavilion

Sa Apr 4 9:30 a.m. – 12:30 p.m. 1/\$43.35 214904

Cooking: Jalapeno Cheddar Scones With Roasted Garlic Butter (16+ yrs)

Bake spicy, cheesy scones from scratch and whip up a decadent roasted garlic butter. It's the ultimate savory pairing.

at Maillardville Community Centre

Th Apr 23 6 – 8 p.m. 1/\$28.90 218126

Cooking: Japanese Cotton Cream Cheese Cupcakes (19+ yrs)

Learn the secrets of Japanese cotton cream cheese cupcakes, the ultra-light cheesecake with a soft, fluffy texture that melts in your mouth. They're mildly sweet, creamy, and irresistibly airy.

at Dogwood Pavilion

Sa Jun 13 9:30 – 11:30 a.m. 1/\$28.90 215183

Cooking: Japanese Milk Bread (16+ yrs)

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

at Maillardville Community Centre

Th Apr 16 6 – 8 p.m. 1/\$28.90 218113

Th May 14 6 – 8 p.m. 1/\$28.90 218115

Cooking: Japanese Souffle Pancakes (19+ yrs)

Learn to make these extra-fluffy, cloud-like Japanese souffle pancakes that wobble and jiggle when you touch them. They're soft, airy, and lightly sweet, with a melt-in-your-mouth texture.

at Dogwood Pavilion

Sa May 2 9:30 – 11:30 a.m. 1/\$28.90 215170

Cooking: Japanese Strawberry and Mango Mochi (16+ yrs)

Discover the art of making traditional Japanese mochi filled with strawberries and mangos. This class will guide you through creating the perfect chewy texture and delicious fruit fillings.

at Maillardville Community Centre

Th Apr 30 6 – 8 p.m. 1/\$28.90 218117

Cooking: Korean Food Immersion (19+ yrs)

Every week will be a new Korean family favourite. This series of classes may include unique spicy, sweet and savoury dishes working with different ingredients while learning the Korean language at the same time from a native speaker. All sessions will present different recipes.

at Glen Pine Pavilion

Th Apr 9 – Apr 30 7 – 8:30 p.m. 4/\$86.80 215759

Th May 7 – May 28 7 – 8:30 p.m. 4/\$86.80 220559

Th Jun 4 – Jun 25 7 – 8:30 p.m. 4/\$86.80 215762

Cooking: Pavlova Cake (16+ yrs)

Bake elegant, airy meringues topped with luscious cream and fresh fruit. This hands-on class masters the iconic, crispy-light dessert.

at Maillardville Community Centre

Th Jun 4 6 – 8 p.m. 1/\$28.90 218124

Cooking: Phenomenal Meals Using Basic Ingredients (19+ yrs)

Meals using basic ingredients often focus on comfort foods that turn out being family favourites. Learn to cook amazing food with minimal effort.

at Glen Pine Pavilion

M Apr 13 – May 11 7 – 8:30 p.m. 5/\$108.50 215587

Cooking: Pizza (19+ yrs)

Create and bake classic marinara pizza from scratch in this hands-on cooking class and enjoy it together while socializing.

at Dogwood Pavilion

Sa Jun 27 9:30 – 11:30 a.m. 1/\$28.90 215190



No experience necessary and all cooking supplies provided.



Meaningful Meals for Seniors

Volunteer for Meaningful Meals!

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

For more information, visit coquitlam.ca/MeaningfulMeals

Cooking: Roasted Vegetable Focaccia (16+ yrs)

Enjoy rustic roasted vegetable focaccia with a golden, crispy crust and a soft, airy centre. Bursting with vibrant flavours, it's the perfect savoury treat for any occasion.

at Maillardville Community Centre

Th May 21 6 – 8 p.m. 1/\$28.90 218121

Cooking: Savoury Soufflé (19+ yrs)

Learn the secrets to a perfectly light and flavorful savory soufflé in this hands-on class. Master essential French techniques, from béchamel to egg handling, and bake a beautifully risen, impressive dish with confidence.

at Dogwood Pavilion

Sa May 9 9:30 a.m. – 12:30 p.m. 1/\$43.35 216745

Earth Week: Garbage, Recycling and Green Waste (19+ yrs)

This Earth Week presentation describes and provides sorting tips for different waste streams — garbage, recycling, and green waste. City goals and programs aimed at reducing waste and maximizing recycling, reuse and composting will be highlighted. Presented by the City of Coquitlam Environment Division.

at Dogwood Pavilion

M Apr 20 1 – 1:30 p.m. 1/FREE 220121

Earth Week: Urban Wildlife (19+ yrs)

Learn about the wildlife found in Coquitlam and ways we can safely coexist with them. Do you know what to do if you encounter a bear? Join Coquitlam's Urban Wildlife team to learn about bear behavior, safety tips and how to be Bear Smart in Coquitlam. Presented by the City of Coquitlam Environmental Division.

at Dogwood Pavilion

F Apr 24 1 – 2 p.m. 1/FREE 220106

Earth Week: Water Conservation (19+ yrs)

Learn where Coquitlam drinking water comes from, how it is distributed and tips on how to conserve this precious resource in and around your home and garden. Presented by the City of Coquitlam Environmental Division.

at Dogwood Pavilion

Tu Apr 21 10 – 11 a.m. 1/FREE 220088

Finance: Fraud Protection (19+ yrs)

Understand fraud and how to protect yourself from being a victim. Identify the signs of fraud and how to act on suspicions, learn about the top three scams and why vulnerable people are targeted and what to do if you are a victim of fraud.

at Dogwood Pavilion

Su Apr 19 10 – 11:30 a.m. 1/FREE 214340

at Glen Pine Pavilion

Th May 21 9:30 – 11 a.m. 1/FREE 217315

Finance: Managing Your Money (19+ yrs)

Learn how to save more and spend less.

at Dogwood Pavilion

Su May 24 10 – 11:30 a.m. 1/FREE 214342

Finance: Planning for Retirement (19+ yrs)

How to effectively plan for the kind of retirement you desire understanding that government payments are not enough to fund this next phase in life. Be proactive with the tools and resources available for retirement strategies.

at Glen Pine Pavilion

Th Jun 25 9:30 – 11 a.m. 1/FREE 217323

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.

Finance: Service Canada Presentations (19+ yrs)

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

at Dogwood Pavilion

April – Benefits and Programs for Seniors

May – Pre-Retirement Planning

June – Disability and Caregiver Benefits

Th	Apr 16	10 – 11:30 a.m.	1/	FREE	218138
Th	May 14	6:30 – 8 p.m.	1/	FREE	218139
Th	Jun 25	11 a.m. – 12 p.m.	1/	FREE	218140

at Glen Pine Pavilion

April – Seniors Benefits

May – Newcomers to Canada

June – Benefits for Persons with Disabilities

M	Apr 13	11:30 a.m. – 12:45 p.m.	1/	FREE	218259
M	May 25	11:30 a.m. – 12:45 p.m.	1/	FREE	218260
Th	Jun 11	10 – 11:15 a.m.	1/	FREE	218258

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

How to become a better money manager.

at Dogwood Pavilion

Su	Jun 14	10 – 11:30 a.m.	1/	FREE	214341
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Finance: The Self-worth in Net Worth (19+ yrs)

Your relationship with money is essential in understanding how and why you manage your finances the way you do. Understanding how your sense of self relates to your views on money can go a long way towards shaking things up and forming strong financial attitudes and habits.

at Glen Pine Pavilion

Th	Apr 23	9:30 – 11 a.m.	1/	FREE	217314
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General: Advance Directive (19+ yrs)

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	May 7	9:30 – 11 a.m.	1/	FREE	217369
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Coquitlam Income Tax Clinic Appointments

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

If you are unable to attend an appointment in person, there is an option to file your 2025 Income Tax Returns over the phone. Volunteers will pick up all supporting documents and help file the Income Tax Return. *For more information about this service, contact Kim Bortolin, Community Services Coordinator at 604-927-6093.*

General: Cricut and Other Library Fun to Borrow (19+ yrs)

Discover the cool things you can borrow from the Coquitlam Public Library! Staff will demo items like the Cricut Joy, GoPro, and Nintendo Classic Mini, show you how they work, answer questions, and help you place holds. You'll also learn about apps for movie streaming.

at Dogwood Pavilion

Th	Apr 9	10:30 – 11:30 a.m.	1/	FREE	217054
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General: Emergency Preparedness (19+ yrs)

When disaster strikes, people need to be ready. The preparation of emergency kits, safety procedures in dangerous situations and information about when and how to seek help are explored.

at Glen Pine Pavilion

F	Apr 10	12:15 – 1:45 p.m.	1/	FREE	217373
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 **Tell us how we did!**
coquitlam.ca/ProgramEvaluation

General: Hiking Adventures Slideshow (19+ yrs)

Presented by volunteer Terry McCullough, view his visually captivating photographs set to music and his exciting tales of adventurous travel and hiking experiences.

April – Touring from Coquitlam to Lake Louise

May – Touring from Lake Louise to Vernon

June – Vancouver Island: Tofino, Ucluelet and Victoria

at Glen Pine Pavilion

F	Apr 24	11 a.m. – 12:30 p.m.	1/ FREE	217394
F	May 29	11 a.m. – 12:30 p.m.	1/ FREE	217395
F	Jun 19	11 a.m. – 12:30 p.m.	1/ FREE	217396

General: Lecture Series with Dr. Cousineau (19+ yrs)

Using a multi-disciplinary approach to describe, explain many world views and belief systems that have emerged on planet earth. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau (Clinical Psychology and Sociology).

at Glen Pine Pavilion

Th	Apr 9 – May 14	2 – 4 p.m.	6/\$60	216071
Th	May 21 – Jun 25	2 – 4 p.m.	6/\$60	216074

General: Lifesizing – Strata Living Workshop (19+ yrs)

Two session workshop discussing the motivations, challenges and benefits to consider when thinking about transitioning from a conventional, single-family home to strata. Get a clear picture of “what’s in it for you” focusing on the costs of strata living as well as information on strata depreciation reports and opportunity to ask all the questions you may have.

at Glen Pine Pavilion

Tu	Apr 14 – Apr 21	3:30 – 5:45 p.m.	2/ FREE	220360
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General: Wills (19+ yrs)

Whether you already have a will or not, the legal rules for preparing wills in BC are reviewed as well as the duties of an executor, legal terminology and pitfalls to avoid.

at Glen Pine Pavilion

Th	Jun 18	9:30 – 11 a.m.	1/ FREE	217372
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Health: Advance Care Planning (19+ yrs)

Advance care planning is personal planning for your health care. It can be done at any age or stage of your life and health care journey and helps prepare others if you are unable to speak for yourself.

at Dogwood Pavilion

Th	Jun 4	10 – 11:30 a.m.	1/ FREE	217455
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All Abilities Welcome!

Visit page 4 for details

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

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

at Dogwood Pavilion

Th	Apr 16 – May 21	9:30 a.m. – 12 p.m.	6/ FREE	216128
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at Glen Pine Pavilion

Sa	May 23 – Jun 27	9:30 a.m. – 12 p.m.	6/ FREE	215113
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Health: Creating a Safe Home Environment (19+ yrs)

The home is an important place for everyone. For the person with dementia, a familiar environment can help connect with the past and maintain a sense of self. When modifying a home environment, keep it familiar, striking a balance between safety and independence. Tips for creating a safe home environment will be presented.

at Glen Pine Pavilion

Th	Apr 30	10 a.m. – 12 p.m.	1/ FREE	214905
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Health: Creating Engaging Activities for Warm Weather (19+ yrs)

Be inspired by meaningful activities created specifically for people living with dementia and learn to adapt activities as the disease progresses and incorporate them into a daily routine for improved health and well-being.

at Glen Pine Pavilion

F	May 15	2 – 3:30 p.m.	1/ FREE	214906
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Health: Delusions, Hallucinations and Visual Mistakes (19+ yrs)

Learn about the causes and triggers of delusions, hallucinations and visual mistakes, then explore strategies for responding to these behaviours to best support people living with dementia.

at Glen Pine Pavilion

F	Jun 5	2 – 3:30 p.m.	1/ FREE	214908
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Health: Diabetes Self-Management Program (19+ yrs)

The Diabetes Self-Management Program is a free six-session workshop. Gain knowledge, skills and confidence in your ability to manage symptoms.

at Glen Pine Pavilion

Sa	Apr 11 – May 16	9:30 a.m. – 12 p.m.	6/ FREE	215112
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Health: Driving and Dementia (19+ yrs)

Does a diagnosis of dementia mean you have to stop driving? Learn how to manage one of the toughest decisions you may face as a person living with dementia in the early stage.

