

FALL 2026

REGISTRATION
OPENS

PoCo Residents

July 28

General Public

July 31



Move. Create. Connect.

PORT COQUITLAM
RECREATION

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 7	Labour Day 9am–1pm
Sept 30	Truth & Reconciliation Day 9am–1pm
Oct 12	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

604 927 7938 pocoyouth.com

Sat–Mon	CLOSED
Tu–Fri	3–7pm

HOLIDAYS

Sept 7	Labour Day CLOSED
Sept 30	Truth & Reconciliation Day 1–5pm
Oct 12	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 7	Labour Day CLOSED
Sept 30	Truth & Reconciliation Day CLOSED
Oct 12	Thanksgiving CLOSED
Nov 11	Remembrance Day CLOSED
Dec 24	Christmas Eve 9:30am–12pm
Dec 25 – 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 7	Labour Day CLOSED
Sept 30	Truth & Reconciliation Day CLOSED
Oct 12	Thanksgiving CLOSED
Nov 11	Remembrance Day CLOSED
Dec 24	Christmas Eve 9:30am–2pm
Dec 25	Christmas Day CLOSED
Dec 26	Boxing Day CLOSED
Dec 31	New Year's Eve 9:30am–2pm
Jan 1	New Year's Day CLOSED

PLEASE NOTE: HOURS OF OPERATION ARE SUBJECT TO CHANGE.

FALL 2026

CITY OF PORT COQUITLAM

Leisure Guide

RECREATION, SPORTS, ARTS AND CULTURE FOR ALL AGES

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HOW TO REGISTER



ONLINE: portcoquitlam.ca/register

- Create an account or log in
- Search by barcode or name
- Register and pay



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



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

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 get priority registration to registered drop-in and registered programs. To qualify, proof of primary residency is required. Business addresses or secondary residences do not qualify.

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.

MISUSE OF PASSES

Passes are to be used by the passholder only and not to be shared. Sharing of passes will result in pass suspension.

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

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**.

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.



PRO D DAY CAMPS

PRO D DAY LITTLE CREATORS ART CAMP

Explore the wonder of art during this one-day camp, jam packed with art projects, games, and outside play! Bring snacks, lunch and dress for the weather. Child must have completed kindergarten. Age: 5½-7

Outlet Work Room

129590 F	8:30am-3pm	Sep 25
129591 F	8:30am-3pm	Oct 23

FEE: \$52.00

PRO D DAY COOL MAKERS 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, printmaking and clay. Camp includes play at the park. Age: 8-12

PCCC JB Young Room

129592 F	9am-3:30pm	Sep 25
129593 F	9am-3:30pm	Oct 23

FEE: \$52.00

JUNIOR EXPLORERS

School's out, but the fun is in! Camp includes active games, crafts, and exploring the trails. Age: 5-7

HC Program Room 2

131664 F	9am-3:30pm	Sep 25
131672 F	9am-3:30pm	Oct 23

PCCC Arena Meeting Room

131665 F	9am-3:30pm	Sep 25
131677 F	9am-3:30pm	Oct 23

FEE: \$45.00

EXPLORERS

School's out, but the fun is in! Camp includes active games, crafts, exploring the trails and swimming. Age: 8-10

HC Community Room 2

131663 F	9am-3:30pm	Sept 25
131667 F	9am-3:30pm	Oct 23

FEE: \$45.00

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

131609 F	11am-3pm	Sep 25
131610 F	11am-3pm	Oct 23

FEE: \$35.00

Winter Break Camps

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. Camp includes daily walks and play at the park – dress for the weather. Age: 6-10

Outlet Work Room

131313 M,T,W	8:30am-3pm	Dec 21-23
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FEE: \$156.00

131314 T,W	8:30am-3pm	Dec 29-30
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FEE: \$104.00



JUNIOR EXPLORERS

Enjoy making new friends while we move, create and connect. Camp includes active games, crafts, and walks exploring the trails. **Age: 5–7**

HC Program Room 2

131741 M,T,W 9am–3:30pm Dec 21–23

FEE: \$135.00

131742 T,W 9am–3:30pm Dec 29–30

FEE: \$90.00

EXPLORERS

Enjoy making new friends while we move, create and connect. Camp includes active games, crafts, and walks exploring the trails. Swimming days are included each week. **Age: 8–10**

HC Community Room 2

131739 M,T,W 9am–3:30pm Dec 21–23

FEE: \$135.00

131740 T,W 9am–3:30pm Dec 29–30

FEE: \$90.00

Camps | Sports

HALF DAY | SPORTS SKILLS CAMP WINTER BREAK

Join us for this half-day sports camp! Our experienced instructors provide opportunities for participants to practice and play while developing teamwork, confidence and social skills to succeed in sport and life. Participants will learn and develop skills in sports such as soccer, basketball and more! **Age: 6–10**

PCCC Gymnasium

131602 Th 8:30am–12:30pm Dec 24

FEE: \$32.00

1 DAY | SPORTS SKILLS CAMP WINTER BREAK

Join us for this one-day sports camp! Our experienced instructors provide opportunities for participants to practice and play while developing teamwork, confidence and social skills to succeed in sport and life. Participants will learn and develop skills in sports such as soccer, badminton, volleyball, basketball and more! We also take time to play fun games and go swimming! **Age: 7–10**

PCCC Gymnasium

131600 T 8:30am–3pm Dec 29

131601 W 8:30am–3pm Dec 30

FEE: \$45.00



MAKE NEW FRIENDS AT OUR CAMPS!

Register now.

Tips for Easy Registration!

Follow these tips to make registration smoother and increase your chances of getting into your preferred programs:



MANAGE YOUR ACCOUNT

Create or update your ActiveNet account at portcoquitlam.ca/register. Use ActiveNet filters to narrow down your search and find the programs suitable for you and your family members. Ensure your contact information and profile details are accurate for you and any linked family members. For children, please call **(604) 927-PLAY (7529)** to update allergy details, support needs, life jacket needs, walking permissions, and emergency contacts.



PREVIEW PROGRAMS EARLY

Browse programs online before registration day to view the most up-to-date offerings.

Fall programs will be available to view online starting July 21, 2026.



As you register for fall programs and camps, double-check that all required information is accurate and up to date.



BUILD YOUR WISHLIST

“Heart” your favourite programs to create a personalized wishlist. On registration day, simply open your wishlist and register directly. There is no need to search again.

Note: You must sign into your account to use this feature.





Arena

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

Skate Programs

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

Arena Drop ins

PORT COQUITLAM COMMUNITY CENTRE

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**.

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 YRS)

PARENT & TOT – First time skaters and their parents.

NON-PARENT PARTICIPATION LEVELS (2½–5 YRS)

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 YRS)

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 distance.

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 YRS)

ADULT LEVELS (19+ YRS)

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

YOUTH LEVEL 4 | ADULT LEVEL 4

Prerequisite YOUTH/ADULT LEVEL 3 or ability to perform LEVEL 3 SKILLS



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! **Age 2½–5**

Equipment: All participants including parents require a mandatory helmet made for ice sport (bike helmets not permitted) 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.

PCCC Arena 3 (Purple)

130799 M	6:15–6:45pm	Sep 21–Nov 2
130800 M	6:45–7:15pm	Sep 21–Nov 2
130801 M	6:15–6:45pm	Nov 9–Dec 14
130802 M	6:45–7:15pm	Nov 9–Dec 14

Stat exception date: Mon. Oct. 12

FEE: **\$54.00**

130803 W	6:15–6:45pm	Sep 16–Oct 28
130804 W	6:45–7:15pm	Sep 16–Oct 28
130805 W	6:15–6:45pm	Nov 4–Dec 16
130806 W	6:45–7:15pm	Nov 4–Dec 16

Stat exception dates:

Wed. Sep. 30 and Nov. 11

FEE: **\$54.00**

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, equipment, how to stand and fall, march forward, turn, and hop. **Age:** 2½–5

Equipment: Helmets made for ice sport mandatory. Skates and helmets free with registered lessons.

PCCC Arena 3 (Purple)

130621 M	4–4:30pm	Sep 21–Nov 2
130622 M	4:30–5pm	Sep 21–Nov 2
130623 M	5:15–5:45pm	Sep 21–Nov 2
130624 M	5:45–6:15pm	Sep 21–Nov 2
130625 M	6:15–6:45pm	Sep 21–Nov 2
130626 M	6:45–7:15pm	Sep 21–Nov 2
130627 M	4–4:30pm	Nov 9–Dec 14
130628 M	4:30–5pm	Nov 9–Dec 14
130629 M	5:15–5:45pm	Nov 9–Dec 14
130630 M	5:45–6:15pm	Nov 9–Dec 14
130631 M	6:15–6:45pm	Nov 9–Dec 14
130632 M	6:45–7:15pm	Nov 9–Dec 14

Stat exception date: Mon. Oct. 12

FEE: **\$54.00**

130645 W	4–4:30pm	Sep 16–Oct 28
130653 W	4:30–5pm	Sep 16–Oct 28
130656 W	5:15–5:45pm	Sep 16–Oct 28
130657 W	5:45–6:15pm	Sep 16–Oct 28
130658 W	6:15–6:45pm	Sep 16–Oct 28
130659 W	6:45–7:15pm	Sep 16–Oct 28
130660 W	4–4:30pm	Nov 4–Dec 16
130754 W	4:30–5pm	Nov 4–Dec 16
130755 W	5:15–5:45pm	Nov 4–Dec 16
130756 W	5:45–6:15pm	Nov 4–Dec 16
130757 W	6:15–6:45pm	Nov 4–Dec 16
130758 W	6:45–7:15pm	Nov 4–Dec 16

Stat exception dates:

Wed. Sep. 30 and Nov. 11

FEE: **\$54.00**

131374 F	4–4:30pm	Sep 25–Oct 30
131375 F	4:30–5pm	Sep 25–Oct 30
131376 F	5–5:30pm	Sep 25–Oct 30
131377 F	5:30–6pm	Sep 25–Oct 30
131386 F	4–4:30pm	Nov 6–Dec 11
131387 F	4:30–5pm	Nov 6–Dec 11
131388 F	5–5:30pm	Nov 6–Dec 11
131389 F	5:30–6pm	Nov 6–Dec 11

FEE: **\$54.00**



Arena

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: Helmets made for ice sport mandatory. Skates and helmets free with registered lessons.

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.

PCCC Arena 3 (Purple)

130759 M	4–4:30pm	Sep 21–Nov 2
130760 M	4:30–5pm	Sep 21–Nov 2
130761 M	5:15–5:45pm	Sep 21–Nov 2
130762 M	5:45–6:15pm	Sep 21–Nov 2
130763 M	6:15–6:45pm	Sep 21–Nov 2
130764 M	6:45–7:15pm	Sep 21–Nov 2
130765 M	4–4:30pm	Nov 9–Dec 14
130766 M	4:30–5pm	Nov 9–Dec 14
130767 M	5:15–5:45pm	Nov 9–Dec 14
130768 M	5:45–6:15pm	Nov 9–Dec 14
130769 M	6:15–6:45pm	Nov 9–Dec 14
130770 M	6:45–7:15pm	Nov 9–Dec 14
Stat exception date: Mon. Oct. 12		

FEE: \$54.00

130771 W	4–4:30pm	Sep 16–Oct 28
130772 W	4:30–5pm	Sep 16–Oct 28
130773 W	5:15–5:45pm	Sep 16–Oct 28
130774 W	5:45–6:15pm	Sep 16–Oct 28
130775 W	6:15–6:45pm	Sep 16–Oct 28
130776 W	6:45–7:15pm	Sep 16–Oct 28
130777 W	4–4:30pm	Nov 4–Dec 16
130778 W	4:30–5pm	Nov 4–Dec 16
130780 W	5:15–5:45pm	Nov 4–Dec 16
130781 W	5:45–6:15pm	Nov 4–Dec 16
130782 W	6:15–6:45pm	Nov 4–Dec 16
130783 W	6:45–7:15pm	Nov 4–Dec 16

Stat exception dates:
Wed. Sep. 30 and Nov. 11

FEE: \$54.00

131378 F	4–4:30pm	Sep 25–Oct 30
131379 F	4:30–5pm	Sep 25–Oct 30
131381 F	5:30–6pm	Sep 25–Oct 30
131382 F	4–4:30pm	Nov 6–Dec 11
131383 F	4:30–5pm	Nov 6–Dec 11
131385 F	5:30–6pm	Nov 6–Dec 11

FEE: \$54.00

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: Helmets made for ice sport mandatory. Skates and helmets free with registered lessons.

