

CITY OF PORT COQUITLAM

Leisure Guide

FALL 2025

Recreation, sports, arts and culture for all ages



PORT COQUITLAM
RECREATION

Move. Create. Connect.

REGISTRATION
OPENS

PoCo Residents

July 22

General Public

July 25

RECREATION FACILITIES INFO

portcoquitlam.ca/recreation

Port Coquitlam Community Centre

2150 Wilson Ave | portcoquitlam.ca/pccc

ICE RINKS | POOL & OUTDOOR SPRAY PARK | FITNESS | CHILDREN | YOUTH
SENIORS | OUTDOOR PICKLEBALL COURTS

FACILITY HOURS

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

PCCC WEIGHT ROOM

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

PCCC POOL

Mon–Fri	6am–10pm
Sat & Sun	10:30am–9pm

YOUTH ACTIVITY LOUNGE

604 927 7962

pocoyouth.com

Mon–Thu	3–7.30pm
Fri	3–9pm
Sat	3–9pm
Sun	Closed

WILSON LOUNGE

604 927 7970

portcoquitlam.ca/seniors

Mon–Fri	8:30am–2:30pm
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WILSON KITCHEN

604 927 7970

portcoquitlam.ca/seniors

Mon–Fri	9:30am–1:30pm
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HOLIDAYS

Sept 1	Labour Day 9am–3pm
Sept 30	Truth & Reconciliation Day 9am–1pm
Oct 13	Thanksgiving 9am–1pm
Nov 11	Remembrance Day 9am–1pm
Dec 24	Christmas Eve 6am–4pm
Dec 25	Christmas Day CLOSED
Dec 26	Boxing Day CLOSED
Dec 31	New Year's Eve 6am–4pm
Jan 1	New Year's Day CLOSED

Hyde Creek Recreation Centre

1379 Laurier Ave | portcoquitlam.ca/hydecreek

POOL | FITNESS | CHILDREN | YOUTH | RACQUET COURTS

FACILITY HOURS

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

WEIGHT ROOM

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

YOUTH ACTIVITY LOUNGE

605 927 7938 pocoyouth.com

Sun–Mon	CLOSED
Tu–Th	3–7pm
Fri–Sat	3–9pm

HOLIDAYS

Sept 1	Labour Day CLOSED
Sept 30	Truth & Reconciliation Day 1–5pm
Oct 13	Thanksgiving 1–5pm
Nov 11	Remembrance Day 1–5pm
Dec 24	Christmas Eve 6am–4pm
Dec 25	Christmas Day CLOSED
Dec 26	Boxing Day CLOSED
Dec 31	New Year's Eve 6am–4pm
Jan 1	New Year's Day CLOSED

MAIN POOL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am–3:30pm	6am–5pm	6am–3:30pm	6am–5pm	6am–10pm	8–10am	8–10am
5:30–10pm	7–10pm	5:30–10pm	7–10pm		12–9pm	12–9pm

LEISURE POOL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am–3:30pm	6am–10pm	6am–3:30pm	6am–10pm	6am–10pm	8–10am	8–10am
5:30–10pm		5:30–10pm			12–9pm	12–9pm

Leigh Square

ARTS & CULTURE PROGRAMS | STUDIOS | GALLERY | EVENTS
portcoquitlam.ca/arts

HOLIDAYS

Sept 1	Labour Day CLOSED
Sept 30	Truth & Reconciliation CLOSED
Oct 13	Thanksgiving CLOSED
Nov 11	Remembrance Day CLOSED
Dec 24 – Jan 1	CLOSED

GATHERING PLACE

2253 Leigh Sq Pl

Mon–Sat	9:30am–4:30pm
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THE OUTLET

2248 McAllister Ave

604 927 8440

Mon–Sat	9:30am–5pm
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MUSEUM & ARCHIVES

2248 McAllister Ave

Operated by **PoCo Heritage**

604 927 8403

pocoheritage.org

Sun, Mon & Fri	CLOSED
Tue–Thu & Sat	9:30am–4:30pm

MICHAEL WRIGHT ART GALLERY

Fri–Sat	9:30am–4:30pm
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Terry Fox Library

REFERENCE & BORROWING | COMPUTERS | PROGRAMS

Operated by **Fraser Valley Regional Library**

2150 Wilson Ave | 604 927 7999 | fvrl.ca

FACILITY HOURS

Mon–Thu	9am–8pm
Fri & Sat	10am–5pm
Sun	1–5pm

For more information visit fvrl.ca

HOLIDAYS

Sept 1	Labour Day CLOSED
Sept 30	Truth & Reconciliation CLOSED
Oct 13	Thanksgiving CLOSED
Nov 11	Remembrance Day CLOSED
Dec 24	Christmas Eve 9am–2pm
Dec 25	Christmas Day CLOSED
Dec 26	Boxing Day CLOSED
Dec 31	New Year's Eve 9am–2pm
Jan 1	New Year's Day CLOSED

PLEASE NOTE: HOURS OF OPERATION ARE SUBJECT TO CHANGE.

Leisure Guide

FALL 2025

Recreation, sports, arts and culture for all ages

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CODE OF CONDUCT

To provide a safe and welcoming environment in our facilities, we ask all guests, users and staff to:

1. **Treat others with respect and dignity at all times.**
2. **Report inappropriate behaviour, safety concerns, broken equipment or facility damage to staff immediately.**

VIOLATIONS OF THE CODE OF CONDUCT MAY RESULT IN THE LOSS OF FACILITY PRIVILEGES.

OUR MISSION: We inspire to Move, Create, Connect.

OUR CORE VALUES: Community, Integrity, Inclusion, Innovation, Collaboration

YOUR PERSONAL INFORMATION:

The personal information you provide during the registration process is collected and used under the authority of the Freedom of Information and Privacy Act. The information is used only for the purpose of administering recreation programs, informing you of our services and benefits, and for statistical purposes. If you have any questions regarding the collection, use or disclosure of your personal information, contact the City's Corporate Officer at **604 927 5212**.

HOW TO REGISTER



ONLINE: portcoquitlam.ca/register

- Create an account or log in
- Search by barcode or name
- Register, pay, and print or save a copy of your receipt



PHONE: **604 927 PLAY (7529)**

- Phone during facility hours
- Have the barcode or program name ready
- Your receipt will be emailed to you



IN PERSON: **Hyde Creek Recreation** or **Port Coquitlam Community Centre**

- Have the barcode or program name ready

WAYS TO PAY

ONLINE AND IN PERSON: Visa, MasterCard, Discover or American Express

IN PERSON ONLY: cash, cheque and debit.

KNOW BEFORE YOU GO

Stay up to date on current processes, safety protocols, procedures and operational updates for a positive experience. Visit portcoquitlam.ca/recreation for all the details.

PRIORITY REGISTRATION

Port Coquitlam residents have priority access to drop-in registered and registered recreation programs, proof of primary residency may be required. Business addresses and secondary residences may not be used.

REFUNDS/WITHDRAWALS

- Withdrawal from registered recreation programs will be pro-rated and charged a \$5 administration fee for each individual activity withdrawal.
- Participants may be eligible for a refund from a registered program, less the \$5 admin fee, if withdrawal is requested prior to the start of the third class.
- Participants may be eligible for a refund from a specialized, co-sponsored program or a camp, less the \$5 admin fee, if withdrawal is requested seven days prior to start date and time.
- No Show and late arrivals procedures in effect.
- Facility rentals cancellation requests will be considered if they are received 14 days in advance of the booked date. Requests, less than 14 days in advance, will be considered on a case by case basis.

FACILITY BOOKINGS

We offer a variety of rental opportunities for private and public events and activities. Visit portcoquitlam.ca/bookings for more information or to make a request.

FINANCIAL ASSISTANCE, ACCESSIBILITY AND INCLUSION

The City is committed to providing accessible and inclusive services, programs and opportunities for all members of our community. Financial assistance, personal assistant access and recreation program support ensure that all residents have the opportunity for involvement in recreation programs. Learn more at: portcoquitlam.ca/accessinclusion

NO SHOWS FOR REGISTERED DROP IN PROGRAMS

Participants can withdraw from a registered drop in activity online up until midnight the day prior to class or up to 2 hours prior to start time by emailing:

recreation@portcoquitlam.ca
or calling: **604 927 PLAY (7529)**.

For *10/20 Pass holders* or *pay as you go* enrollments, no refunds will be provided without 2 hours' notice of class cancellation

For monthly or annual memberships:

- **First No Show** – Email reminder
- **Second No Show** – Email reminder
- **Third No Show** – One-week membership freeze
- **Fourth No Show** – One-month membership freeze
- **Continued No Show** – One-month membership freeze

During a membership freeze participants may register for classes by paying the full drop in admission price.



Camps

[Click here](#) or scan the QR code for quick access to Camps.



Arts

PRO D DAY ART CAMP

Explore the wonder of art during this one-day camp, jam packed with art projects, games, and outside play!

Age: 5½-7

Outlet Work Room

111468 F	8:30am-3pm	Sep 19
111469 F	8:30am-3pm	Oct 24

FEE: \$49.50

PRO D DAY ART CAMP

Campers will use their unique creativity to make one-of-a-kind projects and learn through fun, hands-on art activities in sculpture, painting, design and more.

Age: 8-12

PCCC JB Young Room

111463 F	9am-3:30pm	Sep 19
111467 F	9am-3:30pm	Oct 24

FEE: \$49.50

WINTER ART CAMP

Campers will use their unique creativity to make one-of-a-kind projects and learn through fun, hands-on art activities in sculpture, painting, design and more.

Age: 6-10

Outlet Work Room

114984 M,T	8:30am-3pm	Dec 22-23
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PCCC JB Young Room

114985 M,T	8:30am-3pm	Dec 29-30
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FEE: \$99.00

**MAKE NEW
FRIENDS AT
OUR CAMPS!**

Register now.



Children Services

PRO D DAY CAMP | EXPLORERS

Come play with us! Explore trails around Hyde Creek, play games and activities at local parks and make new friends. We are focused on developing life skills like creativity, problem-solving and social skills. Camp will include swimming.

Age: 8-10

HC Community Room 2

115657 F	9am-3:30pm	Sep 19
115663 F	9am-3:30pm	Oct 24

FEE: **\$45.00**

PRO D DAY CAMP | JUNIOR EXPLORERS

School's out, but the fun is in! Camp includes active games, crafts, and exploring the trails. Age: 6-7

HC Program Room 2

115674 F	9am-3:30pm	Sep 19
115671 F	9am-3:30pm	Oct 24

FEE: **\$45.00**

PCCC Small Multipurpose Room

115677 F	9am-3:30pm	Sep 19
115678 F	9am-3:30pm	Oct 24

FEE: **\$45.00**

WINTER BREAK CAMP | EXPLORERS

Come play with us! Explore trails around Hyde Creek, play games and activities at local parks and make new friends. We are focused on developing life skills like creativity, problem-solving and social skills. Camp will include swimming.

Age: 8-10

HC Community Room 2

115693 M,T	9am-3:30pm	Dec 22-Dec 23
115694 M,T	9am-3:30pm	Dec 29-Dec 30

FEE: **\$90.00**

115695 F	9am-3:30pm	Jan 2
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FEE: **\$45.00**

WINTER BREAK CAMP | JUNIOR EXPLORERS

School's out, but the fun is in! Camp includes active games, crafts, and exploring the trails. Age: 6-7

HC Program Room 2

115688 M,T	9am-3:30pm	Dec 22-Dec 23
115689 M,T	9am-3:30pm	Dec 29-Dec 30

FEE: **\$90.00**

115692 F	9am-3:30pm	Jan 2
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FEE: **\$45.00**

Skating

PRO D DAY SKATE AND FUN CAMP

Enjoy an afternoon skate camp on your next Pro D Day! New and experienced skaters learn and strengthen FUNdamental skating skills, play ice sports and enjoy creative activities off the ice. Age: 6-11

PCCC Arena Lobby

114724 F	11am-3pm	Sep 19
114725 F	11am-3pm	Oct 24

FEE: **\$35.00**

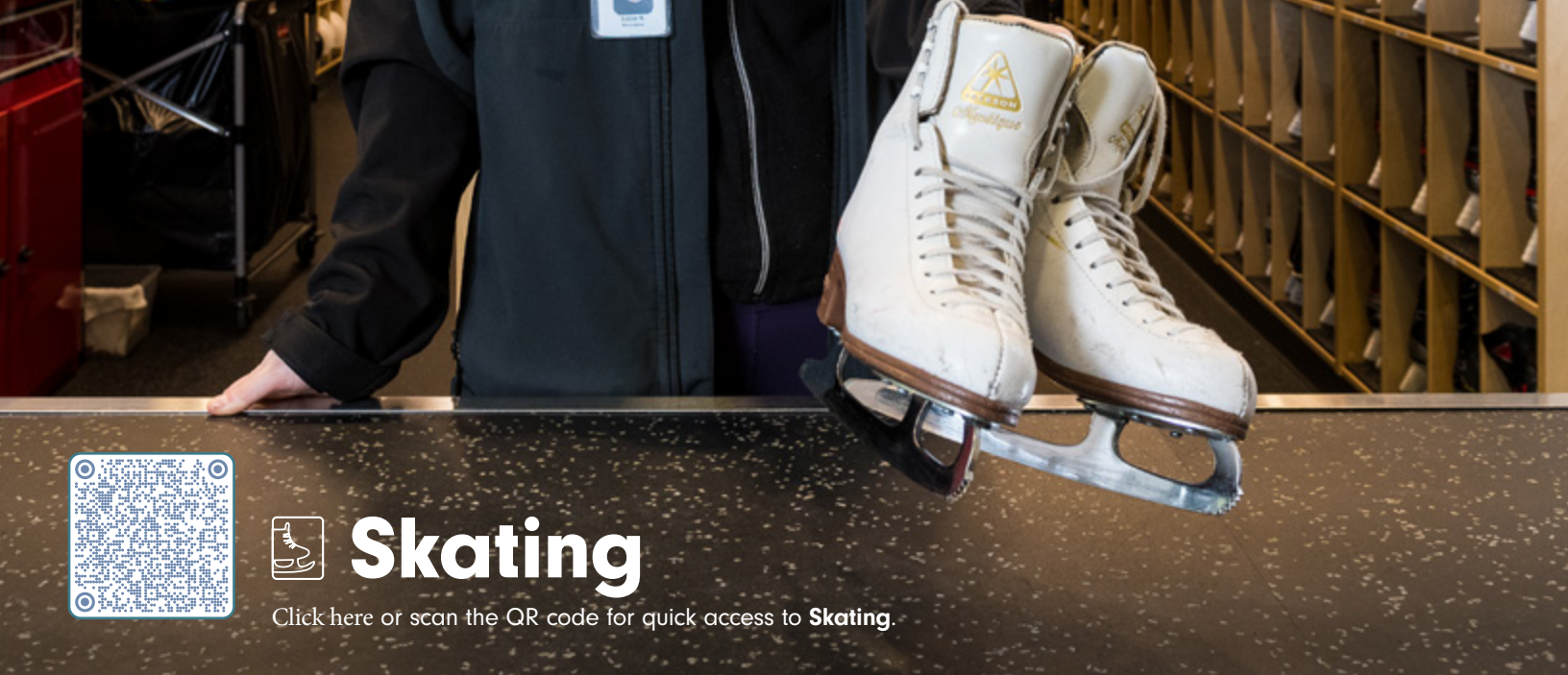
PRO D DAY RING, STICK AND PUCK

A fun, recreational time to practice your skills. Register 2 days in advance at 8am for residents and 10am for non-residents to reserve one of 24 spots. For safety: no shinny hockey or goalies. Children between 4 and 7yrs that can skate are to be accompanied on ice by a guardian 16yrs and older. Age: 4+

PCCC Arena 3 (Purple)

113135 F	10-11:30am	Sep 19
113136 F	10-11:30am	Oct 24

FEE: **\$4.00**



Skating

Click here or scan the QR code for quick access to **Skating**.

Learn to Skate Levels

Learn with us! Qualified and experienced staff provide technical and fun instruction following the Long-Term Development Framework with program focusing on Awareness, First Involvement, Active Start and FUNDamentals. Low student to staff ratios support skaters as they learn, strengthen and improve skating skills.

PARENT PARTICIPATION (2½–5)

PARENT & TOT – First time skaters and their parents.

NON-PARENT PARTICIPATION LEVELS (2½–5)

TOT LEVEL 1 First time skaters

TOT LEVEL 2 Prerequisite successful completion of **Tot Level 1**

TOT LEVEL 3 Prerequisite successful completion of **Tot Level 2**

TOT LEVEL 4 Prerequisite successful completion of **Tot Level 3**

WHAT NEXT? Successful completion of **Tot 4**, skater moves to **Child Level 3**

CHILD LEVELS (6–11)

CHILD LEVEL 1 First time skaters

CHILD LEVEL 2 Prerequisite successful completion of **Child 1**

CHILD LEVEL 3 Prerequisite successful completion of **Child 2**

CHILD LEVEL 4 Prerequisite successful completion of **Child 3**

CHILD LEVEL 5 Prerequisite successful completion of **Child 4**

CHILD LEVEL 6 Prerequisite successful completion of **Child 5**

CHILD LEVEL 7 Prerequisite successful completion of **Child 6**

TURNING AGE 6 – STEPS TO REGISTER

More skills are taught in child levels and require greater strength and distances.

LEVEL	INCOMPLETE	COMPLETE
PARENT & TOT/TOT 1	CHILD 1	CHILD 2
TOT 2	CHILD 2	CHILD 2
TOT 3	CHILD 2	CHILD 3
TOT 4	CHILD 3	Based on report card recommendation

YOUTH LEVELS (12–18) ADULT LEVELS (19+)

YOUTH LEVEL 1 | ADULT LEVEL 1
First time skaters

YOUTH LEVEL 2 | ADULT LEVEL 2
Prerequisite Youth/Adult Level 1 or ability to perform Level 1 skills

YOUTH LEVEL 3 | ADULT LEVEL 3
Prerequisite Youth/Adult Level 2 or ability to perform Level 2 skills

Skate Programs

- Participants may only register for one of the same lesson set: **1 group, 1 private and 1 hockey**.
- Participants currently enrolled in skate lesson set, may not be on a waitlist.
- Participants not currently enrolled in a lesson set can be added to multiple waitlists.
- Participants must complete the current lesson set before registering in a future lesson set.
- Additional skate lesson registrations will result in participant being withdrawn from additional registrations (refund policy in effect).
- Drop in during a public skate for an evaluation if you are unsure of your child's level, rentals free. For further assessment information contact skating@portcoquitlam.ca.

Arena Drop ins

PORT COQUITLAM COMMUNITY CENTRE
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Registered drop-in programs include:

- Toonie Skates
- Public Skates
- 40+ Hockey
- Ring, Stick and Puck
- Family Skates
- Play and Skate



Click here or scan the QR code to pre-register for **Arena Drop ins**.



Skating | Tot

PARENT AND TOT

It's cold, slippery but most of all fun! Parents support their children as they learn to skate while playing with toys and participating in interactive games. Skaters learn how to stand, balance, fall, march forward and turn!

Equipment: All participants including parents require a mandatory CSA approved helmet and Tots require a mandatory helmet with face cage. Skate and helmet rentals included in program fee, or slip on cleats and helmets provided to parents free of charge if unable to skate. Cleats provided for lessons only. Age: 2½-6

PPCC Arena 3 (Purple)

114876 M	6:15-6:45pm	Sep 22-Nov 3
114877 M	6:45-7:15pm	Sep 22-Nov 3
114878 M	6:15-6:45pm	Nov 10-Dec 15
114879 M	6:45-7:15pm	Nov 10-Dec 15
114880 W	6:15-6:45pm	Sep 24-Oct 29
114881 W	6:45-7:15pm	Sep 24-Oct 29
114882 W	6:15-6:45pm	Nov 5-Dec 10
114883 W	6:45-7:15pm	Nov 5-Dec 10

Exception date: Mon. October 13, Thanksgiving

FEE: \$50.00



TOT LEVEL 1

Independently learn about skating in a fun and supportive program through songs and play. First time skaters will learn without their guardians. Program teaches: ice safety and equipment, how to stand and fall, march forward, turn, and hop.

Equipment: Skates and helmets free with registered lessons. Age: 2½-5

PPCC Arena 3 (Purple)

114736 M	4-4:30pm	Sep 22-Nov 3
114737 M	4:30-5pm	Sep 22-Nov 3
114796 M	4:30-5pm	Sep 22-Nov 3
114738 M	5:15-5:45pm	Sep 22-Nov 3
114739 M	5:45-6:15pm	Sep 22-Nov 3
114740 M	6:15-6:45pm	Sep 22-Nov 3
114741 M	6:45-7:15pm	Sep 22-Nov 3
114742 M	4-4:30pm	Nov 10-Dec 15
114743 M	4:30-5pm	Nov 10-Dec 15
114797 M	4:30-5pm	Nov 10-Dec 15
114744 M	5:15-5:45pm	Nov 10-Dec 15
114745 M	5:45-6:15pm	Nov 10-Dec 15
114746 M	6:15-6:45pm	Nov 10-Dec 15
114747 M	6:45-7:15pm	Nov 10-Dec 15
114748 W	4-4:30pm	Sep 24-Oct 29
114749 W	4:30-5pm	Sep 24-Oct 29
114798 W	4:30-5pm	Sep 24-Oct 29
114750 W	5:15-5:45pm	Sep 24-Oct 29
114751 W	5:45-6:15pm	Sep 24-Oct 29
114752 W	6:15-6:45pm	Sep 24-Oct 29
114753 W	6:45-7:15pm	Sep 24-Oct 29
114754 W	4-4:30pm	Nov 5-Dec 10
114755 W	4:30-5pm	Nov 5-Dec 10
114799 W	4:30-5pm	Nov 5-Dec 10
114756 W	5:15-5:45pm	Nov 5-Dec 10
114757 W	5:45-6:15pm	Nov 5-Dec 10
114758 W	6:15-6:45pm	Nov 5-Dec 10
114759 W	6:45-7:15pm	Nov 5-Dec 10
114760 F	4-4:30pm	Sep 19-Oct 24
114761 F	4:30-5pm	Sep 19-Oct 24
114762 F	5-5:30pm	Sep 19-Oct 24
114793 F	4-4:30pm	Nov 7-Dec 12
114794 F	4:30-5pm	Nov 7-Dec 12
114795 F	5-5:30pm	Nov 7-Dec 12

Exception date: Mon. October 13, Thanksgiving

FEE: \$50.00

TOT LEVEL 2

Skaters who can independently stand and walk forward will learn edges to gain speed to support learning how to move forward, march backwards, and stationary snowplow stop. Age: 2½-5

Equipment: Skate and helmet included in program fee.