at Dogwood Pavilion

Tu Jun 16 10 – 11:30 a.m. 1/**FREE** 217840

at Glen Pine Pavilion

F May 22 2 – 3:30 p.m. 1/**FREE** 214911

Health: Family and Caregivers of People Living with Dementia Series (19+ yrs)

An education series for family members who are caring for a person living with dementia that covers understanding dementia, communication and behaviour, as well as planning for the future and self-care for caregivers.

at Poirier Community Centre

W Apr 1 – Apr 22 10 a.m. – 12 p.m. 4/**FREE** 217827

Health: Introduction to Brain Health (19+ yrs)

It is never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.

at Dogwood Pavilion

Th Jun 11 10 – 11:30 a.m. 1/**FREE** 217842

Health: Introduction to Brain Health (19+ yrs)

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.

at Glen Pine Pavilion

Th Apr 16 10 a.m. – 12 p.m. 1/**FREE** 214907

Health: Mapping the Dementia Journey (19+ yrs)

While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen.

at Dogwood Pavilion

M Apr 20 10 – 11:30 a.m. 1/**FREE** 217825

at Glen Pine Pavilion

F Jun 19 2 – 3:30 p.m. 1/**FREE** 215030

Health: Mental Health (19+ yrs)

Are you concerned about your mental health? An overview of mental disorders and ways individuals can contribute to their own mental health are discussed.

at Dogwood Pavilion

M May 25 10 – 11:30 a.m. 1/**FREE** 218129

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

Learn practical strategies to better understand communication with those with dementia. Presented by the Alzheimer's Society of BC. Suitable for caregivers and people living with dementia.

at Glen Pine Pavilion

F Apr 24 2 – 3:30 p.m. 1/**FREE** 214910

Health: Understanding Dementia-Related Behaviour (19+ yrs)

Learn practical strategies to better understand changes in behaviour, including paranoia, anxiety, and denial, and how to respond in supportive ways.

at Dogwood Pavilion

Th May 14 2 – 3:30 p.m. 1/**FREE** 217833

Health: What is Dementia? (19+ yrs)

The term “dementia” does not actually refer to one, specific disease. Rather, it’s an overall term for a set of symptoms that are caused by disorders affecting the brain. Learn more and come to ask the questions.

at Glen Pine Pavilion

Th Apr 9 10 – 11:30 a.m. 1/**FREE** 214909

Language: Creative Writing All Levels (19+ yrs)

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

at Dogwood Pavilion

Sa Apr 11 – May 16 10:15 – 11:45 a.m. 6/\$60.90 217068

Sa May 23 – Jun 27 10:15 – 11:45 a.m. 5/\$50.75 217069

at Glen Pine Pavilion

Th Apr 9 – May 14 7 – 8:30 p.m. 6/\$60.90 215750

Th May 21 – Jun 25 7 – 8:30 p.m. 6/\$60.90 215751

All Abilities Welcome!

Visit page 4 for details

Language: English Conversation (19+ yrs)

If you are a newcomer or existing member of the community who is looking to further develop your English in a social setting, this program is for you! Practice reading, writing, and speaking English with others in your neighbourhood. Some fundamental English speaking ability is required.

at *Dogwood Pavilion*

Th	Apr 9 – May 7	12:30 – 2 p.m.	5/\$14	220521
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Language: English Learner 1 (19+ yrs)

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

at *Glen Pine Pavilion*

Th	Apr 9 – May 14	9:30 – 11 a.m.	6/\$17.10	215710
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Th	May 21 – Jun 25	9:30 – 11 a.m.	6/\$17.10	215711
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Language: English Learner 2 (19+ yrs)

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

at *Glen Pine Pavilion*

Th	Apr 9 – May 14	1 – 2:30 p.m.	6/\$17.10	215712
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Th	May 21 – Jun 25	1 – 2:30 p.m.	6/\$17.10	215713
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Language: English Learner 3 (19+ yrs)

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

at *Glen Pine Pavilion*

Tu	Apr 7 – May 12	9:30 – 11 a.m.	6/\$17.10	215589
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Tu	May 19 – Jun 23	9:30 – 11 a.m.	6/\$17.10	215590
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Language: English Learner Book Club (19+ yrs)

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

at *Glen Pine Pavilion*

Th	Apr 9 – May 14	11:30 a.m. – 12:30 p.m.	6/\$17.10	215738
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Th	May 21 – Jun 25	11:30 a.m. – 12:30 p.m.	6/\$17.10	215739
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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.

**Language: English Learner Conversation (19+ yrs)**

Casual opportunity to practice speaking in a supportive group. A basic level of speaking in English is required for this class.

at *Glen Pine Pavilion*

F	Apr 17 – May 15	11:30 a.m. – 12:30 p.m.	5/\$14.25	215774
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F	May 22 – Jun 26	11:30 a.m. – 12:30 p.m.	6/\$17.10	215775
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Language: Italian Beginner (19+ yrs)

Ciao! Learn basic words, phrases and sentences in Italian to be able to converse and write with others in travel, business or at home. This program is designed for a beginner with no previous experience.

at *Glen Pine Pavilion*

Tu	Apr 7 – May 12	1:30 – 3 p.m.	6/\$60.90	215591
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Tu	May 19 – Jun 23	1:30 – 3 p.m.	6/\$60.90	215593
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Language: Japanese Beginner (19+ yrs)

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

at *Glen Pine Pavilion*

Sa	May 23 – Jun 27	1 – 2:30 p.m.	6/\$60.90	215773
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Language: Japanese Intermediate (19+ yrs)

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

at *Glen Pine Pavilion*

Sa	Apr 11 – May 16	1 – 2:30 p.m.	6/\$60.90	215772
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Language: Korean Beginner (19+ yrs)

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

at *Glen Pine Pavilion*

W	Apr 8 – May 13	7 – 8:30 p.m.	6/\$60.90	215603
Su	Apr 12 – May 10	10:15 – 11:45 a.m.	5/\$50.75	215566
W	May 20 – Jun 24	7 – 8:30 p.m.	6/\$60.90	215604

Language: Korean Intermediate (19+ yrs)

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

at *Glen Pine Pavilion*

Su	May 17 – Jun 21	10:15 – 11:45 a.m.	6/\$60.90	215567
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Language: Spanish Beginner (19+ yrs)

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

at *Dogwood Pavilion*

Sa	Apr 11 – May 16	2 – 3:30 p.m.	6/\$60.90	217076
Sa	May 23 – Jun 27	2 – 3:30 p.m.	5/\$50.75	217079

at *Glen Pine Pavilion*

W	Apr 8 – May 13	9:30 – 11 a.m.	6/\$60.90	215601
M	Apr 13 – May 11	7 – 8:30 p.m.	5/\$50.75	215582
M	May 25 – Jun 22	7 – 8:30 p.m.	5/\$50.75	215584

Language: Spanish Foundations (19+ yrs)

Bienvenidos! This introductory course is designed for those completely new to Spanish. Learn about the Spanish alphabet, pronunciation, and essential vocabulary through simple words and phrases.

at *Dogwood Pavilion*

Sa	Apr 11 – May 16	12:30 – 2 p.m.	6/\$60.90	217075
Sa	May 23 – Jun 27	12:30 – 2 p.m.	5/\$50.75	217077

Language: Spanish Intermediate (19+ yrs)

Further your skills and understanding of the Spanish language both written and spoken.

at *Glen Pine Pavilion*

W	May 20 – Jun 24	9:30 – 11 a.m.	6/\$60.90	215602
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Life Long Learning for Adults (19+)



Learn Something New!

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

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

Register

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

Life Skills: Navigating the Dementia Journey (19+ yrs)

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

at *Dogwood Pavilion*

Tu	May 5	10 – 11:30 a.m.	1/ FREE	217829
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Life Skills: Personal Planning Overview (19+ yrs)

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

at *Dogwood Pavilion*

M	Jun 22	10 – 11:30 a.m.	1/ FREE	218132
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Photography: Smartphone Photography (19+ yrs)

Use your smartphone to capture photos and save special memories. Learn tips and tricks to enhance your photos or videos. Please bring own device for more hands on support.

at *Town Centre Park Community Centre*

Th	May 14 – Jun 11	10 – 11:30 a.m.	5/\$50.25	218892
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Technology: Android Phones Workshop (19+ yrs)

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

at *Glen Pine Pavilion*

Th	Jun 11	1–2:45 p.m.	1/\$2.85	217295
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Technology: iPad and iPhone Workshop (19+ yrs)

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

at *Glen Pine Pavilion*

Th	May 14	1–2:45 p.m.	1/\$2.85	217287
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Technology: Managing Digital Passwords (19+ yrs)

Password management is very important to secure your information in the digital world. A set of principles and best practices to be followed by users while storing and managing passwords in an efficient manner is critical to prevent unauthorized access. Please bring own device for more hands on support and any passwords needed.

at *Glen Pine Pavilion*

Th	Apr 23	1–2:45 p.m.	1/\$2.85	217285
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Technology: Tools for Travel (19+ yrs)

Planning on travelling somewhere? Why not learn how your phone, tablet or laptop can help plan your vacation. Do not miss out on some of the best restaurants to try or places to see. Use online maps to navigate, language translators to communicate and maybe get some great local deals through special tickets or coupons.

at *Glen Pine Pavilion*

Th	May 28	1–2:45 p.m.	1/\$2.85	217292
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Technology: Using a Smartphone Camera (19+ yrs)

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

at *Glen Pine Pavilion*

Th	Apr 9	1–2:45 p.m.	1/\$2.85	217274
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Wellness: Good Fats, Bad Fats and Cholesterol (19+ yrs)

Not all fats are created equal. In this session, we will bust the myths around cholesterol, explore which fats support your health and help you make informed food choices for your heart health.

at *Glen Pine Pavilion*

Tu	Jun 2	3:30–5 p.m.	1/\$12.85	216044
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Wellness: Gut Health and Whole Body Wellness (19+ yrs)

Your gut does so much more than digest food. It impacts your energy, hormones and immunity. Learn why your gut might be calling for attention and how to support it with simple, powerful lifestyle shifts in this interactive session.

at *Glen Pine Pavilion*

Tu	Apr 7	3:30–5 p.m.	1/\$12.85	216042
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Wellness: Inflammation 101 (16+ yrs)

Inflammation is at the root of many modern health conditions, from joint pain and fatigue to digestive health and autoimmune flares. In this session, learn how everyday foods, stress and lifestyle habits may be triggering inflammation and what you can do to reduce it naturally.

at *Dogwood Pavilion*

Tu	Jun 9	4–5:30 p.m.	1/\$12.85	216049
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Wellness: Laughter Therapy (19+ yrs)

Join us for an uplifting session on Laughter Therapy! This unique workshop combines voluntary laughter exercises with gentle breathing techniques, promoting joy and relaxation. Discover the physical and mental benefits of laughter designed to boost your mood and reduce your stress.

at *Dogwood Pavilion*

M	May 25	9:30–11 a.m.	1/\$12.85	216591
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Spring Clean-Up Sale at Glen Pine (19+ yrs)

Sell or shop for gently used clothes, housewares, books, toys or other pre-loved treasures at the Spring Clean-Up Sale at GlenPine. Tables assigned 10 days before the event.

at *Glen Pine Pavilion*

Saturday, May 16 | 9:30 a.m. – 2:30 p.m.
1/\$34.65 218116

Wellness: Microbiome, Probiotics and Prebiotics

(16+ yrs)

Your gut is home to trillions of microbes that influence digestion, immunity, mood and more. In this session we will explore the role of probiotics, prebiotics and how to nourish your inner ecosystem for better health from the inside out.

at Dogwood Pavilion

Tu May 12 4 – 5:30 p.m. 1/\$12.85 216048

Wellness: Perimenopause/Menopause and the

Mind Body Shift (19+ yrs)

Menopause is more than just hot flashes! In this intimate session, we will talk about how to navigate this life stage with wisdom, nourishment and grace – and what your symptoms are really trying to tell you.

at Glen Pine Pavilion

Tu May 5 3:30 – 5 p.m. 1/\$12.85 216043

Wellness: Strong Joints, Strong Life (16+ yrs)

Discover the foundational role of nutrition, movement and lifestyle in keeping your joints strong and bones resilient, naturally. Learn what weakens them and what you can do to stay active and pain-free for years to come.

at Dogwood Pavilion

Tu Apr 14 4 – 5:30 p.m. 1/\$12.85 216047

Wellness: Tools to Quiet a Busy Mind (19+ yrs)

Learn gentle wellness practices to reduce overthinking and mental fatigue through mindful doodling and simple creative exercises. This session supports relaxation, focus, and a sense of calm in a quiet, welcoming setting.

at Dogwood Pavilion

M Apr 20 9:30 – 11 a.m. 1/\$12.85 216590

Workshop: Align and Refine Yoga (19+ yrs)

This workshop takes a mindful, approach to Hatha Yoga with a focus on alignment, posture integrity, and intentional movement. We will break down foundational asanas at slower pacing with longer holds to explore how the body is meant to move and hold shape. You'll build strength, body awareness, and confidence through mindful adjustments and clear alignment cues. We will close with a long, restful savasana to integrate the practice and allow the body and nervous system to fully absorb the work. Suitable for all levels.

at City Centre Aquatic Complex

Sa May 30 1 – 4 p.m. 1/\$35 220359

Workshop: Mental Resilience, Self Care and Breath Work (19+ yrs)

A recharge workshop which is based on mindfulness and healing by recharging and refreshing participants yoga poses, movements, journaling and mindful conversation. Workshop is led by an experienced facilitator with the goal of helping participants reduce stress, increase self-awareness, and find a deeper sense of inner peace and well-being.

at City Centre Aquatic Complex

Su Apr 26 2 – 4 p.m. 1/\$22 220358

Performing Arts

Dance: Ageless Ballet All Levels (19+ yrs)

Ballet moves improves posture, enhances and strengthens mobility and is mentally stimulating enough to create a feeling of positive well-being no matter what age you are. The music and the moves of this ageless ballet class is suitable for everyone.

at Dogwood Pavilion

Tu Apr 7 – May 12 12:45 – 1:45 p.m. 6/\$59.70 216963

Tu May 19 – Jun 23 12:45 – 1:45 p.m. 6/\$59.70 216964

Dance: Argentine Tango Beginner (19+ yrs)

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

at Dogwood Pavilion

M Jun 8 – Jun 29 7:15 – 8:15 p.m. 4/\$39.80 216956

Dance: Argentine Tango Foundations (19+ yrs)

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

at Dogwood Pavilion

M Apr 13 – May 4 7:15 – 8:15 p.m. 4/\$39.80 216957



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Oops! We cancelled it...

