

# Sports & Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Pinetree Community Centre

<p><b>CLOSED</b> Sundays in July and August</p>	<p><b>**Pinetree Play Space: Outdoors</b> (0 – 2 yrs) *9:30 – 10:30 a.m. (July 11 – Aug 22)</p>	<p><b>**Gym Time for Tots</b> (1 – 5 yrs) *9:15 – 11:15 a.m. (Jul. 12, 19, 26)</p>	<p><b>**Pinetree Play Space: Outdoors</b> (0 – 2 yrs) *9:30 – 10:30 a.m. (July 13 – Aug 24)</p>	<p><b>**Gym Time for Tots</b> (1 – 5 yrs) *9:15 – 11:15 a.m. (Jul. 14, 21, 28)</p>	<p><b>**Pinetree Play Space: Outdoors</b> (0 – 2 yrs) *9:30 – 10:30 a.m. (July 15 – Aug 19)</p>	<p><b>**All Welcome Badminton</b> (7 yrs +) *8:30 – 10:30 a.m. *10:45 – 12:45 p.m. *1 – 3 p.m.</p>
	<p><b>**Pinetree Play Space: Outdoors</b> (3 – 5 yrs) *11 – 12:30 p.m. (July 11 – Aug 22)</p> <p><b>Afternoon Sports</b> (6 – 12 yrs) 1:30 – 3 p.m. (starts July 11)</p> <p><b>Youth Basketball</b> (11 – 18 yrs) 4:30 – 5:30 p.m. 5:45 – 7:45 p.m. (starts July 18)</p> <p><b>**All Welcome Badminton</b> (7 yrs +) *5:45 – 7:45 p.m. *8 – 10 p.m.</p> <p><b>Zumba</b> (13 yrs +) 7 – 8 p.m.</p> <p><b>Adult Badminton</b> (19 yrs +) *7:45 – 9:45 p.m. (starts July 11)</p> <p><b>Adult Basketball</b> (19 yrs +) *8 – 10 p.m.</p>	<p><b>Pilates</b> (19 yrs +) *9:30 – 10:30 a.m.</p> <p><b>Afternoon Sports</b> (6 – 12 yrs) 1:30 – 3 p.m. (Jul. 12, 19, 26)</p> <p><b>**Family Open Gym</b> (5mo – 5yrs) *2:45 – 4:45 p.m. (starts July 12)</p> <p><b>Youth Basketball</b> (11 – 18 yrs) 4:30 – 5:30 p.m. 5:45 – 7:45 p.m. (starts July 19)</p> <p><b>**Family Basketball</b> (6 yrs +) *5:30 – 6:30 p.m. *6:45 – 7:45 p.m. *8 – 9 p.m.</p> <p><b>Zumba</b> (13 yrs +) 5:45 – 6:45 p.m.</p> <p><b>Adult Volleyball</b> (19 yrs +) *5:30 – 7:30 p.m.</p> <p><b>Adult Volleyball</b> (50 yrs +) *7:45 – 9:45 p.m.</p> <p><b>Adult Basketball</b> (30 yrs +) *8 – 10 p.m.</p>	<p><b>**Pinetree Play Space: Outdoors</b> (3 – 5 yrs) *11 – 12:30 p.m. (July 13 – Aug 24)</p> <p><b>Step Remix</b> (13 yrs +) 9:30 – 10:30 a.m.</p> <p><b>NRG Circuit</b> (13 yrs +) 10:45 – 11:45 a.m.</p> <p><b>Afternoon Sports</b> (6 – 12 yrs) 1:30 – 3 p.m. (starts July 13)</p> <p><b>Youth Badminton</b> (11 – 18 yrs) 4:30 – 6:30 p.m. 6:45 – 8:45 p.m.</p> <p><b>**All Welcome Badminton</b> (7 yrs +) *5:45 – 7:45 p.m.</p> <p><b>Adult Badminton</b> (19 yrs+) *8 – 10 p.m.</p>	<p><b>Afternoon Sports</b> (6 – 12 yrs) 1:30 – 3 p.m. (Jul. 14, 21, 28)</p> <p><b>Cardio Core Conditioning</b> (13 yrs +) 11 – 12 p.m.</p> <p><b>Youth Volleyball</b> (11 – 18 yrs) 4:30 – 6:30 p.m. 6:45 – 8:45 p.m. (starts July 21)</p> <p><b>Adult Volleyball</b> (19 yrs +) *5:30 – 7:30 p.m. *7:45 – 9:45 p.m.</p> <p><b>Table Tennis</b> (12 yrs +) *7:30 – 9:30 p.m.</p>	<p><b>**Pinetree Play Space: Outdoors</b> (3 – 5 yrs) *11 – 12:30 p.m. (July 15 – Aug 19)</p> <p><b>**Family Open Gym</b> (5mo – 5yrs) *1:30 – 3:30 p.m. (starts July 15)</p> <p><b>Youth Volleyball</b> (11 – 18 yrs) 4 – 6 p.m. 6:15 – 8:15 p.m.</p> <p><b>Youth Badminton</b> (11 – 18 yrs) 5:45 – 7:45 p.m.</p> <p><b>Youth Basketball</b> (11 – 18 yrs) 8 – 10 p.m.</p>	<p><b>Adult Volleyball</b> (50 yrs +) *9 – 11 a.m.</p> <p><b>Adult Basketball</b> (30 yrs +) *11:30 – 1:30 p.m.</p> <p><b>**Family Basketball</b> (6 yrs +) *1:45 – 3:45 p.m.</p> <p><b>Table Tennis</b> (12 yrs +) *3:15 – 5:15 p.m.</p> <p><b>Youth Badminton</b> (11 – 18 yrs) 3:15 – 5:15 p.m. 5:30 – 7:30 p.m. 8 – 10 p.m.</p> <p><b>Youth Basketball</b> (11 – 18 yrs) 3:45 – 5:45 p.m. 5:45 – 7:45 p.m. 8 – 10 p.m.</p> <p style="text-align: right;"><i>Last updated June 28, 2022</i></p>