Prerequisite: Completion of Tot Level 1 or ability to meet Tot Level 1 skills through drop in assessment during public skates. For further assessment information contact skating@portcoquitlam.ca. If your child has not recently attended lessons within the last year, best to review prior level, contact skating@portcoquitlam.ca

PPCC Arena 3 (Purple)

114763 M	4-4:30pm	Sep 22-Nov 3
114764 M	4:30-5pm	Sep 22-Nov 3
114765 M	5:15-5:45pm	Sep 22-Nov 3
114766 M	5:45-6:15pm	Sep 22-Nov 3
114767 M	6:15-6:45pm	Sep 22-Nov 3
114768 M	6:45-7:15pm	Sep 22-Nov 3
114769 M	4-4:30pm	Nov 10-Dec 15
114770 M	4:30-5pm	Nov 10-Dec 15
114771 M	5:15-5:45pm	Nov 10-Dec 15
114772 M	5:45-6:15pm	Nov 10-Dec 15
114773 M	6:15-6:45pm	Nov 10-Dec 15
114774 M	6:45-7:15pm	Nov 10-Dec 15
114775 W	4-4:30pm	Sep 24-Oct 29
114776 W	4:30-5pm	Sep 24-Oct 29
114777 W	5:15-5:45pm	Sep 24-Oct 29
114778 W	5:45-6:15pm	Sep 24-Oct 29
114779 W	6:15-6:45pm	Sep 24-Oct 29
114780 W	6:45-7:15pm	Sep 24-Oct 29
114781 W	4-4:30pm	Nov 5-Dec 10
114782 W	4:30-5pm	Nov 5-Dec 10
114783 W	5:15-5:45pm	Nov 5-Dec 10
114784 W	5:45-6:15pm	Nov 5-Dec 10
114785 W	6:15-6:45pm	Nov 5-Dec 10
114786 W	6:45-7:15pm	Nov 5-Dec 10
114787 F	4-4:30pm	Sep 19-Oct 24
114788 F	4:30-5pm	Sep 19-Oct 24
114789 F	5-5:30pm	Sep 19-Oct 24
114790 F	4-4:30pm	Nov 7-Dec 12
114791 F	4:30-5pm	Nov 7-Dec 12
114792 F	5-5:30pm	Nov 7-Dec 12

Exception date: Mon. October 13, Thanksgiving

FEE: \$50.00



Skating



TOT LEVEL 3

Skaters will learn edges to develop a “glide to their stride”, learn to two foot glide, and be introduced to gliding on a curve, snowplow stopping and backward skating. **Age: 2½–5**

Equipment: Skates and helmet included in program fee.

Prerequisite: Successful completion of Tot Level 2 or ability to meet Tot Level 2 skills through drop in assessment during public skates.

If your child has not recently attended lessons within the last year, best to review prior level contact skating@portcoquitlam.ca

PCCC Arena 3 (Purple)

114800 M	4–4:30pm	Sep 22–Nov 3
114801 M	5:15–5:45pm	Sep 22–Nov 3
114802 M	4–4:30pm	Nov 10–Dec 15
114803 M	5:15–5:45pm	Nov 10–Dec 15
114804 W	4–4:30pm	Sep 24–Oct 29
114805 W	5:15–5:45pm	Sep 24–Oct 29
114806 W	4–4:30pm	Nov 5–Dec 10
114807 W	5:15–5:45pm	Nov 5–Dec 10
114808 F	4–4:30pm	Sep 19–Oct 24
114809 F	4–4:30pm	Nov 7–Dec 12

Exception date: Mon. October 13, Thanksgiving

FEE: \$50.00

TOT LEVEL 4

With the ability to already skate forward, skaters strengthen momentum, improve snowplow stopping and backwards skating. Skaters will practice use of edges through an introduction to sculling and pumping. **Age: 2½–5**

Equipment: Skate and helmet included in program fee.

Prerequisite: Completion of Tot Level 3 or ability to meet Tot Level 3 skills through drop in assessment during public skates.

If your child has not recently attended lessons within the last year, best to review prior level, contact skating@portcoquitlam.ca

PCCC Arena 3 (Purple)

114810 M	5:45–6:15pm	Sep 22–Nov 3
114811 M	5:45–6:15pm	Nov 10–Dec 15
114812 W	5:45–6:15pm	Sep 24–Oct 29
114813 W	5:45–6:15pm	Nov 5–Dec 10
114814 F	4:30–5pm	Sep 19–Oct 24
114815 F	4:30–5pm	Nov 7–Dec 12

Exception date: Mon. October 13, Thanksgiving

FEE: \$50.00

Skating | Child

CHILD LEVEL 1

First time skaters will learn ice safety, how to stand, balance, fall, march forward while learning to gain speed using inside edges, stationary snowplow stopping, backwards marching, and be introduced to forward sculling! **Age: 6–11**

Equipment: Skates and helmets included in program fee.

Assessment: Unsure if this is the correct level or taken a Level 1 in another community, drop in assessment required and offered during public skates.

PCCC Arena 3 (Purple)

114816 M	4–4:30pm	Sep 22–Nov 3
114817 M	4:30–5pm	Sep 22–Nov 3
114818 M	5:15–5:45pm	Sep 22–Nov 3
114819 M	5:45–6:15pm	Sep 22–Nov 3
114820 M	6:15–6:45pm	Sep 22–Nov 3
114821 M	6:45–7:15pm	Sep 22–Nov 3
114822 M	4–4:30pm	Nov 10–Dec 15
114823 M	4:30–5pm	Nov 10–Dec 15
114824 M	5:15–5:45pm	Nov 10–Dec 15
114825 M	5:45–6:15pm	Nov 10–Dec 15
114826 M	6:15–6:45pm	Nov 10–Dec 15
114827 M	6:45–7:15pm	Nov 10–Dec 15
114828 W	4–4:30pm	Sep 24–Oct 29
114829 W	4:30–5pm	Sep 24–Oct 29
114830 W	5:15–5:45pm	Sep 24–Oct 29
114831 W	5:45–6:15pm	Sep 24–Oct 29
114832 W	6:15–6:45pm	Sep 24–Oct 29
114833 W	6:45–7:15pm	Sep 24–Oct 29
114834 W	4–4:30pm	Nov 5–Dec 10
114835 W	4:30–5pm	Nov 5–Dec 10
114836 W	5:15–5:45pm	Nov 5–Dec 10
114837 W	5:45–6:15pm	Nov 5–Dec 10
114838 W	6:15–6:45pm	Nov 5–Dec 10
114839 W	6:45–7:15pm	Nov 5–Dec 10
114840 F	4–4:30pm	Sep 19–Oct 24
114841 F	4:30–5pm	Sep 19–Oct 24
114842 F	5–5:30pm	Sep 19–Oct 24
114843 F	4–4:30pm	Nov 7–Dec 12
114844 F	4:30–5pm	Nov 7–Dec 12
114845 F	5–5:30pm	Nov 7–Dec 12

Exception date: Mon. October 13, Thanksgiving

FEE: \$50.00



CHILD LEVEL 2

Skaters learn to transition from a walk to an introductory stride using edges and then develop a “glide to their stride”, learn to two foot glide and be introduced to stopping, and backwards skating.

Age: 6–11

Equipment: Skate and helmet included in program fee.

Prerequisite: Completion of Child Level 1 or ability to INDEPENDANTLY get up and walk forward, or by drop in assessment during public skates.

PCCC Arena 3 (Purple)

114846 M	4–4:30pm	Sep 22–Nov 3
114847 M	4:30–5pm	Sep 22–Nov 3
114848 M	5:15–5:45pm	Sep 22–Nov 3
114849 M	5:45–6:15pm	Sep 22–Nov 3
114850 M	6:15–6:45pm	Sep 22–Nov 3
114851 M	6:45–7:15pm	Sep 22–Nov 3
114852 M	4–4:30pm	Nov 10–Dec 15
114853 M	4:30–5pm	Nov 10–Dec 15
114854 M	5:15–5:45pm	Nov 10–Dec 15
114855 M	5:45–6:15pm	Nov 10–Dec 15
114856 M	6:15–6:45pm	Nov 10–Dec 15
114857 M	6:45–7:15pm	Nov 10–Dec 15
114858 W	4–4:30pm	Sep 24–Oct 29
114859 W	4:30–5pm	Sep 24–Oct 29
114860 W	5:15–5:45pm	Sep 24–Oct 29
114861 W	5:45–6:15pm	Sep 24–Oct 29
114862 W	6:15–6:45pm	Sep 24–Oct 29
114863 W	6:45–7:15pm	Sep 24–Oct 29
114864 W	4–4:30pm	Nov 5–Dec 10
114865 W	4:30–5pm	Nov 5–Dec 10
114866 W	5:15–5:45pm	Nov 5–Dec 10
114867 W	5:45–6:15pm	Nov 5–Dec 10
114868 W	6:15pm–6:45pm	Nov 5–Dec 10
114869 W	6:45pm–7:15pm	Nov 5–Dec 10
114870 F	4–4:30pm	Sep 19–Oct 24
114871 F	4:30pm–5pm	Sep 19–Oct 24
114872 F	5–5:30pm	Sep 19–Oct 24
114873 F	4–4:30pm	Nov 7–Dec 12
114874 F	4:30pm–5pm	Nov 7–Dec 12
114875 F	5–5:30pm	Nov 7–Dec 12

Exception date: Mon. October 13, Thanksgiving

FEE: \$50.00



CHILD LEVEL 3

Skaters who can already skate forward improve forward skating techniques and learn forward sculling, wide slaloms, forward snowplow stopping and be introduced to backward sculling, backwards skating and one foot pumping on a straight line. Age: 6–11

Equipment: Skate and helmet included in program fee.

Prerequisite: Completion of or ability to meet Tot Level 4 or Child Level 2 skills or by assessment during public skates.

PCCC Arena 3 (Purple)

115293 M	4:20–5pm	Sep 22–Nov 3
115294 M	5:15–5:55pm	Sep 22–Nov 3
115295 M	5:55–6:35pm	Sep 22–Nov 3
115296 M	4:20–5pm	Nov 10–Dec 15
115297 M	5:15–5:55pm	Nov 10–Dec 15
115298 M	5:55–6:35pm	Nov 10–Dec 15
115299 W	4:20–5pm	Sep 24–Oct 29
115300 W	5:15–5:55pm	Sep 24–Oct 29
115302 W	5:55–6:35pm	Sep 24–Oct 29
115303 W	4:20–5pm	Nov 5–Dec 10
115304 W	5:15–5:55pm	Nov 5–Dec 10
115305 W	5:55–6:35pm	Nov 5–Dec 10
115306 F	4–4:40pm	Sep 19–Oct 24
115307 F	4:40–5:20pm	Sep 19–Oct 24
115308 F	4–4:40pm	Nov 7–Dec 12
115309 F	4:40–5:20pm	Nov 7–Dec 12

Exception date: Mon. October 13, Thanksgiving

FEE: \$68.00

CHILD LEVEL 4

Strengthen existing forward skating skill, learn left and right foot stopping, backward skating, backwards sculling, tight slalom, introduction to one foot glide and backward pumping on a line.

Age: 6–11

Equipment: Skate and helmet included in program fee.

Prerequisite: Completion of Child Level 3 or ability to meet Child 3 skills by assessment during public skates.

PCCC Arena 3 (Purple)

115311 M	4:20–5pm	Sep 22–Nov 3
115312 M	5:15–5:55pm	Sep 22–Nov 3
115313 M	4:20–5pm	Nov 10–Dec 15
115314 M	5:15–5:55pm	Nov 10–Dec 15
115315 W	4:20–5pm	Sep 24–Oct 29
115316 W	5:15–5:55pm	Sep 24–Oct 29
115317 W	4:20–5pm	Nov 5–Dec 10
115318 W	5:15–5:55pm	Nov 5–Dec 10
115319 F	5:20–6pm	Sep 19–Oct 24
115320 F	5:20–6pm	Nov 7–Dec 12

Exception date: Mon. October 13, Thanksgiving

FEE: \$68.00



Skating

CHILD LEVEL 5

Build upon existing technically correct skating skills to strengthen forward and backward skating, learn to one foot glide on a curve, backward snowplow stop and be introduced to forward and backward pumping and thrusting on a curve.

Age: 6–11

Equipment: Skates and helmet included in program fee.

Prerequisite: Completion of Child Level 4 or ability to meet Child Level 4 skills by drop in assessment during public skates.

PCCC Arena 3 (Purple)

115321 M 4:20–5pm Sep 22–Nov 3

115322 M 4:20–5pm Nov 10–Dec 15

115323 M 5:55–6:35pm Sep 22–Nov 3

115324 M 5:55–6:35pm Nov 10–Dec 15

115326 W 4:20–5pm Sep 24–Oct 29

115327 W 5:55–6:35pm Sep 24–Oct 29

115328 W 4:20–5pm Nov 5–Dec 10

115329 W 5:55–6:35pm Nov 5–Dec 10

Exception date: Mon. October 13, Thanksgiving

FEE: \$68.00

CHILD LEVEL 6

Strong and technically correct forward skaters learn to become powerful forward and backward skaters, and improve forward and backward pumping and thrusting techniques. Skaters are introduced to forward crossovers and parallel side stops. **Age:** 6–11

Equipment: Skate and helmet included in program fee.

Prerequisite: Completion of Child Level 5 or ability to meet Child Level 5 skills by drop in assessment during public skates.

PCCC Arena 3 (Purple)

115342 M 6:35–7:15pm Sep 22–Nov 3

115345 M 6:35–7:15pm Nov 10–Dec 15

115350 W 6:35–7:15pm Sep 24–Oct 29

115353 W 6:35–7:15pm Nov 5–Dec 10

Exception date: Mon. October 13, Thanksgiving

FEE: \$68.00



CHILD LEVEL 7

The final level of the City's Learn to Skate program focuses on speed and technique to perform forward and backward skating and crossovers, slaloms, tight turns, pivots and stopping. **Age:** 6–11

Equipment: Skate and helmet included in program fee.

Prerequisite: Completion of Child Level 6 or ability to meet Child Level 6 skills by drop in assessment during public skates.

PCCC Arena 3 (Purple)

115361 M 6:35–7:15pm Sep 22–Nov 3

115362 M 6:35–7:15pm Nov 10–Dec 15

115366 W 6:35–7:15pm Sep 24–Oct 29

115372 W 6:35–7:15pm Nov 5–Dec 10

Exception date: Mon. October 13, Thanksgiving

FEE: \$68.00

Skating | Adult

ADULT LEVEL 1

Have you always wanted to learn to skate? Learn fundamental skating skills in a supportive and fun adult only program. Participants new to skating learn to balance, use edges, develop a stride, glide, stop and are introduced to backwards skating. **Age:** 19+

Equipment: CSA approved helmet mandatory, and skates and helmet rentals included in program fee.

Assessment: Unsure if this is the correct level or taken a Level 1 in another community, drop in assessment required and offered during public skates.

PCCC Arena 3 (Purple)

115426 W 5:15–5:55pm Sep 24–Oct 29

115434 SU 11–11:40am Sep 28–Nov 2

115427 W 5:15–5:55pm Nov 5–Dec 10

115441 SU 11–11:40am Nov 9–Dec 14

FEE: \$68.00

PCCC Arena 3 (Purple)

115477 T 9:15–9:55am Oct 7–Dec 2

FEE: \$90.00



ADULT LEVEL 2

Looking to improve existing skating skills and become a more competent skater? Adult participants will improve their forward skating technique, learn how to backwards skate, stop proficiently, and improve edges. **Age: 19+**

Equipment: CSA approved helmet mandatory, and skates and helmet rentals included in program fee.

Prerequisite: Completion of Adult Level 1 or by drop in assessment during public skates. For assessment information contact skating@portcoquitlam.ca

PCCC Arena 3 (Purple)

115443 W	5:55–6:35pm	Sep 24–Oct 29
115444 W	5:55–6:35pm	Nov 5–Dec 10
115445 SU	11–11:40am	Sep 28–Nov 2
115447 SU	11–11:40am	Nov 9–Dec 14

FEE: \$68.00

PCCC Arena 3 (Purple)

115478 T	9:15–9:55am	Oct 7–Dec 2
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FEE: \$90.00

ADULT LEVEL 3

Adult participants enjoy becoming more powerful forward and backward skaters, learn to parallel side stop and challenge themselves to learn skills to help master forward crossovers. **Age: 19+**

Equipment: CSA approved helmet mandatory, and skates and helmet rentals included in program fee.

Prerequisite: Completion of Adult Level 2 or by drop in assessment during public skates. For assessment information contact skating@portcoquitlam.ca

PCCC Arena 3 (Purple)

115448 W	6:35–7:15pm	Sep 24–Oct 29
115449 W	6:35–7:15pm	Nov 5–Dec 10
115450 SU	11–11:40am	Sep 28–Nov 2
115451 SU	11–11:40am	Nov 9–Dec 14

FEE: \$68.00



The ONE CITY PASS is valid for drop-in activities at Hyde Creek Recreation Centre, Port Coquitlam Community Centre, Centennial and Robert Hope Pools, all for one low price.

Effective January 1, 2025.

Visit portcoquitlam.ca/recpass for current rates.

Passes are inclusive of any required facility and/or amenity closure.

Passes are to be used by the passholder only and not to be shared.

Sharing of passes may result in pass suspension.

One City Admission & Passes Rates

Use **FOUR** FACILITIES for the price of **ONE!**

Purchase Port Coquitlam's multi-site ONE CITY PASS to save on drop-in swimming, skating, fitness, racquetball/squash and all-ages gym sports across the City.

	SINGLE	10 VISITS	20 VISITS	MONTHLY PASS	ANNUAL PASS*
Tots (0–4 yrs)	FREE	FREE	FREE	FREE	FREE
Child (5–12 yrs)	\$3.42	\$30.78	\$54.72	\$30.78	\$277.00
Youth (13–24 yrs)	\$5.13	\$46.16	\$82.08	\$46.16	\$415.50
Adult (25–59 yrs)	\$6.85	\$61.55	\$109.43	\$61.55	\$554.00
Senior (60–79 yrs)	\$5.13	\$46.16	\$82.08	\$46.16	\$415.50
Super Senior** (80+ yrs)	\$5.13	\$46.16	\$82.08	\$46.16	\$415.50
Family	\$13.69	\$123.10	\$218.87	\$123.10	\$1,107.99

* The pass is not valid for registered programs or specialty Drop ins.

**Fee is waived for Port Coquitlam residents.



Skating

Skating | Private

PRIVATE LESSON SETS

Private skating lesson sets offers 1 on 1 instruction to learn or strengthen basic skating skills on a portion of ice during Learn to Skate lessons. Option to make it a semi private for skaters of similar ability when registering, additional fee is equivalent to \$11 per class. **Age: 3+**

Equipment: CSA approved helmet mandatory, and skates and helmet rentals included in program fee.

PCCC Arena 3 (Purple)

114884 M	4-4:30pm	Sep 22-Nov 3
114885 M	4:30-5pm	Sep 22-Nov 3
114886 M	5:15-5:45pm	Sep 22-Nov 3
114887 M	5:45-6:15pm	Sep 22-Nov 3
114888 M	6:15-6:45pm	Sep 22-Nov 3
114889 M	6:45-7:15pm	Sep 22-Nov 3
114890 M	4-4:30pm	Nov 10-Dec 15
114891 M	4:30-5pm	Nov 10-Dec 15
114892 M	5:15-5:45pm	Nov 10-Dec 15
114893 M	5:45-6:15pm	Nov 10-Dec 15
114894 M	6:15-6:45pm	Nov 10-Dec 15
114895 M	6:45-7:15pm	Nov 10-Dec 15
114896 W	4-4:30pm	Sep 24-Oct 29
114897 W	4:30-5pm	Sep 24-Oct 29
114898 W	5:15-5:45pm	Sep 24-Oct 29
114899 W	5:45-6:15pm	Sep 24-Oct 29
114900 W	6:15-6:45pm	Sep 24-Oct 29
114901 W	6:45-7:15pm	Sep 24-Oct 29
114902 W	4-4:30pm	Nov 5-Dec 10
114903 W	4:30-5pm	Nov 5-Dec 10
114904 W	5:15-5:45pm	Nov 5-Dec 10
114905 W	5:45-6:15pm	Nov 5-Dec 10
114906 W	6:15-6:45pm	Nov 5-Dec 10
114907 W	6:45-7:15pm	Nov 5-Dec 10
114908 F	5-5:30pm	Sep 19-Oct 24
114909 F	5:30-6pm	Sep 19-Oct 24
114910 F	5:30-6pm	Sep 19-Oct 24
114911 F	5:30-6pm	Sep 19-Oct 24
114912 F	5-5:30pm	Nov 7-Dec 12
114913 F	5:30-6pm	Nov 7-Dec 12
114914 F	5:30-6pm	Nov 7-Dec 12
114915 F	5:30-6pm	Nov 7-Dec 12

Exception date: Mon. October 13,
Thanksgiving

FEE: \$165.00

Skating | Hockey

TOT AND PARENT HOCKEY

Let's play hockey! Parents/guardians and their children learn to play hockey together. Program teaches fundamental hockey and skating skills and each session concludes with a fun scrimmage. **Age: 4-6**

Equipment: Program fee includes skates, helmet, hockey gloves and stick. Full gear not required.