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

Dance: Ballroom Beginner (19+ yrs)

Ballroom Beginner is an introduction or a refresher for partner dancing. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register. Solo dancers welcome.

at Glen Pine Pavilion

Th	May 21 – Jun 25	6:45 – 7:30 p.m.	6/\$46.50	215565
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Dance: Ballroom for One Foundations (19+ yrs)

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

at Dogwood Pavilion

Su	Apr 12 – May 10	10:15 – 11:15 a.m.	5/\$49.75	220685
Su	May 17 – Jun 14	10:15 – 11:15 a.m.	5/\$49.75	220686

Dance: Ballroom Foundations (19+ yrs)

Ballroom Foundations is an introduction to Ballroom partner dancing. Each person in the couple/partner grouping must register to experience this form of dance.

at Glen Pine Pavilion

Th	Apr 9 – May 14	6:45 – 7:30 p.m.	6/\$46.50	215564
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Dance: Bellydance Beginner (19+ yrs)

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

at Dogwood Pavilion

W	Apr 8 – May 13	5 – 6 p.m.	6/\$59.70	217014
W	May 20 – Jun 24	5 – 6 p.m.	6/\$59.70	217016

Dance: Bellydance Foundations (19+ yrs)

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

at Glen Pine Pavilion

Tu	Apr 7 – May 12	5:15 – 6:15 p.m.	6/\$59.70	215557
Tu	May 19 – Jun 23	5:15 – 6:15 p.m.	6/\$59.70	215558

Dance: Bellydance Intermediate (19+ yrs)

Build on your knowledge of bellydance in this intermediate-level class. Practice classic postures with the traditional hip and shoulder movements.

at Glen Pine Pavilion

W	Apr 8 – May 13	7:45 – 8:45 p.m.	6/\$59.70	215561
W	May 20 – Jun 24	7:45 – 8:45 p.m.	6/\$59.70	215562

Dance: Choreographed Bellydance (19+ yrs)

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

at Glen Pine Pavilion

Tu	Apr 7 – May 12	7:45 – 8:45 p.m.	6/\$59.70	215559
Tu	May 19 – Jun 23	7:45 – 8:45 p.m.	6/\$59.70	215560

Dance: Flamenco Moves (19+ yrs)

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	Apr 13 – May 11	2:30 – 3:30 p.m.	5/\$49.75	217078
M	May 25 – Jun 22	2:30 – 3:30 p.m.	5/\$49.75	217080

Dance: Foxtrot Foundations (19+ yrs)

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

at Dogwood Pavilion

M	Jun 8 – Jun 29	6 – 7 p.m.	4/\$39.80	216955
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Dance: Hip Hop (16+ yrs)

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

at *Pinetree Community Centre*

F	Apr 10 – May 8	7:30 – 8:30 p.m.	5/\$51.75	218405
F	May 15 – Jun 12	7:30 – 8:30 p.m.	5/\$51.75	218406

Dance: Jazz All Levels (19+ yrs)

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

at *Glen Pine Pavilion*

Th	Apr 9 – May 14	11 a.m. – 12 p.m.	5/\$49.75	215740
Th	May 21 – Jun 25	11 a.m. – 12 p.m.	6/\$59.70	215741

Dance: Line Dance All Levels (19+ yrs)

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

at *Dogwood Pavilion*

Tu	Apr 7 – May 12	3:15 – 4:15 p.m.	6/\$59.70	216960
F	Apr 10 – May 15	2:15 – 3:15 p.m.	6/\$59.70	217061
Tu	May 19 – Jun 23	3:15 – 4:15 p.m.	6/\$59.70	216962
F	May 22 – Jun 26	2:15 – 3:15 p.m.	5/\$49.75	217067

Dance: Line Dance Beginner (19+ yrs)

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

at *Glen Pine Pavilion*

M	Apr 13 – May 11	6:15 – 7:15 p.m.	5/\$49.75	217087
M	May 25 – Jun 22	6:15 – 7:15 p.m.	5/\$49.75	217088

Dance: Line Dance Foundations (19+ yrs)

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

at *Dogwood Pavilion*

Tu	Apr 7 – May 12	2 – 3 p.m.	6/\$59.70	216959
Tu	May 19 – Jun 23	2 – 3 p.m.	6/\$59.70	216961

Dance: Nightclub Two-Step Foundations Workshop (19+ yrs)

Nightclub Two-Step dancing for two! Diversify your dancing with this contemporary social dance. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at *Dogwood Pavilion*

Sa	May 9	1:30 – 3:30 p.m.	1/\$19.90	217202
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Dance: Persian Dance All Levels (19+ yrs)

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

at *Glen Pine Pavilion*

M	Apr 13 – May 11	5 – 6 p.m.	5/\$49.75	217085
M	May 25 – Jun 22	5 – 6 p.m.	5/\$49.75	217086

Dance: Rumba Foundations (19+ yrs)

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

at *Dogwood Pavilion*

M	Apr 13 – May 4	6 – 7 p.m.	4/\$39.80	216954
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Dance: Swing Foundations Workshop (19+ yrs)

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

at *Dogwood Pavilion*

Sa	Apr 11	1:30 – 3:30 p.m.	1/\$19.90	217200
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Dance: Waltz Foundations Workshop (19+ yrs)

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

at *Dogwood Pavilion*

Sa	Jun 13	1:30 – 3:30 p.m.	1/\$19.90	217207
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Drama: Improv Theatre Foundations (19+ yrs)

Improv or Improvisational is a form of theatre where performances are unplanned and the acting is spontaneous and fun. Improv Foundations is an opportunity to experience the fundamentals and meet others who want to explore this form of freestyle performing.

at Glen Pine Pavilion

M	Apr 13 – May 11	5 – 6:30 p.m.	5/\$78	215580
M	May 25 – Jun 22	5 – 6:30 p.m.	5/\$78	215581

Drama: Improv Theatre Workshop (19+ yrs)

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

at Glen Pine Pavilion

W	Apr 8	7 – 8:30 p.m.	1/\$15.60	215607
W	Apr 22	7 – 8:30 p.m.	1/\$15.60	215608
W	May 13	7 – 8:30 p.m.	1/\$15.60	215609
W	May 27	7 – 8:30 p.m.	1/\$15.60	215610
W	Jun 10	7 – 8:30 p.m.	1/\$15.60	215611
W	Jun 24	7 – 8:30 p.m.	1/\$15.60	215612

at Town Centre Park Community Centre

W	Apr 1	7 – 8:30 p.m.	1/\$15.60	218753
W	May 6	7 – 8:30 p.m.	1/\$15.60	218756
W	Jun 3	7:30 – 9 p.m.	1/\$15.60	218757

Music: Guitar Beginner (19+ yrs)

Beginner guitar for those who have learnt the basics on chords, strumming and how to read tablature. Please bring your own guitar.

at Glen Pine Pavilion

Tu	Apr 7 – May 12	7:30 – 8:30 p.m.	6/\$50.70	215598
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Music: Guitar Intermediate (19+ yrs)

Building on the basics of chords and strumming, you will further expand your skill set and work towards a new set of songs by the end of the course. Please bring your own guitar.

at Glen Pine Pavilion

Tu	May 19 – Jun 23	7:30 – 8:30 p.m.	6/\$50.70	215599
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Music: Singing Voice Skills Foundations (19+ yrs)

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

at Glen Pine Pavilion

Su	Apr 12 – May 10	12:15 – 1:45 p.m.	5/\$63.50	215573
Su	May 17 – Jun 21	12:15 – 1:45 p.m.	6/\$76.20	215575

Music: Themed Group Singing (19+ yrs)

Develop vocal techniques, harmony, and musical expression through group singing and song interpretation. Songs will cover different themes and genres of music.

at Glen Pine Pavilion

Tu	Apr 7 – May 12	6:15 – 7:15 p.m.	6/\$50.70	215594
Tu	May 19 – Jun 23	6:15 – 7:15 p.m.	6/\$50.70	215595

Music: Ukulele Beginner (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at Glen Pine Pavilion

Su	Apr 12 – May 10	11 a.m. – 12 p.m.	5/\$42.25	215570
M	May 25 – Jun 22	7 – 8 p.m.	5/\$42.25	215579

Music: Ukulele Intermediate (19+ yrs)

Building on the basics of chords and strumming, you will further expand your skill set and work towards a new set of songs by the end of the course. Please bring your own ukulele.

at Glen Pine Pavilion

M	Apr 13 – May 11	7 – 8 p.m.	5/\$42.25	215578
Su	May 17 – Jun 21	11 a.m. – 12 p.m.	6/\$50.70	215572



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Sports and Active Play

Archery (19+ yrs)

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

at Pinetree Community Centre

Su	Apr 5 – May 3	9 – 10 a.m.	5/\$75	218057
Su	May 10 – Jun 7	9 – 10 a.m.	5/\$75	218058

Archery 16 yrs+ (16+ yrs)

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

at Pinetree Community Centre

Su	Apr 5 – May 3	10:15 – 11:15 a.m.	5/\$75	218059
Su	May 10 – Jun 7	10:15 – 11:15 a.m.	5/\$75	218060

Badminton: Skills and Drills (16+ yrs)

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

at Maillardville Community Centre

W	Apr 8 – May 6	5:30 – 6:45 p.m.	5/\$65	219161
W	May 13 – Jun 10	5:30 – 6:45 p.m.	5/\$65	219162

Badminton: Skills and Drills (19+ yrs)

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

at Pinetree Community Centre

Su	Apr 5 – May 3	2:15 – 3:45 p.m.	5/\$78	218216
Su	May 10 – Jun 7	2:15 – 3:45 p.m.	4/\$62.40	218217

Pickleball Clinic: Improve Your Returns (16+ yrs)

Make your return shot work for you. Learn strategies and techniques to place strong, consistent returns that apply pressure, improve positioning and give you an early advantage in every rally.

at Maillardville Community Centre

F	Jun 5	1:15 – 3:15 p.m.	1/\$20.70	219124
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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

Pickleball Clinic: Make, Defend and Win Lob Shots (16+ yrs)

Learn how to use the lob with purpose and confidence. Participants will practice hitting accurate offensive and defensive lobs, defending against lobs and making smart decisions to win rallies using this versatile shot.

at Maillardville Community Centre

F	May 22	1:15 – 3:15 p.m.	1/\$20.70	219102
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Pickleball Clinic: Serves, Returns and Blocks (16+ yrs)

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

at Maillardville Community Centre

F	May 8	1:15 – 3:15 p.m.	1/\$20.70	219090
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Pickleball Clinic: Transition Zone Play (16+ yrs)

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

at Maillardville Community Centre

F	May 15	1:15 – 3:15 p.m.	1/\$20.70	219092
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Pickleball Clinic: Volley Shots and Fast Hands (16+ yrs)

Speed up your reactions at the net! Sharpen hand speed while building consistency and control through effective resets, blocks, and roll and punch volleys. Gain confidence handling fast-paced exchanges and winning points up close.