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)

130787 M	4–4:30pm	Sep 21–Nov 2
130788 M	5:15–5:45pm	Sep 21–Nov 2
130789 M	4–4:30pm	Nov 9–Dec 14
130790 M	5:15–5:45pm	Nov 9–Dec 14
Stat exception date: Mon. Oct. 12		

FEE: \$54.00

130791 W	4–4:30pm	Sep 16–Oct 28
130792 W	5:15–5:45pm	Sep 16–Oct 28
130793 W	4–4:30pm	Nov 4–Dec 16
130794 W	5:15–5:45pm	Nov 4–Dec 16
Stat exception dates: Wed. Sep. 30 & Nov. 11		

FEE: \$54.00

131390 F	5–5:30pm	Sep 25–Oct 30
131391 F	5–5:30pm	Nov 6–Dec 11

FEE: \$54.00



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: Helmets made for ice sport mandatory. Skates and helmets free with registered lessons.

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)

130795 M	5:45–6:15pm	Sep 21–Nov 2
130796 M	5:45–6:15pm	Nov 9–Dec 14
Stat exception date: Mon. Oct. 12		

FEE: \$54.00

130797 W	5:45–6:15pm	Sep 16–Oct 28
130798 W	5:45–6:15pm	Nov 4–Dec 16
Stat exception dates: Wed. Sep. 30 & Nov. 11		

FEE: \$54.00

131392 F	5:30–6pm	Sep 25–Oct 30
131393 F	5:30–6pm	Nov 6–Dec 11

FEE: \$54.00



Together Building BC's Best Sports Community

Register To Play, Learn Skills, Socialize,
& Be Active With Your Local Clubs



**PoCo
Fastpitch**



**TC Preds
Girls Hockey**



**PoCo FC
Soccer**



**PoCo Saints
Lacrosse**



**Ducks
Volleyball**



**PoCo Pirates
Hockey**



**TC Thunder
Baseball**



**TC Lightning
Speed Skating**



**PCRM
Ringette**



**PoCo
Skating Club**



**PoCo
Karate**



**Girls
Basketball**



**Pacific Rim
Taekwon-Do**



**PoCo Butokukan
Karate**



**PC
Run Club**



**PC Marlins
Swimming**



**PC Tennis
Club**



**PC Oldtimers
Hockey**



**TC Walking
Soccer (Sr.)**



**PoCo Bears
Hockey**



**Excel
Martial Arts**



**TC Warriors
Ball Hockey**



**Advent
Swim**



**PC Trailblazers
Hockey**

WWW.POCOSPORT.COM



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: Helmets made for ice sport mandatory. Skates and helmets free with registered lessons.

Assessment: Unsure if this is the correct level or taken Level 1 in another community, drop-in assessment required and offered during public skates, contact skating@portcoquitlam.ca.

PCCC Arena 3 (Purple)

130890 M	4-4:30pm	Sep 21-Nov 2
130891 M	4:30-5pm	Sep 21-Nov 2
130892 M	5:15-5:45pm	Sep 21-Nov 2
130893 M	5:45-6:15pm	Sep 21-Nov 2
130894 M	6:15-6:45pm	Sep 21-Nov 2
130895 M	6:45-7:15pm	Sep 21-Nov 2
130896 M	4-4:30pm	Nov 9-Dec 14
130897 M	4:30-5pm	Nov 9-Dec 14
130898 M	5:15-5:45pm	Nov 9-Dec 14
130899 M	5:45-6:15pm	Nov 9-Dec 14
130900 M	6:15-6:45pm	Nov 9-Dec 14
130901 M	6:45-7:15pm	Nov 9-Dec 14

Stat exception date: Mon. Oct. 12

FEE: **\$54.00**

130902 W	4-4:30pm	Sep 16-Oct 28
130904 W	4:30-5pm	Sep 16-Oct 28
130905 W	5:15-5:45pm	Sep 16-Oct 28
130906 W	5:45-6:15pm	Sep 16-Oct 28
130907 W	6:15-6:45pm	Sep 16-Oct 28
130908 W	6:45-7:15pm	Sep 16-Oct 28
130909 W	4-4:30pm	Nov 4-Dec 16
130910 W	4:30-5pm	Nov 4-Dec 16
130911 W	5:15-5:45pm	Nov 4-Dec 16
130912 W	5:45-6:15pm	Nov 4-Dec 16
130913 W	6:15-6:45pm	Nov 4-Dec 16
130914 W	6:45-7:15pm	Nov 4-Dec 16

Stat exception dates: Wed. Sep. 30 & Nov. 11

FEE: **\$54.00**

131394 F	4-4:30pm	Sep 25-Oct 30
131395 F	4:30-5pm	Sep 25-Oct 30
131396 F	5-5:30pm	Sep 25-Oct 30
131397 F	5:30-6pm	Sep 25-Oct 30
131398 F	4-4:30pm	Nov 6-Dec 11
131399 F	4:30-5pm	Nov 6-Dec 11
131400 F	5-5:30pm	Nov 6-Dec 11
131401 F	5:30-6pm	Nov 6-Dec 11

FEE: **\$54.00**

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: Helmets made for ice sport mandatory. Skates and helmets free with registered lessons.

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

PCCC Arena 3 (Purple)

130915 M	4-4:30pm	Sep 21-Nov 2
130916 M	4:30-5pm	Sep 21-Nov 2
130917 M	5:15-5:45pm	Sep 21-Nov 2
130918 M	5:45-6:15pm	Sep 21-Nov 2
130919 M	6:15-6:45pm	Sep 21-Nov 2
130920 M	6:45-7:15pm	Sep 21-Nov 2
130921 M	4-4:30pm	Nov 9-Dec 14
130922 M	4:30-5pm	Nov 9-Dec 14
130923 M	5:15-5:45pm	Nov 9-Dec 14
130924 M	5:45-6:15pm	Nov 9-Dec 14
130925 M	6:15-6:45pm	Nov 9-Dec 14
130926 M	6:45-7:15pm	Nov 9-Dec 14

Stat exception date: Mon. Oct. 12

FEE: **\$54.00**

130927 W	4-4:30pm	Sep 16-Oct 28
130928 W	4:30-5pm	Sep 16-Oct 28
130929 W	5:15-5:45pm	Sep 16-Oct 28
130930 W	5:45-6:15pm	Sep 16-Oct 28
130931 W	6:15-6:45pm	Sep 16-Oct 28
130932 W	6:45-7:15pm	Sep 16-Oct 28
130933 W	4-4:30pm	Nov 4-Dec 16
130934 W	4:30-5pm	Nov 4-Dec 16
130935 W	5:15-5:45pm	Nov 4-Dec 16
130936 W	5:45-6:15pm	Nov 4-Dec 16
130937 W	6:15-6:45pm	Nov 4-Dec 16
130938 W	6:45-7:15pm	Nov 4-Dec 16

Stat exception dates: Wed. Sep. 30 & Nov. 11

FEE: **\$54.00**

131403 F	4-4:30pm	Sep 25-Oct 30
131404 F	4:30-5pm	Sep 25-Oct 30
131405 F	5-5:30pm	Sep 25-Oct 30
131406 F	4-4:30pm	Nov 6-Dec 11
131407 F	4:30-5pm	Nov 6-Dec 11
131408 F	5-5:30pm	Nov 6-Dec 11

FEE: **\$54.00**

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: Helmets made for ice sport mandatory. Skate and helmet included in program fee.

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

PCCC Arena 3 (Purple)

130939 M	4:20-5pm	Sep 21-Nov 2
130941 M	5:15-5:55pm	Sep 21-Nov 2
130942 M	5:55-6:35pm	Sep 21-Nov 2
130943 M	4:20-5pm	Nov 9-Dec 14
130944 M	5:15-5:55pm	Nov 9-Dec 14
130945 M	5:55-6:35pm	Nov 9-Dec 14

Stat exception date: Mon. Oct. 12

FEE: **\$72.00**



130946 W	4:20–5pm	Sep 16–Oct 28
130947 W	5:15–5:55pm	Sep 16–Oct 28
130948 W	5:55–6:35pm	Sep 16–Oct 28
130949 W	4:20–5pm	Nov 4–Dec 16
130950 W	5:15–5:55pm	Nov 4–Dec 16
130951 W	5:55–6:35pm	Nov 4–Dec 16
Stat exception dates: Wed. Sep. 30 & Nov. 11		

FEE: **\$72.00**

131410 F	4–4:40pm	Sep 25–Oct 30
131411 F	4:40–5:20pm	Sep 25–Oct 30
131413 F	5:20–6pm	Sep 25–Oct 30
131414 F	4–4:40pm	Nov 6–Dec 11
131415 F	4:40–5:20pm	Nov 6–Dec 11
131417 F	5:20–6pm	Nov 6–Dec 11

FEE: **\$72.00**

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: Helmets made for ice sport mandatory. Skate and helmet included in program fee.

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

PCCC Arena 3 (Purple)

130952 M	4:20–5pm	Sep 21–Nov 2
130953 M	5:15–5:55pm	Sep 21–Nov 2
130954 M	4:20–5pm	Nov 9–Dec 14
130955 M	5:15–5:55pm	Nov 9–Dec 14
Stat exception date: Mon. Oct. 12		

FEE: **\$72.00**

130956 W	4:20–5pm	Sep 16–Oct 28
130957 W	5:15–5:55pm	Sep 16–Oct 28
130958 W	4:20–5pm	Nov 4–Dec 16
130959 W	5:15–5:55pm	Nov 4–Dec 16
Stat exception dates: Wed. Sep. 30 & Nov. 11		

FEE: **\$72.00**

131418 F	4–4:40pm	Sep 25–Oct 30
131419 F	4:40–5:20pm	Sep 25–Oct 30
131421 F	4–4:40pm	Nov 6–Dec 11
131422 F	4:40–5:20pm	Nov 6–Dec 11

FEE: **\$72.00**

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 stops and be introduced to forward and backward pumping and thrusting on a curve. **Age: 6–11**

Equipment: Helmets made for ice sport mandatory. 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)

130960 M	4:20–5pm	Sep 21–Nov 2
130961 M	5:55–6:35pm	Sep 21–Nov 2
130962 M	4:20–5pm	Nov 9–Dec 14
130963 M	5:55–6:35pm	Nov 9–Dec 14
Stat exception date: Mon. Oct. 12		

FEE: **\$72.00**

130964 W	4:20–5pm	Sep 16–Oct 28
130965 W	5:55–6:35pm	Sep 16–Oct 28
130966 W	4:20–5pm	Nov 4–Dec 16
130967 W	5:55–6:35pm	Nov 4–Dec 16
Stat exception dates: Wed. Sep. 30 & Nov. 11		

FEE: **\$72.00**

131423 F	5:20–6pm	Sep 25–Oct 30
131424 F	5:20–6pm	Nov 6–Dec 11

FEE: **\$72.00**

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: Helmets made for ice sport mandatory. 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)

130968 M	6:35–7:15pm	Sep 21–Nov 2
130969 M	6:35–7:15pm	Nov 9–Dec 14
Stat exception date: Mon. Oct. 12		

FEE: **\$72.00**

130970 W	6:35–7:15pm	Sep 16–Oct 28
130971 W	6:35–7:15pm	Nov 4–Dec 16

Stat exception dates: Wed. Sep. 30 & Nov. 11

FEE: **\$72.00**



Skating | Youth

ASSESSMENT: Unsure which level is the correct level; a drop-in assessment is highly recommended and offered during public skates to confirm skating ability and correct level registration. For further assessment information contact skating@portcoquitlam.ca.