Prerequisite: Successful completion of Tot Level 1 or by drop in assessment during public skates. Tots and parents must be able to stand, balance and move forward independently on skates the width of the arena in order to participate.

PCCC Arena 3 (Purple)

115467 SU	11-11:40am	Sep 28-Nov 2
115468 SU	11-11:40am	Nov 9-Dec 14

FEE: \$68.00

HOCKEY BASICS

Learn basic hockey skills and strengthen existing skating skills in a fun and interactive program for those who haven't joined a league. Weekly classes conclude with a fun, non-contact scrimmage.

Age: 6-11

Equipment: Program fee includes skates and helmet rentals, as well as stick and hockey gloves. For safety helmets must have a full-face cage and full gear not required.

Prerequisite: Completion of Child Level 2 or by drop in assessment during public skates. Must be able to skate with balance demonstrating the ability to move forward independently the width of the arena with control.

PCCC Arena 3 (Purple)

115469 SU	11:40am-12:20pm	Sep 28-Nov 2
115470 SU	11:40am-12:20pm	Nov 9-Dec 14

FEE: \$68.00



**LET'S PLAY
HOCKEY!**

Register now.



Skating | Youth

YOUTH LEVEL 1

Have you always wanted to learn to skate? Learn fundamental skating skills in a supportive and fun youth only program. Participants new to skating learn to balance, understand edges, walk forward then develop a stride, glide, stop and be introduced to backwards skating.

Age: 12–18

Equipment: CSA approved helmet mandatory, and skate and helmet rentals included in program fee.

PCCC Arena 3 (Purple)

115383 M 5:15–5:55pm Sep 22–Nov 3
115386 M 5:15–5:55pm Nov 10–Dec 15
115471 SU 11:40am–12:20pm Sep 28–Nov 2
115472 SU 11:40am–12:20pm Nov 9–Dec 14
Exception date: Mon. October 13, Thanksgiving

FEE: \$68.00

YOUTH LEVEL 2

Looking to improve existing skating skills and become a more competent skater? Youth participants will improve their forward skating technique, learn how to backwards skate, stop proficiently, and improve edges. **Age: 12–18**

Equipment: CSA approved helmet mandatory, and skate and helmet rentals included in program fee.

Prerequisite: Completion of Youth Level 1 or by drop in assessment during public skates.

PCCC Arena 3 (Purple)

115408 M 5:55–6:35pm Sep 22–Nov 3
115409 M 5:55–6:35pm Nov 10–Dec 15
115473 SU 11:40am–12:20pm Sep 28–Nov 2
115474 SU 11:40am–12:20pm Nov 9–Dec 14
Exception date: Mon. October 13, Thanksgiving

FEE: \$68.00

YOUTH LEVEL 3

Youth participants will have fun becoming more powerful forward and backwards skaters, learn to parallel side stop and challenge themselves to learn skills to help master forward crossovers.

Age: 12–18

Equipment: CSA approved helmet mandatory, and skate and helmet rentals included in program fee.

Prerequisite: Completion of Youth Level 2 or by drop in assessment during public skates.

PCCC Arena 3 (Purple)

115412 M 6:35–7:15pm Sep 22–Nov 3
115413 M 6:35–7:15pm Nov 10–Dec 15
115475 SU 11:40am–12:20pm Sep 28–Nov 2
115476 SU 11:40am–12:20pm Nov 9–Dec 14
Exception date: Mon. October 13, Thanksgiving

FEE: \$68.00



Aquatics

[Click here](#) or scan the QR code for quick access to **Aquatic Activities**.

Changes to Aquatic lesson registration

These improvements include:

- Adding skills as a pre-requisite to a customer's profile in the registration system as a requirement for aquatic lessons and
- Adding additional registration dates for aquatic lessons on a rolling registration. A rolling registration will provide an opportunity for participants to register for a lesson more frequently throughout the season and provide fewer breaks in learning.

Registration for aquatic lesson programs will go as follows:

- Port Coquitlam residents will have access at 8 am 30 days prior to the first day of swim lessons.
- General public will have access at 8 am 27 days prior for the first day of swim lessons.

Providing proof of prerequisites

Bring a report card to one of the Recreation Centres (Hyde Creek Recreation Centre or Port Coquitlam Community Centre) in person or send an email with the participant's name and a photo of the report card to recreation@portcoquitlam.ca.

Please ensure the photo includes the participant's name and the last level they have passed.

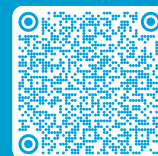
If you are unsure whether the prerequisites are in the system, please contact the Recreation team at recreation@portcoquitlam.ca or call 604-927-PLAY (7529).

Activity Start Date	Registration Date – RESIDENTS	Registration Date – GENERAL PUBLIC
Sept 15 (Mon/Wed)	16 Aug	19 Aug
Sept 16 (Tue/Thu)	17 Aug	20 Aug
Sept 20 (Sat/Sun)	21 Aug	24 Aug
Oct 14 (Tue/Thu) (Tue)	14 Sep	17 Sep
Oct 15 (Mon/Wed) (Wed)	15 Sep	18 Sep
Oct 16 (Thu)	16 Sep	19 Sep
Oct 17 (Fri)	17 Sep	20 Sep
Oct 18 (Sat/Sun) (Sat)	18 Sep	21 Sep
Oct 19 (Sun)	19 Sep	22 Sep
Oct 20 (Mon)	20 Sep	23 Sep
Nov 15 (Sat/Sun)	16 Oct	19 Oct
Nov 17 (Mon/Wed)	18 Oct	21 Oct
Nov 18 (Tue/Thu)	19 Oct	22 Oct

Aquatic Drop ins

Registered drop-in programs include:

- Aquatic Fitness



[Click here](#) or scan the QR code to register for **Aquatic Drop ins**.



Aquatic Programs

- Participants may only register for one swim lesson set (including performance enhancers).
- Participants currently enrolled in a swim lesson set may NOT be on another waitlist
- Participants not currently enrolled in a lesson set can be added to multiple waitlists.
- Participants must complete the current lesson set before registering in a future lesson set.
- Additional swim class registrations will result in participant being withdrawn from additional registrations (refund policy in effect).
- Drop in during a public swim for an evaluation if you are unsure of your child's level.



Parent & Tot

PARENT & TOT 1 (JELLYFISH)

Babies and their caregivers work on supports and holds (front and back), readiness for submersion, and floating with a PFD. Age: 4m–1yr

PCCC Leisure Pool

114356 S,Sa 9:40–10:10am Sep 20–Oct 5

FEE: \$33.00

114607 T,Th 10:10–10:40am Sep 16–Oct 9

FEE: \$38.50

HC Leisure Pool

115773 M,W 9:30–10am Sep 15–Oct 8

115804 S,Sa 10:35–11:05am Oct 18–Nov 9

PCCC Leisure Pool

114987 S,Sa 8:30–9am Oct 18–Nov 9

FEE: \$44.00

HC Leisure Pool

115818 M,W 4:20–4:50pm Oct 15–Nov 12

115916 F 9:45–10:15am Oct 17–Dec 19

PCCC Leisure Pool

115263 T,Th 9:35–10:05am Oct 14–Nov 13

FEE: \$49.50

HC Leisure Pool

115861 M,W 9:30–10am Nov 17–Dec 17

115862 M,W 4:20–4:50pm Nov 17–Dec 17

PCCC Leisure Pool

115462 S,Sa 9:40–10:10am Nov 15–Dec 14

115653 T,Th 10:10–10:40am Nov 18–Dec 18

FEE: \$55.00





PARENT & TOT 2 (GOLDFISH)

Babies and their caregivers work on shallow water entries and exits, blowing bubbles, front and back floats, as well as kicking. **Age: 1**

HC Leisure Pool

115757 S,Sa 9:45–10:15am Sep 20–Oct 5

PCCC Leisure Pool

114348 S,Sa 8:30–9am Sep 20–Oct 5

FEE: \$33.00

PCCC Leisure Pool

114610 T,Th 10:45–11:15am Sep 16–Oct 9

FEE: \$38.50

HC Leisure Pool

115774 M,W 10:05–10:35am Sep 15–Oct 8

115805 S,Sa 11:25–11:55am Oct 18–Nov 9

115806 S,Sa 10–10:30am Oct 18–Nov 9

PCCC Leisure Pool

114989 S,Sa 9:05–9:35am Oct 18–Nov 9

FEE: \$44.00

HC Leisure Pool

115917 F 10:20–10:50am Oct 17–Dec 19

PCCC Leisure Pool

115265 T,Th 10:10–10:40am Oct 14–Nov 13

115819 M,W 9:30–10am Oct 15–Nov 12

FEE: \$49.50

HC Leisure Pool

115847 S,Sa 10–10:30am Nov 15–Dec 14

115863 M,W 10:05–10:35am Nov 17–Dec 17

PCCC Leisure Pool

115452 S,Sa 8:30–9am Nov 15–Dec 14

115658 T,Th 10:45–11:15am Nov 18–Dec 18

FEE: \$55.00

PARENT & TOT 3 (SEAHORSE)

Toddlers and their caregivers work on assisted jumps and entries into the pool, submersion, front and back floats, as well as kicking on front and back. **Age: 2**

HC Leisure Pool

115758 S,Sa 11:25–11:55am Sep 20–Oct 5

PCCC Leisure Pool

114352 S,Sa 9:05–9:35am Sep 20–Oct 5

FEE: \$33.00

PCCC Leisure Pool

114605 T,Th 9:35–10:05am Sep 16–Oct 9

FEE: \$38.50

PCCC Leisure Pool

115016 S,Sa 9:40–10:10am Oct 18–Nov 9

FEE: \$44.00

HC Leisure Pool

115820 M,W 10:05–10:35am Oct 15–Nov 12

115924 F 10:55–11:25am Oct 17–Dec 19

PCCC Leisure Pool

115268 T,Th 10:45–11:15am Oct 14–Nov 13

FEE: \$49.50

PCCC Leisure Pool

115458 S,Sa 9:05–9:35am Nov 15–Dec 14

115651 T,Th 9:35–10:05am Nov 18–Dec 18

FEE: \$55.00

Preschool

PRESCHOOL 1 (OCTOPUS)

Swimmers work on comfort in the water and will practice front and back floats and glides (assisted). **Age: 3–5**

HC Leisure Pool

115759 S,Sa 10–10:30am Sep 20–Oct 5

PCCC Leisure Pool

114350 S,Sa 8:30–9am Sep 20–Oct 5

114351 S,Sa 9:05–9:35am Sep 20–Oct 5

FEE: \$43.50

PCCC Leisure Pool

114603 T,Th 9–9:30am Sep 16–Oct 9

114608 T,Th 10:10–10:40am Sep 16–Oct 9

114617 T,Th 5:45–6:15pm Sep 16–Oct 9

FEE: \$50.75

HC Leisure Pool

115775 M,W 9:30–10am Sep 15–Oct 8

115776 M,W 10:40–11:10am Sep 15–Oct 8

115777 M,W 3:30–4pm Sep 15–Oct 8

115802 S,Sa 11:10–11:40am Oct 18–Nov 9

115803 S,Sa 11:25–11:55am Oct 18–Nov 9

PCCC Leisure Pool

114561 M,W 4–4:30pm Sep 15–Oct 8

114986 S,Sa 8:30–9am Oct 18–Nov 9

FEE: \$58.00





HC Leisure Pool

115821	M,W	10:05–10:35am	Oct 15–Nov 12
115822	M,W	10:40–11:10am	Oct 15–Nov 12
115823	M,W	4:40–5:10pm	Oct 15–Nov 12
115933	F	10:20–10:50am	Oct 17–Dec 19
115936	F	3:30–4pm	Oct 17–Dec 19
115890	Sa	5–5:30pm	Oct 18–Dec 13
115891	Sa	6:45–7:15pm	Oct 18–Dec 13
115897	S	5–5:30pm	Oct 19–Dec 14
115898	S	5:35–6:05pm	Oct 19–Dec 14

PCCC Leisure Pool

115264	T,Th	9:35–10:05am	Oct 14–Nov 13
115267	T,Th	10:45–11:15am	Oct 14–Nov 13
115275	T,Th	4–4:30pm	Oct 14–Nov 13
115018	M,W	5:45–6:15pm	Oct 15–Nov 12
116028	F	4–4:30pm	Oct 17–Dec 19
115669	Sa	9:05–9:35am	Oct 18–Dec 13
115676	S	9:40–10:10am	Oct 19–Dec 14
115727	M	4–4:30pm	Oct 20–Dec 15

FEE: **\$65.25**

HC Leisure Pool

115914	Th	6:10–6:40pm	Oct 16–Dec 18
115846	S,Sa	11:45am–12:15pm	Nov 15–Dec 14
115864	M,W	10:05–10:35am	Nov 17–Dec 17
115865	M,W	10:40–11:10am	Nov 17–Dec 17
115866	M,W	3:30–4pm	Nov 17–Dec 17
115867	M,W	4:40–5:10pm	Nov 17–Dec 17

PCCC Leisure Pool

116027	Th	5:45–6:15pm	Oct 16–Dec 18
115456	S,Sa	8:30–9am	Nov 15–Dec 14
115457	S,Sa	9:05–9:35am	Nov 15–Dec 14
115630	M,W	4–4:30pm	Nov 17–Dec 17
115648	T,Th	9–9:30am	Nov 18–Dec 18
115654	T,Th	10:10–10:40am	Nov 18–Dec 18
115666	T,Th	5:45–6:15pm	Nov 18–Dec 18

FEE: **\$72.50**

PRESCHOOL 2 (CRAB)

Prerequisite: Successful completion of Preschool 1 (Octopus). Swimmers work on full submersion as well as front and back floats and glides (with PFD). They will also work on flutter kicks on their back with a buoyant aid. Age: 3–5

HC Leisure Pool

115760	S,Sa	10:50–11:20am	Sep 20–Oct 5
115761	S,Sa	11:30am–12pm	Sep 20–Oct 5

PCCC Leisure Pool

114355	S,Sa	9:40–10:10am	Sep 20–Oct 5
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FEE: **\$43.50**

PCCC Leisure Pool

114606	T,Th	9:35–10:05am	Sep 16–Oct 9
114609	T,Th	10:45–11:15am	Sep 16–Oct 9
114615	T,Th	5:10pm–5:40pm	Sep 16–Oct 9

FEE: **\$50.75**

HC Leisure Pool

115778	M,W	10:05–10:35am	Sep 15–Oct 8
115779	M,W	10:40–11:10am	Sep 15–Oct 8
115780	M,W	4:55–5:25pm	Sep 15–Oct 8
115807	S,Sa	10:20–10:50am	Oct 18–Nov 9

PCCC Leisure Pool

114562	M,W	4:35–5:05pm	Sep 15–Oct 8
114991	S,Sa	9:05–9:35am	Oct 18–Nov 9

FEE: **\$58.00**

HC Leisure Pool

115824	M,W	9:30–10am	Oct 15–Nov 12
115825	M,W	10:40–11:10am	Oct 15–Nov 12
115826	M,W	3:30–4pm	Oct 15–Nov 12
115939	F	10:55–11:25am	Oct 17–Dec 19
115942	F	4:05–4:35pm	Oct 17–Dec 19
115892	Sa	5:35–6:05pm	Oct 18–Dec 13
115899	S	6:45–7:15pm	Oct 19–Dec 14
115904	M	4:55–5:25pm	Oct 20–Dec 15

PCCC Leisure Pool

115261	T,Th	9–9:30am	Oct 14–Nov 13
115266	T,Th	10:10–10:40am	Oct 14–Nov 13
115277	T,Th	4:35–5:05pm	Oct 14–Nov 13
115748	T	5:45–6:15pm	Oct 14–Dec 16
115022	M,W	5:10–5:40pm	Oct 15–Nov 12
116031	F	5:45–6:15pm	Oct 17–Dec 19
115672	Sa	9:40–10:10am	Oct 18–Dec 13
115675	S	9:05–9:35am	Oct 19–Dec 14

FEE: **\$65.25**

HC Leisure Pool

115848	S,Sa	9:45–10:15am	Nov 15–Dec 14
115868	M,W	9:30–10am	Nov 17–Dec 17
115869	M,W	10:40–11:10am	Nov 17–Dec 17
115870	M,W	3:30–4pm	Nov 17–Dec 17
115871	M,W	4:55–5:25pm	Nov 17–Dec 17

PCCC Leisure Pool

115750	W	4–4:30pm	Oct 15–Dec 17
115461	S,Sa	9:40–10:10am	Nov 15–Dec 14
115632	M,W	4:35–5:05pm	Nov 17–Dec 17
115652	T,Th	9:35–10:05am	Nov 18–Dec 18
115656	T,Th	10:45–11:15am	Nov 18–Dec 18
115664	T,Th	5:10–5:40pm	Nov 18–Dec 18

FEE: **\$72.50**



PRESCHOOL 3 (ORCA)

Prerequisite: Successful completion of Preschool 2 (Crab). Swimmers work on kicking and can perform glides (front and back) for 5 meters continuously. Deep water is introduced while wearing a PFD.

Age: 3–5

HC Leisure Pool

115762 S,Sa 10:20–10:50am Sep 20–Oct 5

FEE: \$43.50

PCCC Leisure Pool

114604 T,Th 9–9:30am Sep 16–Oct 9

114614 T,Th 4:35–5:05pm Sep 16–Oct 9

FEE: \$50.75

HC Leisure Pool

115781 M,W 4:55–5:25pm Sep 15–Oct 8

115808 S,Sa 9:45–10:15am Oct 18–Nov 9

PCCC Leisure Pool

114565 M,W 5:10–5:40pm Sep 15–Oct 8

115015 S,Sa 9:40–10:10am Oct 18–Nov 9

FEE: \$58.00

HC Leisure Pool

115908 T 6:10–6:40pm Oct 14–Dec 16

115827 M,W 4:05–4:35pm Oct 15–Nov 12

115945 F 9:45–10:15am Oct 17–Dec 19

115948 F 4:40–5:10pm Oct 17–Dec 19

115893 Sa 6:10–6:40pm Oct 18–Dec 13

115900 S 6:10–6:40pm Oct 19–Dec 14

PCCC Leisure Pool

115262 T,Th 9–9:30am Oct 14–Nov 13

115278 T,Th 5:10–5:40pm Oct 14–Nov 13

115740 T 4:35–5:05pm Oct 14–Dec 16

115021 M,W 4:35–5:05pm Oct 15–Nov 12

115730 M 5:45–6:15pm Oct 20–Dec 15

FEE: \$65.25

HC Leisure Pool

115849 S,Sa 11:10–11:40am Nov 15–Dec 14

115872 M,W 4:05–4:35pm Nov 17–Dec 17

115873 M,W 5:10–5:40pm Nov 17–Dec 17

PCCC Leisure Pool

115640 M,W 5:10–5:40pm Nov 17–Dec 17

115649 T,Th 9–9:30am Nov 18–Dec 18

115662 T,Th 4:35–5:05pm Nov 18–Dec 18

FEE: \$72.50



PRESCHOOL 4 (SEA LION)

Prerequisite: Successful completion of Preschool 3 (Orca). Swimmers will work on flutter kick on their front and back, front crawl, treading water with a PFD in deep water, and swimming 7 metres continuously. **Age:** 3–5

HC Lap Pool

115763 S,Sa 10:50–11:20am Sep 20–Oct 5

FEE: \$43.50

PCCC Leisure Pool

114612 T,Th 4–4:30pm Sep 16–Oct 9

FEE: \$50.75

HC Leisure Pool

115782 M,W 3:30–4pm Sep 15–Oct 8

115809 S,Sa 11:25–11:55am Oct 18–Nov 9

PCCC Leisure Pool

114566 M,W 5:45–6:15pm Sep 15–Oct 8

FEE: \$58.00

PCCC Leisure Pool

115280 T,Th 5:45–6:15pm Oct 14–Nov 13

115019 M,W 4–4:30pm Oct 15–Nov 12

FEE: \$65.25

HC Leisure Pool

115850 S,Sa 10:35–11:05am Nov 15–Dec 14

PCCC Leisure Pool

115753 W 5:45–6:15pm Oct 15–Dec 17

116024 Th 4:35–5:05pm Oct 16–Dec 18

115642 M,W 5:45–6:15pm Nov 17–Dec 17

115660 T,Th 4–4:30pm Nov 18–Dec 18

FEE: \$72.50

PRESCHOOL 5 (NARWHAL)

Prerequisite: Successful completion of Preschool 4 (Sea Lion). Swimmers work on front and back crawl (5m), interval training, treading water for 10 seconds as well as forward rolls. Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level. **Age:** 3–5

HC Lap Pool

115764 S,Sa 10:50–11:20am Sep 20–Oct 5

FEE: \$43.50

HC Leisure Pool

115783 M,W 3:30–4pm Sep 15–Oct 8

115810 S,Sa 11:25–11:55am Oct 18–Nov 9

FEE: \$58.00

HC Leisure Pool

115851 S,Sa 10:35–11:05pm Nov 15–Dec 14

PCCC Leisure Pool

116025 Th 4:35–5:05pm Oct 16–Dec 18

FEE: \$72.50



Swimmer

SWIMMER 1

Swimmers develop front and back float, front and back glide, flutter kick, shallow water entries and exits, and swim 5 metres. They also develop comfort in deep water with a PFD. Age: 5–13