at Maillardville Community Centre

F	Apr 17	1:15 – 3:15 p.m.	1/\$20.70	219084
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Pickleball Clinics: Attacks and Counter Attacks (16+ yrs)

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

at Maillardville Community Centre

F	Jun 12	1:15 – 3:15 p.m.	1/\$20.70	219126
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Pickleball: Beginner (16+ yrs)

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

at Maillardville Community Centre

M	Apr 13 – May 4	3:30 – 5 p.m.	4/\$62.40	219157
M	May 11 – Jun 8	3:30 – 5 p.m.	4/\$62.40	219158

Pickleball: Beginner (19+ yrs)

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

at Poirier Forum

Tu	Apr 7 – May 12	11 a.m. – 12:30 p.m.	6/\$93.60	216984
W	Apr 8 – May 13	11 a.m. – 12:30 p.m.	6/\$93.60	217007
Th	Apr 9 – May 14	11 a.m. – 12:30 p.m.	6/\$93.60	217021
Tu	May 19 – Jun 23	11 a.m. – 12:30 p.m.	6/\$93.60	216985
W	May 20 – Jun 24	11 a.m. – 12:30 p.m.	6/\$93.60	217011
Th	May 21 – Jun 25	11 a.m. – 12:30 p.m.	6/\$93.60	217023

Pickleball: Round Robin Play (16+ yrs)

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

at Maillardville Community Centre

F	Apr 10	1:30 – 4:30 p.m.	1/\$20.70	219074
F	May 1	1:30 – 4:30 p.m.	1/\$20.70	219087
F	Jun 19	1:30 – 4:30 p.m.	1/\$20.70	219127

Pickleball: Skills and Drills (16+ yrs)

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

at Centennial Activity Centre

Su	Apr 12 – May 3	11 a.m. – 12:30 p.m.	4/\$62.40	217226
Su	May 10 – Jun 7	11 a.m. – 12:30 p.m.	5/\$78	217228

at Maillardville Community Centre

M	Apr 13 – May 4	5:15 – 6:45 p.m.	4/\$62.40	219159
M	May 11 – Jun 8	5:15 – 6:45 p.m.	4/\$62.40	219160

Pickleball: Skills and Drills (19+ yrs)

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

at Poirier Forum

W	Apr 8 – May 13	12:45 – 2:15 p.m.	6/\$93.60	216997
W	May 20 – Jun 24	12:45 – 2:15 p.m.	6/\$93.60	217005

Seniors Can Move (50+ yrs)

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

at Maillardville Community Centre

Tu	Apr 7 – Jun 9	10 – 11 a.m.	10/\$10	219229
Tu	Apr 7 – Jun 9	11:15 a.m. – 12:15 p.m.	10/\$10	219230
Tu	Apr 7 – Jun 9	1 – 2 p.m.	10/\$10	219231

Volleyball: Skills and Drills (16+ yrs)

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

at Centennial Activity Centre

Su	Apr 12 – May 3	5:15 – 6:15 p.m.	4/\$41.40	217227
Su	May 10 – Jun 7	5:15 – 6:15 p.m.	5/\$51.75	217229

at Maillardville Community Centre

Th	Apr 9 – May 7	6 – 7 p.m.	5/\$51.75	219163
Th	May 14 – Jun 11	6 – 7 p.m.	5/\$51.75	219165

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.

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: All Tied Up – Make Rope Jewelry

(19+ yrs) ●▲◆

Create your own unique beautiful jewelry with just some pieces of rope and thread. You will learn to make bracelets and necklaces in two different designs by using tying, knotting and winding techniques that you can easily tweak and customize.

at Dogwood Pavilion

M May 25 – Jun 1 6 – 8 p.m. 2/\$47.40 216050

Crafts: Beginner Crochet (19+ yrs) ▲

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

at Town Centre Park Community Centre

Tu Apr 7 – May 5 6 – 8 p.m. 5/\$75.50 218893

Crafts: Crochet Intermediate (19+ yrs) ◆

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

at Town Centre Park Community Centre

Tu May 12 – Jun 9 6 – 8 p.m. 5/\$75.50 218894

Crafts: Needle Felting (19+ yrs) ●▲◆

Learn the basics of needle felting while creating an adorable wool bumble bee in this beginner-friendly class. All materials are provided, and you'll leave with a handmade bee and the skills to keep felting at home.

at Dogwood Pavilion

W Apr 1 9:30 – 11:30 a.m. 1/\$23.70 219669

Crafts: Summer Wreath Workshop (19+ yrs) ●▲◆

Create a Summer wreath to decorate your door or a wall in your home.

at Glen Pine Pavilion

Th Jun 11 6:30 – 8:30 p.m. 1/\$23.70 215238

Creating Smartphone Art Photography Workshop (19+ yrs) ●▲◆

Using your Smartphone to capture images that can be used to create art that is creative and personal.

at Glen Pine Pavilion

Th May 28 6:30 – 8:30 p.m. 1/\$23.70 217099

Drawing: Artful Architecture (19+ yrs) ●▲◆

Explore different ways to draw buildings and related landscapes in inventive ways. This class blends perspective, composition, and creative interpretation to bring architectural and structural subjects to life.

at Dogwood Pavilion

Th May 21 – Jun 25 6 – 8 p.m. 6/\$80.40 218041

Drawing: Beginner (19+ yrs) ▲

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

at Dogwood Pavilion

M Apr 13 – May 11 11:45 a.m. – 1:45 p.m. 5/\$67 215460

Drawing: Charcoal Drawing (19+ yrs) ●▲◆

Using Charcoal sticks to create images based on shading techniques and the value scale from dark to light in this four session workshop.

at Glen Pine Pavilion

M Apr 20 – May 11 11:15 a.m. – 12:45 p.m. 4/\$40.20 218261

M Jun 1 – Jun 22 11:15 a.m. – 12:45 p.m. 4/\$40.20 218263

All Abilities Welcome!

Visit page 4 for details

Drawing: Coloured Pencils (19+ yrs) ○ ▲ ◆

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

at Dogwood Pavilion

M	Apr 13 – May 11	9 – 11:30 a.m.	5/\$83.75	215458
M	May 25 – Jun 22	9 – 11:30 a.m.	5/\$83.75	215459

at Glen Pine Pavilion

F	May 22 – Jun 26	11:30 a.m. – 1:30 p.m.	6/\$80.40	216063
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Drawing: Coloured Pencils – Still Life (19+ yrs) ○ ▲ ◆

Learn to draw from a still life set up (no reference photos) using coloured pencils. Develop skills in colour layering, blending and using light and shadow while drawing fruit and other simple still life objects.

at Dogwood Pavilion

Tu	Apr 7 – May 12	9 – 11:30 a.m.	6/\$100.50	216251
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Drawing: Coloured Pencils – Still Life – Try It (19+ yrs) ○ ▲ ◆

Try a single sample class to meet the instructor and learn more about the course. Learn to draw from a still life set up (no reference photos) using coloured pencils. Develop skills in colour layering, blending and using light and shadow while drawing fruit and other simple still life objects.

at Dogwood Pavilion

Tu	Mar 31	9 – 11:30 a.m.	1/\$16.75	217139
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Drawing: Coloured Pencils Beginner Workshop (19+ yrs) ▲

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

at Town Centre Park Community Centre

Th	May 7	6:30 – 8:30 p.m.	1/\$17.10	218385
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Drawing: Drawing All Levels (19+ yrs) ○ ▲ ◆

Drawing is fundamental artistic technique using lines and marks (pencil, ink, digital) to create images, focusing on form, shape, and line rather than just color.

at Glen Pine Pavilion

Tu	Apr 7 – May 12	9 – 11 a.m.	6/\$80.40	215357
Th	Apr 9 – May 14	6:30 – 8:30 p.m.	6/\$80.40	215361
Tu	May 19 – Jun 23	9 – 11 a.m.	6/\$80.40	215358
Th	May 21 – Jun 25	6:30 – 8:30 p.m.	6/\$80.40	215362

Drawing: Drawing Fun (19+ yrs) ▲

Discover the joy of drawing for fun with free flowing positive class with no fear of “getting it right”. Playful, fast and success-guaranteed activities. No eraser needed!

at Dogwood Pavilion

Th	Apr 2	6 – 8 p.m.	1/\$13.40	218180
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Drawing: Exploring Pastels (19+ yrs) ○ ▲ ◆

Explore the colourful 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

Tu	May 19 – Jun 23	9:30 – 11:30 a.m.	6/\$80.40	216253
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Drawing: Exploring Pastels Try It (19+ yrs) ○ ▲ ◆

Try a sample class to meet the instructor and learn more about the course. Explore the colourful 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

M	Mar 30	9:30 – 11:30 a.m.	1/\$13.40	217183
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Drawing: Expressive Faces (19+ yrs) ○ ▲ ◆

In this class, students will learn how to draw faces that show emotion, expression, and personality. Starting with basic facial structure and proportions, the class will explore how small changes in features can dramatically change an expression.

at Dogwood Pavilion

W	May 20 – Jun 24	9:30 – 11:30 a.m.	6/\$80.40	216125
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Drawing: Figure Drawing Beginner Workshop (19+ yrs) ▲

This beginner workshop will provide skills to explore the fundamentals of drawing human form.

at Town Centre Park Community Centre

Th	Apr 9	6:30 – 8:30 p.m.	1/\$17.10	218381
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Drawing: Foundations (19+ yrs) ○

Perfect for beginners, this course introduces the basics of drawing with pencils, charcoal, and pen. Learn foundational skills such as line work, shading, perspective, and light and shadow techniques while exploring your creative potential.

at Dogwood Pavilion

Th	Apr 9 – May 14	6 – 8 p.m.	6/\$80.40	216433
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Drawing: Gesture Drawing and Anatomy Basics

(19+ yrs) ● ▲ ◆

This class focuses on capturing the movement, energy, and flow of the human figure through gesture drawing. Basic anatomy concepts are introduced to support structure and proportion while keeping drawings loose, expressive, and dynamic.

at Dogwood Pavilion

W Apr 8 – May 13 9:30 – 11:30 a.m. 6/\$80.40 216123

Drawing: Intermediate (19+ yrs) ◆

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

at Dogwood Pavilion

M May 25 – Jun 22 11:45 a.m. – 1:45 p.m. 5/\$67 215461

Drawing: Landscapes (19+ yrs) ● ▲ ◆

This course focuses on drawing landscapes emphasizing the rendering of light, shadow, tones and more when drawing in black and white.

at Glen Pine Pavilion

F Apr 10 – May 15 11:30 a.m. – 1:30 p.m. 6/\$80.40 216057

Drawing: Loose Landscapes (19+ yrs) ● ▲ ◆

Enjoy drawing loose landscapes using basic tools of pencils and pens.

at Glen Pine Pavilion

W Apr 8 – May 13 3:30 – 5:30 p.m. 6/\$80.40 215547

Drawing: Pastel Workshop (19+ yrs) ● ▲ ◆

Learn all about the exciting world of pastels in this workshop. Basic approach, drawing, techniques, mixing and blending, materials, finishing and more will be covered.

at Glen Pine Pavilion

Th Jun 25 6:30 – 8:30 p.m. 1/\$23.70 217102

Drawing: Playing with Portraits (19+ yrs) ● ▲ ◆

Enjoy drawing portraits using basic tools of pencils and pens.

at Glen Pine Pavilion

W May 20 – Jun 24 3:30 – 5:30 p.m. 6/\$80.40 215548

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.

Drawing: Plein Air Drawing in the Rose Garden

(19+ yrs) ● ▲ ◆

Be inspired by the roses and structures in the Centennial Rose Garden at Dogwood Pavilion in this plein air drawing class. Build confidence in discovering the pleasures and restraints of drawing in the outdoors.

at Dogwood Pavilion

W Jun 17 6 – 8 p.m. 1/\$13.40 215977

Drawing: Sketching and Drawing Workshop

(19+ yrs) ● ▲ ◆

Sketching is fundamental artistic technique for drawing involving quick, informal, and simplified drawings to capture basic forms and structure of a subject or idea.

at Town Centre Park Community Centre

Th Apr 23 6:30 – 8:30 p.m. 1/\$17.10 218383

Drawing: Water-Soluble Pencils, Crayons and Pastels (19+ yrs) ● ▲ ◆

Explore the expanding world of water soluble materials such as pencil crayons, crayons and pastels. Add splashes of colour to your drawings with these unique tools!

at Glen Pine Pavilion

Tu Apr 7 – May 12 11:30 a.m. – 1 p.m. 6/\$60.30 215542

Mixed Media: Art Explorations (19+ yrs) ● ▲ ◆

Explore a variety of materials by drawing, painting and collage, using graphite, ink, pastels or water-soluble paint. You never know what we'll get up to in this fun class which will focus on spring themes of birds, buds, bugs and fresh colours.

at Dogwood Pavilion

Sa Apr 11 – May 16 9:30 – 11:30 a.m. 6/\$80.40 215870

Sa May 23 – Jun 27 9:30 – 11:30 a.m. 5/\$67 215873

Mixed Media: Creative Open Art Learning (19+ yrs) ● ▲ ◆

With guidance, learn how to use your imagination and whatever choice of art projects you have wanted to explore or already started and need some incentive to complete. The options are endless for painting, drawing, crafts, needlefelt, clay and more.

at Glen Pine Pavilion

Th May 21 – Jun 25 11:30 a.m. – 1:30 p.m. 6/\$80.40 215675

All Abilities Welcome!