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, use edges, develop a stride, glide, and be introduced to snowplow stopping and backwards skating. **Age: 12-18**

Equipment: Helmet made for ice sport mandatory. 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 highly recommended and offered during public skates to confirm skating ability and correct level registration. For further assessment information contact skating@portcoquitlam.ca.

PCCC Arena 3 (Purple)

130976 M 5:15-5:55pm Sep 21-Nov 2
130977 M 5:15-5:55pm Nov 9-Dec 14
Stat exception date: Mon. Oct. 12

FEE: \$72.00

130978 Su 11:40am-12:20pm Sep 20-Oct 25

FEE: \$72.00

130979 Su 11:40am-12:20pm Nov 1-Dec 13

FEE: \$84.00

YOUTH LEVEL 2

Looking to improve existing skating skills and become a more competent skater? Participants will improve their forward skating technique, learn how to backwards skate, snowplow stop, one-foot glide and improve edges. **Age: 12-18**

Equipment: Helmet made for ice sport mandatory. Skates and helmet rentals included in program fee.

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

PCCC Arena 3 (Purple)

130984 M 5:55-6:35pm Sep 21-Nov 2
130985 M 5:55-6:35pm Nov 9-Dec 14
Stat exception date: Mon. Oct. 12

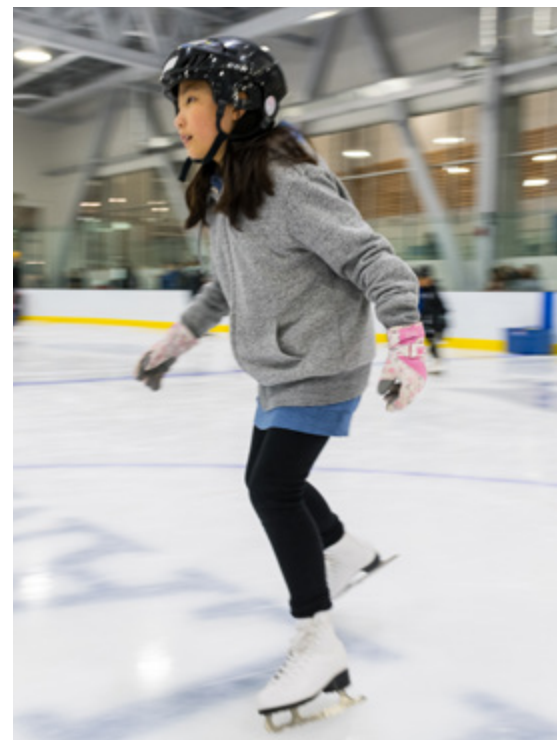
FEE: \$72.00

130986 Su 11:40am-12:20pm Sep 20-Oct 25

FEE: \$72.00

130987 Su 11:40am-12:20pm Nov 1-Dec 13

FEE: \$84.00



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: Helmets made for ice sport mandatory. 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)

130972 M 6:35-7:15pm Sep 21-Nov 2
130973 M 6:35-7:15pm Nov 9-Dec 14
Stat exception date: Mon. Oct. 12

FEE: \$72.00

130974 W 6:35-7:15pm Sep 16-Oct 28
130975 W 6:35-7:15pm Nov 4-Dec 16
Stat exception dates: Wed. Sep. 30 & Nov. 11

FEE: \$72.00



YOUTH LEVEL 3

Become a more powerful forward and backward skater, learn left and right foot stopping, one-foot gliding and a variety of edge skills to build confidence and competence. **Age: 12-18**

Equipment: Helmet made for ice sport mandatory. Skates and helmet rentals included in program fee.

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

PCCC Arena 3 (Purple)

130989 M 6:35-7:15pm Sep 21-Nov 2

130990 M 6:35-7:15pm Nov 9-Dec 14

Stat exception date: Mon. Oct. 12

FEE: \$72.00

130991 Su 11:40am-12:20pm Sep 20-Oct 25

FEE: \$72.00

130992 Su 11:40am-12:20pm Nov 1-Dec 13

FEE: \$84.00

YOUTH LEVEL 4

New Fall 2026 – Eager to learn high-level skills to finalize your development? Participants will learn skills to master forward and backward crossovers, pivots, and learn to parallel stop, completing the final level of Port Coquitlam's Learn to Skate Program. **Age: 12-18**

Equipment: Helmet made for ice sport mandatory. Skates and helmet rentals included in program fee.

Prerequisite: Completion of Youth Level 3 or by assessment during public skates. For further assessment information contact skating@portcoquitlam.ca.

PCCC Arena 3 (Purple)

131520 Su 11:40am-12:20pm Sep 20-Oct 25

FEE: \$72.00

131521 Su 11:40am-12:20pm Nov 1-Dec 13

FEE: \$84.00



Skating | Adult

ASSESSMENT: Unsure which level is the correct level; a drop-in assessment is highly recommended and offered during public skates to confirm skating ability and correct level registration. For further assessment information contact skating@portcoquitlam.ca.

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, glide, use edges, develop a stride, and be introduced to snowplow stopping and backwards skating. **Age: 19+**

Equipment: Helmet made for ice sport mandatory. Skates and helmet rentals included in program fee.

PCCC Arena 3 (Purple)

130994 W 5:15-5:55pm Sep 16-Oct 28

130995 W 5:15-5:55pm Nov 4-Dec 16

Stat exception dates: Wed. Sep. 30 & Nov. 11

FEE: \$72.00

130996 Su 11-11:40am Sep 20-Oct 25

FEE: \$72.00

130998 Su 11-11:40am Nov 1-Dec 13

131553 T 9:15-9:55am Oct 13-Nov 24

FEE: \$84.00

HAVE YOU ALWAYS WANTED TO LEARN TO SKATE?

Register now.

ADULT LEVEL 2

Looking to improve existing skating skills and become a more competent skater? Participants will improve their forward skating technique, learn how to backwards skate, snowplow stop, one-foot glide and improve edge work. **Age: 19+**

Equipment: Helmet made for ice sport mandatory. Skates and helmet rentals included in program fee.

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

PCCC Arena 3 (Purple)

131000 W 5:55-6:35pm Sep 16-Oct 28

131001 W 5:55-6:35pm Nov 4-Dec 16

Stat exception dates: Wed. Sep. 30 & Nov. 11

FEE: \$72.00

131002 Su 11-11:40am Sep 20-Oct 25

FEE: \$72.00

131003 Su 11-11:40am Nov 1-Dec 13

FEE: \$84.00



ADULT LEVEL 3

Become a more powerful forward and backward skater, learn left and right foot stopping, one-foot gliding and a variety of edge skills to build confidence and competence. **Age: 19+**

Equipment: Helmet made for ice sport mandatory. Skates and helmet rentals included in program fee.

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

PCCC Arena 3 (Purple)

131005 W 6:35–7:15pm Sep 16–Oct 28

131006 W 6:35–7:15pm Nov 4–Dec 16

Stat exception dates: Wed. Sep. 30 & Nov. 11

FEE: \$72.00

131007 Su 11–11:40am Sep 20–Oct 25

FEE: \$72.00

131008 Su 11–11:40am Nov 1–Dec 13

FEE: \$84.00

ADULT LEVEL 4

New Fall 2026 – Eager to learn high-level skills to finalize your development?

Participants will learn skills to master forward and backward crossovers, pivots, and learn to parallel stop, completing the final level of Port Coquitlam's Learn to Skate Program. **Age: 19+**

Equipment: Helmet made for ice sport mandatory. Skates and helmet rentals included in program fee.

Prerequisite: Completion of Adult Level 3 or by drop-in assessment during public skates. For further assessment information contact skating@portcoquitlam.ca.

PCCC Arena 3 (Purple)

131500 Su 11–11:40am Sep 20–Oct 25

FEE: \$72.00

131508 Su 11–11:40am Nov 1–Dec 13

FEE: \$84.00



Skating | Private

PRIVATE SKATE LESSON SET

Private skating lesson sets offer 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 for an extra \$14 per session. **Age: 3+**

Equipment: Helmet made for ice sport mandatory. Skates and helmet rentals included in program fee.

PCCC Arena 3 (Purple)

131625 M 4–4:30pm Sep 21–Nov 2

131626 M 4:30–5pm Sep 21–Nov 2

131627 M 5:15–5:45pm Sep 21–Nov 2

131628 M 5:45–6:15pm Sep 21–Nov 2

131629 M 6:15–6:45pm Sep 21–Nov 2

131630 M 6:45–7:15pm Sep 21–Nov 2

131631 M 4–4:30pm Nov 9–Dec 14

131632 M 4:30–5pm Nov 9–Dec 14

131633 M 5:15–5:45pm Nov 9–Dec 14

131634 M 5:45–6:15pm Nov 9–Dec 14

131635 M 6:15–6:45pm Nov 9–Dec 14

131636 M 6:45–7:15pm Nov 9–Dec 14

Stat exception date: Mon. Oct. 12

FEE: \$168.00

131637 W 4–4:30pm Sep 16–Oct 28

131638 W 4:30–5pm Sep 16–Oct 28

131639 W 5:15–5:45pm Sep 16–Oct 28

131640 W 5:45–6:15pm Sep 16–Oct 28

131641 W 6:15–6:45pm Sep 16–Oct 28

131642 W 6:45–7:15pm Sep 16–Oct 28

131643 W 4–4:30pm Nov 4–Dec 16

131644 W 4:30–5pm Nov 4–Dec 16

131645 W 5:15–5:45pm Nov 4–Dec 16

131646 W 5:45–6:15pm Nov 4–Dec 16

131647 W 6:15–6:45pm Nov 4–Dec 16

131648 W 6:45–7:15pm Nov 4–Dec 16

Stat exception dates: Wed. Sep. 30 & Nov. 11

FEE: \$168.00

**LEARN
AND GAIN
EXPERIENCE
WITH US!**

Register now.



Skating | Hockey

TOT AND PARENT HOCKEY

Let's play hockey! Parents and or guardians (on skates) and their child(ren) learn to play hockey together. Program teaches fundamental hockey and skating skills and each session concludes with a fun scrimmage. **Age: 4-6**

Required equipment: All participants including adults require helmet made for ice sport and helmet with face cage mandatory for Tots.

Supplied equipment: All participants supplied if required: stick, skates and helmet as rentals included in program fee, hockey gloves available for Tots only.

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)
131431 Su 11-11:40am Sep 20-Oct 25

FEE: \$72.00

131434 Su 11-11:40am Nov 1-Dec 13

FEE: \$84.00

HOCKEY BASICS

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

Age: 6-10

Required equipment: Helmet for ice sport with cage required. Full gear not required.

Supplied equipment: Skates and helmet rental included in program fee. Hockey stick and hockey gloves

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. Customer assessed during program to ensure their skill level aligns with program delivery.