HC Lap Pool

115765 S,Sa 10:35–11:05am Sep 20–Oct 5

PCCC Leisure Pool

114353 S,Sa 9:05–9:35am Sep 20–Oct 5

114354 S,Sa 9:40–10:10am Sep 20–Oct 5

FEE: \$39.00

HC Lap Pool

115793 T,Th 4–4:30pm Sep 16–Oct 9

115794 T,Th 5:25–5:55pm Sep 16–Oct 9

PCCC Leisure Pool

114611 T,Th 4–4:30pm Sep 16–Oct 9

114616 T,Th 5:10–5:40pm Sep 16–Oct 9

FEE: \$45.50

HC Lap Pool

115784 M,W 4:20–4:50pm Sep 15–Oct 8

115811 S,Sa 10–10:30am Oct 18–Nov 9

115812 S,Sa 10:50–11:20am Oct 18–Nov 9

PCCC Leisure Pool

114563 M,W 4:35–5:05pm Sep 15–Oct 8

114564 M,W 5:10–5:40pm Sep 15–Oct 8

114988 S,Sa 8:30–9am Oct 18–Nov 9

FEE: \$52.00

HC Lap Pool

115837 T,Th 4–4:30pm Oct 14–Nov 13

115838 T,Th 5–5:30pm Oct 14–Nov 13

115828 M,W 4:55–5:25pm Oct 15–Nov 12

115894 Sa 5–5:30pm Oct 18–Dec 13

PCCC Leisure Pool

115276 T,Th 4:35–5:05pm Oct 14–Nov 13

115281 T,Th 5:45–6:15pm Oct 14–Nov 13

115747 T 5:10–5:40pm Oct 14–Dec 16

115017 M,W 4–4:30pm Oct 15–Nov 12

115024 M,W 5:45–6:15pm Oct 15–Nov 12

116029 F 4:35–5:05pm Oct 17–Dec 19

115668 Sa 8:30–9am Oct 18–Dec 13

115728 M 4:35–5:05pm Oct 20–Dec 15

FEE: \$58.50

HC Lap Pool

115915 Th 5–5:30pm Oct 16–Dec 18

115852 S,Sa 10:35–11:05am Nov 15–Dec 14

115874 M,W 4:05–4:35pm Nov 17–Dec 17

115881 T,Th 4–4:30pm Nov 18–Dec 18

115882 T,Th 5–5:30pm Nov 18–Dec 18

PCCC Leisure Pool

115752 W 5:10–5:40pm Oct 15–Dec 17

116023 Th 4–4:30pm Oct 16–Dec 18

115459 S,Sa 9:05–9:35am Nov 15–Dec 14

115460 S,Sa 9:40–10:10am Nov 15–Dec 14

115635 M,W 4:35–5:05pm Nov 17–Dec 17

115638 M,W 5:10–5:40pm Nov 17–Dec 17

115659 T,Th 4–4:30pm Nov 18–Dec 18

115665 T,Th 5:10–5:40pm Nov 18–Dec 18

FEE: \$65.00

SWIMMER 2

Prerequisite: Successful completion of Swimmer 1 or Preschool 5 (Narwhal). Swimmers increase their flutter kick distance (front, back, side), work on front and back crawl, and are introduced to interval training. Age: 5–13

HC Lap Pool

115766 S,Sa 10:55–11:25am Sep 20–Oct 5

115767 S,Sa 11:25–11:55am Sep 20–Oct 5

PCCC Leisure Pool

114349 S,Sa 8:30–9am Sep 20–Oct 5

FEE: \$39.00

HC Lap Pool

115795 T,Th 5–5:30pm Sep 16–Oct 9

PCCC Leisure Pool

114613 T,Th 4:35–5:05pm Sep 16–Oct 9

114618 T,Th 5:45–6:15pm Sep 16–Oct 9

FEE: \$45.50

HC Lap Pool

115786 M,W 4:05–4:35pm Sep 15–Oct 8

115813 S,Sa 10:50–11:20am Oct 18–Nov 9

PCCC Leisure Pool

114560 M,W 4–4:30pm Sep 15–Oct 8

114567 M,W 5:45–6:15pm Sep 15–Oct 8

114990 S,Sa 9:05–9:35am Oct 18–Nov 9

114992 S,Sa 9:40–10:10am Oct 18–Nov 9

FEE: \$52.00

HC Lap Pool

115839 T,Th 5:25–5:55pm Oct 14–Nov 13

115909 T 5:35–6:05pm Oct 14–Dec 16

115829 M,W 3:30–4pm Oct 15–Nov 12

115830 M,W 4:05–4:35pm Oct 15–Nov 12

115901 S 5–5:30pm Oct 19–Dec 14

PCCC Leisure Pool

115274 T,Th 4–4:30pm Oct 14–Nov 13

115279 T,Th 5:10–5:40pm Oct 14–Nov 13

115732 T 4–4:30pm Oct 14–Dec 16

115020 M,W 4:35–5:05pm Oct 15–Nov 12

115023 M,W 5:10–5:40pm Oct 15–Nov 12

116030 F 5:10–5:40pm Oct 17–Dec 19

115673 S 8:30–9am Oct 19–Dec 14

115729 M 5:10–5:40pm Oct 20–Dec 15

FEE: \$58.50

HC Lap Pool

116026 Th 5:10–5:40pm Oct 16–Dec 18

115853 S,Sa 10:20–10:50am Nov 15–Dec 14

115875 M,W 3:30–4pm Nov 17–Dec 17

115876 M,W 4:05–4:35pm Nov 17–Dec 17

115883 T,Th 5:25–5:55pm Nov 18–Dec 18

PCCC Leisure Pool

115751 W 4:35–5:05pm Oct 15–Dec 17

116026 Th 5:10–5:40pm Oct 16–Dec 18

115454 S,Sa 8:30–9am Nov 15–Dec 14

115626 M,W 4–4:30pm Nov 17–Dec 17

115646 M,W 5:45–6:15pm Nov 17–Dec 17

115661 T,Th 4:35–5:05pm Nov 18–Dec 18

115667 T,Th 5:45–6:15pm Nov 18–Dec 18

FEE: \$65.00

**DEVELOP
A COMFORT IN
DEEP WATER!**
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Aquatics

SWIMMER 3

Prerequisite: Successful completion of Swimmer 2. Swimmers increase their distance on front and back crawl, whip kick is introduced on back, and participants continue to work on safety in deep water. **Age: 5–13**

HC Lap Pool

115768 S,Sa 10–10:45am Sep 20–Oct 5

FEE: \$46.50

HC Lap Pool

115796 T,Th 4:35–5:20pm Sep 16–Oct 9

FEE: \$54.25

HC Lap Pool

115787 M,W 4:35–5:20pm Sep 15–Oct 8

115982 M,W 3:30–4:15pm Sep 15–Oct 8

115815 S,Sa 10:35–11:20am Oct 18–Nov 9

115983 S,Sa 10–10:45am Oct 18–Nov 9

FEE: \$62.00

HC Lap Pool

115840 T,Th 5:35–6:20pm Oct 14–Nov 13

115831 M,W 3:30–4:15pm Oct 15–Nov 12

115895 Sa 5:35–6:20pm Oct 18–Dec 13

115902 S 6:25–7:10pm Oct 19–Dec 14

115905 M 3:30–4:15pm Oct 20–Dec 15

FEE: \$69.75

HC Lap Pool

115854 S,Sa 11:10–11:55am Nov 15–Dec 14

115877 M,W 3:30–4:15pm Nov 17–Dec 17

115984 M,W 4:40–5:25pm Nov 17–Dec 17

115884 T,Th 4:35–5:20pm Nov 18–Dec 18

FEE: \$77.50

SWIMMER 4

Prerequisite: Successful completion of Swimmer 3. Swimmers continue to develop front and back crawl (25m), whip kick on front and breaststroke arms are introduced, and participants will tread water for 1 minute. **Age: 5–13**

HC Lap Pool

115769 S,Sa 11:05–11:50am Sep 20–Oct 5

FEE: \$46.50

HC Lap Pool

115797 T,Th 6:25–7:10pm Sep 16–Oct 9

FEE: \$54.25

HC Lap Pool

115788 M,W 4:40–5:25pm Sep 15–Oct 8

115816 S,Sa 10–10:45am Oct 18–Nov 9

FEE: \$62.00

HC Lap Pool

115841 T,Th 5–5:45pm Oct 14–Nov 13

115832 M,W 3:30–4:15pm Oct 15–Nov 12

115903 S 5:35–6:20pm Oct 19–Dec 14

FEE: \$69.75

HC Lap Pool

115910 W 3:30–4:15pm Oct 15–Dec 17

115855 S,Sa 11:05–11:50am Nov 15–Dec 14

115878 M,W 3:30–4:15pm Nov 17–Dec 17

115885 T,Th 6:25–7:10pm Nov 18–Dec 18

FEE: \$77.50

SWIMMER 5

Prerequisite: Successful completion of Swimmer 4. Swimmers perform front and back crawl for 50m, learn breaststroke and eggbeater, and will tread water for 90 seconds. **Age: 5–13**

HC Lap Pool

115770 S,Sa 11:10–11:55am Sep 20–Oct 5

FEE: \$46.50

HC Lap Pool

115798 T,Th 5–5:45pm Sep 16–Oct 9

FEE: \$54.25

HC Lap Pool

115789 M,W 4:05–4:50pm Sep 15–Oct 8

FEE: \$62.00

HC Lap Pool

115842 T,Th 6:25–7:10pm Oct 14–Nov 13

115833 M,W 4:35–5:20pm Oct 15–Nov 12

115896 Sa 6:25–7:10pm Oct 18–Dec 13

FEE: \$69.75

HC Lap Pool

115856 S,Sa 9:45–10:30am Nov 15–Dec 14

115879 M,W 4:40–5:25pm Nov 17–Dec 17

115886 T,Th 5–5:45pm Nov 18–Dec 18

FEE: \$77.50

Aquatic Drop ins

HYDE CREEK RECREATION CENTRE

Registered drop-in programs include:

- Deep Water Running
- Shallow Fit
- Aqua Yoga
- Stretch & Strength



Click here or scan the QR code to register for **Aquatic Drop ins**.





SWIMMER 6

Prerequisite: Successful completion of Swimmer 5. Swimmers work on front and back crawl (100m), breaststroke (50m), scissor kick (15m) and will be able to swim 300m continuously. **Age:** 5–13

HC Lap Pool

115771 S,Sa 10–10:45am Sep 20–Oct 5

FEE: \$46.50

HC Lap Pool

115799 T,Th 5:35–6:20pm Sep 16–Oct 9

FEE: \$54.25

HC Lap Pool

115790 M,W 4:35–5:20pm Sep 15–Oct 8

FEE: \$62.00

HC Lap Pool

115843 T,Th 4:35–5:20pm Oct 14–Nov 13

115834 M,W 4:40–5:25pm Oct 15–Nov 12

FEE: \$69.75

HC Lap Pool

115857 S,Sa 11:05–11:50am Nov 15–Dec 14

115880 M,W 4:20–5:05pm Nov 17–Dec 17

115887 T,Th 5:35–6:20pm Nov 18–Dec 18

FEE: \$77.50

SWIMMER 7 (ROOKIE)

Prerequisite: Successful completion of Swimmer 6. This is the first level of the Canadian Swim Patrol. Features stroke development, fitness (endurance swims), self rescue, assessment of a conscious injured patient requiring EMS, treatment of bleeding, and throwing assist rescues. **Age:** 8–15

HC Lap Pool

115772 S,Sa 10–11am Sep 20–Oct 5

FEE: \$66.00

HC Lap Pool

115791 M,W 3:30–4:30pm Sep 15–Oct 8

FEE: \$88.00

HC Lap Pool

115835 M,W 3:30–4:30pm Oct 15–Nov 12

FEE: \$99.00

HC Lap Pool

115858 S,Sa 10–11am Nov 15–Dec 14

FEE: \$110.00

SWIMMER 8 (RANGER)

Prerequisite: Successful completion of Swimmer 7 (Rookie Patrol). This is the second level of the Canadian Swim Patrol. Features stroke development and personal fitness, assessment of an unconscious breathing patient requiring EMS, treatment of choking and an introduction to in-water rescue techniques. **Age:** 8–15

HC Lap Pool

115836 M,W 4:20–5:20pm Oct 15–Nov 12

FEE: \$99.00

HC Lap Pool

115860 S,Sa 10–11am Nov 15–Dec 14

FEE: \$110.00



SWIMMER 9 (STAR)

Prerequisite: Successful completion of Swimmer 8 (Ranger Patrol). This is the third level of the Canadian Swim Patrol. Features continuous stroke development and personal fitness, rescue of an unconscious breathing patient in the water, treatment of respiratory distress (such as asthma and allergic reactions), and treatment of fractures. **Age:** 8–15

HC Lap Pool

115792 M,W 3:30–4:30pm Sep 15–Oct 8
115817 S,Sa 10:55–11:55am Oct 18–Nov 9

FEE: \$88.00

HC Lap Pool

115859 S,Sa 10:55–11:55am Nov 15–Dec 14

FEE: \$110.00

Homeschool Swimmer

HOMESCHOOL LESSONS (SWIMMER 1)

This program offers the Lifesaving Society 'Swim For Life' program to school age children during the day. Aimed toward those is Swimmer level 1. **Age:** 5–13

HC Lap Pool

115957 F 12:30–1pm Oct 17–Dec 19

FEE: \$58.50

HOMESCHOOL LESSONS (SWIMMER 2)

Prerequisite: Successful completion of Swimmer 1 or Preschool 5 (Narwhal).

This program offers the Lifesaving Society 'Swim For Life' program to school age children during the day. Aimed toward those is Swimmer level 2. **Age:** 5–13

HC Lap Pool

115958 F 1:55–2:25pm Oct 17–Dec 19

FEE: \$58.50

HOMESCHOOL LESSONS (SWIMMER 3–4)

Prerequisite: Successful completion of Swimmer 2 or 3. This program offers the Lifesaving Society 'Swim For Life' program to school age children during the day. Aimed toward those is Swimmer level 3–4. **Age:** 5–13

HC Lap Pool

115963 F 1:05–1:50pm Oct 17–Dec 19

FEE: \$69.75

Performance Enhancer

PERFORMANCE ENHANCER (3+ YRS)

Based on a private lesson format but with the consistency of the same instructor. 30 minute classes to work on stroke correction, skill development. A formal evaluation is included. **Age:** 3+

HC Lap Pool

115907 T 5–5:30pm Oct 14–Dec 16

115969 F 3:30–4pm Oct 17–Dec 19

115971 F 4:05–4:35pm Oct 17–Dec 19

115972 F 4:40–5:10pm Oct 17–Dec 19

115906 M 4:20–4:50pm Oct 20–Dec 15

FEE: \$270.00

HC Lap Pool

115911 W 4:20–4:50pm Oct 15–Dec 17

115912 W 4:55–5:25pm Oct 15–Dec 17

115913 Th 5:35–6:05pm Oct 16–Dec 18

FEE: \$300.00

Youth/Adult

YOUTH/ADULT 1 (13+ YRS)

This is a three level program that teaches basic swimming skills, introducing swimming with a focus on increasing comfort level and confidence in the water through floats, glides, kicking and introduction to front swim. **Age:** 13+

HC Lap Pool

115800 T,Th 6–7pm Sep 16–Oct 9

FEE: \$77.00

HC Lap Pool

115844 T,Th 6–7pm Oct 14–Nov 13

FEE: \$99.00

HC Lap Pool

115888 T,Th 6–7pm Nov 18–Dec 18

FEE: \$110.00

YOUTH/ADULT 2 (13+ YRS)

Recommended: Successful completion of Youth/Adult 1. This program is aimed at swimmers who have mastered the basics of learning to swim and are ready to focus on developing and improving their strokes and increasing their distance. This course builds swimmers confidence and improves their performance in any stroke that they would like to learn. **Age:** 13+

HC Lap Pool

115845 T,Th 5:55–6:55pm Oct 14–Nov 13

FEE: \$99.00

HC Lap Pool

115889 T,Th 5:55–6:55pm Nov 18–Dec 18

FEE: \$110.00

YOUTH/ADULT 3 (13+ YRS)

Recommended: Successful completion of Youth/Adult 2. This program will further develop swimmers who have mastered the basics of learning to swim and are ready to focus on developing and improving their strokes along with increasing distance. This course will improve performance in any stroke they would like to learn, with a main focus on front crawl, back crawl and breaststroke. **Age:** 13+

HC Lap Pool

115801 T,Th 5:55–6:55pm Sep 16–Oct 9

FEE: \$77.00

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Sept 13

Port Coquitlam Community Centre

Learn more: portcoquitlam.ca/terryfox

TERRY FOX HOMETOWN RUN

Sept 14 | 10 AM

Hyde Creek Recreation Centre

Learn more: portcoquitlam.ca/terryfox

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Sept 19 – Oct 12 | FREE

Learn more: portcoquitlam.ca/culturedays

HALLOWEEN HOWL

OCTOBER 18 | 1 – 3:30 PM

Hyde Creek Recreation Centre

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Nov 11 | 11AM

Learn more: portcoquitlam.ca/remembranceday

CHRISTMAS IN THE SQUARE & WINTER MARKET

Nov 29

Learn more: portcoquitlam.ca/winterinthecity



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RECREATION

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Health | Fitness

ZUMBA

Join the Party! These Latin and Asian dance moves are fun and will give you a great workout. You will leave the class smiling and feeling amazing! Age: 12+

HC Fitness Studio

115650 F	6:30–7:30pm	Sep 12–Oct 31
115629 M	7:15–8:15pm	Nov 3–Dec 8
115724 W	5:30–6:30pm	Nov 5–Dec 10
115647 Th	7:15–8:15pm	Nov 6–Dec 11

FEE: \$58.50
FEE FOR 60+: \$52.50

115655 F 6:30–7:30pm Nov 7–Dec 12

FEE: \$68.25
FEE FOR 60+: \$61.25

115625 M 7:15–8:15pm Sep 8–Oct 27
115723 W 5:30–6:30pm Sep 17–Oct 29
115644 Th 7:15–8:15pm Sep 18–Oct 30

FEE: \$68.25
FEE FOR 60+: \$61.25

PCCC Fitness Studio

115699 S 6–7pm

Nov 16–Dec 7

FEE: \$39.00
FEE FOR 60+: \$35.00

115712 T 5:45–6:45pm Nov 4–Dec 9
115699 S 6–7pm Nov 16–Dec 7

FEE: \$48.75
FEE FOR 60+: \$43.75

115698 S 6–7pm Sep 14–Oct 26
115713 S 10:30–11:30am Sep 14–Oct 26
115714 S 10:30–11:30am Nov 2–Dec 7

FEE: \$58.50
FEE FOR 60+: \$52.50

115711 T 5:45–6:45pm Sep 9–Oct 28

FEE: \$68.25
FEE FOR 60+: \$61.25

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BABY & ME YOGA

Explore foundations of holding postures and discover the fun flowing between them. Increase mobility and build strength. Special focus on connecting mind and body by the way of the Breath. Let yourself Flow! Suitable for beginners and intermediate. Age: 12+

HC Community Room 2

116282 T 10:45–11:45am Sep 9–Oct 14
116283 T 10:45–11:45am Nov 4–Dec 9

FEE: \$52.50
FEE FOR 60+: \$47.50

Fitness Drop ins

PORT COQUITLAM COMMUNITY CENTRE

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- Spin
- Sculpt
- Yoga
- HIIT



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Fitness Drop ins

HYDE CREEK RECREATION CENTRE

Registered drop-in programs include:

- Spin
- Sculpt
- Yoga
- HIIT



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Yoga is a body affirming yoga class for people of all shape and size. Join us and get to know and meet the needs of your body, exactly as it is today. No experience required. **Age: 12+**

HC Community Room 2

116284 M 7:15–8:15pm Sep 15–Oct 27
116287 Th 7:15–8:15pm Nov 6–Dec 11

FEE: \$63.00
FEE FOR 60+: \$57.00

116286 Th 7:15–8:15pm Sep 18–Oct 30

FEE: \$73.50
FEE FOR 60+: \$66.50

116285 M 7:15–8:15pm Nov 3–Dec 8

FEE: \$52.50
FEE FOR 60+: \$47.50

MAT PILATES

This Mat Pilates class will strengthen muscles while improving posture and alignment while focusing on core and flexibility. This is a beginner/moderate class. **Age: 12+**

HC Community Room 2

116288 F 9:30–10:30am Sep 12–Oct 31
116289 F 9:30–10:30am Nov 7–Dec 12

FEE: \$63.00
FEE FOR 60+: \$57.00

PCCC Laking Room

116310 Sa 11am–12pm Sep 13–Oct 25
116311 Sa 11am–12pm Nov 1–Dec 6

FEE: \$63.00
FEE FOR 60+: \$57.00

YOGALATES

Experience the combination of Yoga and Pilates. Feel the benefits of the different styles and leave the class feeling taller and stronger. **Age: 12+**

HC Community Room 2

116290 W 7:15–8:15pm Sep 17–Oct 29

FEE: \$73.50
FEE FOR 60+: \$66.50

PCCC Laking Room

116325 M 5:45–6:45pm Sep 8–Oct 27

FEE: \$73.50
FEE FOR 60+: \$66.50

116881 Sa 11am–12pm Sep 20–Oct 18

FEE: \$73.50
FEE FOR 60+: \$66.50

116326 M 5:45–6:45pm Nov 3–Dec 8

FEE: \$63.00

116291 W 7:15–8:15pm Nov 5–Dec 10

FEE: \$63.00
FEE FOR 60+: \$57.00

MAT PILATES FOUNDATIONS

This Mat Pilates Foundation class will introduce core Pilates movements, strengthen muscles while improving posture and alignment as well as increasing flexibility. This is a beginner class. **Age: 12+**