Visit page 4 for details

Mixed Media: Exploring Water Soluble Materials (19+ yrs) ● ▲ ◆

Graphite, pastels, pencil crayons, watercolours, inks ... so many materials dissolve with water. Water soluble materials can be used wet or dry, on their own or together, to create marvelous masterpieces. Learn techniques to help use these tools confidently and creatively. Themes of nature, clouds, sky and botanicals will be explored.

at Dogwood Pavilion

M	Apr 13 – May 11	2 – 4 p.m.	5/\$67	215462
M	May 25 – Jun 22	2 – 4 p.m.	5/\$67	215463

Mixed Media: Inks and Watercolours (19+ yrs) ● ▲ ◆

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

at Glen Pine Pavilion

Tu	May 19 – Jun 23	11:30 a.m. – 1 p.m.	6/\$60.30	215543
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Mixed Media: Magic in Motion – Water Soluble Art Try it (19+ yrs) ● ▲ ◆

Try a single, sample class to meet the instructor and learn about the course, Exploring Water Soluble Materials. Have fun with the the magic of water soluble pencils. Experiment with soft lines, shading, and washes to create flowing, textured designs with depth and movement.

at Dogwood Pavilion

M	Mar 30	2 – 4 p.m.	1/\$13.40	217104
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Mixed Media: Persian Geometry and Symbolism (19+ yrs) ● ▲ ◆

Explore the rich visual language of Persian art through geometry, symbolism, and pattern in this mixed media class. Students will experiment with layered materials and traditional motifs to create an artwork inspired by Persian design.

at Dogwood Pavilion

Su	Apr 12 – May 10	11:30 a.m. – 1:30 p.m.	5/\$67	216216
Su	May 17 – Jun 14	11:30 a.m. – 1:30 p.m.	5/\$67	216220

Mixed Media: Persian Illustrations Workshop (19+ yrs) ● ▲ ◆

Explore the philosophy and symbolism of Persian art with chosen motifs, creating new imagery that engages with the timeless patterns into fresh, colourful pieces expressing your personal vision.

at Glen Pine Pavilion

Th	Apr 30	6:30 – 8:30 p.m.	1/\$23.70	217092
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Painting: Abstract Botanicals in Acrylics (19+ yrs) ● ▲ ◆

Abstract Botanicals is an art style that blends natural plant and flower forms with modern abstract techniques using simplified shapes, bold colors, or textured layers in acrylics.

at Glen Pine Pavilion

M	Apr 27 – May 4	9 – 11 a.m.	2/\$47.40	215232
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Painting: Acrylic Afternoons (19+ yrs) ● ▲ ◆

Working in acrylic paint, the afternoon is designed to accommodate individual levels with the focus on the presented visual for each set. Practice colour mixing with different brushes to create paintings that showcase the versatility of the medium.

at Glen Pine Pavilion

F	Apr 10 – May 1	2 – 4 p.m.	4/\$53.60	216068
F	May 8 – May 29	2 – 4 p.m.	4/\$53.60	216069
F	Jun 5 – Jun 26	2 – 4 p.m.	4/\$53.60	216070

Painting: Acrylic All Levels (19+ yrs) ● ▲ ◆

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

at Dogwood Pavilion

W	Apr 8 – May 13	12:30 – 3 p.m.	6/\$100.50	215491
W	May 20 – Jun 24	12:30 – 3 p.m.	6/\$100.50	215492

at Glen Pine Pavilion

Tu	Apr 7 – May 12	9 – 11:30 a.m.	6/\$100.50	215234
Tu	May 19 – Jun 23	9 – 11:30 a.m.	6/\$100.50	215235

Painting: Acrylic Beginner (19+ yrs) ● ▲ ◆

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint.

at Dogwood Pavilion

Th	Apr 9 – May 14	9:30 – 11:30 a.m.	6/\$80.40	215493
Th	May 21 – Jun 25	9:30 – 11:30 a.m.	6/\$80.40	215494

at Glen Pine Pavilion

Tu	Apr 7 – May 12	6:30 – 8:30 p.m.	6/\$80.40	216045
Tu	May 19 – Jun 23	6:30 – 8:30 p.m.	6/\$80.40	216046
Sa	May 23 – Jun 27	9:30 – 11:30 a.m.	6/\$80.40	215240

Oops! We cancelled it...

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

Painting: Acrylic Foundations (19+ yrs) ●

Perfect for those with no background in painting, this course covers basic techniques to start acrylic painting. Learn how to choose the right materials and explore essential skills such as paint layering, colour mixing, texture creation, and brush control.

at Dogwood Pavilion

Tu Apr 14 – May 5 6 – 8 p.m. 4/\$53.60 216051

at Glen Pine Pavilion

Sa Apr 11 – May 16 9:30 – 11:30 a.m. 6/\$80.40 215239

Painting: Acrylic Foundations Workshop

(19+ yrs) ●▲◆

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

at Town Centre Park Community Centre

Th Apr 16 6:30 – 8:30 p.m. 1/\$23.70 218382

Painting: Acrylic Mini Painting – Still Life

(19+ yrs) ●▲◆

Create a small-scale acrylic painting inspired by a still life set while focusing on composition, color, and brushwork. Students will learn techniques for working in miniature format through guided observation and hands-on practice.

at Dogwood Pavilion

Tu Mar 31 1 – 3 p.m. 1/\$23.70 216052

Painting: Acrylic Paint Night – April Showers

(19+ yrs) ●▲◆

An acrylic paint night based on the theme of April Showers.

at Glen Pine Pavilion

Th Apr 23 6:30 – 8:30 p.m. 1/\$23.70 217125

Painting: Acrylic Paint Night – Cherry Blossoms

(19+ yrs) ●▲◆

Cherry Blossoms in Spring is a wonderful subject to create on canvas because the colours in acrylics are bright, fresh and pretty.

at Glen Pine Pavilion

Th Apr 9 6:30 – 8:30 p.m. 1/\$23.70 215050

Painting: Acrylic Paint Night – Floral Bouquet

(19+ yrs) ●▲◆

A beautiful floral bouquet painted in acrylics will be a nice feature on a wall or a perfect Spring gift.

at Glen Pine Pavilion

Th May 7 6:30 – 8:30 p.m. 1/\$23.70 215051

Painting: Acrylic Paint Night – Seashells and Starfish
(19+ yrs) ●▲◆

Hear the waves and smell the ocean as you paint seashells and starfish in acrylics.

at Glen Pine Pavilion

Th Jun 4 6:30 – 8:30 p.m. 1/\$23.70 215054

Painting: Acrylic Paint Night – Wooden Plank Workshop (19+ yrs) ●▲◆

Create a lovely wooden plank sign for to decorate your home or to gift this Spring season.

at Glen Pine Pavilion

Th May 14 6:30 – 8:30 p.m. 1/\$23.70 217128

Painting: Acrylic Paint Workshop – Bold and Bright Jellyfish (19+ yrs) ●▲◆

Join us for an acrylic painting two session workshop and create your own vibrant jellyfish using bold, bright colors. Learn layering, blending, and flowing brush techniques to bring these glowing underwater creatures to life.

at Dogwood Pavilion

W Apr 29 – May 6 6 – 8 p.m. 2/\$47.40 215957

Painting: Acrylic Painting Workshop – Water Lilies

(19+ yrs) ●▲◆

This beginner, step-by-step class is an excellent two-week introduction to acrylic painting. Inspired by Claude Monet's Water Lilies, students will explore light, color, and reflection while creating a peaceful, expressive pond scene.

at Dogwood Pavilion

Tu May 19 – May 26 6 – 8 p.m. 2/\$47.40 216126

Painting: Acrylic Techniques – Painting Expressive Eyes (19+ yrs) ●▲◆

Eyes bring a painting to life. This acrylic workshop guides the process of painting expressive eyes, from basic structure to refined details, with personalized instruction for every skill level.

at Dogwood Pavilion

W Apr 1 12:30 – 3 p.m. 1/\$16.75 217041

Painting: Adding Texture to Acrylic Painting

(19+ yrs) ●▲◆

Explore texture and a variety of acrylic mediums to add depth and visual interest. Students will experiment with four different mediums to create layered, tactile effects through demonstration and practice.

at Dogwood Pavilion

Th Apr 2 1 – 3 p.m. 1/\$23.70 217441

Painting: Captivating Scenery in Watercolour

(19+ yrs) ● ▲ ◆

Wet On Dry, Wet On Wet, and Layering. Explore different painting effects with watercolour while focusing on composition and brushwork to create captivating scenery.

at *Glen Pine Pavilion*

W May 20 – Jun 24 1–3 p.m. 6/\$80.40 215037

Painting: Cascading Waterfalls in Acrylics

(19+ yrs) ● ▲ ◆

Using acrylics to capture on canvas an image of a cascading waterfall. This involves layering darks, lights, and whites with varied brushstrokes to create movement, spray, and reflections.

at *Glen Pine Pavilion*

M Jun 8 – Jun 15 9–11 a.m. 2/\$47.40 215233

Painting: East Asian Techniques: Sumi Ink Drawing and Watercolour (19+ yrs) ● ▲ ◆

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

at *Poirier Community Centre*

F May 1 – Jun 5 9:30–11:30 a.m. 6/\$80.40 219794

Painting: East Asian Techniques: Sumi Ink Drawing and Watercolour Workshop (19+ yrs) ● ▲ ◆

Try this workshop to meet the instructor and learn more about the course. Explore the fusion of East Asian Ink and classic watercolour techniques through expressive line work, washes and layering using Eastern brush methods and materials.

at *Dogwood Pavilion*

F Apr 10 – Apr 17 9:30–11:30 a.m. 2/\$47.40 217379

Painting: Intuitive Painting to Music Workshop

(19+ yrs) ● ▲ ◆

This beginner step by step class is an excellent introduction to acrylic painting so you can focus on painting intuitively with the music in the background providing inspiration.

at *Glen Pine Pavilion*

Th May 21 6:30–8:30 p.m. 1/\$23.70 215237

Painting: Plein Air Acrylic in the Rose Garden

(19+ yrs) ● ▲ ◆

Join us for a unique plein air acrylic paint night in the Centennial Rose Garden. Build confidence in discovering the pleasures and restraints of painting outdoors.

at *Dogwood Pavilion*

W Jun 24 6–8 p.m. 1/\$23.70 215964

Painting: Spring Flowers Bottle Lantern

(19+ yrs) ● ▲ ◆

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

at *Glen Pine Pavilion*

Th Apr 16 6:30–8:30 p.m. 1/\$23.70 215236

Painting: Spring Tulips in Acrylics (19+ yrs) ● ▲ ◆

Bright and cheerful Spring Tulips captured on a canvas in vibrant acrylics in a fun workshop.

at *Glen Pine Pavilion*

M Apr 13 – Apr 20 9–11 a.m. 2/\$47.40 215230

Painting: Summer Landscape in Acrylics

(19+ yrs) ● ▲ ◆

Paint a Summer Landscape in acrylics in this two session workshop.

at *Glen Pine Pavilion*

M May 25 – Jun 1 9–11 a.m. 2/\$47.40 215231

Painting: Urban Sketching Title Pages and Layouts

(19+ yrs) ● ▲ ◆

Learn how to layout your urban sketching pages in a way that brings the whole page together by drawing objects, scenes, and fun lettering using pens and colours.

at *Glen Pine Pavilion*

Th Apr 9 – May 14 11:30 a.m. – 1:30 p.m. 6/\$80.40 215670

Painting: Watercolour All Levels (19+ yrs) ● ▲ ◆

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

at *Glen Pine Pavilion*

Su Apr 12 – May 10 10:15 a.m. – 12:45 p.m. 5/\$83.75 215355

Su May 17 – Jun 21 10:15 a.m. – 12:45 p.m. 6/\$100.50 215356

All Abilities Welcome!