PCCC Arena 3 (Purple)
131545 Su 11:40am-12:20pm Sep 20-Oct 25

FEE: \$72.00

131547 Su 11:40am-12:20pm Nov 1-Dec 13

FEE: \$84.00



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 aquatics 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 8am 30 days prior to the first day of swim lessons.
- General public will have access at 8am 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 DATES	REGISTRATION DATE – RESIDENTS	REGISTRATION DATE – GENERAL PUBLIC
Sep 21 (Mon/Wed)	22 Aug	25 Aug
Sep 22 (Tue/Thu)	23 Aug	26 Aug
Sep 26 (Sat/Sun)	27 Aug	30 Aug
Oct 19 (Mon/Wed) (Mon)	19 Sep	22 Sep
Oct 20 (Tue/Thu) (Tue)	20 Sep	23 Sep
Oct 21 (Wed)	21 Sep	24 Sep
Oct 22 (Thu)	22 Sep	25 Sep
Oct 23 (Fri)	23 Sep	26 Sep
Oct 24 (Sat/Sun) (Sat)	24 Sep	27 Sep
Oct 25 (Sun)	25 Sep	28 Sep
Nov 21 (Sat/Sun)	22 Oct	25 Oct
Nov 23 (Mon/Wed)	24 Oct	27 Oct
Nov 24 (Tue/Thu)	25 Oct	28 Oct



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

HC Leisure Pool

130807 M,W 10:40-11:10am Sep 21-Oct 14

PCCC Leisure Pool

129844 Su,Sa 9:40-10:10am Sep 26-Oct 18

FEE:

\$46.50

HC Leisure Pool

130397 S,Sa 11:15-11:45am Oct 24-Nov 15

PCCC Leisure Pool

129986 Su,Sa 8:30-9am Oct 24-Nov 15

FEE:

\$54.25

Aquatic Drop ins

Registered drop-in programs include:

- Aquatic Fitness



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

HC Leisure Pool

130847 M,W 9:30-10am Nov 23-Dec 16

PCCC Leisure Pool

129964 T,Th 10:10-10:40am Sep 22-Oct 15

130021 Su,Sa 9:40-10:10am Nov 21-Dec 13

FEE:

\$62.00

HC Leisure Pool

129659 F 9:45-10:15am Oct 23-Dec 18

FEE:

\$69.75

PCCC Leisure Pool

130003 T,Th 9:35-10:05am Oct 20-Nov 19

FEE:

\$77.50





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

130808 M,W 10:05–10:35am Sep 21–Oct 14
130372 Su,Sa 9:30–10am Sep 26–Oct 18

PCCC Leisure Pool

129836 Su,Sa 8:30–9am Sep 26–Oct 18

FEE: \$46.50

PCCC Leisure Pool

129988 Su,Sa 9:05–9:35am Oct 24–Nov 15

FEE: \$54.25

HC Leisure Pool

130591 Su,Sa 11:15–11:45am Nov 21–Dec 13

PCCC Leisure Pool

130014 Su,Sa 8:30–9am Nov 21–Dec 13
130233 T,Th 10:45–11:15am Nov 24–Dec 17

FEE: \$62.00

HC Leisure Pool

130829 M,W 9:30–10am Oct 19–Nov 18

FEE: \$69.75

PCCC Leisure Pool

130004 T,Th 10:10–10:40am Oct 20–Nov 19

FEE: \$77.50

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

130373 Su,Sa 11:15–11:45am Sep 26–Oct 18

PCCC Leisure Pool

129840 Su,Sa 9:05–9:35am Sep 26–Oct 18

FEE: \$46.50

HC Leisure Pool

130398 Su,Sa 9:30–10am Oct 24–Nov 15

PCCC Leisure Pool

129993 Su,Sa 9:40–10:10am Oct 24–Nov 15

FEE: \$54.25

HC Leisure Pool

130592 Su,Sa 9:30–10am Nov 21–Dec 13
130848 M,W 10:05–10:35am Nov 23–Dec 16

PCCC Leisure Pool

129963 T,Th 9:35–10:05am Sep 22–Oct 15
130019 Su,Sa 9:05–9:35am Nov 21–Dec 13
130231 T,Th 9:35–10:05am Nov 24–Dec 17

FEE: \$62.00

HC Leisure Pool

130830 M,W 10:05–10:35am Oct 19–Nov 18
129660 F 10:55–11:25am Oct 23–Dec 18

FEE: \$69.75

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

130809 M,W 9:30–10am Sep 21–Oct 14
130810 M,W 4:55–5:25pm Sep 21–Oct 14
130374 Su,Sa 9:30–10am Sep 26–Oct 18
130375 Su,Sa 10:05–10:35am Sep 26–Oct 18
130376 Su,Sa 10:40–11:10am Sep 26–Oct 18
130377 Su,Sa 11:15–11:45am Sep 26–Oct 18

PCCC Leisure Pool

129846 M,W 4–4:30pm Sep 21–Oct 14
129838 Su,Sa 8:30–9am Sep 26–Oct 18
129839 Su,Sa 9:05–9:35am Sep 26–Oct 18

FEE: \$46.50

HC Leisure Pool

130399 Su,Sa 9:30–10am Oct 24–Nov 15
130400 Su,Sa 10:05–10:35am Oct 24–Nov 15
130401 Su,Sa 10:40–11:10am Oct 24–Nov 15
131071 Sa 5–5:30pm Oct 24–Dec 12
131072 Sa 6:45–7:15pm Oct 24–Dec 12

PCCC Leisure Pool

129974 Su,Sa 8:30–9am Oct 24–Nov 15
130422 Sa 12:15–12:45pm Oct 24–Dec 12

FEE: \$54.25

HC Leisure Pool

131091 Su 5–5:30pm Oct 25–Dec 13
131092 Su 5:35–6:05pm Oct 25–Dec 13
130594 Su,Sa 9:30–10am Nov 21–Dec 13
130595 Su,Sa 10:05–10:35am Nov 21–Dec 13
130596 Su,Sa 10:40–11:10am Nov 21–Dec 13
130849 M,W 4:20–4:50pm Nov 23–Dec 16

PCCC Leisure Pool

129965 T,Th 10:45–11:15am Sep 22–Oct 15
129972 T,Th 5:45–6:15pm Sep 22–Oct 15
130016 Su,Sa 8:30–9am Nov 21–Dec 13
130017 Su,Sa 9:05–9:35am Nov 21–Dec 13
130197 M,W 4–4:30pm Nov 23–Dec 16
130230 T,Th 9–9:30am Nov 24–Dec 17

FEE: \$62.00



HC Leisure Pool

130831 M,W	4:55–5:25pm	Oct 19–Nov 18
129656 Th	6:10–6:40pm	Oct 22–Dec 17
129661 F	10:20–10:50am	Oct 23–Dec 18
129662 F	3:30–4pm	Oct 23–Dec 18

PCCC Leisure Pool

130000 M,W	5:45–6:15pm	Oct 19–Nov 18
130448 M	4–4:30pm	Oct 19–Dec 14
130466 Th	5:45–6:15pm	Oct 22–Dec 17
130467 F	4–4:30pm	Oct 23–Dec 18
130472 F	5:10–5:40pm	Oct 23–Dec 18

FEE: \$69.75

PCCC Leisure Pool

130002 T,Th	9–9:30am	Oct 20–Nov 19
130007 T,Th	4–4:30pm	Oct 20–Nov 19

FEE: \$77.50



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

130811 M,W	5:15–5:45pm	Sep 21–Oct 14
130378 Su,Sa	9:30–10am	Sep 26–Oct 18
130379 Su,Sa	10:05–10:35am	Sep 26–Oct 18

PCCC Leisure Pool

129847 M,W	4:35–5:05pm	Sep 21–Oct 14
129843 S,Sa	9:40–10:10am	Sep 26–Oct 18

FEE: \$46.50

HC Leisure Pool

130402 Su,Sa	9:30–10am	Oct 24–Nov 15
130403 Su,Sa	10:05–10:35am	Oct 24–Nov 15
131073 Sa	5:35–6:05pm	Oct 24–Dec 12

PCCC Leisure Pool

129990 S,Sa	9:05–9:35am	Oct 24–Nov 15
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FEE: \$54.25

HC Leisure Pool

131093 Su	6:45–7:15pm	Oct 25–Dec 13
130598 Su,Sa	9:30–10am	Nov 21–Dec 13
130850 M,W	10:40–11:10am	Nov 23–Dec 16
130851 M,W	4:55–5:25pm	Nov 23–Dec 16

PCCC Leisure Pool

129970 T,Th	5:10–5:40pm	Sep 22–Oct 15
130457 W	4–4:30pm	Oct 21–Dec 16
130428 Su	11:40am–12:10pm	Oct 25–Dec 13
130022 Su,Sa	9:40–10:10am	Nov 21–Dec 13
130198 M,W	4:35–5:05pm	Nov 23–Dec 16
130232 T,Th	10:10–10:40am	Nov 24–Dec 17

FEE: \$62.00

HC Leisure Pool

130832 M,W	10:40–11:10am	Oct 19–Nov 18
130833 M,W	4:20–4:50pm	Oct 19–Nov 18
129663 F	4:05–4:35pm	Oct 23–Dec 18

PCCC Leisure Pool

129998 M,W	5:10–5:40pm	Oct 19–Nov 18
130456 T	5:45–6:15pm	Oct 20–Dec 15
130473 F	5:45–6:15pm	Oct 23–Dec 18

FEE: \$69.75

PCCC Leisure Pool

130005 T,Th	10:45–11:15am	Oct 20–Nov 19
130009 T,Th	4:35–5:05pm	Oct 20–Nov 19

FEE: \$77.50



PRESCHOOL 3 (ORCA)

Prerequisite: Successful completion of Preschool 2 (Crab).

Swimmers work on kicking and can perform glides (front and back) for 5 metres continuously. Deep water is introduced while wearing a PFD. **Age: 3–5**

HC Leisure Pool

130812 M,W 4:20–4:50pm Sep 21–Oct 14
130380 Su,Sa 9:30–10am Sep 26–Oct 18

PCCC Leisure Pool

129850 M,W 5:10–5:40pm Sep 21–Oct 14

FEE: \$46.50

HC Leisure Pool

130404 Su,Sa 9:30–10am Oct 24–Nov 15
131074 Sa 6:10–6:40pm Oct 24–Dec 12

PCCC Leisure Pool

129992 Su,Sa 9:40–10:10am Oct 24–Nov 15
130418 Sa 11:05–11:35am Oct 24–Dec 12

FEE: \$54.25

HC Leisure Pool

131094 Su 6:10–6:40pm Oct 25–Dec 13
130599 Su,Sa 9:30–10am Nov 21–Dec 13
130600 Su,Sa 11:15–11:45am Nov 21–Dec 13
130853 M,W 5:15–5:45pm Nov 23–Dec 16

PCCC Leisure Pool

129962 T,Th 9–9:30am Sep 22–Oct 15
129969 T,Th 4:35–5:05pm Sep 22–Oct 15
130201 M,W 5:10–5:40pm Nov 23–Dec 16
130236 T,Th 4:35–5:05pm Nov 24–Dec 17

FEE: \$62.00

HC Leisure Pool

130834 M,W 4:05–4:35pm Oct 19–Nov 18
129654 T 6:10–6:40pm Oct 20–Dec 15
129664 F 4:40–5:10pm Oct 23–Dec 18

PCCC Leisure Pool

129997 M,W 4:35–5:05pm Oct 19–Nov 18
130451 M 5:45–6:15pm Oct 19–Dec 14
130454 T 4:35–5:05pm Oct 20–Dec 15
130470 F 4:35–5:05pm Oct 23–Dec 18

FEE: \$69.75

PCCC Leisure Pool

130010 T,Th 5:10–5:40pm Oct 20–Nov 19

FEE: \$77.50

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**

PCCC Leisure Pool

129851 M,W 5:45–6:15pm Sep 21–Oct 14

FEE: \$46.50

HC Lap Pool

130405 Su,Sa 10:40–11:10am Oct 24–Nov 15

FEE: \$54.25

HC Lap Pool

130601 Su,Sa 10:05–10:35am Nov 21–Dec 13

PCCC Leisure Pool

129967 T,Th 4–4:30pm Sep 22–Oct 15
130460 W 5:45–6:15pm Oct 21–Dec 16

FEE: \$62.00

PCCC Leisure Pool

129995 M,W 4–4:30pm Oct 19–Nov 18

FEE: \$69.75

PCCC Leisure Pool

130012 T,Th 5:45–6:15pm Oct 20–Nov 19

FEE: \$77.50



PRESCHOOL 4 (SEA LION) – SPLIT

Note: This class is a Preschool 4/5 split where swimmers from both levels will learn their respective skills together.