PCCC Laking Room

116312 Th 11am–12pm Sep 18–Oct 30

FEE: \$73.50
FEE FOR 60+: \$66.50

116313 Th 11am–12pm Nov 6–Dec 11

FEE: \$63.00
FEE FOR 60+: \$57.00



PRENATAL YOGA

Enjoy this specialized yoga program to prepare for childbirth. Build confidence to practice movement safely and supportively. Discover optimal birth positions, build trust, conquer fear and slow down to connect with baby. Leave class with supportive tools that prepare and empower your journey. **Age: 12+**

PCCC Laking Room

116314 Th 7:15–8:15pm Nov 6–Dec 4

FEE: \$52.50
FEE FOR 60+: \$47.50

TRX CORE YOGA

TRX suspension system training with a focus on core work and stability with an added touch of yoga strength for increased balance and flexibility. **Age: 12+**

PCCC Spin Studio

115718 T 10:45–11:45am Nov 4–Dec 9

FEE: \$52.50
FEE FOR 60+: \$47.50

115720 Th 10:45–11:45am Nov 6–Dec 11

FEE: \$63.00
FEE FOR 60+: \$57.00

115717 T 10:45–11:45am Sep 9–Oct 28

115719 Th 10:45–11:45am Sep 18–Oct 30

FEE: \$73.50
FEE FOR 60+: \$66.50



VINYASA FLOW YOGA

Explore foundations of holding postures and discover the fun flowing between them. Increase mobility and build strength. Special focus on connecting mind and body by the way of the Breath. Let yourself Flow! Suitable for beginners and intermediate. Age: 12+

PCCC Laking Room

116321 M 1:30–2:30pm Sep 15–Oct 20

FEE: \$52.50
FEE FOR 60+: \$47.50

PCCC Laking Room

116320 Th 7:15–8:15pm Sep 18–Oct 30

116322 M 1:30–2:30pm Nov 3–Dec 8

FEE: \$63.00
FEE FOR 60+: \$57.00

Senior | Health & Fitness

CORE CONDITIONING

This class incorporates core training using body weight and the use of equipment. Functional movement patterns will be practiced. Modifications are provided to progress or regress the difficulty of the exercise. Age: 50+

PCCC Mabbett Hall ½ N

116302 T 10:15–11:15am Sep 9–Oct 28

116304 Th 10:15–11:15am Sep 18–Oct 30

116303 T 10:15–11:15am Nov 4–Dec 9

FEE: \$45.50
FEE FOR 60+: \$40.25

116305 Th 10:15–11:15am Nov 6–Dec 11

FEE: \$39.00
FEE FOR 60+: \$34.50



TAI CHI – WU STYLE BEGINNER

This form of fitness introduces sequences of movement, breathing, coordination, balance and self-control. Breathing techniques combined with Tai Chi principles circulate energy throughout the body. Age: 50+

PCCC JB Young Room

116319 T 10:45am–12:15pm Sep 9–Dec 9

FEE: \$82.50
FEE FOR 60+: \$72.50

TAI CHI – WU STYLE INTERMEDIATE

This form of fitness emphasizes sequences of movement, breathing, coordination, balance and self-control. Breathing techniques combined with Tai Chi principles circulate energy throughout the body. Pre-Requisite: Tai Chi Beginner. Age: 50+

PCCC Fitness Studio

115755 Th 10:45am–12:15pm Sep 11–Dec 11

FEE: \$90.75
FEE FOR 60+: \$79.75

ZUMBA GOLD

Join the Party! Come to this modified Zumba class that has all the original moves you love with low impact options. Age: 45+

PCCC Fitness Studio

115709 M 10:45–11:45am Sep 8–Oct 27

116214 F 11:15am–12:15pm Sep 12–Oct 31

FEE: \$68.25
FEE FOR 60+: \$61.25

115710 M 10:45–11:45am Nov 3–Dec 8

FEE: \$58.50
FEE FOR 60+: \$52.50

116216 F 11:15am–12:15pm Nov 7–Dec 12

FEE: \$58.25
FEE FOR 60+: \$52.50



CHAIR YOGA

A gentle self-paced yoga program for those with limited mobility; modified postures are performed while seated and/or with the aid of a chair. Age: 50+

PCCC Laking Room

116294 T 10:45–11:45am Sep 23–Oct 28

FEE: \$52.50
FEE FOR 60+: \$47.50

116296 M 12–1pm Nov 3–Dec 8
116299 Th 1:30–2:30pm Nov 6–Dec 11

FEE: \$63.00
FEE FOR 60+: \$57.00

116295 M 12–1pm Sep 8–Oct 27
116297 Th 1:30–2:30pm Sep 18–Oct 30
116298 Th 1:30–2:30pm Sep 18–Oct 30

FEE: \$73.50
FEE FOR 60+: \$66.50

CHAIR YOGA STRENGTH

This class is to encourage strengthening of the body and mind while in yoga poses and with the use of light equipment. This class involves standing poses and the use of a chair when needed. Age: 50+

PCCC Laking Room

116300 W 10:45–11:45am Sep 17–Oct 29

FEE: \$73.50
FEE FOR 60+: \$66.50

116301 W 10:45–11:45am Nov 5–Dec 10

FEE: \$63.00
FEE FOR 60+: \$57.00

HATHA YOGA INTERMEDIATE

Aligning with each pose's true purpose in proper body alignment supported through the instructor's guidance in an environment of self-respect and non-competition. Dress in layers. Yoga experience recommended. Age: 50+

PCCC Laking Room

116306 F 10:45am–12:15pm Sep 12–Oct 31

FEE: \$103.25
FEE FOR 60+: \$91.00

116307 F 10:45am–12:15pm Nov 7–Dec 12

FEE: \$88.50
FEE FOR 60+: \$78.00

HATHA YOGA MULTI LEVEL

Aligning with each pose's true purpose in proper body alignment supported through the instructor's guidance in an environment of self-respect and non-competition. Dress in layers. Beginner and Intermediate levels welcome. Age: 50+

116308 Th 9:15–10:45am Sep 18–Oct 30

FEE: \$103.25
FEE FOR 60+: \$91.00

116309 Th 9:15–10:45am Nov 6–Dec 11

FEE: \$88.50
FEE FOR 60+: \$78.00

STRETCH AND RELAXATION YOGA

Are you feeling stiff and looking to improve flexibility? Join us for a full body yoga stretch on the mat to lengthen those muscles out and begin to explore meditation. Age: 50+

PCCC Laking Room

116315 M 10:45–11:45am Sep 8–Oct 27

116317 F 12:30–1:30pm Sep 12–Oct 31

FEE: \$73.50
FEE FOR 60+: \$66.50

116316 M 10:45–11:45am Nov 3–Dec 8

FEE: \$63.00
FEE FOR 60+: \$57.00

116318 F 12:30–1:30pm Nov 7–Dec 12

FEE: \$73.50
FEE FOR 60+: \$66.50

YOGA THERAPY

Using traditional yoga practices to “optimize the function” of the whole person. This restructured class offers individual assessments, personal therapies and consultation. This is a 2-hour class. Age: 50+

PCCC Laking Room

116323 T 1:30–3:30pm Sep 23–Oct 28

116324 T 1:30–3:30pm Nov 4–Dec 9

FEE: \$91.25
FEE FOR 60+: \$77.50

**JOIN US
FOR A FULL
BODY YOGA
STRETCH!**

Register now.





Sports | Pickleball

PICKLEBALL – BEGINNER

For Beginner Level players who have fundamental knowledge of pickleball rules and basic skills to effectively play with others. This is a non-instructional program for players who want guaranteed play time for multiple weeks with organized games and friendly rallies.

Age: 18+

PCCC Gymnasium

116164 T 1–3pm Sep 9–Sep 23
116166 T 1–3pm Nov 4–Nov 25

HC Gym

116174 W 10:45am–12:45pm Sep 10–Sep 24

FEE: \$30.00
FEE 60+: \$27.00

HC Gym

116175 W 10:45am–12:45pm Oct 1–29

FEE: \$50.00
FEE 60+: \$45.00

PCCC Gymnasium

116165 T 1–3pm Oct 7–28

HC Gym

116176 W 10:45am–12:45pm Nov 5–26

FEE: \$40.00
FEE 60+: \$36.00

PCCC Gymnasium

116167 T 1–3pm Dec 2–9

HC Gym

116177 W 10:45am–12:45pm Dec 3–10

FEE: \$20.00
FEE 60+: \$18.00

**ENJOY FRIENDLY
PICKLEBALL
MATCHES FOR
ALL LEVELS.**

Register now.

PICKLEBALL – INTERMEDIATE

For Intermediate Level players who have strong existing knowledge of the rules and familiarity with positional roles and game strategies. This is a non-instructional program for players who want guaranteed play time for multiple weeks with friendly competition and consistent rallies.

Age: 18+

PCCC Gymnasium ½ W

116207 Th 6–7:30pm Sep 11–25

FEE: \$22.50
FEE 60+: \$21.00

HC Gym

116170 W 8:30–10:30am Sep 10–24

PCCC Gymnasium

116182 Th 10:45am–12:45pm Sep 11–25

FEE: \$30.00
FEE 60+: \$27.00

Sports Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

- Badminton
- Basketball
- Pickleball
- Volleyball



Click here or scan the QR code to register for **Sports Drop ins**.

Sports Drop ins

HYDE CREEK RECREATION CENTRE

Registered drop-in programs include:

- Badminton
- Basketball
- Pickleball
- Volleyball



Click here or scan the QR code to register for **Sports Drop ins**.



HC Gym
116171 W 8:30–10:30am Oct 1–Oct 29

PCCC Gymnasium
116183 Th 10:45am–12:45pm Oct 2–30

FEE: \$50.00
FEE 60+: \$45.00

PCCC Gymnasium ½ W
116209 Th 6–7:30pm Oct 2–30

FEE: \$37.50
FEE 60+: \$35.00

PCCC Gymnasium ½ W
116210 Th 6–7:30pm Nov 6–13

FEE: \$15.00
FEE 60+: \$14.00

HC Gym
116172 W 8:30–10:30am Nov 5–26

PCCC Gymnasium
116184 Th 10:45am–12:45pm Nov 6–27

FEE: \$40.00
FEE 60+: \$36.00

HC Gym
116173 W 8:30–10:30am Dec 3–10

PCCC Gymnasium
116185 Th 10:45am–12:45pm Dec 4–11

FEE: \$20.00
FEE 60+: \$18.00

PICKLEBALL – INTERMEDIATE/ADVANCED

For Intermediate and Advanced Level players who can sustain longer rallies with varying speeds and apply game strategies and demonstrate accurate shot control while playing collaboratively with others. Players MUST have strong knowledge of the rules and court movement. Players are expected to demonstrate a skill level that is able to keep up with the pace of play. This is a non-instructional program for players who want guaranteed play time for multiple weeks with organized games and competitive rallies. Age: 18+

PCCC Gymnasium
116190 F 8:30–10:30am Sep 12–19

116191 F 8:30–10:30am Sep 26–Oct 3

116193 F 8:30–10:30am Oct 10–17

116194 F 8:30–10:30am Oct 24–31

116196 F 8:30–10:30am Nov 7–14

116197 F 8:30–10:30am Nov 21–28

116198 F 8:30–10:30am Dec 5–12

FEE: \$20.00
FEE 60+: \$18.00

PICKLEBALL – WOMEN'S INTERMEDIATE/ADVANCED

This Women's only pickleball play program is designed for Intermediate and Advanced Level players who can sustain longer rallies with varying speeds to apply game strategies and demonstrate accurate shot control while playing collaboratively with others. Players MUST have strong knowledge of the rules and court movement. This is a non-instructional program for players who want guaranteed play time for multiple weeks with organized games and competitive rallies. Age: 18+

PCCC Gymnasium
116161 T 10:45am–12:45pm Sep 9–23

116163 T 10:45am–12:45pm Nov 4–25

FEE: \$30.00
FEE: \$27.00

PCCC Gymnasium
116162 T 10:45am–12:45pm Oct 7–28

FEE: \$40.00
FEE 60+: \$36.00

PCCC Gymnasium
116169 T 10:45am–12:45pm Dec 2–9

FEE: \$20.00
FEE 60+: \$18.00



PICKLEBALL – SENIORS 60+

For Senior (60+ years) players of All Levels who have existing fundamental knowledge, skills, and experience playing pickleball. This is a program for players who want guaranteed play time for multiple weeks with organized games and friendly rallies. Age: 60+

PCCC Gymnasium

116186 Th 1–3pm Sep 11–25

FEE: \$27.00

116187 Th 1–3pm Oct 2–30

FEE: \$45.00

116188 Th 1–3pm Nov 6–27

FEE: \$36.00

116189 Th 1–3pm Dec 4–11

FEE: \$18.00

PICKLEBALL – ALL LEVELS

For players of All Levels who have existing fundamental knowledge, skills, and experience playing pickleball. This is a non-instructional program for players who want guaranteed play time for multiple weeks with organized games and friendly rallies. Age: 18+

PCCC Gymnasium

116213 Th 7:45–9:15pm Sep 11–18

116215 Th 7:45–9:15pm Sep 25–Oct 2

116217 Th 7:45–9:15pm Oct 9–16

116218 Th 7:45–9:15pm Oct 23–30

116219 Th 7:45–9:15pm Nov 6–13

116220 Th 7:45–9:15pm Nov 20–27

116221 Th 7:45–9:15pm Dec 4–11

FEE: \$15.00

FEE 60+: \$14.00

116158 T 8:30–10:30am Sep 9–23

116178 Th 8:30–10:30am Sep 11–25

116160 T 8:30–10:30am Nov 4–25

FEE: \$30.00

FEE 60+: \$27.00

116179 Th 8:30–10:30am Oct 2–30

FEE: \$50.00

FEE 60+: \$45.00

116159 T 8:30–10:30am Oct 7–28

116180 Th 8:30–10:30am Nov 6–27

FEE: \$40.00

FEE 60+: \$36.00

116168 T 8:30–10:30am Dec 2–9

116181 Th 8:30–10:30am Dec 4–11

FEE: \$20.00

FEE 60+: \$18.00

PICKLEBALL – WOMEN'S ALL LEVELS

This Women's only pickleball play program is a designated time for participants of all levels to practice their skills in a non-instructional environment! Our instructor will organize games dependent on skill and ability levels. Age: 18+

PCCC Gymnasium ½ E

116203 Th 6–7:30pm Sep 11–25

FEE: \$22.50

FEE 60+: \$21.00

PCCC Gymnasium

116199 F 10:45am–12:45pm Sep 12–26

FEE: \$30.00

FEE 60+: \$27.00

PCCC Gymnasium ½ E

116204 Th 6–7:30pm Oct 2–30

FEE: \$37.50

FEE 60+: \$35.00

PCCC Gymnasium

116200 F 10:45am–12:45pm Oct 3–31

FEE: \$50.00

FEE 60+: \$45.00

PCCC Gymnasium ½ E

116205 Th 6–7:30pm Nov 6–13

FEE: \$15.00

FEE 60+: \$14.00



PCCC Gymnasium

116201 F 10:45am–12:45pm Nov 7–28

FEE: \$40.00

FEE 60+: \$36.00

PCCC Gymnasium

116202 F 10:45am–12:45pm Dec 5–12

FEE: \$20.00

FEE 60+: \$18.00

PICKLEBALL – LEARN TO PLAY – LEVEL 1

This Beginner Level skill development program is for players who are new to the game of pickleball and/or never played before. This introductory program will teach participants the basic skills, strokes, and rules of the game through a variety of drills and gameplay. As players progress they will be taught etiquette, court awareness and other game tactics in a fun environment. No experience required, equipment provided. Age: 18+

PCCC Gymnasium ½ E

116147 T 6–7:30pm Sep 9–Oct 7

FEE: \$66.00

FEE 60+: \$60.00

HC Gym

116138 M 9–10:30am Sep 15–Oct 6

116145 M 9–10:30am Oct 20–Nov 10

116146 M 9–10:30am Nov 17–Dec 8

FEE: \$66.00

FEE 60+: \$60.00



PICKLEBALL – LEARN TO PLAY – LEVEL 2

For pickleball players who are no longer new to the sport of pickleball but are still at a Beginner Level. Participants will further develop basic skills of the game, while incorporating more individual player movement, enhanced swing & footwork as well as court development through skills, drills & games. It is highly recommended participants have completed a Learn to Play – Level 1 program or have basic knowledge playing pickleball. **Age: 18+**

HC Gym

116139 M 10:45am–12:15pm Sep 15–Oct 6
116143 M 10:45am–12:15pm Oct 20–Nov 10
116144 M 10:45am–12:15pm Nov 17–Dec 8

PCCC Gymnasium ½ E

116148 T 6–7:30pm Oct 14–Nov 4

FEE: \$66.00
FEE 60+: \$60.00

PICKLEBALL – TRAIN TO PLAY – LEVEL 3

For Intermediate Level players to develop existing pickleball skills. An instructor will teach you how to improve your game by mastering your strokes, footwork and court awareness. It is highly recommended participants have completed a Learn to Play – Level 2 program or have strong knowledge and existing skills playing pickleball. **Age: 18+**

HC Gym

116140 M 12:30–2pm Sep 15–Oct 6
116141 M 12:30–2pm Oct 20–Nov 10
116142 M 12:30–2pm Nov 17–Dec 8

PCCC Gymnasium ½ E

116149 T 6–7:30pm Nov 18–Dec 9

PCCC Gymnasium

116150 Th 6–7:30pm Nov 20–Dec 11

FEE: \$72.00
FEE 60+: \$66.00

SPORTMEDBC – ATHLETIC TAPING

This eight-hour course covers many of the taping techniques used in a sport setting through a combination of lecture and practical sessions. The course is designed as an introduction to taping. Safety considerations relating to taping as well as the theory of athletic taping will be covered. The taping techniques covered in the course include regional techniques for the ankle, foot, knee, elbow, wrist, thumb and finger. Procedures for injury prevention, minimizing the chance of further damage when injury occurs and for aiding the healing process are also discussed. A certificate of completion will be issued. **Age: 16+**

PCCC JB Young Room

115110 Su 9am–5pm Sep 21
115109 Su 9am–5pm Nov 23

FEE: \$195.50



Sports | Volleyball

VOLLEYBALL – WOMEN IN SPORT LEAGUE

Register your team for this fun, women's only weekly volleyball league! The league coordinator will organize gameplay at Hyde Creek Recreation Centre. Space is limited, don't miss out! **Age: 18+**

HC Gym

116136 M 6:30–10pm Sep 8–Dec 8

FEE: \$610.00

VOLLEYBALL – LEARN TO PLAY

This Beginner Level skill development program introduces the fundamental skills of volleyball for players who are relatively new to the sport or never played before. Players in this introductory program will learn basic skills, game rules and sport specific fundamentals in a fun, supportive environment. No prior volleyball experience required, equipment provided.

Age: 8–13

HC Gym

116152 Th 5–6pm Sep 11–Oct 23
116153 Th 5–6pm Oct 30–Dec 11

FEE: \$63.00

VOLLEYBALL – TRAIN TO PLAY LEVEL 1

This Intermediate Level program is a progression of the fundamentals introduced in the beginner Learn to Play program. Players will further develop their volleyball skills and court awareness through drills & gameplay. **Pre-Requisite:** Players must have previous volleyball experience or participated in a Learn to Play program. **Age: 11–16**

HC Gym

116154 Th 6–7:30pm Sep 11–Oct 23
116155 Th 6–7:30pm Oct 30–Dec 11

FEE: \$105.00

VOLLEYBALL – TRAIN TO PLAY LEVEL 2

This Intermediate Level program is a progression of Train to Play Level 1. Players will focus on refining existing volleyball skills by improving game tactics and court positioning during gameplay. **Pre-Requisite:** Players must have mastered the fundamental knowledge and volleyball skills introduced in Learn to Play and have gameplay experience. **Age: 11–16**

HC Gym

116156 Th 7:30–9pm Sep 11–Oct 23
116157 Th 7:30–9pm Oct 30–Dec 11

FEE: \$105.00



Youth Services

[Click here](#) or scan the QR code for quick access to youth activities.

Youth Access Card

POCO Youth Membership is a **FREE** annual membership that gets youth ages 11–18 **FREE** entry and equipment use at the Hyde Creek Youth Centre and the PC3 Games Room.

Youth Access Card Plus

For a \$15 annual fee you will get access to youth drop-in gym sessions like volleyball and basketball and other special events for **FREE!**

Youth Centres (11–18 yrs)

The **Port Coquitlam Community Centre Youth Centre** and **Hyde Creek Youth Centre** are fully supervised and inclusive community spaces providing activities for youth.

Our centres include billiard tables, foosball tables, table tennis, board games, video games, and other amenities. Both facilities have barrier-free opportunities for youth to make new friends, develop skills and gain knowledge needed for living an active and healthy lifestyle. Our Youth Recreation staff are available to help out with homework, projects, social skills, getting active, volunteering and having fun!

Port Coquitlam Community Centre Youth Centre

2150 Wilson Ave. 604 927 7962

Youth Drop In Lounge: Tue-Thu 3-7pm | Fri & Sat 3-9 pm | Sun-Mon Closed

\$2 Basketball Drop in: Wed 4–5:30pm | Fri 5:45–8pm | Sat 5:45–9pm
Volleyball Drop in: Fri & Sat 4–5:30pm

Hyde Creek Youth Centre 1379 Laurier Ave. 604 927 7938

\$2 Basketball Drop in: Fri 5–9pm & Sat 5:45–9pm
Volleyball Drop in: Sat 4–5:30pm

Youth Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

- Youth Volleyball
- Youth Basketball



Click here or scan the QR code to register for **Youth Drop ins**.