Visit page 4 for details



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Painting: Watercolour Beginner (19+ yrs) ▲

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

at Dogwood Pavilion

Tu	Apr 7 – May 12	12:30 – 3 p.m.	6/\$100.50	215487
Th	Apr 9 – May 14	12:30 – 3 p.m.	6/\$100.50	215489
Tu	May 26 – Jun 23	12:30 – 3 p.m.	5/\$83.75	215488
Th	May 28 – Jun 25	12:30 – 3 p.m.	5/\$83.75	215490

at Glen Pine Pavilion

F	Apr 10 – May 15	9 – 11 a.m.	6/\$80.40	216055
F	May 22 – Jun 26	9 – 11 a.m.	6/\$80.40	216056

Painting: Watercolour Beginner Workshop (19+ yrs) ▲

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

at Town Centre Park Community Centre

Th	Apr 30	6:30 – 8:30 p.m.	1/\$23.70	218384
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Painting: Watercolour Bright Patterns and Geometrics (19+ yrs) ●▲◆

Bring the fun back into watercolour! In this approachable beginner-friendly class, explore bright rainbow colours and apply these into fun geometric forms and patterns. Step-by-step instructions including colour mixing and layering lessons.

at Glen Pine Pavilion

W	Apr 8 – May 13	1–3 p.m.	6/\$80.40	215047
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Painting: Watercolour Colour Theory (19+ yrs) ●▲◆

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

at Glen Pine Pavilion

Th	Apr 9 – May 14	9 – 11 a.m.	6/\$80.40	215665
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Painting: Watercolour for Urban Sketching Themes (19+ yrs) ●▲◆

Focuses on casual urban sketching themes of streets and buildings using watercolour to bring your illustrations life.

at Glen Pine Pavilion

M	Apr 13 – May 11	6:30 – 8:30 p.m.	5/\$67	217121
M	May 25 – Jun 22	6:30 – 8:30 p.m.	5/\$67	217122

Painting: Watercolour Intermediate (19+ yrs)

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

at Dogwood Pavilion

Tu	Apr 7 – May 12	9:30 a.m. – 12 p.m.	6/\$100.50	215485
Tu	May 26 – Jun 23	9:30 a.m. – 12 p.m.	5/\$83.75	215486

at Glen Pine Pavilion

W	Apr 8 – May 13	11:30 a.m. – 1:30 p.m.	6/\$80.40	215359
W	May 20 – Jun 24	11:30 a.m. – 1:30 p.m.	6/\$80.40	215360

Painting: Watercolour Paint Night – Lavender Fields (19+ yrs) ●▲◆

Capture the beauty of spring with a guided paint class inspired by rolling lavender fields. Learn how to use colour, brushwork, and layering to create depth, movement, and atmosphere in a peaceful landscape.

at Dogwood Pavilion

W	May 27	6 – 8 p.m.	1/\$23.70	215961
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Painting: Watercolour Paint Night – Flower Garden (19+ yrs) ●▲◆

Using pretty watercolours to create a painting of a flower garden of beautiful blooms.

at Glen Pine Pavilion

Th	Jun 18	6:30 – 8:30 p.m.	1/\$23.70	217129
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Painting: Watercolour Techniques (19+ yrs) ●▲◆

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

at Dogwood Pavilion

Sa	Apr 11 – May 16	1–3 p.m.	6/\$80.40	217288
Sa	May 23 – Jun 27	1–3 p.m.	5/\$67	217298

All Abilities Welcome!

Visit page 4 for details

Painting: Watercolour Techniques – Brushwork

(19+ yrs) ● ▲ ◆

This watercolour workshop explores brushwork in more detail, including washes, blooms, and textures, using Easter lilies as inspiration. Learn how to control your brush to create petal shapes, depth, and expressive floral effects.

at Dogwood Pavilion

Th	Apr 2	9:30 – 11:30 a.m.	1/\$13.40	217124
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Painting: Watercolour/Gouache Whimsical Plants

(19+ yrs) ● ▲ ◆

Using either watercolour mixed with some white gouache or gouache itself, learn to draw and paint simplified whimsical plants.

at Glen Pine Pavilion

Th	May 21 – Jun 25	9 – 11 a.m.	6/\$80.40	215672
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Photography: Photography Foundations (19+ yrs) ●

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

at Dogwood Pavilion

Sa	May 9 – Jun 6	12:30 – 2 p.m.	5/\$50.25	217081
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Photography: Smartphone Camera Foundations

(19+ yrs) ●

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

at Dogwood Pavilion

Tu	May 26 – Jun 16	6:30 – 8 p.m.	4/\$40.20	217435
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Videography Foundations (19+ yrs) ●

Learn the basics of videography with a focus on learning the basics of composition, lighting and audio along with editing. Please bring what gear you have (phone, tripod, etc).

at Dogwood Pavilion

Su	Apr 12 – May 10	9:15 – 11:15 a.m.	5/\$67	216228
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Su	May 17 – Jun 14	9:15 – 11:15 a.m.	5/\$67	216233
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Videography Workshop (19+ yrs) ● ▲ ◆

A workshop on basics of videography with a focus on learning the basics of composition, lighting and audio along with editing.

at Glen Pine Pavilion

Th	Jun 11	6:30 – 8:30 p.m.	1/\$23.70	217100
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Woodworking: Woodcarving Beginner (19+ yrs) ▲

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

at Dogwood Pavilion

W	Apr 8 – May 13	6 – 8 p.m.	6/\$80.40	217301
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W	May 20 – Jun 24	6 – 8 p.m.	6/\$80.40	217383
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Woodworking: Woodcarving Intermediate Lighthouses (19+ yrs) ◆

Refine your carving skills by creating a detailed lighthouse from basswood, inspired by reference photos. Learn techniques for shaping, texturing, and adding fine details such as shingles, windows, and stonework, with room for your own creative design.

at Dogwood Pavilion

W	Apr 8 – May 13	1:30 – 3:30 p.m.	6/\$82.80	217299
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Woodworking: Woodcarving Intermediate Whimsical Houses (19+ yrs) ◆

Build on your carving skills by learning to carve a whimsical house from basswood, inspired by reference photos. Learn techniques for shaping, texturing, and detailing features like shingles, doors, and windows while adding your own creative touches.

at Dogwood Pavilion

W	May 20 – Jun 24	1:30 – 3:30 p.m.	6/\$82.80	217300
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Woodworking: Woodworking Foundations (19+ yrs) ●

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

at Dogwood Pavilion

Sa	Apr 11 – May 16	9:30 – 11:30 a.m.	6/\$228	217224
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Sa	Apr 11 – May 16	12 – 2 p.m.	6/\$228	218936
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Sa	May 23 – Jun 27	9:30 – 11:30 a.m.	6/\$228	217225
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Sa	May 23 – Jun 27	12 – 2 p.m.	6/\$228	218937
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50 Plus Services and Activities

Pre-Registered Drop-Ins

Glen Pine Activity Groups and Clubs are added in to the drop-in activities section of the registration system. Enjoy the same fantastic services and activities with added flexibility.

When to register

Up to 7 days in advance to secure your spot.

How to pay

Participants can now use their ONE PASS towards the drop-in admission fee. Eligible participants can also apply their Financial Assistance for Recreation (FAR) credit towards these drop-in activities. Learn more about Financial Assistance for Recreation at coquitlam.ca/FAR



Staying active and social as you age can help you feel younger and keep you healthier.

Coquitlam offers programming, activities and services specifically for residents 50 years and older. Our pavilions are adult-oriented centres with a focus on programming for older adults. To learn more about 50 Plus services in Coquitlam, visit coquitlam.ca/50Plus



Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | coquitlam.ca/dogwood

Amenities:

- Food services
- Fully equipped wood working shop
- Snooker room
- Lapidary workshop
- Library
- Rose garden and surrounding gardens
- Bocce court
- Free Wi-Fi



Glen Pine Pavilion

1200 Glen Pine Crt. | 604-927-6940 | coquitlam.ca/GlenPine

Amenities:

- Computer lab
- Food services
- Fully equipped and accessible fitness centre
- Lounge
- Library
- Spirit Square
- Free Wi-Fi



Dogwood Pavilion Activity Groups (50+ yrs)

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 40 groups and clubs to support the cultural, physical, educational and social needs of adults who are 50+. These activities are led by volunteer leaders and supported by the Board of Directors. Membership in the society is required for ongoing participation. Activity fees may apply. *To register for, or learn more about Dogwood Activity Group programs, visit DogwoodSeniors50Plus.com, email DogwoodSeniors50Plus@gmail.com, or call 604-927-6098.* Activities take place at Dogwood Pavilion or the neighbouring buildings.

Bocce

Bocce is a variant of lawn bowling played outdoors on the field adjacent to the Rose Garden.

Tuesday and Friday 9:30 – 11:30 a.m.

Book Club

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

Third Wednesday of the month 1 – 3 p.m.

Bridge: Casual

Bridge is a four player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere.

Wednesday 12:30 – 3:30 p.m.

Bridge: Duplicate

Duplicate bridge is played in pairs. Prior to coming to play, players arrange their own partner.

Friday 1 – 4 p.m.

Bridge: Social

Bridge is a four player partnership trick-taking game with 13 tricks per deal. A welcoming social atmosphere for players who enjoy the game.

Tuesday 1 – 4 p.m.

Canadian Council of the Blind

The CCB is a support and social group for those who are blind, deaf blind or living with vision loss.

Thursday 1 – 3 p.m.

Canasta

Canasta is a card game resembling Rummy. It is played by two pairs of partners and the aim is to collect sets of cards.

Wednesday 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.

Current Events

The social group engages in thoughtful discussions about current events and global news. Members actively share ideas and opinions, fostering meaningful and engaging conversations.

Monday 10:30 – 11:30 a.m.



Dogwood Ambassadors

The ambassadors meet and greet the public and give tours of Dogwood Pavilion. They also assist with setting up special events and serving light refreshments.

Third Thursday of the month 1:30 – 2:30 p.m.

Drama

The Drama Group meets to prepare and practice a play to perform. The group produces multiple plays each year.

Monday and Thursday 1:45 – 3:45 p.m.

Floor Hockey

Floor Hockey is derived from Ice Hockey. It is played inside with a plastic ball and plastic stick.

Tuesday 6:30 – 8:15 p.m.

Friendship Circle

The Friendship Circle is a social discussion group open to everyone. Group members bring their ideas for topics and their willingness to share in spirited discussion.

Tuesday 1 – 2:30 p.m.

Garden Club

Whether new to gardening or digging all your life, this group has something for you. Our goal is to promote gardening, increase knowledge and enhance our interest in various horticultural activities.

Second Tuesday of the month 6:15 – 8:15 p.m.

Lapidary

The Lapidary room has equipment for forming stones and minerals into decorative items. The volunteer provides assistance with tips and techniques.

Monday to Friday 9:30 a.m. – 12:30 p.m.

Life Writing

This informal group meets to discuss their life experiences, with the goal of writing them down to make a family history.

Fourth Monday of the month 1 – 3 p.m.

Mexican Train Dominoes

Mexican Train is a game where the object is for all players to play all their dominoes onto one or more trains.

Thursday 12:15 – 3:30 p.m.

Mixed Bag Band

The Mixed Bag Band hosts jam sessions to enjoy and play music with others in a welcoming setting.

Sunday 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 through Friday

Lend a Hand!



Have fun, develop new skills and meet new people!

We are always looking for volunteers to be:

- Cashiers
- Kitchen Assistants
- Meaningful Meals Delivery Drivers
- *and much more*

For more information on becoming a City of Coquitlam volunteer, call 604-927-6076 or visit coquitlam.ca/volunteer.

Songsters

This choir meets weekly to sing together and learn new songs. Occasionally this group performs at social functions and events in the community.

Tuesday 1:45 – 4:15 p.m.

South Asian Group

This is a social and support group for the South Asian community.

Fourth Wednesday of the month 6:30 – 8:15 p.m.

First and third Thursday of the month 10 a.m. – 12 p.m.

Table Tennis

Table tennis is a sport in which two to four players hit a lightweight ball back and forth across a table using small solid racquets.

Sunday 9:15 a.m. – 12:15 p.m.

Monday 4:15 – 6:15 p.m.

Wednesday 4:15 – 8:15 p.m.

Thursday 1:45 – 3:45 p.m.

Turn Up and Paint

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

Wednesday 9:30 – 11:30 a.m.

Wire Wrapping

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

Friday 12:30 – 3 p.m.

Women Helping Others

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

Wednesday 10 a.m. – 12 p.m.

Woodcarving

Members work on individual projects and must bring their own tools and materials.

Monday 1 – 3 p.m.

Thursday 1 – 3:30 p.m.

Woodworking

Members work on individual projects and bring their own materials. The volunteer leader provides assistance with safety, tips and techniques.

Monday through Friday 8:30 a.m. – 1 p.m.

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.



Glen Pine Pavilion Activity Groups LOW COST

The Glen Pine 50 Plus Society is a non-profit organization that promotes low-cost, year-round activities to satisfy the cultural, physical, educational and social needs of senior adults through support of activity groups and programs at Glen Pine Pavilion. Register for Glen Pine Activity Group programs in-person at any recreation facility, by calling **604-927-4386**, or by visiting coquitlam.ca/registration.