Schedule subject to change without notice. \*Pre-registration is required for this program. \*\* Adult participation required.

# Drop-In Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Summit Community Centre</b>						
	<b>Afternoon Sports</b> (6 – 12 yrs) 12:30 – 2:30 p.m.  (July 11, 18, 25)	<b>Youth Basketball</b> (13 – 18 yrs) 12:30 – 2:30 p.m.  (July 12, 19, 26)	<b>Afternoon Sports</b> (6 – 12 yrs) 12:30 – 2:30 p.m.  (July 13, 20, 27)	<b>Youth Basketball</b> (13 – 18 yrs) 12:30 – 2:30 p.m.  (July 14, 21, 28)	<b>Afternoon Sports</b> (6 – 12 yrs) 12:30 – 2:30 p.m.  (July 15, 22, 29)	
Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.						

<b>Smiling Creek Activity Centre</b>						
	<b>Afternoon Sports</b> (6 – 12 yrs) 12:30 – 2:30 p.m.  (Aug. 8, 15, 22)	<b>Youth Basketball</b> (13 – 18 yrs) 12:30 – 2:30 p.m.  (Aug. 2, 9, 16, 23)	<b>Afternoon Sports</b> (6 – 12 yrs) 12:30 – 2:30 p.m.  (Aug. 3, 10, 17, 24)	<b>Youth Basketball</b> (13 – 18 yrs) 12:30 – 2:30 p.m.  (Aug. 4, 11, 18, 25)	<b>Afternoon Sports</b> (6 – 12 yrs) 12:30 – 2:30 p.m.  (Aug. 5, 12, 19, 26)	
Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.						

## Special Information

**Pinetree Community Centre**  
 1260 Pinetree Way  
 Tel: 604-927-6960

**Smiling Creek Activity Centre**  
 3456 Princeton Ave  
**Summit Community Centre**  
 1450 Parkway Blvd

**Statutory Holiday Closures:**  
 Fri, Jul 1: Canada Day  
 Mon, Aug 1: BC Day

**Sign up online for our Registered Drop-ins!**  
 Go to [coquitlam.ca/registration](http://coquitlam.ca/registration) and click on the Sign Me Up banner.

**FOR THE MOST UP-TO-DATE SCHEDULE**  


Last updated June 28, 2022