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

130813 M,W 4:05–4:35pm Sep 21–Oct 14
130381 Su,Sa 10:40–11:10am Sep 26–Oct 18

FEE: \$46.50

HC Lap Pool

130854 M,W 4:05–4:35pm Nov 23–Dec 16

PCCC Leisure Pool

130424 Su 10:30–11am Oct 25–Dec 13
130202 M,W 5:45–6:15pm Nov 23–Dec 16
130234 T,Th 4–4:30pm Nov 24–Dec 17

FEE: \$62.00

HC Lap Pool

130835 M,W 5:15–5:45pm Oct 19–Nov 18

PCCC Leisure Pool

130463 Th 4:35–5:05pm Oct 22–Dec 17

FEE: \$69.75



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

130407 Su,Sa 11:15–11:45am Oct 24–Nov 15

FEE: \$54.25

HC Lap Pool

130602 Su,Sa 10:40–11:10am Nov 21–Dec 13

FEE: \$62.00

PRESCHOOL 5 (NARWHAL) – SPLIT

Note: This class is a Preschool 4/5 split where swimmers from both levels will learn their respective skills together.

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

130814 M,W 4:05–4:35pm Sep 21–Oct 14

130382 Su,Sa 10:40–11:10am Sep 26–Oct 18

FEE: \$46.50

HC Lap Pool

130855 M,W 4:05–4:35pm Nov 23–Dec 16

PCCC Leisure Pool

130426 Su 10:30–11am Oct 25–Dec 13

130203 M,W 5:45–6:15pm Nov 23–Dec 16

130235 T,Th 4–4:30pm Nov 24–Dec 17

FEE: \$62.00

HC Lap Pool

130836 M,W 5:15–5:45pm Oct 19–Nov 18

PCCC Leisure Pool

130464 Th 4:35–5:05pm Oct 22–Dec 17

FEE: \$69.75

School Age

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

130815 M,W 3:30–4pm Sep 21–Oct 14

130816 M,W 6:25–6:55pm Sep 21–Oct 14

130383 Su,Sa 10:05–10:35am Sep 26–Oct 18

130384 Su,Sa 11:25–11:55am Sep 26–Oct 18

PCCC Leisure Pool

129848 M,W 4:35–5:05pm Sep 21–Oct 14

129849 M,W 5:10–5:40pm Sep 21–Oct 14

129841 Su,Sa 9:05–9:35am Sep 26–Oct 18

129842 Su,Sa 9:40–10:10am Sep 26–Oct 18

FEE: \$39.00

HC Lap Pool

130408 Su,Sa 10:05–10:35am Oct 24–Nov 15

130409 Su,Sa 11:25–11:55am Oct 24–Nov 15

131075 Sa 2:10–2:40pm Oct 24–Dec 12

PCCC Leisure Pool

129987 S,Sa 8:30–9am Oct 24–Nov 15

130239 Sa 10:30–11am Oct 24–Dec 12

FEE: \$45.50

HC Lap Pool

129626 T,Th 4–4:30pm Sep 22–Oct 15

129627 T,Th 5:25–5:55pm Sep 22–Oct 15

131095 Su 2:10–2:40pm Oct 25–Dec 13

131096 Su 5–5:30pm Oct 25–Dec 13

130604 Su,Sa 10:05–10:35am Nov 21–Dec 13

130605 Su,Sa 11:25–11:55am Nov 21–Dec 13

130856 M,W 3:30–4pm Nov 23–Dec 16

129644 T,Th 4–4:30pm Nov 24–Dec 17

129645 T,Th 5–5:30pm Nov 24–Dec 17

PCCC Leisure Pool

129966 T,Th 4–4:30pm Sep 22–Oct 15

129971 T,Th 5:10–5:40pm Sep 22–Oct 15

130459 W 5:10–5:40pm Oct 21–Dec 16

130429 Su 12:15–12:45pm Oct 25–Dec 13

130018 Su,Sa 9:05–9:35am Nov 21–Dec 13

130020 Su,Sa 9:40–10:10am Nov 21–Dec 13

130199 M,W 4:35–5:05pm Nov 23–Dec 16

130200 M,W 5:10–5:40pm Nov 23–Dec 16

130237 T,Th 5:10–5:40pm Nov 24–Dec 17

FEE: \$52.00

HC Lap Pool

130837 M,W 3:30–4pm Oct 19–Nov 18

130838 M,W 4:40–5:10pm Oct 19–Nov 18

131229 M 6:35–7:05pm Oct 19–Dec 14

129657 Th 5–5:30pm Oct 22–Dec 17

PCCC Leisure Pool

129994 M,W 4–4:30pm Oct 19–Nov 18

130001 M,W 5:45–6:15pm Oct 19–Nov 18

130449 M 4:35–5:05pm Oct 19–Dec 14

130455 T 5:10–5:40pm Oct 20–Dec 15

130462 Th 4–4:30pm Oct 22–Dec 17

130469 F 4:35–5:05pm Oct 23–Dec 18

130474 F 5:45–6:15pm Oct 23–Dec 18

FEE: \$58.50

HC Lap Pool

129635 T,Th 4–4:30pm Oct 20–Nov 19

129636 T,Th 5–5:30pm Oct 20–Nov 19

PCCC Leisure Pool

130008 T,Th 4:35–5:05pm Oct 20–Nov 19

130013 T,Th 5:45–6:15pm Oct 20–Nov 19

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

130817 M,W 4:40–5:10pm Sep 21–Oct 14
130385 Su,Sa 10:50–11:20am Sep 26–Oct 18
130386 Su,Sa 11:30am–12pm Sep 26–Oct 18

PCCC Leisure Pool

129845 M,W 4–4:30pm Sep 21–Oct 14
129852 M,W 5:45–6:15pm Sep 21–Oct 14
129837 Su,Sa 8:30–9am Sep 26–Oct 18

FEE: \$39.00

HC Lap Pool

130410 Su,Sa 10:50–11:20am Oct 24–Nov 15
130411 Su,Sa 11:30am–12pm Oct 24–Nov 15
131076 Sa 3:45–4:15pm Oct 24–Dec 12
131077 Sa 5–5:30pm Oct 24–Dec 12

PCCC Leisure Pool

129989 Su,Sa 9:05–9:35am Oct 24–Nov 15
129991 Su,Sa 9:40–10:10am Oct 24–Nov 15
130420 Sa 11:40am–12:10pm Oct 24–Dec 12

FEE: \$45.50



HC Lap Pool

129628 T,Th 5–5:30pm Sep 22–Oct 15
131232 W 6:35–7:05pm Oct 21–Dec 16
131097 Su 3:45–4:15pm Oct 25–Dec 13
130607 Su,Sa 10:50–11:20am Nov 21–Dec 13
130608 Su,Sa 11:30am–12pm Nov 21–Dec 13
130857 M,W 4:40–5:10pm Nov 23–Dec 16
130858 M,W 6:25–6:55pm Nov 23–Dec 16
129646 T,Th 5:25–5:55pm Nov 24–Dec 17

PCCC Leisure Pool

129968 T,Th 4:35–5:05pm Sep 22–Oct 15
129973 T,Th 5:45–6:15pm Sep 22–Oct 15
130458 W 4:35–5:05pm Oct 21–Dec 16
130427 Su 11:05–11:35am Oct 25–Dec 13
130015 Su,Sa 8:30–9am Nov 21–Dec 13
130196 M,W 4–4:30pm Nov 23–Dec 16
130204 M,W 5:45–6:15pm Nov 23–Dec 16
130238 T,Th 5:45–6:15pm Nov 24–Dec 17

FEE: \$52.00

HC Lap Pool

130839 M,W 6:25–6:55pm Oct 19–Nov 18
129653 T 5:35–6:05pm Oct 20–Dec 15

PCCC Leisure Pool

129996 M,W 4:35–5:05pm Oct 19–Nov 18
129999 M,W 5:10–5:40pm Oct 19–Nov 18
130450 M 5:10–5:40pm Oct 19–Dec 14
130453 T 4–4:30pm Oct 20–Dec 15
130465 Th 5:10–5:40pm Oct 22–Dec 17
130468 F 4–4:30pm Oct 23–Dec 18
130471 F 5:10–5:40pm Oct 23–Dec 18

FEE: \$58.50

HC Lap Pool

129637 T,Th 5:25–5:55pm Oct 20–Nov 19

PCCC Leisure Pool

130006 T,Th 4–4:30pm Oct 20–Nov 19
130011 T,Th 5:10–5:40pm Oct 20–Nov 19

FEE: \$65.00

Aquatic Drop ins

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- Aqua Yoga
- Stretch & Strength



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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

130818 M,W 3:30-4:15pm Sep 21-Oct 14
130387 Su,Sa 10-10:45am Sep 26-Oct 18
130388 Su,Sa 11:10-11:55am Sep 26-Oct 18

FEE: \$46.50

HC Lap Pool

130412 Su,Sa 10-10:45am Oct 24-Nov 15
130413 Su,Sa 10:50-11:35am Oct 24-Nov 15
131078 Sa 5:35-6:20pm Oct 24-Dec 12

FEE: \$54.25

HC Lap Pool

129629 T,Th 4:35-5:20pm Sep 22-Oct 15
131098 Su 6:25-7:10pm Oct 25-Dec 13
130609 Su,Sa 10-10:45am Nov 21-Dec 13
130610 Su,Sa 11:10-11:55am Nov 21-Dec 13
130859 M,W 3:30-4:15pm Nov 23-Dec 16
129647 T,Th 4:35-5:20pm Nov 24-Dec 17

FEE: \$62.00

HC Lap Pool

130840 M,W 4:20-5:05pm Oct 19-Nov 18
131230 M 5:10-5:55pm Oct 19-Dec 14

FEE: \$69.75

HC Lap Pool

129638 T,Th 5:35-6:20pm Oct 20-Nov 19

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

130819 M,W 4:20-5:05pm Sep 21-Oct 14
130389 Su,Sa 10-10:45am Sep 26-Oct 18
130390 Su,Sa 10:50-11:35am Sep 26-Oct 18

FEE: \$46.50

HC Lap Pool

130414 Su,Sa 10-10:45am Oct 24-Nov 15
130415 Su,Sa 11:10-11:55am Oct 24-Nov 15
131079 Sa 12:15-1pm Oct 24-Dec 12

FEE: \$54.25

HC Lap Pool

129630 T,Th 6:25-7:10pm Sep 22-Oct 15
131234 W 5:10-5:55pm Oct 21-Dec 16
131099 Su 5:35-6:20pm Oct 25-Dec 13
130612 Su,Sa 10-10:45am Nov 21-Dec 13
130613 Su,Sa 10:50-11:35am Nov 21-Dec 13
130860 M,W 4:20-5:05pm Nov 23-Dec 16
129648 T,Th 6:25-7:10pm Nov 24-Dec 17