\$1

Activity Groups and Clubs now Drop-in.

Pre-registration recommended.

American Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by 4 people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

Friday 12 – 3 p.m.

Art Group (50+ yrs)

Glen Pine Art Group gives you the time and place to draw and paint with other artists. Bring your materials or subject to work on or join others painting from a still set.

Wednesday 9 a.m. – 12 p.m.

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

Saturday 12 – 2:45 p.m.

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

Wednesday 1 – 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.

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by two pairs of partners and the aim is to collect sets of cards. The word Canasta means “basket” in Spanish with the objective being to get a basket-full (or seven) cards of the same rank in order to obtain points for a canasta.

Tuesday 4 – 7 p.m.

Saturday 11:30 a.m. – 2:30 p.m.

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

Monday 1 – 4 p.m.

Carpet Bowling (50+ yrs)

Carpet Bowling is a variant of lawn bowls played indoors. It is easy to learn and newcomers are welcome.

Friday 1:30 – 3:30 p.m.

Casual Bridge

A beginner-level bridge group focused on building on the basics, practicing and enjoying the game in a relaxed and supportive environment. Attending with a partner is not required. Some experience with bidding and play of the hand is recommended.

Thursday 4 – 6 p.m.

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

Wednesday 9 – 10:30 a.m.

Crafters (50+ yrs)

Come join us and have fun while you pursue your favourite hobbies. Knitting, sewing, crocheting and making other crafts for yourself or for the Glen Pine Gift Shop.

Tuesday 1 – 3 p.m.

Current Events (50+ yrs)

With all that is going on in the world right now, take this weekly opportunity to meet like-minded people and talk about concerns, opinions, and points-of-view in respectful discussions and debates. Activity will be facilitated with a working set of protocols based on confidentiality and the rule to “agree to disagree”.

Wednesday 11:15 a.m. – 12:15 p.m.

English Social Club (50+ yrs)

Improve your English. This group meets weekly and discusses current events to enhance your conversational English.

Monday 9:30 – 11:30 a.m.

Freestyle Dance (50+ yrs)

No dance experience required to join the non-instructor-led performance dance activity group. Try different choreographed dances from all cultures with the learning objective to share skills with each other and to celebrate with in-house performances at fun special themed events. No partner dancing.

Friday 9 – 10:30 a.m.

Friendship Group (50+ yrs)

This welcoming group provides opportunities to build new friendships, receive support and connect with others.

Mondays 1:30 – 3:30 p.m.

Glen Pine Sing-A-Long (50+ yrs)

The Glen Pine Sing-A-Long enjoy meeting weekly and singing a variety of songs together.

Thursday 1:45 – 3:45 p.m.

Glen Pine Singers (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

Monday 9:15 – 10:30 a.m.

Iranian Friendship Group (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Alternating Weeks more active activities such as exercises, dance and movement and less active social activities such as games, bingo, conversations.

Tuesday 1:30 – 3:30 p.m.

Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

Tuesday 1:30 – 4:30 p.m.

Thursday 3 – 6 p.m.

Leisure Group (50+ yrs)

This multicultural group welcomes all for an afternoon of different weekly activities. Most of the sessions will be conducted in Cantonese or Mandarin language.

Monday 2 – 4 p.m.

Mexican Train Dominoes (50+ yrs)

Game played with dominoes and the objective is for all players to play all their dominoes from their hand onto 1 or more trains.

Wednesday 1:30 – 4 p.m.

Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Friday afternoon. Must play a musical instrument.

Friday 1:30 – 4 p.m.

Quilters (50+ yrs)

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects. Must have basic sewing/quilting sewing skills.

Friday 9 a.m. – 12 p.m.

Scrabble (50+ yrs)

A word game which 2 – 4 players score points by placing tiles onto the board and forming words.

Friday 9:30 – 11:30 a.m.

Table Tennis (50+ yrs)

Social game with similar principles of lawn tennis, table tennis is a game played on a flat table divided into two equal courts separated by a flexed net across the middle.

Tuesday 1:30 – 4 p.m.

Sunday 10 – 11:45 a.m. and 12 – 1:45 p.m.

Traditional Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by four people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

Monday 9 a.m. – 12 p.m.

Whist with a Twist (50+ yrs)

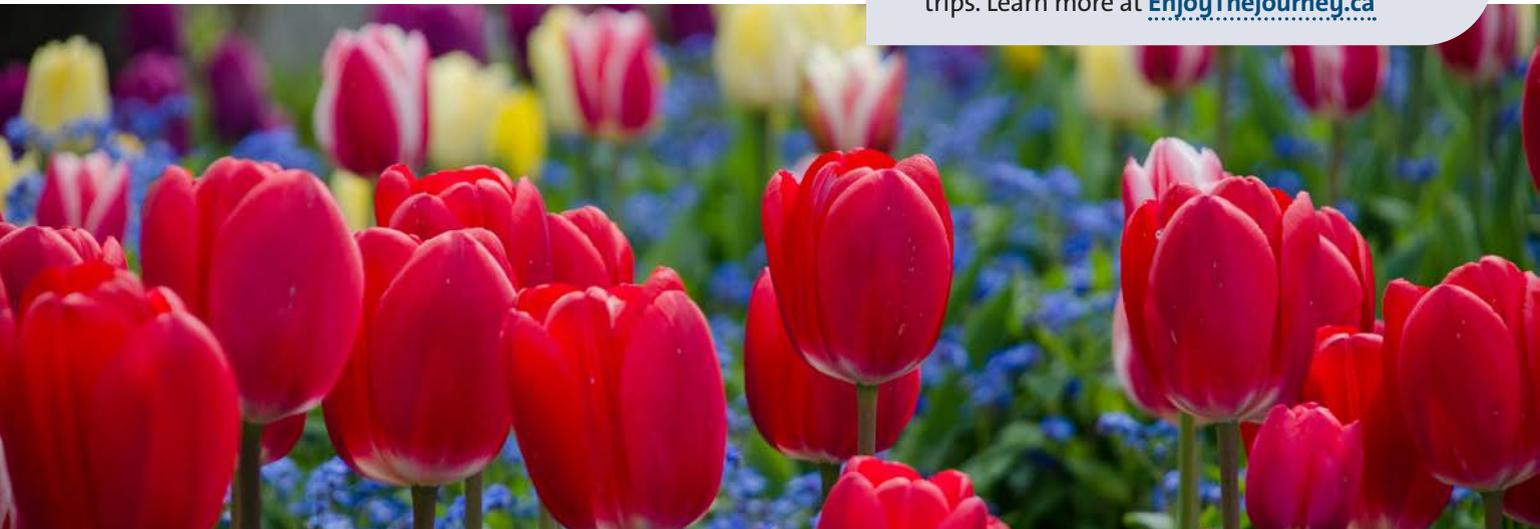
Social card game usually played in 2 pairs of players, in which points are scored according to the number of tricks won.

Thursday 1 – 3:30 p.m.

Bus Trips

To learn more about each trip including departure times, visit coquitlam.ca/GlenPine.

These are all *Enjoy the Journey* all-inclusive trips. Learn more at EnjoyTheJourney.ca



A Day in Steveston (50+ yrs)

Explore Steveston Village and check out the many interesting sights. Wander through the unique stores and sea-side restaurants. Bring a picnic lunch or lunch is on your own. Dress weather appropriately and wear good walking shoes. Funded in part by the Dogwood Pavilion Seniors Society.

Leave Glen Pine at 8:30 a.m. Estimated return at 3:30 p.m.
Leave Dogwood at 8:45 a.m. Estimated return at 3:15 p.m.

Activity Level: Easy

- 4 hours Steveston Free Time – All Meals and Snacks on Own.
- Convenient Drop Off / Pick Up Area

F	May 1	8:30 a.m. – 3:30 p.m.	1/\$69	219498
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Afternoon in White Rock (50+ yrs)

A leisurely afternoon in picturesque White Rock. Bring a picnic lunch or lunch on your own at the many eateries, stroll out on to the pier or browse the interesting boutiques. Indulge and treat yourself to an ice-cream cone before heading home. Dress weather appropriately and wear good walking shoes.

Leave Glen Pine at 10 a.m. Estimated return at 4:15 p.m.
Leave Dogwood at 10:15 a.m. Estimated return at 4 p.m.

Activity Level: Easy

- 4 hours White Rock and Promenade Free Time – All Meals and Snacks on Own.
- Convenient Drop Off / Pick Up Area

Th	May 21	10 a.m. – 4:15 p.m.	1/\$69	219628
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Butchart Gardens and Sidney by the Sea (50+ yrs)

A beautiful, colourful garden with an interesting history and over 1000 varieties of plants. Browse the different gardens at your leisure. Visit Sidney by the sea for a waterfront stroll or shopping prior to escorted entry to Butchart Gardens.

Leave Glen Pine at 7 a.m. Estimated return at 8 p.m.
Leave Dogwood at 7:15 a.m. Estimated return at 7:45 p.m.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

- Admission Butchart Gardens
- 3.75 Hours Butchart Gardens
- Sidney Waterfront

Tu	Jun 2	7 a.m. – 8 p.m.	1/\$139	217259
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Harrison Tulip Festival 2026 (50+ yrs)

Tiptoe through designated pathways adorned with 10 million tulips and the new 2 1/2 acre show garden at the Harrison Tulip Festival. Includes lunch at River's Edge Restaurant and a stop at Golden Ears Cheesecrafters.

Leave Glen Pine at 8:15 a.m. Estimated return at 5 p.m.
Leave Dogwood at 8:30 a.m. Estimated return at 4:45 p.m.

Activity Level: Easy

- Harrison Tulip Festival Admission
- Rivers Edge Restaurant Lunch
- Golden Ears Cheesecrafters

F	Apr 24	8:15 a.m. – 5 p.m.	1/\$129	217255
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Majestic Mayne (50+ yrs)

Experience one of the most historic and beautiful of the Gulf Islands. Teeming with scenic vistas and stories of bygone days, this island is truly unique and worthy of exploration.

Leave Glen Pine at 8 a.m. Estimated return at 8 p.m.

Leave Dogwood at 8:15 a.m. Estimated return at 7:45 p.m.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

- Georgina Point Lighthouse
- Japanese Gardens
- Arbutus forest walk
- Lunch The Montrose Local
- Fernhill Shops

Th	Jun 4	8 a.m. – 8 p.m.	1/\$149	217260
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Secret Cove Sunshine Cove (50+ yrs)

Explore the Sunshine Coast aka the “Best Place on Earth”! Visit Davis Bay, an Ancient Forest and five-star Rockwater Secret Cove Resort for lunch.

Leave Glen Pine at 10 a.m. Estimated return at 7:45 p.m.

Leave Dogwood at 10:15 a.m. Estimated return at 7:30 p.m.

Additional \$10 ferry fee for 64 years and under

Activity Level: Easy

- Boardwalk Rockwater Secret Cove Resort
- Lunch at Rockwater Secret Cove Resort
- Hidden Groves, Davis Bay, Gibson’s Landing

Tu	May 5	10 a.m. – 7:45 p.m.	1/\$139	217256
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Sooke Potholes with Drea Harrison (50+ yrs)

Local guide Drea to shares her knowledge of unique rock formations created by glaciers about 15,000 years ago. See striking geological features on scenic trails to amazing viewpoints. Mother Nature at its best!

Leave Glen Pine at 7 a.m. Estimated return at 8 p.m.

Leave Dogwood at 7:15 a.m. Estimated return at 7:45 p.m.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

- Sooke Potholes Local Guide
- 2 Hours Sooke Potholes Park
- Mile 17 House Pub Lunch

Tu	Apr 7	7 a.m. – 8 p.m.	1/\$149	217253
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Tourist in Your Own Town (50+ yrs)

Take the Aquabus on a narrated cruise of False Creek from Olympic Village to Yaletown, spend ample time exploring VanDusen Botanical Gardens before a delicious lunch at Steamworks Mount Pleasant. Finish with the immersive FlyOver Canada experience.

Leave Glen Pine at 7:15 a.m. Estimated return at 5:30 p.m.

Leave Dogwood at 7:30 a.m. Estimated return at 5:15 p.m.

Activity Level: Easy

- Flyover Canada
- VanDusen Botanical Garden
- Aqua Bus Narrated Tour
- Lunch Steamworks Mount Pleasant
- Main Street Coffee Stop

Th	May 14	7:15 a.m. – 5:30 p.m.	1/\$149	217257
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Vancouver Aquarium and The Teahouse in Stanley Park (50+ yrs)

Visit the Vancouver Aquarium to connect with 65,000 amazing animals, see 120 exhibits and the latest 4D Theatre Experience®. Before the Aquarium visit Kitsilano for a morning coffee stop and lunch at the Teahouse Stanley Park.