Youth Drop ins

HYDE CREEK RECREATION CENTRE

Registered drop-in programs include:

- Youth Volleyball
- Youth Basketball



Click here or scan the QR code to register for **Youth Drop ins**.



It's Birthday Party Time!

**FOR
11-14
YEARS**

Join our party leader from **2-3pm** in the Youth Centre for food and cake. You will have time to **celebrate with friends and family**, with various **fun activities** and **games**.

From **3-4pm** end your party in the **Sports Hall** for more fun **games** and **sports**!

Additional Information: Max. 16 Participants (no exceptions). Parents may enter the room 15 minutes prior to the start of the party. You may bring your own food & drinks. No alcohol permitted. If bringing food please bring plates, cups, cutlery and napkins. You are welcome to bring in any themed decorations and party supplies of your choice (no Helium balloons and only painter's tape is accepted if hanging any decorations). Parties cater to youth, please be mindful of the space available for adults in the room; max. capacity of 20 people (no exceptions).

HC Youth Centre Age: 11-14

115245	Sa	2-4pm	Sep 13
115246	Sa	2-4pm	Sep 20
115247	Sa	2-4pm	Sep 27
115248	Sa	2-4pm	Oct 4
115249	Sa	2-4pm	Oct 11
115251	Sa	2-4pm	Oct 25
115252	Sa	2-4pm	Nov 1
115253	Sa	2-4pm	Nov 8
115254	Sa	2-4pm	Nov 15
115255	Sa	2-4pm	Nov 22
115256	Sa	2-4pm	Nov 29
115257	Sa	2-4pm	Dec 6

FEE:

\$200.00



Youth Services

PRO D DAYS

SUPER SMASH BROS SWITCH TOURNAMENT

NEW!

Prove to everyone you're the best at Super Smash Bros on Switch in the 1 vs. 1 tournament with competitive eSport rules and regulations! Strongly advised to be proficient in the game but beginners are welcome. Rules will be reviewed prior to the start of the tournament. Single elimination 1 v. 1 tournament. 4 stock, 8 minute timer, items and pause disabled. Age: 11-15

PCCC Wilson Lounge

114645 F 4:30-6:30pm Oct 24

FREE

SUPER SMASH BROS SWITCH TOURNAMENT AND PIZZA PARTY

Join us on your Pro D Day for Games and Pizza! Prove to everyone you're the best at Super Smash Bros on Switch in the 1 vs. 1 tournament with competitive eSport rules and regulations! Strongly advised to be proficient in the game but beginners are welcome. Rules will be reviewed prior to the start of the tournament. Single elimination 1 v. 1 tournament. 4 stock, 8 minute timer, items and pause disabled. Age: 11-13

HC Youth Centre

115133 F 3-5pm

Sep 19

115132 F 3-5pm

Oct 24

FEE:

\$5.00

PRO D DAY SOCCER GAMES

Join us during a fun Pro-D Day hour of gym time. We will be playing soccer games! Come out to get some exercise and have some fun! Age: 11-14

PCCC Gymnasium

115707 F 3-3:50pm Oct 24

FREE



Special Event

TABLE TENNIS TOURNAMENT

Show off your skills in this singles and/or doubles Table Tennis tournament! There are prizes to be won! Rules will be reviewed at the tournament. There will be 2 skill brackets: Beginner and Advanced. Age: 11-18

PCCC Mabbett Hall ½ S

114646 M 4-6pm Nov 17

FREE



Crafts

CRAFTY CREATIONS

Create a new craft each week in this crafty class. Age: 11-14

PCCC Wilson Lounge

PRESSED FLOWER CANDLES

114638 T 5:45-7pm

Sep 23

PUMPKIN SPICE SUGAR BODY SCRUB

114639 T 5:45-7pm

Oct 7

SPOOKY HALLOWEEN BAR SOAP

114640 T 5:45-7pm

Oct 21

BATH BOMBS

114641 T 5:45-7pm

Nov 4

PHOTO COASTERS

114642 T 5:45-7pm

Nov 18

HANDCRAFTED ADVENT CALENDARS

114643 T 5:45-7pm

Dec 2

MASON JAR SNOW GLOBES

114644 T 5:45-7pm

Dec 16

FEE:

\$10.00



POCO YOUTH LEADERSHIP GROUP

Interested in volunteering with the Poco Youth Leadership Group for 2025/2026?

Help plan seasonal community events and grow your leadership skills. Bonus the volunteer hours count towards graduation and a letter of reference for applying to jobs!

The PYLG is a good fit for people who are:

- 14-18 (Grades 9-12)
- Fluent in spoken and written English
- Available Tuesdays from 4:30 pm to 5:30 pm and occasional evening/weekend events
- Interested in developing their leadership and communication skills alongside giving back to their community

Applying to Volunteer:

- **FILL IN AN APPLICATION**
- Sign up for and attend an interview
- Complete and submit a Criminal Record Check
- Review the Volunteer Handbook and submit a Volunteer Agreement Form
- Sign up for and attend a Volunteer Orientation



For more information:



Cooking

COOKING

Learn the basics of cooking and make a healthy meal! Age: 11-14

HC Youth Centre

TOMATO RICE WITH CHICKEN

115731 W	5:30-7pm	Sep 10
115136 Th	5:30-7pm	Sep 11

BEEF AND BROCCOLI STIR FRY

115733 W	5:30-7pm	Sep 17
115137 Th	5:30-7pm	Sep 18

CHICKEN NOODLE SOUP

115734 W	5:30-7pm	Sep 24
115139 Th	5:30-7pm	Sep 25

UNSTUFFED PEPPERS SKILLET

115735 W	5:30-7pm	Oct 1
115140 Th	5:30-7pm	Oct 2

PAD THAI

115736 W	5:30-7pm	Oct 8
115142 Th	5:30-7pm	Oct 9

BLT BEAN SALAD

115737 W	5:30-7pm	Oct 22
115144 Th	5:30-7pm	Oct 23

CHICKEN AND CHEESE ENCHILADAS

115738 W	5:30-7pm	Oct 29
115145 Th	5:30-7pm	Oct 30

MEATBALL SKEWERS

115739 W	5:30-7pm	Nov 5
115146 Th	5:30-7pm	Nov 6

FRITTATA WITH DILL-FETA SALAD

115741 W	5:30-7pm	Nov 12
115148 Th	5:30-7pm	Nov 13

NARGESI

115742 W	5:30-7pm	Nov 19
115149 Th	5:30-7pm	Nov 20

ALOO GOBI

115743 W	5:30-7pm	Nov 26
115151 Th	5:30-7pm	Nov 27

VEGETARIAN THREE BEAN CHILI

115744 W	5:30-7pm	Dec 3
115152 Th	5:30-7pm	Dec 4

BRIE CRANBERRY PULL APART BREAD

115745 W	5:30-7pm	Dec 10
115153 Th	5:30-7pm	Dec 11

CHICKEN AND DUMPLINGS

115746 W	5:30-7pm	Dec 17
115154 Th	5:30-7pm	Dec 18

FEE:

\$10.00

YOUTH ARTS PROGRAMS ON PAGE 51-53!

FREEZE IT, EAT IT

YOUTH MEAL PREP SKILLS

Youth will create a delicious meal that can be taken home and put in the freezer to be cooked later on. Meals will feed four people. Age: 12-15

PCCC Wilson Kitchen

BOLOGNESE SPAGHETTI SAUCE

114634 T	6-7pm	Sep 16
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CHICKEN FAJITAS

114635 T	6-7pm	Oct 28
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SOUTHWEST CHICKEN BURRITO BOWLS

114636 T	6-7pm	Nov 25
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BEEF SOUP

114637 T	6-7pm	Dec 9
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FEE:

\$25.00



Youth Services

YOUTH GOURMADE

Feeding yourself, your family, and your friends tasty, delicious meals is easier than you think! Learn from a chef how to cook insta-worthy meals in this upbeat group cooking course! Make food with friends, try out your creations, and have some leftovers to take home. All food is provided. Please bring 2-3 containers (at least 6 cups each) for the finished recipes to be taken home. Containers need to be suitable for soup as well. In partnership with ACCESS YOUTH

PCCC Wilson Kitchen Age: 11-14

114647 M	4-6:30pm	Sep 22
114684 M	4-6:30pm	Sep 29
114685 M	4-6:30pm	Oct 6
114686 M	4-6:30pm	Oct 20
114687 M	4-6:30pm	Oct 27
114688 M	4-6:30pm	Nov 3
114689 M	4-6:30pm	Nov 10
114690 M	4-6:30pm	Nov 17
114691 M	4-6:30pm	Nov 24
114692 M	4-6:30pm	Dec 1
114693 M	4-6:30pm	Dec 8
114694 M	4-6:30pm	Dec 15
114695 M	4-6:30pm	Dec 22

FEE: \$7.00

PCCC Wilson Kitchen Age: 14-16

116262 W	4-6:30pm	Sep 17
116263 W	4-6:30pm	Sep 24
116264 W	4-6:30pm	Oct 1
116265 W	4-6:30pm	Oct 8
116266 W	4-6:30pm	Oct 15
116267 W	4-6:30pm	Oct 22
116268 W	4-6:30pm	Oct 29
116269 W	4-6:30pm	Nov 5
116270 W	4-6:30pm	Nov 12
116271 W	4-6:30pm	Nov 19
116272 W	4-6:30pm	Nov 26
116273 W	4-6:30pm	Dec 3
116274 W	4-6:30pm	Dec 10
116336 W	4-6:30pm	Dec 17

FEE: \$7.00





Training

AT HOME ALONE PLUS

Spending time at home alone while your parents are busy running errands or working? This course provides the skills needed to safely look after yourself. Interactive lessons and scenarios will help you and your parents feel more confident when you are home by yourself.

Age: 10–13

HC Lecture Room

115204 T	5–7pm	Sep 9–Sep 16
115205 T	5–7pm	Oct 14–Oct 21
115206 T	5–7pm	Nov 18–Nov 25
115207 T	5–7pm	Dec 9–Dec 16

FEE: \$40.00

BABYSITTER INTENSIVE TRAINING

This intensive course covers the business of babysitting, caring for babies and toddlers, risk management, emergencies, first aid, feeding, sleeping, games, problem solving, and communication. Certification upon successful completion of tested material. Age: 11–14

HC Lecture Room

115208 Sa	9:30am–4:30pm	Sep 13
115209 Sa	9:30am–4:30pm	Oct 11
115210 Sa	9:30am–4:30pm	Nov 8
115211 Sa	9:30am–4:30pm	Dec 13

FEE: \$200.00



Fencing

FENCING – YOUTH BEGINNERS

Offered by the Tri-City Fencing Academy. Our youth program begins with a four-session introductory class, quickly teaching the basic actions of the sport, allowing students to progress in their skills in a short time. Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided. Age: 9 – 15

PCCC Gymnasium ½ E

116328 T	6–7pm	Sep 2–Sep 23
116329 T	6–7pm	Oct 7–Oct 28

FEE: \$65.00

116330 T	6–7pm	Nov 4–Nov 25
116331 T	6–7pm	Dec 2–Dec 16

FEE: \$48.75

FENCING – YOUTH INTERMEDIATE (9–15YRS)

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

Age: 9–15

PCCC Gymnasium ½ W

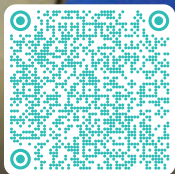
116332 T	7–8pm	Sep 2–Sep 23
116333 T	7–8pm	Oct 7–Oct 28

FEE: \$70.00

116334 T	7–8pm	Nov 4–Nov 25
116335 T	7–8pm	Dec 2–Dec 16

FEE: \$52.50





Children Services

[Click here](#) or scan the QR code for quick access to children activities.

Early Years

BUSY BABIES – ADULT PARTICIPATION

Connect with other parents and let your baby practice crawling, rolling, and pre-walking movements in a fun and safe environment. Babies can explore developmentally-appropriate toys and equipment. Our program leader will share songs and rhymes with the group.
Age: 3–12 mo

PCCC Playroom 3

114704 M 11am–12pm Sep 15–Oct 27

FEE: \$51.50

114705 M 11am–12pm Nov 3–Dec 8

FEE: \$61.80

HC Sports Hall

115269 W 10:45–11:45am Sep 17–Oct 29

FEE: \$72.10

115270 W 10:45–11:45am Nov 5–Dec 10

FEE: \$61.80

TUMBLE TOTS – ADULT PARTICIPATION

Connect with other parents and let your young toddler practice foundational movement skills in a fun and safe environment. Toddlers can explore developmentally-appropriate toys and equipment. Our program leader will share songs and rhymes with the group.
Age: 1–2

PCCC Playroom 3

115283 T 11am–12pm Sep 16–Oct 28

FEE: \$61.80

115284 T 11am–12pm Nov 4–Dec 9

FEE: \$51.50

GYMBALAYA – ADULT PARTICIPATION

Tumble, jump, balance and play. The focus will be on movement, with the opportunity to socialize through play. Music and games add to the fun in this introduction to our early-years active programs.
Age: 1½–3

HC Sports Hall

115271 W 9:30–10:15am Sep 17–Oct 29

FEE: \$54.25

115272 W 9:30–10:15am Nov 5–Dec 10

FEE: \$46.50

**Check out
the CAMPS
section on
page 4.**

PCCC Playroom 3

115287 Th 6–6:45pm Sep 18–Oct 30

FEE: \$54.25

115290 Th 6–6:45pm Nov 6–Dec 11

FEE: \$46.50

MINI MUSIC MAKERS – ADULT PARTICIPATION

Experience music in a group setting. Children and caregivers will explore songs, rhymes, a variety of rhythm instruments, crafts and stories. Age: 1½–5

PCCC Playroom 2

115286 Th 5–5:45pm Sep 18–Oct 30

FEE: \$54.25

115289 Th 5–5:45pm Nov 6–Dec 11

FEE: \$46.50



HAND IN HAND – ADULT PARTICIPATION

This program introduces your child to our early years programming. Under the guidance of our experienced program leaders, children will enjoy free play, crafts, games, songs and social interactions all with the comfort of having a parent present. Infant siblings are welcome too. **Age: 1–4**

PCCC Playroom 1

115200 F 9:30–10:30am Sep 26–Oct 31

FEE: \$51.50

115201 F 9:30–10:30am Nov 7–Dec 12

FEE: \$61.80

READY SET GO

This gradual entry program is designed for children just getting used to being in a program on their own. Caregivers stay with their child until they are comfortable and ready to say goodbye at each class. Children are gently introduced to classroom routines with time for free play and circle time. Caregivers are expected to remain in the building and may be asked to come back before class ends. **Age: 2½–3**

PCCC Playroom 1

114702 M 9:30–10:30am Sep 15–Oct 27

FEE: \$51.50

114703 M 9:30–10:30am Nov 3–Dec 8

FEE: \$61.80

Drop in & Childminding Information

Click here or Scan QR Code for information about drop-in programs.



PLAYSCHOOL PREP

Playschool Prep is ideal for children who are already comfortable being left in a program independently. Focus will be on making friends, classroom routines, and exploring different activities. Class includes time for free and active play, circle time, sensory explorations, and crafts. **Age: 3–4**

PCCC Playroom 1

115202 F 10:45am–12:15pm Sep 26–Oct 31

FEE: \$77.25

115203 F 10:45am–12:15pm Nov 7–Dec 12

FEE: \$92.70



PLAYSCHOOL INSIDE

Preschoolers can join us for this indoor version of our popular Hyde Creek Playschool. This play-based early learning program introduces children to classroom routines and offers many opportunities for making friends, exploring arts and science, practicing fundamental movement skills, and having fun with make-believe play. **Age: 3–5**

HC Program Room 2

114590 M 11:30am–1pm Sep 15–Oct 27

115107 F 11:30am–1pm Sep 26–Oct 31

FEE: \$77.25

115106 M 11:30am–1pm Nov 3–Dec 8

115108 F 11:30am–1pm Nov 7–Dec 12

FEE: \$92.70

HC Prog Rm 1

115157 W 11:30am–1pm Sep 17–Oct 29

FEE: \$108.15

115162 W 11:30am–1pm Nov 5–Dec 10

FEE: \$92.70

PLAYSCHOOL OUTSIDE

Preschoolers will enjoy our nature-based Playschool as we explore Hyde Creek's beautiful forest and trails. This play-based early learning program connects children with nature and offers many opportunities for making friends, exploring arts and science, practicing fundamental movement skills, and having fun with make-believe play. If the weather requires, we will bring nature inside and use our indoor classroom. **Age: 3–5**

Hyde Creek Playground

111664 M,W 9:30–11:30am Sep 15–Dec 10

FEE: \$515.00

111669 T,Th 9:30–11:30am Sep 16–Dec 11

FEE: \$494.40

111681 F 9:30–11:30am Sep 26–Dec 12

FEE: \$226.60



Preschool Speciality

ABCS & 123

Jump into learning! Join us for this fun, play-based program that explores basic literacy and numeracy skills. Learn to recognize letters and numbers, practice printing, play games, and make some new friends. Age: 3-5

PCCC Playroom 1

116278 T 1:30-2:30pm Sep 16-Oct 28

FEE: \$61.80

SUPER SCIENCE

We think learning is fun! Bring your curiosity and explore science through hands-on experiments. Investigate mysterious mixtures, build contraptions, and become a super science sleuth. Age: 3-5

PCCC Playroom 1

115700 T 1:30-2:30pm Nov 4-Dec 9

FEE: \$60.00



**KIDS ARTS
PROGRAMS
ON PAGE 50!**

JUNIOR SNACK MAKERS

Come in and learn how to make yummy healthy snacks that you can enjoy afterwards. Children can learn basic kitchen skills, explore various foods, and craft different recipes in a fun class that introduces food literacy. Age: 3½-6½

HC Program Room 2

115196 T 6-7pm Sep 16-Oct 28

FEE: \$72.00

115199 T 6-7pm Nov 4-Dec 9

FEE: \$60.00

LITTLE CHEFS

Enjoy cooking and creating individual snacks and mini meals to enjoy. Kitchen safety and healthy eating are a focus. Come learn to be the next Master Chef! Age: 3½-5

HC Program Room 2

115273 W 1-2:15pm Sep 17-Oct 29

FEE: \$126.00

115282 W 1-2:15pm Nov 5-Dec 10

FEE: \$108.00



Preschool Sports

SOCCER STARS AND PARENTS

Connect with your children by running, playing, kicking and having fun with a soccer ball. Our program leaders will introduce games and activities to play with your child. Age: 2-3

HC Gym

114696 Sa 9:15-10am Sep 13-Nov 1
114697 Sa 9:15-10am Nov 8-Dec 13

FEE: \$54.00

SOCCER STARS

A fun, active, and fast-paced sports program for rising soccer stars including active drills and skills training each session. Stay active, stay strong! Age: 3-5

HC Gym

114698 Sa 10:15-11am Sep 13-Nov 1
114699 Sa 10:15-11am Nov 8-Dec 13

FEE: \$54.00

MULTI-SPORT

A fun, active and fast-paced multi-sport program for preschoolers including active drills and skills training each session. Stay active, stay strong! Age: 3-5

HC Gym

114700 Sa 11:15am-12pm Sep 13-Nov 1
114701 Sa 11:15am-12pm Nov 8-Dec 13

FEE: \$54.00

LACROSSE

Preschoolers will be introduced to lacrosse in a fun and inclusive environment and practice fundamental movement skills through activities and games. Age: 3-5

HC Sports Hall

114706 T 1:15-2:15pm Sep 16-Oct 28

FEE: \$61.80

114707 T 1:15-2:15pm Nov 4-Dec 9

FEE: \$51.50

GYMNASTICS FUN

Preschoolers will be introduced to the building blocks of gymnastics and practice foundational movement skills such as coordination and balance in a fun, social environment. Age: 3-5

HC Sports Hall

115169 Th 1-2pm Sep 18-Oct 30

FEE: \$72.10

115170 Th 1-2pm Nov 6-Dec 11

FEE: \$61.80

**STAY ACTIVE,
STAY STRONG!**
Register now.





Children Services



Dance

DANCE TOTS – TINY TOTS

An Intro to dance & movement using props and familiar songs kid's love while developing their motor skills and imagination in creative ways. Program progresses from Tiny Tot Dance through Levels 1, 2 and then Let's Dance Club. For information please call Annette at 604.612.9044. Age: 2-3

PCCC Small Multipurpose Room

115086 Sa 9-9:30am Sep 13-Nov 1
115088 Sa 9:45-10:15am Sep 13-Nov 1

FEE: \$48.00

115087 Sa 9-9:30am Nov 8-Dec 13
115089 Sa 9:45-10:15am Nov 8-Dec 13

FEE: \$36.00

HC Community Room 3

115098 W 5:15-5:45pm Sep 17-Oct 29

FEE: \$42.00

115099 W 5:15-5:45pm Nov 5-Dec 10

FEE: \$36.00

DANCE TOTS – LEVEL 1

Learning and exploring dance with the fundamentals of ballet, jazz and tap. Using our imagination while learning dance steps across the floor and finishing with gymnastics on the mat. For information please call Annette at 604.612.9044. Age: 3-4

PCCC Small Multipurpose Room

115090 Sa 10:30-11:30am Sep 13-Nov 1
115092 Sa 11:45am-12:45pm Sep 13-Nov 1

FEE: \$96.00

115091 Sa 10:30-11:30am Nov 8-Dec 13
115093 Sa 11:45am-12:45pm Nov 8-Dec 13

FEE: \$72.00

HC Community Room 3

115100 W 6-7pm Sep 17-Oct 29

FEE: \$84.00

115101 W 6-7pm Nov 5-Dec 10

FEE: \$72.00

DANCE TOTS – LEVEL 2

A continuation of Level 1 with the fundamentals of ballet, jazz and tap. Skips, gallops, turns will be covered. Focus on a short choreography, dances from around the world then finishing with gymnastics on the mat. For information please call Annette at 604.612.9044. Age: 4-6

PCCC Small Multipurpose Room

115094 Sa 1-2pm Sep 13-Nov 1

FEE: \$96.00

115095 Sa 1-2pm Nov 8-Dec 13

FEE: \$72.00

HC Community Room 3

115102 W 7:15-8:15pm Sep 17-Oct 29

FEE: \$84.00

115103 W 7:15-8:15pm Nov 5-Dec 10

FEE: \$72.00

LET'S DANCE CLUB JUNIOR & INTERMEDIATE

Let's DANCE with Miss. Annette. Learn the latest dance moves with focus on jazz, ballet, hip hop and creating a short, choreographed dance to your favourite tunes. The program will include gymnastics skills like monkey puzzles, cartwheels, and bridge ups to build strength and coordination. For information please call Annette at 604.612.9044. Age: 6-10

PCCC Small Multipurpose Room

115096 Sa 2:15-3:15pm Sep 13-Nov 1

FEE: \$96.00

115097 Sa 2:15-3:15pm Nov 8-Dec 13

FEE: \$72.00

School Age

BASKETBALL – AFTERSCHOOL ACTIVE

Afterschool Active includes 60 minutes of Active FUN! Join us as we learn team building, FUNdamental sport skills and basketball basics. Age: 6-10

PCCC Gymnasium

115220 M 3:30-5pm Sep 15-Oct 27

FEE: \$63.75

115221 M 3:30-5pm Nov 3-Dec 8

FEE: \$76.50

HC Gymnasium

115222 F 3:30-5pm Sep 26-Oct 31

FEE: \$63.75

115223 F 3:30-5pm Nov 7-Dec 12

FEE: \$76.50



LOOKING FOR FUN AFTERSCHOOL ACTIVITIES?