FEE: \$62.00

HC Lap Pool

130841 M,W 3:30-4:15pm Oct 19-Nov 18

FEE: \$69.75

HC Lap Pool

129639 T,Th 5-5:45pm Oct 20-Nov 19

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

130820 M,W 3:30-4:15pm Sep 21-Oct 14
130391 Su,Sa 10-10:45am Sep 26-Oct 18

FEE: \$46.50

HC Lap Pool

130416 Su,Sa 10:40-11:25am Oct 24-Nov 15
131080 Sa 6:25-7:10pm Oct 24-Dec 12

FEE: \$54.25

HC Lap Pool

129631 T,Th 5-5:45pm Sep 22-Oct 15
131100 Su 12:15-1pm Oct 25-Dec 13
130615 Su,Sa 10-10:45am Nov 21-Dec 13
130861 M,W 3:30-4:15pm Nov 23-Dec 16
129649 T,Th 5-5:45pm Nov 24-Dec 17

FEE: \$62.00

HC Lap Pool

130842 M,W 4:30-5:15pm Oct 19-Nov 18

FEE: \$69.75

HC Lap Pool

129640 T,Th 6:25-7:10pm Oct 20-Nov 19

FEE: \$77.50



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

130821 M,W 4:30–5:15pm Sep 21–Oct 14
130392 Su,Sa 10:40–11:25am Sep 26–Oct 18

FEE: \$46.50

HC Lap Pool

130417 S,Sa 10–10:45am Oct 24–Nov 15
131081 Sa 2:50–3:35pm Oct 24–Dec 12

FEE: \$54.25

HC Lap Pool

129632 T,Th 5:35–6:20pm Sep 22–Oct 15
131101 Su 2:50–3:35pm Oct 25–Dec 13
130616 Su,Sa 10:40–11:25am Nov 21–Dec 13
130864 M,W 4:30–5:15pm Nov 23–Dec 16
129650 T,Th 5:35–6:20pm Nov 24–Dec 17

FEE: \$62.00

HC Lap Pool

130843 M,W 3:30–4:15pm Oct 19–Nov 18

FEE: \$69.75

HC Lap Pool

129641 T,Th 4:35–5:20pm Oct 20–Nov 19

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

130822 M,W 5:20–6:20pm Sep 21–Oct 14
130393 Su,Sa 10:05–11:05am Sep 26–Oct 18

FEE: \$66.00

HC Lap Pool

131082 Sa 1:05–2:05pm Oct 24–Dec 12

FEE: \$77.00

HC Lap Pool

130617 Su,Sa 10:05–11:05am Nov 21–Dec 13
130865 M,W 5:20–6:20pm Nov 23–Dec 16

FEE: \$88.00

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

130823 M,W 3:25–4:25pm Sep 21–Oct 14
130394 Su,Sa 10:50–11:50am Sep 26–Oct 18

FEE: \$66.00

HC Lap Pool

130419 Su,Sa 10:05–11:05am Oct 24–Nov 15

FEE: \$77.00

HC Lap Pool

131102 Su 1:05–2:05pm Oct 25–Dec 13
130618 Su,Sa 10:50–11:50am Nov 21–Dec 13
130866 M,W 3:25–4:25pm Nov 23–Dec 16

FEE: \$88.00

HC Lap Pool

130844 M,W 5:20–6:20pm Oct 19–Nov 18

FEE: \$99.00

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

130421 Su,Sa 10:50–11:50am Oct 24–Nov 15

FEE: \$77.00

HC Lap Pool

130845 M,W 3:25–4:25pm Oct 19–Nov 18

FEE: \$99.00



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

129633 T,Th 6-7pm Sep 22-Oct 15
129651 T,Th 6-7pm Nov 24-Dec 17

PCCC Leisure Pool

130461 W 7-8pm Oct 21-Dec 16

FEE: \$88.00

PCCC Leisure Pool

130452 M 7-8pm Oct 19-Dec 14

FEE: \$99.00

HC Lap Pool

129642 T,Th 6-7pm Oct 20-Nov 19

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

130828 M,W 6:55-7:55pm Sep 21-Oct 14

FEE: \$66.00

HC Lap Pool

129652 T,Th 5:50-6:50pm Nov 24-Dec 17

FEE: \$88.00

HC Lap Pool

129643 T,Th 5:50-6:50pm Oct 20-Nov 19

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

129634 T,Th 5:50-6:50pm Sep 22-Oct 15
130871 M,W 6:55-7:55pm Nov 23-Dec 16

FEE: \$88.00

HC Lap Pool

130846 M,W 6:55-7:55pm Oct 19-Nov 18

FEE: \$99.00





Homeschool Lessons

HOMESCHOOL LESSONS (SWIMMER 1)

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

HC Lap Pool

129668 F 12:30-1pm Oct 23-Dec 18

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 in Swimmer level 2. **Age: 5-13**

HC Lap Pool

129669 F 1:55-2:25pm Oct 23-Dec 18

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 in Swimmer level 3-4. **Age: 5-13**

HC Lap Pool

129670 F 1:05-1:50pm Oct 23-Dec 18

FEE: \$69.75

Enhancer Lessons

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

130826 M,W 5:50-6:20pm Sep 21-Oct 14

130827 M,W 6:20-6:50pm Sep 21-Oct 14

130395 Su,Sa 11:40am-12:10pm Sep 26-Oct 18

130396 Su,Sa 11:55am-12:25pm Sep 26-Oct 18

FEE: \$180.00

HC Lap Pool

130423 S,Sa 11:40am-12:10pm Oct 24-Nov 15

130425 S,Sa 11:55am-12:25pm Oct 24-Nov 15

131090 Sa 4:20-4:50pm Oct 24-Dec 12

FEE: \$210.00

HC Lap Pool

131235 W 6-6:30pm Oct 21-Dec 16

131103 Su 4:20-4:50pm Oct 25-Dec 13

130619 Su,Sa 11:40am-12:10pm Nov 21-Dec 13

130620 Su,Sa 11:55am-12:25pm Nov 21-Dec 13

130874 M,W 5:50-6:20pm Nov 23-Dec 16

130875 M,W 6:20-6:50pm Nov 23-Dec 16

FEE: \$240.00

HC Lap Pool

130869 M,W 5:50-6:20pm Oct 19-Nov 18

130870 M,W 6:20-6:50pm Oct 19-Nov 18

131231 M 6-6:30pm Oct 19-Dec 14

129655 T 5-5:30pm Oct 20-Dec 15

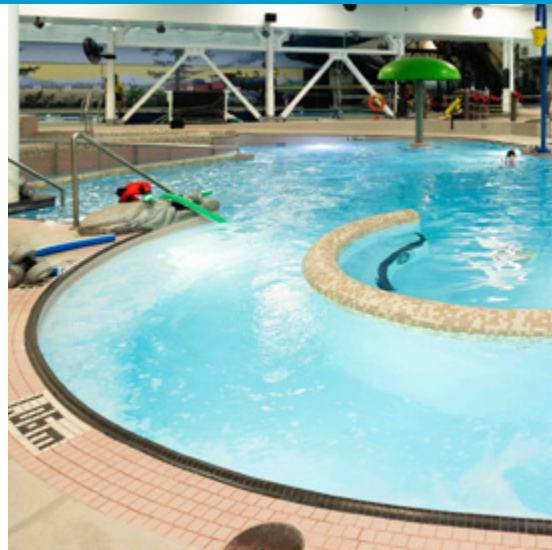
129658 Th 5:35-6:05pm Oct 22-Dec 17

129665 F 3:30-4pm Oct 23-Dec 18

129666 F 4:05-4:35pm Oct 23-Dec 18

129667 F 4:40-5:10pm Oct 23-Dec 18

FEE: \$270.00



AQUA ALL-STARS (3-5 YRS)

Is your preschooler an aquatic all-star who can't seem to get enough of the water? Pre-register your child in this one hour, instructor led playtime in the pool. Participants will learn a water safety skill each day, play fun aquatic games, and practice Swim 4 Life preschool swimming skills. A formal level assessment will be completed on the last day. **Age: 3-5**

HC Leisure Pool

130824 M,W 3:30-4:30pm Sep 21-Oct 14

FEE: \$72.00

HC Leisure Pool

131084 Sa 1:15-2:15pm Oct 24-Dec 12

PCCC Leisure Pool

130240 Sa 8:30-9:30am Oct 24-Dec 12

FEE: \$84.00

HC Leisure Pool

131105 Su 1:15-2:15pm Oct 25-Dec 13

130872 M,W 3:30-4:30pm Nov 23-Dec 16

PCCC Leisure Pool

130430 Su 8:30-9:30am Oct 25-Dec 13

FEE: \$96.00

HC Leisure Pool

130868 M,W 4:30-5:30pm Oct 19-Nov 18

FEE: \$108.00





UNITED RUGBY CLUB REGISTRATION OPEN FOR 2026/27

SEASONS START AUGUST/SEPTEMBER

Age 4 - 9: Non-contact Flag Rugby - \$167

Age 10 - 11: Intro to Tackle - \$177

Age 12 - 17: Junior Boys and Girls - \$300

More info
available here:
www.unitedrugby.ca



Scan here
to Register

Advanced Aquatics

AQUA SUPER STARS (6-8 YRS)

Is your child an aquatic super star who can't seem to get enough of the water? Pre-register your child in this one hour, instructor led playtime in the pool. Participants will learn a water safety skill each day, play fun aquatic games, and practice Swim 4 Life Swimmer level swimming skills. A formal level assessment will be completed on the last day. **Age: 6-8**

HC Leisure Pool

130825 M,W 4:30-5:30pm Sep 21-Oct 14

FEE: \$72.00

HC Leisure Pool

131083 Sa 12:15-1:15pm Oct 24-Dec 12

PCCC Leisure Pool

130406 Sa 9:30-10:30am Oct 24-Dec 12

FEE: \$84.00

HC Leisure Pool

131104 Su 12:15-1:15pm Oct 25-Dec 13

130873 M,W 4:30-5:30pm Nov 23-Dec 16

PCCC Leisure Pool

130431 Su 9:30-10:30am Oct 25-Dec 13

FEE: \$96.00

HC Leisure Pool

130867 M,W 3:30-4:30pm Oct 19-Nov 18

FEE: \$108.00

BRONZE CROSS

Prerequisite: Candidates need to have completed Bronze Medallion in order to enroll in Bronze Cross.

Learn advanced lifesaving skills such as team rescues, as well as advanced CPR techniques to save children and infants. After this course you will be equipped with the knowledge to help victims of a wide range of accidents. This is a pre-requisite for the National Lifeguard course. Must bring whistle to first day of class (available for purchase at Hyde Creek). Candidate fees included. **Age: 13+**

HC Lecture Room / Lap Pool

132560 Su 3:30-9pm Oct 4-Nov 1

FEE: \$175.00

STANDARD FIRST AID

Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Through practical activities, you will learn to recognize and treat injuries including head and spinal, soft-tissue, facial, abdominal and chest, burns, bone and joint, and other common medical emergencies. **Age: 14+**

HC Lecture Room

132559 Sa 8:30am-5pm Oct 17-24

FEE: \$180.00

NATIONAL LIFEGUARD - POOL OPTION

Prerequisite: Candidates need to have completed Bronze Cross and Standard First Aid from any of the following agencies: Red Cross, Lifesaving Society, Heart and Stroke, Canadian Ski Patrol, St. John Ambulance.

The National Lifeguard-Pool Option® award builds on the skills, knowledge and values that the Lifesaving Society teaches in its Canadian Swim Patrol, Junior Lifeguard Clubs and Bronze Medal awards to develop the practical skills and knowledge required by lifeguards. NL-pool option trains lifeguards in safety supervision and rescue in a pool environment. Manual and candidate fees included. 100% attendance and participation required. Candidates are required to bring a pocket mask, whistle, and fanny pack (available for purchase at the front desk). **Age: 15+**

HC Lecture Room / Lap Pool

132558 Su 12-8pm Nov 8-Dec 13

Additional date: Sat. Nov. 21

FEE: \$450.00



Health | Wellness | Sports

Click here or scan the QR code for quick access to Health, Wellness and Sport activities.