Leave Glen Pine at 9:45 a.m. Estimated return at 5:45 p.m.

Leave Dogwood at 10 a.m. Estimated return at 5:30 p.m.

Activity Level: Easy

- Vancouver Aquarium Admission
- Vancouver Aquarium 2.5 Hours
- Lunch Teahouse Stanley Park
- Kits Beach Coffee Stop
- Cornwall St / Kits Beach Free Time

Th	May 28	9:45 a.m. – 5:45 p.m.	1/\$169	217258
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Special Events

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



April

02

Easter Luncheon (19+ yrs)

Join us for a luncheon and entertainment to celebrate Easter. Menu: Ham, Scalloped Potatoes, Steamed Vegetables, Coleslaw and Dessert.

at Glen Pine Pavilion

Th	Apr 2	11:30 a.m. – 1 p.m.	1/\$25.40	215662
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06

Easter: Arts, Crafts and Games (3 – 7 yrs)

Come together as a family and join us for art creations, crafts, games and more. This workshop is geared towards those 3 – 7 yrs.

at Town Centre Park Community Centre

M	Apr 6	10 a.m. – 12 p.m.	1/\$5	218331
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at Poirier Community Centre

M	Apr 6	1 – 3 p.m.	1/\$5	218357
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06

Easter: Craft and Create Art Workshop (5 – 7 yrs)

Explore your child's passion for art through this holiday themed workshop.

at Pinetree Community Centre

M	Apr 6	12 – 1:30 p.m.	1/\$11	220329
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Easter: Craft and Create Art Workshop (8 – 11 yrs)

Explore your child's passion for art through this holiday themed workshop.

at Pinetree Community Centre

M	Apr 6	2 – 3:30 p.m.	1/\$11	220328
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**10****Carpet-Bowling Tournament 2026 (19+ yrs)**

The Glen Pine Carpet-Bowling group hosts the 15th Annual Tournament on Friday, April 10. Catch some action in the Great Room as eight teams play-off to win the coveted trophy! Spectators are welcome to cheer the teams. Tournament begins at 9:15 a.m. Awards presented at the end of the tournament. Admission is free to watch. Price is for registered participants only.

at Glen Pine Pavilion

F	Apr 10	9 a.m. – 4 p.m.	1/\$28	215246
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Poirier Youth: Easter Eggstravaganza (11 – 18 yrs)

Join in the fun for a thrilling Easter-themed scavenger hunt, filled with hidden eggs, clues, and prizes. Get into the spring spirit with us!

at Centennial Pavilion

F	Apr 10	5:30 – 7:30 p.m.	1/\$0	216986
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15**National Canadian Film Day (19+ yrs)**

CanFilmDay is a global event, on April 15 join us to celebrate Canadian cinema with a showing of a feature Canadian film.

at Dogwood Pavilion

W	Apr 15	6 – 8 p.m.	1/ FREE	217794
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at Glen Pine Pavilion

W	Apr 15	6:30 – 8:30 p.m.	1/ FREE	215251
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16**Glen Elementary Afternoon Performance (5+ yrs)**

Join us for an afternoon of music and dance presented by Glen Elementary.

at Glen Pine Pavilion

Th	Apr 16	1:30 – 2 p.m.	1/ FREE	215242
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17**Dogwood Social Evening: Improv Night (19+ yrs)**

Come enjoy a lively evening of drinks, dinner, and live entertainment at Improv Night at Dogwood. Sit back or join in, as a hilarious improv comedy show unfolds, engaging the audience in a playful and interactive experience. Please call the Dogwood Front Desk at 604-927-6098 after registering to select your seats.

at Dogwood Pavilion

F	Apr 17	5:30 – 9:30 p.m.	1/\$35.75	218033
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20**Earth Week Movie: Before the Flood (19+ yrs)**

Movie: Before the Flood – A look at how climate change affects our environment and what society can do to prevent the demise of endangered species, ecosystems and native communities.

at Dogwood Pavilion

M	Apr 20	1:30 – 3:30 p.m.	1/ FREE	220553
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22**Earth Day Movie (19+ yrs)**

Purchase a snack or lunch at the Lemon Tree Cafe to celebrate Earth Day with a free movie.

at Glen Pine Pavilion

W	Apr 22	10:45 a.m. – 1 p.m.	1/ FREE	218257
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Poirier Youth: Paint Night (11 – 18 yrs)

Enjoy a refreshment while painting on a canvas. Come with a friend or meet someone new!

at Centennial Pavilion

W	Apr 22	5:30 – 6:30 p.m.	1/\$0	216987
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May

02

Dogwood Society Garden Club Plant Sale (All Ages)

A wide variety of plants, including perennials, shrubs, trees, and grasses, will be available at very affordable prices. All proceeds from the sale go toward supporting demonstration workshops, horticulture scholarships for post-secondary students, guest speakers, field trips, and the care and maintenance of the Dogwood Pavilion Patio Garden. Please remember to bring your own bags or boxes. The sale will take place rain or shine. Cash only please.

at Dogwood Pavilion

Sa May 2 9 a.m. – 1 p.m. 1/FREE 218684

05

Cinco de Mayo Movie and Luncheon (19+ yrs)

Movie starts at 10:45 a.m. Lunch served during a brief intermission so you can continue to eat and finish the rest of the show.

The Book of Life (2014) Rated PG 1 hr 35 mins
 Manolo, a young man who is torn between fulfilling the expectations of his family and following his heart, embarks on an adventure that spans three fantastic worlds where he must face his greatest fears. Starring voices of Channing Tatum, Zoe Saldana, Ron Perlman, Danny Trejo, Christina Applegate, Ice Cube, Diego Luna, Ana de la Reguera.

at Glen Pine Pavilion

Tu May 5 10:45 a.m. – 1 p.m. 1/\$25.40 218256

07

Mother's Day Tea with Michelle Carlisle (19+ yrs)

Join us for afternoon tea and live entertainment by Michelle Carlisle to celebrate Mother's Day. Wear your hat or fascinator and bring your own tea cup if you like. Menu: tea, sandwiches, sweet and savoury baked goods and mini desserts. Catering by Centennial Culinary Program.

at Dogwood Pavilion

Th May 7 2 – 3:30 p.m. 1/\$19.40 217726

09

Mother's Day Tea (3 – 7 yrs)

Join your mom or special adult in your life for a Mother's Day tea party, crafts and games.

at Town Centre Park Community Centre

Sa May 9 10:30 a.m. – 12:30 p.m. 1/\$14.60 218810

Feature Weeks 2026

Looking for ways to engage, celebrate and connect with your community?

Join us for special weeks and events dedicated to learning, fun and meaningful connections for everyone.

Stay tuned to our website and social media channels this spring for details on planned activities.

Volunteer Week | April 19 – 25

Youth Week | May 1 – 7

AccessAbility Week | May 24 – 30

Seniors Week | May 31 – June 6

Pride Month | June 1 – 30

AccessAbility Resource Fair

May 24, 1:30 – 4:30 p.m.

Pinetree Community Centre

Hosted by the City of Coquitlam

Local organizations will be onsite with Information booths, free workshops and demonstrations.

More details coming soon!

16

Spring Clean-Up Sale at Glen Pine (19+ yrs)

Sell or shop for gently used clothes, housewares, books, toys or other pre-loved treasures at the Spring Clean-Up Sale at Glen Pine. Tables assigned 10 days before the event.

at Glen Pine Pavilion

Sa May 16 9:30 a.m. – 2:30 p.m. 1/\$34.65 218116

21

Victoria Day Tea Party (19+ yrs)

Honour Queen Victoria, May 24, 1819 – January 22, 1901, who is known as the “Mother of Confederation” with a British-inspired Victorian themed afternoon Tea complete with Finger Sandwiches, Sweet and Savoury Treats and Mini Desserts. Fascinators and hats welcomed!

at Glen Pine Pavilion

Th May 21 2:30 – 4 p.m. 1/\$25.40 215769

24 and 26

Dogwood Drama Production (All Ages)

The Dogwood Drama Group meets weekly to prepare and practice a seasonal production to perform. For tickets, please purchase through the Dogwood Designs Gift Shop, Jean Baker at 604-931-5243, or at the door on performance days.

at Dogwood Pavilion

Su-Tu	May 24 – May 26	1:30 – 3 p.m.	2/\$10	219875
Tu	May 26	2:30 – 4 p.m.	1/\$10	220007



June

05

Dogwood Social Evening: Disco Night with the Beauty Shop Dolls (19+ yrs)

Come enjoy a lively evening with drinks, dinner, and live DiscoBaby performance by the Beauty Shop Dolls. This high energy tribute to the 70s will feature all your favourite hits from Abba, The BeeGees, Donna Summer, Chic, The O'Jays and more. Please call Dogwood Front Desk at 604-927-6098 after registering for seat selection.

at Dogwood Pavilion

F	Jun 5	5:30 – 9:30 p.m.	1/\$35.75	217747
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20 and 21

Dogwood Visual Arts Show and Sale (All Ages)

Join us for the Dogwood Visual Arts Show and Sale. Dogwood Senior Society Visual Arts Activity groups will have items displayed and for sale.

at Dogwood Pavilion

Sa	Jun 20	9 a.m. – 4 p.m.	1/FREE	215515
Su	Jun 21	9 a.m. – 3 p.m.	1/FREE	215519

24

Glen Pine Social Dance – Beach Party (19+ yrs)

Beach Party Time! Come and join in an afternoon of good music, dancing and light refreshments.

at Glen Pine Pavilion

W	Jun 24	2:15 – 3:45 p.m.	1/\$14.95	215241
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25

BBQ Luncheon: Canada Day (19+ yrs)

Join us for a special BBQ celebrating Canada with entertainment. Wear Red and/or White to celebrate Canada. Event is outside if weather permits in Spirit Square.

at Glen Pine Pavilion

Th	Jun 25	11:30 a.m. – 1 p.m.	1/\$25.40	215771
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Arts and Culture



See it! Learn it! Do it!

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

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636

Coquitlam Public Libraries

City Centre Branch

1169 Pinetree Way | 604-554-7323

Poirier Branch

575 Poirier St. | 604-554-7323



Coquitlam's Bettie Allard YMCA



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YMCA.ca**



@BettieAllardYMCA

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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!



Learn to Code

Are you dreaming of being a pro coder?

Fiero Code offers lessons in HTML, CSS, JavaScript, Python, SQL, and block coding. This self-guided, learn-to-code software is designed for kids ages 8+, teens, and adults.

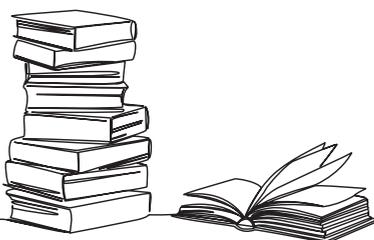
Get started today with your Coquitlam Public Library card.



Plan Your Book Club's Next Great Reads

Community book clubs can reserve book club sets up to 12 months in advance with LibCal. Your set will be ready on your selected pickup date, for a 7-week loan.

Questions? Scan the QR code to watch a short tutorial.



Contact Us

Phone: 604-554-7323

Email: ask@coqlibrary.ca

Locations:

City Centre Branch
1169 Pinetree Way

Poirier Branch
575 Poirier Street



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Coquitlam

Supported by the Province of British Columbia

Summer 2026 at Mackin House Museum

Exhibits



At Mackin House

“U There?” | Jan - May

This exhibit explores the history of communication—from early postcards, to telephones, party lines, and the revolutionary arrival of the home computer.

Childhood Moments | Jan - Jul

Our collection is home to dollhouses, toy cars and trucks, dolls, and many other treasures from generations past.

Dressed for the Occasion | Feb - Jun

A display of special-occasion clothing from the museum’s collection, featuring attire for men, women, and children.

Construction Period Homes | Mar - Jul

At CPL

Objects That Travel With Us | Apr

Events



April

PJ Storytime

Easter Crafting

Drop-In Trading Card Making

Handsewing Workshop

May

Feasts of Coquitlam: Cooking Demo

Saturday Walking Tours

Exhibit Opening Talks

June

Feasts of Coquitlam: Cooking Demo

Summer Craft Saturdays

Vintage Pride Pin Making

Find out more details and register for events at coquitlamheritage.ca

Coquitlam
HERITAGE

We Coquitlam

... and we think
you will too.

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coquitlam.ca/careers



Connect with Coquitlam

Learn more about what's happening in your community



Coquitlam Current E-News

Bi-weekly emails on the latest City news and important resident information.

PRC E-News

Recreation registration details, program highlights, park events and more delivered straight to your inbox.



CoquitlamConnect App

Search City news, events, bike maps, park and facility info and more.



Public Notices

Find statutory notices published on the City's website or sign-up for email notifications.



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