We offer **Beyond the Bell** programs in some local elementary schools. Check with your school for more details. Registration opens Sept. 2

For information about our after school programs:



CREATION STATION

Bring your creativity and imagination! Children can create unique masterpieces, explore science concepts, and use their imagination in a fun, child-centered environment. Age: 6–10

PCCC Small Multipurpose Room

115229 T 3:30–5pm Sep 16–Oct 28

FEE: \$90.00

115228 T 3:30–5pm Nov 4–Dec 9

FEE: \$75.00

FLOOR HOCKEY – AFTERSCHOOL ACTIVE

Afterschool Active includes 60 minutes of Active FUN! Join us as we learn team building, FUNdamental sport skills and floor hockey basics. Age: 6–10

PCCC Gymnasium

115226 T 3:30–5pm Sep 16–Oct 28

FEE: \$76.50

115227 T 3:30–5pm Nov 4–Dec 9

FEE: \$63.75

KIDS IN THE KITCHEN

Enjoy cooking and creating individual snacks and mini meals to enjoy. Kitchen safety and healthy eating are a focus and recipes are compiled into a cook book to take home. Come learn to be the next Master Chef! Age: 6–10

HC Program Room 2

115230 T 3:30–5pm Sep 16–Oct 28

FEE: \$117.00

115232 W 3:30–5pm Sep 17–Oct 29

FEE: \$136.50

115231 T 3:30–5pm Nov 4–Dec 9

FEE: \$97.50

115233 W 3:30–5pm Nov 5–Dec 10

FEE: \$117.00

SOCCER – AFTERSCHOOL ACTIVE

Afterschool Active includes 60 minutes of Active FUN! Join us as we learn team building, FUNdamental sport skills and soccer basics. Age: 6–10

HC Gymnasium

115216 M 3:30–5pm Sep 15–Oct 27

FEE: \$63.75

115217 M 3:30–5pm Nov 3–Dec 8

FEE: \$76.50

PCCC Gymnasium

115218 W 3:30–5pm Sep 17–Oct 29

FEE: \$89.25

115219 W 3:30–5pm Nov 5–Dec 10

FEE: \$76.50

VOLLEYBALL – AFTERSCHOOL ACTIVE

Active includes 60 minutes of Active FUN! Join us as we learn team building, FUNdamental sport skills and volleyball basics. Age: 6–10

PCCC Gymnasium

115224 Th 3:30–5pm Sep 18–Oct 30

FEE: \$89.25

115225 Th 3:30–5pm Nov 6–Dec 11

FEE: \$76.50

SPORTS & SWIM – AFTERSCHOOL ACTIVE

Sports and Swim includes 60 minutes of fun and active games in the gym, plus 60 minutes of public swim! Age: 7–10

HC Gymnasium

115234 Th 3:30–5:30pm Sep 18–Oct 30

FEE: \$140.00

115235 Th 3:30–5:30pm Nov 6–Dec 11

FEE: \$120.00

Swim, Play, Pizza

SWIM, PLAY, PIZZA

Join our Rec Staff for three hours of Friday night fun as we play games, have pizza, and swim. Bring a friend or come and make new ones! Age: 7–10

HC Sports Hall

115679 F 6–9pm Oct 10

115680 F 6–9pm Nov 21

115681 F 6–9pm Dec 12

FEE: \$30.00

PCCC Small Multipurpose Room

115683 F 6–9pm Sep 26

115684 F 6–9pm Nov 7

FEE: \$30.00



Children Services

The City of Port Coquitlam offers a variety of programs for children to learn, grow, and develop in a nurturing environment. These programs are offered at Hyde Creek Recreation Centre and Port Coquitlam Community Centre.



**REGISTER
NOW FOR
SEPTEMBER!**

**COME PLAY
AND LEARN
OUTSIDE
WITH US!**

Playschool OUTside

Preschoolers will enjoy our nature-based Playschool as we explore Hyde Creek's beautiful forest and trails.

This play-based early learning program connects children with nature and offers many opportunities for making friends, exploring arts and science, practicing fundamental movement skills, and having fun with make-believe play.

Playschool will be held outside every day except in extreme weather when we bring nature inside and use our indoor classroom.

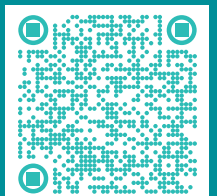
Playschool will be held outside every day except in extreme weather.

Children's Services Drop ins

Registered drop in programs include:

- **CHILDMINDING**
- **PLAYMANIA**
- **PLAYZONE**

Scan the QR code to register for **Drop ins**.

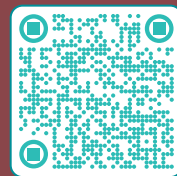




Celebrate birthdays with us!

Birthday parties are currently available to book on Saturdays.

Scan the QR Code for more information or to book a party!



Waitlist for
the 2025/2026
preschool year
is open!

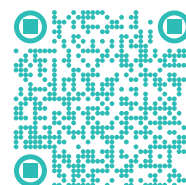
CITY PRESCHOOL



CITY Preschool is a City-run licensed preschool program for ages three to five that complements the City's early learning programs.

The preschool operates out of the Port Coquitlam Community Centre in downtown Port Coquitlam.

For more information:





Adults | Seniors 60+

Click here or scan the QR code for quick access to Adult | Seniors 60+ activities.

**FOR ADULT
ART PROGRAMS
SEE PAGES
53-54!**

Arts

FUN WITH FLOWERS

Bring your passion for flowers and join us to create a beautiful arrangement for your home. No experience necessary. Tools and supplies are provided. There is an additional \$25 cost for project supplies, payable to the instructor during class. Age: 19+

PCCC Small Multipurpose Room

115702 M	7-9pm	Sep 8
115703 M	7-9pm	Oct 6
115704 M	7-9pm	Dec 1

HC Lecture Room

116275 W	7-9pm	Sep 24
116276 W	7-9pm	Nov 19
116277 W	7-9pm	Dec 10

FEE: MEMBER: \$10.56
NON-MEMBER: \$16.25

OIL AND ACRYLIC – INTERMEDIATE

Learn the principles of each medium and review colour theory. There will be demonstrations, class exercises, free-time, and instructor support as you create your beautiful paintings. Please bring photos/objects to paint and your own painting supplies. Age: 19+

Outlet Work Room

115111 W	9:45am-12:15pm	Sep 10-Oct 15
115119 W	9:45am-12:15pm	Oct 22-Nov 26

FEE: MEMBER: \$64.84
NON-MEMBER: \$99.75

SENIORS GUIDED PAINTING CLASS

Follow along as you paint while the instructor gives you a step-by-step demonstration in creating a beautiful painting. All supplies are provided, no experience necessary. Age: 60+

GP Michael Wright Art Gallery

115191 Th	1-2:30pm	Sep 25
115193 Th	1-2:30pm	Oct 30
115195 Th	1-2:30pm	Nov 27

FEE: MEMBER: \$8.00
NON-MEMBER: \$10.00

CLAY STUDIO

In this 2-session workshop, create your own mug or other functional piece of clayware. During the first session our instructor will guide you in hand building your clayware. In the 2nd session you will glaze your piece and we'll fire it in our kiln! Age: 19+

Outlet Workroom

111670 W	1-2:30pm	Sept 17 & 24
111671 W	1-2:30pm	Oct 15 & 22
111672 W	1-2:30pm	Nov 5 & 12

FEE: MEMBER: \$32.17
NON-MEMBER: \$49.50

WOODCARVING

Beginner or expert, you will find something useful here. Bring pencils, paper, and any carving knives, chisels or tools you currently have. Age: 19+

Outlet Work Room

114730 M	6-9:30pm	Sep 8-Dec 1
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FEE: MEMBER: \$64.35
NON-MEMBER: \$99.00

SILVER CHORD CHOIR

Join our for fun choir! Silver Chord Choir members pay an annual activity fee and must have an active Seniors Membership to join. Age: 50+

GP Michael Wright Art Gallery

115670 M	3-5pm	Sep 8-Jun 29
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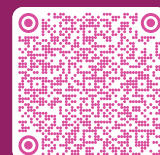
FEE: \$22.00

Adults | Seniors 60+ Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop in programs include:

- Snooker
- Table Tennis
- Bridge
- Carpet Bowling



Click here or scan the QR code to register for **Adults | Seniors 60+ Drop ins.**



Education & Training

A BEAUTIFUL QUILT

Explore traditional, modern & creative quilting techniques. In this fun class you will learn a variety of quilting methods, including piecing techniques, applique, collage, crazy quilting, strip quilting & more. The instructor will assist in project selection for you based on your skill level. Basic sewing knowledge & knowing how to operate your sewing machine is required. Age: 19+

PCCC JB Young Room
114727 M 9am-2pm Sep 8-Dec 15

FEE: MEMBER: \$241.96
NON-MEMBER: \$372.25

SEW IT UP

Learn basic sewing skills and expand on your current knowledge with certified sewing instructor, Wendy. Bring your sewing projects to class and get help starting and/or completing them in this fun, social atmosphere! Age: 19+

PCCC JB Young Room
115705 W 10am-3pm Sep 10-Dec 10

FEE: MEMBER: \$282.91
NON-MEMBER: \$435.25



Health | Mind & Body

DRUM CIRCLE

Connect with others to create and explore rhythms using hand drums and other percussion. No experience necessary, only a willingness to have fun! Bring your own drum or let us know if you need one provided. Age: 19+

PCCC Small Multipurpose Room
114732 M 6:30-8pm Sep 15
114733 M 6:30-8pm Oct 20
114734 M 6:30-8pm Nov 17
114735 M 6:30-8pm Dec 15

FEE: \$17.75

DRUMMING FOR VITALITY

Explore the benefits of drumming, including boosting your immune system, increasing concentration and reducing stress! The world of rhythm is waiting. No experience necessary. Age: 19+

PCCC Small Multipurpose Room
114731 T 9:30-10:30am Sep 9-Dec 2

FEE: MEMBER: \$49.24
NON-MEMBER: \$75.75

LINE DANCING – INTERMEDIATE

Bring your dancing feet and a smile! Dance everything from Country-western to the Charleston and Waltz. Please note this class is for those with at least 6 months dance experience. Age: 60+

PCCC Mabbett Hall ½ S
114728 M 10-11am Sep 8-Nov 24

FEE: MEMBER: \$51.68
NON-MEMBER: \$79.50

LINE DANCING – ADVANCED

Bring your dancing feet and a smile! Dance everything from Country-western to the Charleston and Waltz. Please note this class is for those who have been dancing for 2 years and can dance at a faster pace. Age: 60+

PCCC Mabbett Hall ½ S
114729 M 11:15am-12:15pm Sep 8-Nov 24

FEE: MEMBER: \$51.68
NON-MEMBER: \$79.50



Adults | Seniors 60+



SPANISH – BEGINNER 1 & 2

This is an introductory course for beginners to establish a strong foundation of the Spanish language, providing practice of lexical and grammatical items, while developing the essential skills to learning Spanish: understanding, speaking, reading, writing. **Age: 19+**

PCCC JB Young Room

115130 F 1–2:30pm Sep 26–Nov 28

FEE: MEMBER: \$50.86
NON-MEMBER: \$78.25

SPANISH – INTERMEDIATE

This course is designed for students who understand simple conversations about familiar topics. Expand your vocabulary by learning more complex structures for communication and learn to distinguish between past, present and future tense. **Age: 19+**

PCCC JB Young Room

115129 F 3–4:30pm Sep 26–Nov 28

FEE: MEMBER: \$50.86
NON-MEMBER: \$78.25

ARMCHAIR TRAVEL – BUDAPEST & AMSTERDAM

Armchair travel takes people to faraway destinations without leaving their seat. It provides an opportunity to learn about a place's history, culture, and landmarks. Join us for this volunteer led, sensory experiences with small appies provided based on each destination. **Age: 60+**

PCCC Mabbett Hall 1/2 S

116051 M 1–2:30pm Oct 20

FEE: MEMBER: \$5.25
NON-MEMBER: \$7.25

BEAR AWARE INFORMATION SESSION

In response to rising bear activity within the community, we're offering these free Bear Aware information sessions so you can learn to properly secure food waste & understand bear behaviour better. Registration is required. **Age: 5+**

Outlet Work Room

111052 W 6:30–8:30pm Sep 17

PCCC Small Multipurpose Room

111053 W 6:30–8:30pm Oct 8

FEE: FREE

TUESDAY TALKS

PRESENTED BY
**THE WILSON SENIORS
ADVISORY ASSOCIATION**

PCCC Mabbett Hall ½ N

Age: 19+

FREE

FINANCIAL HEALTH

A wealth planner from Vancity will be here to talk about the three main retirement income sources: Government benefits, employer sponsored, and personal savings.

115682 T 1:30-2:30pm Sep 9

FALLS PREVENTION

Fraser health presents on risk factors for falls, the four pillars of fall prevention, home safety equipment and fall prevention exercises.

115685 T 1:30-2:30pm Sep 23

CANADIAN BLOOD SERVICES

Learn how you can contribute to Canada's Lifeline with the Community Development Manager with the Canadian Blood Services, Anika McDonald.

115686 T 1:30-2:30pm Oct 14





Special Events

PATSY CLINE & ROY ORBISON LUNCHEON

Aspira Mayfair & Aspira Astoria Retirement Living bring us a legendary duo: Patsy Cline & Roy Orbison! Join us on the dance floor for this fun lunch, as we welcome our seniors back from summer vacation. Registration opens August 19. Age: 60+

PCCC Mabbett Hall
115706 Th 12:30–2:30pm Sep 18

FEE: MEMBER: \$13.75
NON-MEMBER: \$16.75

NEW MEMBERS INFO SESSION

New to the PoCo Seniors Membership? Join us for this FREE information session where you'll have a chance to learn about the Seniors Membership, meet some of the Seniors staff, Advisory Association members, and other new members. Bring any questions you have. Registration is required. Age: 60+

PCCC Wilson Lounge
115167 Th 1–2pm Sep 25
115168 Th 1–2pm Nov 27

FEE: FREE

COFFEE WITH THE MAYOR

Mayor Brad West will be visiting the Wilson Lounge to sit, have coffee, and chat with Port Coquitlam's Seniors. Age: 60+

PCCC Wilson Lounge
110026 T 10–11am Oct 7

FEE: FREE

THANKSGIVING LUNCH

Happy Thanksgiving! We are grateful for all our seniors and the community you've helped us create. Join us for food, dancing, and fun as we give thanks for all we have to be grateful for this year. Registration opens September 10th. Age: 60+

PCCC Mabbett Hall
115175 Th 12:30–2:30pm Oct 9

FEE: MEMBER: \$13.75
NON-MEMBER: \$16.75

TEAM JERSEYS BIRTHDAY SOCIAL

Let's have some fun and celebrate Port Coquitlam Senior members whose birthdays are in September and October! We'll have light appies, refreshments, and entertainment. Those with birthdays in September or October register for FREE. Registration opens September 25th. Age: 60+

PCCC Mabbett Hall
115182 Th 1–3 pm Oct 23

FEE: MEMBER: \$8.00
NON-MEMBER: \$10.00

BIRTHDAY SOCIAL

Celebrate Port Coquitlam Senior members whose birthdays are in November and December! We'll have light appies, refreshments, and entertainment. Those with birthdays in November or December register for FREE. Dress to impress with black & white attire. Registration opens October 22nd. Age: 60+

PCCC Mabbett Hall
115184 Th 1–3pm Nov 20

FEE: MEMBER: \$8.00
NON-MEMBER: \$10.00

SOCIAL PRESCRIBING

SHARE Family Services is providing this talk on how healthcare providers can connect older adult patients to appropriate resources. Don't miss this opportunity to discover how Social Prescribing works closely with healthcare providers to support older adults attain an improved quality of life.

115687 T 1:30–2:30pm Oct 28

PROSTATE HEALTH

November is Men's Health month, also known as Movember! Learn all things prostate and the importance of regular testing, plus what help is available for patients and their partners.

115690 T 1:30–2:30pm Nov 4

POCO HERITAGE

Learn about the history of Port Coquitlam with PoCo Heritage volunteer, Bryan Ness, followed by a Q&A.

115691 T 1:30–2:30pm Nov 25





Arts & Culture

Click here or scan the QR code for quick access to arts & culture activities.

**FOR FAMILY
HOLIDAY
PROGRAMS
SEE PAGE 54!**

Family

ART IN THE GALLERY

Drop by the Michael Wright Art Gallery in Leigh Square on Saturday mornings to enjoy the current art exhibition and make art inspired by the art and artists. Children under 12 must be accompanied by an adult. Materials supplied, no registration required. **Ages:** All

Michael Wright Art Gallery

Sa 10am–12pm

FEE: **FREE**

FAMILIES FELTING TOGETHER

In this hands-on sensory workshop, families will learn how to wet-felt and make a one-of-a-kind art piece together. **Age:** 6+

Outlet Work Room

111470 F	7–9pm	Sep 12
111768 F	7–9pm	Oct 3

FEE: **\$55.00**
(per family up to 4 participants)

Children

BABY ART LAB

A chance for children to meet other parents and children while learning the structure of a class through play, singing, and getting messy making art. All mediums are safe-to-consume materials. Parent or guardian participation is required. **Age:** 1–3

Outlet Work Room

111471 M	9:45–10:15am	Sep 8–Sep 29
111472 M	9:45–10:15am	Oct 20–Nov 10
111480 M	10:30–11am	Oct 20–Nov 10
111583 M	10:30–11am	Sep 8–Sep 29

FEE: **\$52.80**

PRESCHOOL ART LAB

Make new friends while trying a new kind of art project each week! Parents and toddlers will play, sing and make with safe-to-consume materials and mediums. Parent or guardian participation is required. **Age:** 3–5

Outlet Work Room

111584 M	1:15–2pm	Sep 8–Sep 29
111585 M	1:15–2pm	Oct 20–Nov 10

GP Michael Wright Art Gallery

116327 Th	5:30–6:30pm	Sep 11–Oct 2
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FEE: **\$52.80**





Children | Performing Arts

DO RE MI

Explore music and choreography in a lively weekly singing class. Students receive tools and techniques for voice improvement while learning songs from popular movies and musicals. On the last class there will be a small performance for family and friends! **Age: 6–8**

PCCC JB Young Room

111590 W 6–7pm Sep 10–Oct 29

FEE: \$160.00

SPOTLIGHT THEATRE – MARY POPPINS

Sing, dance, and act in a mini-musical performance. Your child will learn all about musical theatre as they rehearse their show and perform it for friends and family on the last day. **Age: 8–12**

PCCC JB Young Room

111592 Th 5:30–6:30pm Sep 11–Oct 30

FEE: \$132.00

ACTING 101

In this weekly acting class, children will learn how to create plays and characters from scratch, as well as how to bring scripted works to life on stage! Using a mix of improv, scenes from popular plays, and imagination this class will bring out the inner performer in everyone.

Instructor: Stef Delisimunovic. Age: 8–12

PCCC JB Young Room

111591 Th 4:15–5:15pm Sep 11–Oct 30

FEE: \$132.00



ACTING MANIA

In this weekly acting class, children will have a blast creating characters and making up stories using a mix of games, improv, music, and movement.