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

130691 M 7:15–8:15pm Sep 14–Oct 26
130589 W 5:30–6:30pm Sep 16–Oct 28
130611 Th 7:15–8:15pm Sep 17–Oct 22
130590 W 5:30–6:30pm Nov 4–Dec 16

FEE: \$61.50
FEE FOR 60+: \$55.50

130603 F 6:30–7:30pm Sep 18–Oct 30
130692 M 7:15–8:15pm Nov 2–Dec 14
130614 Th 7:15–8:15pm Nov 5–Dec 17
130606 F 6:30–7:30pm Nov 6–Dec 18

FEE: \$71.75
FEE FOR 60+: \$64.75

PCCC Fitness Studio

130751 Su 10:30–11:30am Sep 20–Oct 25

FEE: \$51.25
FEE FOR 60+: \$46.25

131069 Su 6–7pm Sep 27–Oct 25

FEE: \$41.00
FEE FOR 60+: \$37.00

130749 T 5:45–6:45pm Sep 15–Oct 27
130752 Su 10:30–11:30am Nov 1–Dec 13
130750 T 5:45pm–6:45pm Nov 3–Dec 15

FEE: \$71.75
FEE FOR 60+: \$64.75

131070 Su 6–7pm

Nov 8–Dec 13

FEE: \$61.50
FEE FOR 60+: \$55.50

ZUMBA + LIFT

Zumba+Lift is where rhythm meets results. This music driven workout fuses the high energy fun of Zumba with the music sculpting power of strength training. Help burn fat, build strength, and boost endurance with intervals of dancing and weightlifting moves set to an electrifying playlist. Sweat, sculpt, smile, repeat! **Age: 12+**

PCCC Fitness Studio

131287 M 8–9pm Sep 14–Oct 26

FEE: \$61.50
FEE FOR 60+: \$55.50

131289 M 8–9pm Nov 2–Dec 14

FEE: \$71.75

Health | Mind & Body

BABY & ME YOGA

Baby & Me Yoga offers a gentle, supportive space to reconnect with your body, breath, and your little one. Babies are welcome to rest nearby or be held as we move, breathe, meditate, sing and share moments of joy. Designed for new parents who are at least 6 weeks post-partum. Babies must be under one year of age or pre-walking. **Age: 16+**

HC Community Room 2

130593 T 10:45–11:45am Sep 15–Oct 20
130597 T 10:45–11:45am Nov 10–Dec 15

FEE: \$64.50
FEE FOR 60+: \$58.50

Fitness Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

- Spin
- Sculpt
- Yoga
- HIIT



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

Fitness Drop ins

HYDE CREEK RECREATION CENTRE

Registered drop-in programs include:

- Spin
- Sculpt
- Yoga
- HIIT



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



MAT PILATES

This Mat Pilates Foundations is a full body, low impact class that will strengthen muscles while improving posture and alignment while focusing on core and flexibility. Age: 12+

BEGINNER CLASS

PCCC Laking Room

131251 Th 11am–12pm Sep 17–Oct 29
131249 Th 11am–12pm Nov 5–Dec 17

FEE: \$75.25
FEE FOR 60+: \$68.25

BEGINNER/MODERATE CLASS

HC Community Room 2

130587 F 9:30–10:30am Sep 18–Oct 30

FEE: \$53.75
FEE 60+: \$48.75

130588 F 9:30–10:30am Nov 6–Dec 18

FEE: \$75.25
FEE 60+: \$68.25

MODERATE CLASS

PCCC Laking Room

131271 Sa 11am–12pm Sep 19–Oct 31
131272 Sa 11am–12pm Nov 7–Dec 12

FEE: \$64.50
FEE FOR 60+: \$58.50

YOGA CORE

Yoga Core will focus on creating a stable foundation for all movements, both on and off the mat. This class will explore yoga poses and techniques that target your core muscles. Age: 12+

HC Community Room 2

130475 W 6:45–7:45pm Sep 16–Oct 28
130476 W 6:45–7:45pm Nov 4–Dec 16

FEE: \$64.50
FEE 60+: \$58.50

YOGA FUSION

A combination of Yoga inspired moves, set to a faster, athletic pace that incorporates weights/bands/gliders. Get ready for lunges, squats, pushups, planks and more. Yoga experience recommended. Age: 12+

HC Community Room 2

130689 Th 5:45–6:45pm Sep 17–Oct 29
130690 Th 5:45–6:45pm Nov 5–Dec 17

FEE: \$75.25
FEE 60+: \$68.25

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

131219 T 5:45–6:45pm Sep 15–Oct 27
131220 T 5:45–6:45pm Nov 3–Dec 15

FEE: \$75.25
FEE FOR 60+: \$68.25

SOUND HEALING & CHAKRA BALANCING YOGA

Experience a unique blend of gentle yoga, chakra balancing, seed mantra listening and sound healing. This class combines yoga postures designed to activate and balance the body's energy centers (chakras), followed by traditional Beej (seed) mantras and soothing vibrations of crystal singing bowls and sound frequencies.

HC Community Room 2

132160 M 7:15–8:15pm Sep 14–Oct 26

FEE: \$64.50
FEE FOR 60+: \$58.50

132161 M 7:15–8:15pm Nov 2–Dec 14

FEE: \$75.25
FEE FOR 60+: \$68.25

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

130779 T 10:45–11:45am Sep 15–Oct 27
130785 Th 10:45–11:45am Sep 17–Oct 29
130784 T 10:45–11:45am Nov 3–Dec 15
130786 Th 10:45am–11:45am Nov 5–Dec 17

FEE: \$78.75
FEE FOR 60+: \$71.75

YOGA FOR ALL-BODIES

Yoga for All-Bodies is a body affirming yoga class for people of all shapes and sizes. Join us and get to know and meet the needs of your own body, exactly as it is today. No experience required. Age: 12+

PCCC Laking Room

131256 Th 7:15–8:15pm Sep 17–Oct 29
131257 Th 7:15–8:15pm Nov 5–Dec 17

FEE: \$75.25
FEE FOR 60+: \$68.25

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+

PCCC Laking Room

131213 M 5:45–6:45pm Sep 14–Oct 26
FEE: \$64.50
FEE FOR 60+: \$58.50

131214 M 5:45–6:45pm Nov 2–Dec 14

FEE: \$75.25
FEE FOR 60+: \$68.25



Senior | Health & Fitness

CHAIR MOBILITY

This class is a registered class and is similar to the Chair Fit class. This class will help improve your overall fitness level, this fun, easy to follow class can be done seated or standing with a chair. Adaptations allow you to work within your own fitness level. Age: 50+

PCCC Mabbett Hall ½ N

131368 T 11:30am–12:30pm Sep 15–Oct 27

131223 T 11:30am–12:30pm Nov 3–Dec 15

FEE: \$49.00

FEE FOR 60+: \$38.50

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

131221 T 10:15–11:15am Oct 15–29

131222 T 10:15–11:15am Nov 3–Dec 15

FEE: \$21.00

FEE FOR 60+: \$16.50

131259 Th 10:15–11:15am Sep 17–Oct 29

131262 Th 10:15–11:15am Nov 5–Dec 17

FEE: \$35.00

FEE FOR 60+: \$27.50

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

131088 T 10:45am–12:15pm Sep 15–Oct 27

131089 T 10:45am–12:15pm Nov 3–Dec 15

FEE: \$59.50

FEE FOR 60+: \$52.50

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. Strongly recommend that a full set of Beginner Tai Chi is completed before attending Intermediate Tai Chi. Age: 50+

PCCC Fitness Studio

131087 Th 10:45am–12:15pm Sep 17–Dec 17

FEE: \$119.00

FEE FOR 60+: \$105.00

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

130878 M 10:45–11:45am Sep 14–Oct 26

FEE: \$61.50

FEE FOR 60+: \$55.50

130879 M 10:45–11:45am Nov 2–Dec 14

FEE: \$71.75

FEE FOR 60+: \$55.50

131085 F 11:15–12:15pm Sep 18–Oct 30

131086 F 11:15–12:15pm Nov 6–Dec 18

FEE: \$71.75

FEE FOR 60+: \$64.75

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

131227 W 12–1pm Sep 16–Oct 28

131228 W 12–1pm Nov 4–Dec 16

ADULT: \$64.50

FEE FOR 60+: \$58.50

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

131211 M 12–1pm Sep 14–Oct 26

FEE: \$64.50

FEE FOR 60+: \$58.50

131215 T 10:45–11:45am Sep 15–Oct 27

131253 Th 1:30–2:30pm Sep 17–Oct 29

131212 M 12–1pm Nov 2–Dec 14

131216 T 10:45–11:45am Nov 3–Dec 15

131254 Th 1:30–2:30pm Nov 5–Dec 17

FEE: \$75.25

FEE FOR 60+: \$68.25

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

131224 W 10:45–11:45am Sep 16–Oct 28

131225 W 10:45–11:45am Nov 4–Dec 16

FEE: \$64.50

FEE FOR 60+: \$58.50

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

131264 F 10:45am–12:15pm Sep 18–Oct 30

131266 F 10:45am–12:15pm Nov 6–Dec 18

FEE: \$105.00

FEE FOR 60+: \$94.50



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+

PCCC Laking Room

131247 Th 9:15–10:45am Sep 17–Oct 29
131248 Th 9:15–10:45am Nov 5–Dec 17

FEE: \$105.00
FEE FOR 60+: \$94.50

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

131209 M 10:45–11:45am Sep 14–Oct 26

FEE: \$64.50
FEE FOR 60+: \$58.50

131269 F 12:30–1:30pm Sep 18–Oct 30
131210 M 10:45–11:45am Nov 2–Dec 14
131270 F 12:30–1:30pm Nov 6–Dec 18

FEE: \$75.25
FEE FOR 60+: \$68.25

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

131217 T 1:30–3:30pm Sep 15–Oct 27
131218 T 1:30–3:30pm Nov 3–Dec 15

FEE: \$129.50
FEE FOR 60+: \$115.50



MIKE FARNWORTH

MLA for Port Coquitlam

604-927-2088

Mike.Farnworth.MLA@leg.bc.ca



Sports | Pickleball

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 ½ E

131573 Th	7:45–9:15pm	Sep 10–24
131575 Th	7:45–9:15pm	Oct 1–15
131577 Th	7:45–9:15pm	Oct 22–Nov 5
131579 Th	7:45–9:15pm	Nov 12–26
131581 Th	7:45–9:15pm	Dec 3–17

PCCC Gymnasium

131738 T	10:45am–12:45pm	Dec 1–15
131759 Th	8:30–10:30am	Sep 10–24
131762 Th	8:30–10:30am	Dec 3–17

FEE:	\$31.50
FEE 60+:	\$28.50

PCCC Gymnasium

131737 T	10:45am–12:45pm	Nov 3–24
131760 Th	8:30–10:30am	Oct 1–29
131761 Th	8:30–10:30am	Nov 5–26

FEE:	\$42.00
FEE 60+:	\$38.00



**JOIN US
FOR ORGANIZED
GAMES AND
FRIENDLY
RALLIES!**

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

131595 F	10:30am–12:30pm	Sep 11–25
131598 F	10:30am–12:30pm	Nov 6–20
131599 F	10:30am–12:30pm	Dec 4–18

FEE:	\$31.50
FEE 60+:	\$28.50

131596 F	10:30am–12:30pm	Oct 2–30
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FEE:	\$42.00
FEE 60+:	\$38.00

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 ½ W

131744 T	1–3pm	Oct 6–27
131746 T	1–3pm	Dec 1–15

PCCC Gymnasium

131767 Th	1–3pm	Sep 10–24
131770 Th	1–3pm	Dec 3–17

FEE:	\$28.50
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PCCC Gymnasium ½ W

131743 T	1–3pm	Sep 8–29
131745 T	1–3pm	Nov 3–24

PCCC Gymnasium

131768 Th	1–3pm	Oct 1–29
131769 Th	1–3pm	Nov 5–26

FEE:	\$38.00
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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**.