Instructor: Stef Delisimunovic

Age: 5–7

PCCC Small Multipurpose Room

111589 Th 3:15–4pm Sep 18–Nov 6

FEE: \$115.50

INTERMEDIATE GUITAR

This class is designed for students who have already taken Beginner Guitar. The instructor will combine theory and technical exercises, fostering a supportive community where students learn to read music sheets and grow collaboratively. Children are expected to bring their own guitar. All sheet music and materials are included. **Instructor: Amirsalar Abdolhai**

Age: 8–12

GP Michael Wright Art Gallery

111594 W 4:30–6pm Sep 10–Oct 29

FEE: \$121.00

Children | Visual Arts

CLAY PLAY

Learn to make your own clay art pieces! Participants will build, glaze and fire several pieces of pottery to take home at the end of this program. **Age: 5–7**

Outlet Work Room

116925 T 3:30–5pm Sep 9–Nov 4

FEE: \$154.00

CLAY MAKERS

Learn to make your own clay art pieces! Participants will build, glaze and fire several pieces of pottery to take home at the end of this program. **Age: 8–10**

Outlet Work Room

111602 W 3:30–5pm Sep 10–Oct 29

FEE: \$154.00

COOL CLAY

Make clay creations of your own design! Participants will build, glaze and fire several pieces of pottery to take home at the end of this program. **Age: 11–14**

Outlet Work Room

111603 Th 3:30–5pm Sep 11–Oct 30

FEE: \$154.00

ART ALL WAYS

This program introduces children to a wide range of art materials and techniques. It's perfect for budding artists who love to explore and try a little bit of everything. Participants will learn to express themselves through drawing, painting, clay, sculpture, mixed media, and print-making projects. **Age: 6–8**

Outlet Work Room

111600 M 3:30–4:45pm Sep 8–Nov 3

PCCC JB Young Room

111601 Sa 3:30–4:45pm Sep 13–Nov 1

FEE: \$132.00



Arts & Culture

ADVENTURES IN ART

Young artists have fun exploring a wide range of art materials and techniques as they express themselves through drawing, painting, clay, sculpture, mixed media, and print-making. **Age: 8-12**

Outlet Studio

111660 M 6-7:30pm Sep 8-Nov 3

PCCC JB Young Room

111661 Sa 1-2:30pm Sep 13-Nov 1

FEE: \$132.00

COMICS AND CARTOONING

Explore the visual language of comics from character design to panel composition and page layout. Learn penciling, inking and narrative approaches to create a unique work of visual storytelling. Each week will cover different approaches to storytelling and different aspects of comics language. **Age: 8-12**

Outlet Studio

111662 F 4-5:30pm Sep 12-Nov 7

FEE: \$132.00



DRAWING AND PAINTING STILL LIFE

This class explores the fascinating history and technique of still life art. You will create unique works based on an array of inspiring physical objects. Each assignment will explore the dynamic possibilities of illustration or painting, utilizing a range of tools from drawing pencils to watercolour paints. **Age: 8-12**

Outlet Studio

111663 F 6-7:30pm Sep 12-Nov 7

FEE: \$132.00

MAKE YOUR MARK! PRINTMAKING

Learn different styles and techniques in printmaking by using professional and found materials. Discover the wide variety of unique marks and images you can create with monoprinting. You'll also experiment with multiples by printing your own designs carved into linoleum and other materials. **Age: 8-12**

Outlet Studio

111604 T 3:30-5pm Sep 9-Nov 4

FEE: \$132.00

MAKE YOUR OWN STUFFIES

Learn how to create adorable stuffed animals and creatures from scratch using simple sewing techniques. Then, personalize them with embroidery, buttons and other decorative accents. By the end of the class, you'll have the skills and confidence to design and sew your own unique creations at home. **Age: 9-12**

Outlet Work Room

111666 F 3:30-5:30pm Sep 12-Nov 21

FEE: \$132.00

Children | Home Learners

HOME LEARNING – A WORLD OF RHYTHM

In this 10-week course, students will expand their knowledge of various instruments, learning about their origin and culture, while collaboratively creating fun and original rhythms.

Instructor: Teri Shaw **Age: 6-12**

GP Michael Wright Art Gallery

111587 M 1-2pm Sep 8-Nov 3

FEE: \$150.00

HOME LEARNING – A JOURNEY THROUGH ART

What did the artist feel like when they first visited the Louvre Museum? It was Louvre at first sight! Who knew learning and creating could be this much fun? This mixed media class is a guided tour of art techniques inspired by different eras in art history. **Age: 6-12**

PCCC JB Young Room

111586 T 1-2:30pm Sep 9-Nov 4

FEE: \$113.00

HOME LEARNING – TEXTILES & FIBER ARTS

Budding fiber artists will learn sewing basics, how to mend, experiment with wet felting, and try their hands at crochet! This class is a great fit for home learners looking to build practical skills that also make their world more beautiful.

Age: 8-12

Outlet Studio

111588 Th 1-2:30pm Sep 11-Oct 30

FEE: \$120.00



Teen & Adult

LINO PRINTING ON PAPER

Discover the art of lino cutting and printing in this two-session hands-on workshop. Carve your own design and create striking prints on paper using traditional printmaking techniques.

Age: 16+

Outlet Work Room

115072 Th 6:30–9pm Sep 4–Sep 11

FEE: \$65.00

BLOCK PRINTING ON FABRIC

Learn block carving and printmaking techniques to create beautiful textile designs. Carve your own block and print unique patterns on fabric in this creative, fabric-focused workshop. Age: 16+

Outlet Work Room

115074 Th 6:30–9pm Oct 2–Oct 9

FEE: \$65.00

CLAY STUDIO

In this 2-session workshop, create your own mug or other functional piece of clayware. During the first session our instructor will guide you in hand building your clayware. In the 2nd session you will glaze your piece and we'll fire it in our kiln! Age: 19+

Outlet Work Room

111670 W 1–2:30pm Sep 17–Sep 24
111671 W 1–2:30pm Oct 15–Oct 22
111672 W 1–2:30pm Nov 5–Nov 12

FEE: \$49.50



CLAYWARE 101

In this 2-session workshop, create your own mug or other functional piece of clayware. During the first session our instructor will guide you in hand building your clayware. In the 2nd session you will glaze your piece and we'll fire it in our kiln! Age: 15+

Outlet Work Room

111783 T 7–8:30pm Sep 16–Sep 23
111791 T 7–8:30pm Oct 7–Oct 14
111799 F 7–8:30pm Nov 7–Nov 14

FEE: \$49.50

BEGINNER GUITAR

Learn how to play simple guitar chords in a fun, socially interactive ensemble setting. Get comfortable playing rhythm guitar for blues, rock, pop, country, and folk music so you can sing your favourite songs. Requirements: Students bring their own acoustic or nylon string guitar and a tuner (or tuner app). Age: 19+

GP Michael Wright Art Gallery

111593 W 10:30am–12pm Sep 10–Oct 29

FEE: \$137.50

BEGINNER UKULELE

Learn how to play the ukulele and sing along to popular blues, rock, pop, country and folk songs! Have fun strumming each week as your instructor plays basic chords for your favourite songs. Requirements: Students bring their own ukulele and tuner (or tuner app). Age: 19+

GP Michael Wright Art Gallery

115071 T 1–2:30pm Sep 9–Nov 4

FEE: \$137.50

CHANTING FOR JOY & CONNECTION

Learn simple chants incorporating movement and ASL signs in a supportive and welcoming environment. For singers of all levels, no need to read music, all chants will be learned orally, and students will receive links to YouTube recordings to practice along with at home. Age: 19+

GP Michael Wright Art Gallery

116280 T 10am–12pm Sep 9–Nov 4

FEE: \$120.00

QUEERLY CRAFTED

Join us for a monthly craft circle for 2SLGBTQIA+ folks and allies. Each month, the instructor will have a different project, such as artist trading cards, watercolour painting or collage. Tea and snacks provided. All supplies provided. Age: 19+

Outlet Studio

115069 Th 6–8pm Sep 11
115431 Th 6–8pm Oct 9
115437 Th 6–8pm Nov 13
115440 Th 6–8pm Dec 11

FEE: \$20.00

QUEER POETRY COLLECTIVE

Calling all 2SLGBTQ+ poets! Join us for a weekly poetry workshop and open mic. Practice writing and performing poems using fun prompts each week. At the end of the session, each poet will contribute 1–2 poems to a poetry chapbook, and each participant will receive one free chapbook. Age: 19+

Outlet Studio

111659 W 12:30–2:30pm Sep 10–Oct 29

FEE: \$120.00



Arts & Culture | Holiday Programs

Holiday Programs Family

THEATRE SPORTS FOR FAMILIES – HOLIDAY EDITION

Explore the world of improv and pantomime with fun theatre games for the whole family! **Age: 8+**

Outlet Work Room

111770 F 7–9pm Nov 21

FEE: \$33.00

(per family up to 5 participants)

FAMILY CLAYWARE 101 – HOLIDAY LANTERNS

Get your hands messy as a family and create a lantern family keepsake. Build one session and glaze the next. Lanterns will be fired in our kiln, ready for pick up the week after the second session. Fee is per person as each family member will make their own lantern. **Age: 7+**

Outlet Work Room

115239 T 6:30–8:00pm Dec 9–16

FEE: \$49.50



Holiday Programs Children

HOLIDAYS ARE HANDMADE

Artists will create a handmade functional gift, made from the heart and ready to give. Each participant will build and glaze a cozy clay piece fired in the kiln, along with a hand-painted watercolour holiday card and a unique printed gift bag. A perfect gift for a very special person on your list!

Outlet Work Room

Age: 6–9 116926 W 3:30–4:45pm Nov 5–26

Age: 10–14 116927 Th 3:30–4:45pm Nov 6–27

FEE: \$60.00

HOLIDAY ELVES

Make a unique handmade holiday gift and card for someone special, while your adults take some time for their own holiday preparations. **Age: 6–12**

PCCC JB Young Room

115465 Sa 12:30–4:30pm Nov 22

Outlet Studio

115464 Sa 12:30–4:30pm Dec 13

FEE: \$35.00

Holiday Programs Teen & Adult

LINO PRINTING ON PAPER – HOLIDAY EDITION

Discover the art of lino cutting and printing in this 2-session hands-on workshop. Carve your own design and create striking prints on paper or holiday cards, using traditional printmaking techniques. **Age: 19+**

Outlet Work Room

115073 Th 6:30–9pm Nov 6–Nov 13

FEE: \$65.00

CLAYWARE 101 – HOLIDAY CENTERPIECE VASE

In this 2-session workshop, create your own clay centerpiece vessel. During the first session our instructor will guide you in hand building your clayware. In the 2nd session you will glaze your piece, and we'll fire it in our kiln! **Age: 15+**

Outlet Work Room

111804 Th 7–9:30pm Nov 20–27

FEE: \$49.50

HOLIDAY WREATH WORKSHOP

Create a unique holiday wreath. Bring your creativity; we'll provide the tree clippings, pinecones, and decorative materials. If you have a wreath form, please bring it to the workshop. **Age: 12+**

Outlet Work Room

115466 F 7–9pm Nov 28

FEE: \$38.50

HOLIDAY CENTERPIECE WORKSHOP

Create a beautiful centerpiece for your holiday table! Bring your creativity, we'll provide a container, clippings, pinecones, and decorative materials. **Age: 13+**

Outlet Work Room

115240 T 7–9pm Dec 2

FEE: \$38.50

VYTYNANKA – UKRAINIAN PAPER CUTTING

Get into the holiday spirit with a festive “Vytynanka” paper-cutting workshop! Explore this traditional Ukrainian art, learn cutting techniques, and create holiday-themed designs. A perfect way to celebrate the season and connect with tradition. **Age: 15+**

Outlet Studio

115236 T 6–9pm Dec 9–Dec 16

FEE: \$85.00



ADULT ARTS COMMUNITY PARTNERSHIP PROGRAMS

POCO ARTS COUNCIL

**POCO ARTS COUNCIL
ANNUAL MEMBERSHIP
IS AVAILABLE FOR \$10 AT:
portcoquitlam.ca/register**

For more information about the PoCo Arts Council, go to pocoarts.ca, @pocoarts on Facebook, or contact them by email at pocoarts@gmail.com

ARTIST OPEN STUDIO

Drop in to the open studio to work on your art projects and socialize with other artists. PoCo Arts Council annual membership is required.

Outlet Workroom
Sep 2–Dec 23 | Tuesdays, 10am–3pm

PORT COQUITLAM WRITERS GROUP

The Port Coquitlam Writers group is a drop-in writing circle open to all! Discover a safe space to work on your craft while engaging with other local writers through prompts, readings and brainstorming. First meeting is free, Poco Arts Council annual membership is required.

Visit portcoquitlam.ca/register to purchase your membership. For more information visit pocoarts.ca Age: 16+

The Gathering Place
Wednesdays 6:30–8:30pm
Sep 10 & 24 | Oct 8 & 22
Nov 12 & 26 | Dec 10

WILSON CENTRE ADULT ART DROP IN – OPEN STUDIO

Open studio allows you the time and space to create!! Bring your ideas and supplies and work on your own projects in the company of others. No instructor on site.

Outlet Workroom
Saturdays, 10am–1pm

ART FOCUS ARTISTS ASSOCIATION

ART FOCUS ART SALON

Where members of the community, artists, and musicians meet in a relaxed convivial atmosphere. Free and open to the public.

Michael Wright Art Gallery
Wednesdays, 1–4pm,
Sep 17 | Oct 15 | Nov 19 | Dec 17

ART FOCUS ARTIST DEMO NIGHTS

Art Focus Artists Association invites the public to demos by professional artists. These free demos are held at The Outlet.

The Outlet
Wednesdays, 7–9pm
Sep 24 | Oct 22 | Nov 26

ART FOCUS FALL ART SHOW

All are welcome to attend this art show featuring the diverse work of talented Art Focus members. The exhibition will be held in the Gathering Place from Oct 17–19.

The Gathering Place
Oct 17 Opening Reception 7–9pm
Oct 18 & 19 from 11am–5pm

OFF THE GRID

Creating “Instant Sonic Art,” musicians improvise and react spontaneously to other players and the overall sound produced. New musicians and listeners are welcome. Please call 604 789 3456.

The Gathering Place
Tuesdays, Sep 2–Dec 9 | 7–9pm

FELICE WOMEN’S CHOIR

Music director and conductor Mr. Andrea Kim’s community-based choir pursues excellence in performance and celebrates a varied repertoire from classical to folk and pop. Free to watch. To participate, contact Mr. Kim at 778 554 9917.

GP Michael Wright Art Gallery
Thursdays, 10am–12pm Sep 4 – Dec 18

CROSSROADS COFFEE HOUSE

Raising funds and awareness for the Crossroads Inlet Centre Hospice, the Coffeehouse series is an exciting evening combining an Open Mic session with performances by Lower Mainland area musicians in a range of genres. For information click here:

CrossroadsHospiceCoffeehouse

Gathering Place
Fridays, 7–10pm
Sep 12 & 26 | Oct 10 & 24 | Nov 14 & 28



Exhibition Opening Reception

Join us for the opening reception of our fall art exhibitions in Leigh Square on Thursday, September 25, 2025 from 6pm to 8pm. Meet the artists while enjoying live music and refreshments. We look forward to welcoming you to this inspiring evening of art and reflection.

Weightless, I'm Still Here

by **KyungAh Hwang**

September 12, 2025 – January 8, 2026

The Michael Wright Art Gallery presents **Weightless, I'm Still Here** by **KyungAh Hwang**. Hwang captures the delicate balance between life and loss through ethereal depictions of flowers in transition. Using acrylic, she reimagines wilted blooms in weightless, luminous space, revealing the quiet power and complexity of nature's forms. Rooted in deep observation and personal reflection, her work evokes the fragility of human life—particularly during the pandemic—while celebrating the sublime beauty found within impermanence.



The Skin of Trees

by **Janna Kumi**

September 12, 2025 – January 8, 2026

The Outlet Gallery presents **The Skin of Trees** by **Janna Kumi**. In this exhibition, Kumi presents a series of drawings and collages that celebrate the quiet, intricate beauty of tree bark—nature's own skin. Focusing on a variety of tree species found in British Columbia, both native and introduced, Kumi invites viewers to engage with the textures, patterns, and forms that trees create as part of their survival. Much like human skin, bark tells a story. It bears the marks of time, weather, healing, and growth. Through careful observation and artistic interpretation, **The Skin of Trees** reveals the hidden elegance of these natural surfaces—encouraging us to see the forest not only for the trees, but for the life etched into their skin.

Artist Talk – Oct 16

Join exhibiting artist Janna Kumi for a talk about **The Skin of Trees**—at the City's Cultural Roundtable on October 16. Learn more at portcoquitlam.ca/roundtable.



Discover Port Coquitlam's vibrant art scene by visiting the **Michael Wright Art Gallery (MWAG)**, **Outlet Gallery**, **City Hall Gallery**, and **Port Coquitlam Community Centre**—where local and regional artists bring fresh, inspiring exhibitions throughout the year. Our galleries ignite creativity and dialogue. Whether you're a long-time art lover or just curious, there's always something new to explore. Dive into the world of art and find out what's going on by visiting portcoquitlam.ca/exhibitions for more information.

Drawing without an Eraser

by **John Larsen**

September 12, 2025 – January 8, 2026

The Port Coquitlam Community Centre gallery presents **Drawing without an Eraser** by **John Larsen**. Larsen explores the natural world through a focused drawing practice using simple materials—white on black paper or ink on white. Larsen finds beauty in unexpected places, often choosing subjects that challenge conventional ideas of attractiveness. Through keen observation and intentional mark-making, he transforms creatures like vultures and warthogs into compelling portraits of complexity. With no erasing, every line matters. This constraint becomes a creative force—an invitation to look closer, and to find meaning in every mark.

Artist Talk – Sept 18

Join exhibiting artist **John Larsen** for a talk about **Drawing without an Eraser** at the City's Cultural Roundtable on September 18.



**Join us for Port Coquitlam's
Culture Days events in
Leigh Square and Downtown.**

Culture Days is a national celebration of arts and culture. At the end of each September, millions of people attend thousands of free participatory arts and culture events across the country. Culture Days programs invite the public to get hands-on and behind-the-scenes to highlight the importance of arts and culture in our communities.

Read the Culture Days page to find out more about this year's festivities.

portcoquitlam.ca/culturedays

**CULTURE
DAYS**

SEPTEMBER 19 – OCTOBER 12



Terry Fox Library

**Hours: Mon to Thu 9am–8pm
Fri & Sat 10am–5pm
Sun 1–5pm**

**2150 Wilson Ave
604 927 7999**

Visit **fvrl.ca** for more
in-library and virtual
programs.

Kids

BABYTIME

Make language fun! Help your baby develop speech and language skills – enjoy bouncing, singing and rhyming with stories. Babytime is a fun, social bonding activity for babies and caregivers.

Drop in. Max 52. **FREE**

Th, F **11–11:30am** Sep 4–Dec 19

STORYTIME

Introduce kids to the love of books and language with Storytime! Children and caregivers will enjoy interactive stories, songs, rhymes, and more.

Drop in. Max 52. **FREE**

Tu **11–11:30am** Sep 2–Dec 16
(No storytime Sept 30 & Nov 11)

LEGO® CLUB

We have the LEGO®, you bring your imagination. Try out our KEVA® Planks too! Kids ages 5 and up come join us after school!

Drop in. **FREE**

M **3:15-4:15pm** Oct 6, Nov 3, Dec 1
W **3:15-4:15pm** Sep 17, Oct 15, Nov 19, Dec 17

MAKER MONDAYS

Let your imagination run full STEAM ahead with Maker Mondays! We'll make something new each session.

Ages 8 – 12. Parents are encouraged to stay and create with their children.

Drop in. **FREE**

M **3:30–4:30pm** Sep 29, Oct 27,
Nov 24, Dec 22

KID'S UKE PLAY ALONG

A beginner ukulele jam for kids! Participants must know how to play some basic chords and bring their own ukulele.

Ages 7 and up. Online registration opens 4 weeks prior to each date. Caregivers are encouraged to stay and play or sing with their children. **FREE**

M **6–7pm** Sep 15, Oct 20,
Nov 17, Dec 15

SPEECH & LANGUAGE DROP IN

Drop in and talk with one of the Health Unit's Speech-Language Pathologists. Your child will receive a brief screening of their communications skills.

Drop in. **FREE**

W **10–11:30am** Oct 1, Dec 3

PRO D DAYS

**Looking for something fun to do
September 19 and October 24?**

Make sure to check out the library's program for free Pro D days activities for kids.

TEEN ADVISORY GROUP

**Are you in grades 9 to 12 and
interested in volunteering?**

Join the Terry Fox Library Teen Advisory Group (TAG). Participation looks great on your resume and members earn volunteer hours.

Pick up an application at the library to find out more.



Adults

ADULT CRAFT NIGHT

Create unique crafts. Supplies and instruction provided. Watch for project details. **Online registration** opens 4 weeks prior to each date.

Drop in. **FREE**

Th 6-7:30pm Sep 4, Oct 2, Nov 6, Dec 4

ENGLISH PRACTICE GROUP

Practice English in a friendly, social situation. In partnership with SHARE Family and Community Services. Limited to residents of the Tri-Cities, Belcarra, and Anmore. Intermediate level.

Drop in. **FREE**

Th 3-4:30pm Sep 4-Dec 18

ADULT COLOURING CLUB

Colouring is not just for kids! Come chill out and colour. We'll provide colouring pages and pencil crayons. Drop in. **FREE**

M 2-3pm Sep 8-Dec 15 (no club Oct 13)

NIGHT STITCHES

Pack up your needles, hooks, yarn and join us for a casual evening of stitches and conversation. Bring your own projects. Some guidance can be provided to beginners. Drop in. **FREE**

Th 6-7pm Sep 18, Oct 16, Nov 20, Dec 18

TRI-CITY WORDSMITHS

Increase your knowledge and skill in the literary arts with Tri-City Wordsmiths. Visit tri-citywordsmiths.ca for more information, monthly topics, and to register.

FREE

Sa 1:30-4pm Oct 4, Dec 6



**CELEBRATE
LIBRARY
MONTH**

October is Library Month!
Watch for fun activities throughout the month.