CITY OF PORT COQUITLAM

Your City, Your Voice

Vote for Port Coquitlam's
Mayor, Councillors and
School Trustees.

Mark Your Calendars
Election Day is
October 17, 2026!



Learn more: portcoquitlam.ca/election



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 ½ E

131748 T	1–3pm	Oct 6–27
131750 T	1–3pm	Dec 1–15

HC Gym

131755 W	10:45am–12:45pm	Sep 9–23
131756 W	10:45am–12:45pm	Oct 7–28
131757 W	10:45am–12:45pm	Nov 4–25
131758 W	10:45am–12:45pm	Dec 2–16

FEE:	\$31.50
FEE 60+:	\$28.50

PCCC Gymnasium ½ E

131747 T	1–3pm	Sep 8–29
131749 T	1–3pm	Nov 3–24

FEE:	\$42.00
FEE 60+:	\$38.00

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+

HC Gym

131751 W	8:30–10:30am	Sep 9–23
131752 W	8:30–10:30am	Oct 7–28
131753 W	8:30–10:30am	Nov 4–25
131754 W	8:30–10:30am	Dec 2–16

PCCC Gymnasium

131763 Th	10:45am–12:45pm	Sep 10–24
131766 Th	10:45am–12:45pm	Dec 3–17

PCCC Gymnasium ½ W

131574 Th	7:45–9:15pm	Sep 10–24
131576 Th	7:45–9:15pm	Oct 1–15
131578 Th	7:45–9:15pm	Oct 22–Nov 5
131580 Th	7:45–9:15pm	Nov 12–26
131582 Th	7:45–9:15pm	Dec 3–17

FEE:	\$31.50
FEE 60+:	\$28.50

PCCC Gymnasium

131764 Th	10:45am–12:45pm	Oct 1–29
131765 Th	10:45am–12:45pm	Nov 5–26

FEE:	\$42.00
FEE 60+:	\$38.00

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

131590 F	8:30–10:30am	Oct 2–9
131591 F	8:30–10:30am	Oct 23–30

FEE:	\$21.00
FEE 60+:	\$19.00

131589 F	8:30–10:30am	Sep 11–25
131592 F	8:30–10:30am	Nov 6–20
131594 F	8:30–10:30am	Dec 4–18

FEE:	\$31.50
FEE 60+:	\$28.50

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**.



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

131732 T 8:30–10:30am Oct 6–27

131734 T 8:30–10:30am Dec 1–15

FEE: \$31.50

FEE 60+: \$28.50

PCCC Gymnasium

131731 T 8:30–10:30am Sep 8–29

131733 T 8:30–10:30am Nov 3–24

FEE: \$42.00

FEE 60+: \$38.00

PICKLEBALL – INTERMEDIATE SOCIAL DOUBLES

Register yourself and bring a partner to play friendly Pickleball matches at an intermediate level against other duos. Our instructor will facilitate game matchups. No Smashes. Bring your own equipment. Nets and Balls are provided. NOTE: Only one player needs to register per doubles partnership. Age: 18+

HC Gym

131613 W 1–2:30pm Sep 9

131614 W 1–2:30pm Sep 23

131615 W 1–2:30pm Oct 21

131616 W 1–2:30pm Nov 4

131617 W 1–2:30pm Nov 25

131618 W 1–2:30pm Dec 9

131772 M 9–10:30am Dec 14

PCCC Gymnasium

131568 Th 6–7:30pm Sep 10

131569 Th 6–7:30pm Dec 17

FEE: \$15.00

PICKLEBALL – WOMEN'S SOCIAL DOUBLES

Register yourself and bring a partner to play friendly Pickleball matches against other duos. Our instructor will facilitate game matchups. All Levels players are welcome for this social doubles gameplay! No Smashes. Nets and Balls are provided. Only one player needs to register per doubles partnership. Age: 18+

HC Gym

131775 M 10:45am–12:15pm Dec 14

FEE: \$15.00

TRY IT! INTRO TO PICKLEBALL

Come try the sport of pickleball in a friendly, fun, & non-competitive environment! Our instructor will introduce participants to the sport of pickleball while ensuring all skills and gameplay are adapted to participant knowledge and ability. Note: Try it! programs are for individuals with little to no experience and participants are encouraged to wear attire and shoes that are suitable for active movement. Equipment will be provided. Age: 18+

PCCC Gymnasium ½ E

131563 T 6–7:30pm Sep 8

131564 T 6–7:30pm Dec 15

HC Gym

131774 M 12:30–2pm Dec 14

FEE: \$16.50

FEE 60+: \$14.00

**ENJOY
PICKLEBALL
PROGRAMS FOR
PLAYERS OF
EVERY LEVEL.**

Register now.



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+

HC Gym

131554 M 9–10:30am Sep 14–Oct 5

131555 M 9–10:30am Oct 19–Nov 9

131556 M 9–10:30am Nov 16–Dec 7

PCCC Gymnasium ½ E

131565 T 6–7:30pm Oct 20–Nov 10

PCCC Gymnasium

131570 Th 6–7:30pm Nov 19–Dec 10

FEE: \$68.00

FEE 60+: \$62.00



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

131557 M 10:45am–12:15pm Sep 14–Oct 5
131558 M 10:45am–12:15pm Oct 19–Nov 9
131559 M 10:45am–12:15pm Nov 16–Dec 7

PCCC Gymnasium ½ E

131566 T 6–7:30pm Sep 15–Oct 6

PCCC Gymnasium

131571 Th 6–7:30pm Oct 22–Nov 12

FEE: \$68.00
FEE 60+: \$62.00

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

131560 M 12:30–2pm Sep 14–Oct 5
131561 M 12:30–2pm Oct 19–Nov 9
131562 M 12:30–2pm Nov 16–Dec 7

PCCC Gymnasium ½ E

131567 T 6–7:30pm Nov 17–Dec 8

PCCC Gymnasium

131572 Th 6–7:30pm Sep 17–Oct 8

FEE: \$74.00
FEE 60+: \$68.00

SEMI-PRIVATE PICKLEBALL LESSONS

If you're looking to improve your Pickleball fundamental skills, gameplay, strategy and/or just looking to learn at your own pace in an individualized environment. Lessons are for 2 OR 4 participants – Initial fee is for 2 players with an additional fee to add 2 players for a 4–player lesson. One person from the group registers, pays and is responsible for filling the spots paid for. **Age: 18+**

HC Gym

131619 W 1–2:30pm Sep 16
131620 W 1–2:30pm Oct 7
131621 W 1–2:30pm Oct 28
131622 W 1–2:30pm Nov 18
131623 W 1–2:30pm Dec 2
131624 W 1–2:30pm Dec 16

FEE: \$84.00
2 ADDITIONAL PLAYERS: \$56.00

Sports | Volleyball

VOLLEYBALL – WOMEN IN SPORT LEAGUE

Our women's league welcomes players of all skill levels who want to stay active, build friendships, and play volleyball in a supportive environment! A team captain must register on behalf of their existing team of 6–8 players. Teams will play on Monday evening each week. A schedule of game times and location will be provided by the League Coordinator prior to the start of the season once registrations have been finalized.

Age: 18+

HC Gym

131371 M 6:30–10pm Sep 14–Dec 14

FEE: \$735.00

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

131583 Th 5–6pm Sep 10–Oct 22
131584 Th 5–6pm Oct 29–Dec 10

FEE: \$84.00

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. **Prerequisite:** Players must have previous volleyball experience or participated in a Learn to Play program. **Age: 11–16**

HC Gym

131585 Th 6–7:30pm Sep 10–Oct 22
131586 Th 6–7:30pm Oct 29–Dec 10

FEE: \$126.00

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. **Prerequisite:** Players must have mastered the fundamental knowledge and volleyball skills introduced in Learn to Play and have gameplay experience. **Age: 11–16**

HC Gym

131587 Th 7:30–9pm Sep 10–Oct 22
131588 Th 7:30–9pm Oct 29–Dec 10

FEE: \$126.00



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 allows youth ages 11–18 access to both the Hyde Creek and PC3 Youth Centre Games rooms.

Youth Access Card Plus

For a \$16 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.

The youth centre is a space for youth aged 11–18 to gather, relax, play, and have fun. Each centre includes a lounge with billiards, foosball, table tennis and games to enjoy. If you are looking for resources to get involved in volunteering, need help with your homework, or want to get active, our Youth Recreation staff are here to help!

Port Coquitlam Community Centre Wilson Lounge

2150 Wilson Ave. 604 927 7962

Youth Drop In Lounge: Mon–Thu 3–7:30pm | Fri & Sat 3–9 pm | Sun Closed



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

Youth Drop In Lounge: Tu, W, Thu 3–7pm | Fri 3–9pm



Basketball Drop in: Fri 5–9pm | Sat 5:45–9pm
Volleyball & Badminton 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
- Youth Badminton



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



**FOR
11-16
YEARS**

It's Birthday Party Time!

PARTY DURATION: 2 HOURS

CELEBRATE YOUR BIRTHDAY!

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: 11-16	
130150	Sa	2-4pm	Sep 12
130151	Sa	2-4pm	Sep 19
130152	Sa	2-4pm	Sep 26
130153	Sa	2-4pm	Oct 3
130154	Sa	2-4pm	Oct 10
130155	Sa	2-4pm	Oct 17
130156	Sa	2-4pm	Nov 7
130157	Sa	2-4pm	Nov 14
130158	Sa	2-4pm	Nov 21
130159	Sa	2-4pm	Nov 28
130160	Sa	2-4pm	Dec 5
130161	Sa	2-4pm	Dec 12

FEE: **\$200.00**

POCO YOUTH LEADERSHIP GROUP



Interested in volunteering with the PoCo Youth Leadership Group for 2026/2027?

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:





Specialty Programs

TRY IT!

Not yet ready to commit to an entire season? Join us for a new activity each week to maybe discover something new you will enjoy. Each week the group will meet at an activity to give it a try. Activities range from cooking, sports and other recreational activities. Our staff will accompany the participants at the activities to help them learn. Activities will be updated online and a detailed schedule emailed one week before the first class. **Age: 11–14**

HC Youth Centre

131315 T 6–7pm Sep 15–Oct 20
131316 T 6–7pm Oct 27–Dec 1

FEE: \$60.00

YOUTH CIRCUS ARTS

NEW!

A unique blend of physical activity and creative expression, Cirque Academy introduces youth to the fundamentals of circus arts through games, skill-building, and collaborative challenges. Participants will build confidence, coordination, teamwork, and creativity while learning skills such as juggling, balance arts, tumbling, and partner acrobatics in a safe and supportive environment. **Age: 11–14**

PCCC Mabbett Hall ½ N

131809 M 4–5:30pm Sep 21–Oct 26
131810 Th 4–5:30pm Nov 5–Dec 3

FEE: \$175.00

Afterschool Programs

COOKING

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

HC Youth Centre

BREAKFAST TACOS

130164 W 5:30–7pm Sep 23
130185 Th 5:30–7pm Sep 24

MEDITERRANEAN STIR FRY

130166 W 5:30–7pm Oct 7
130187 Th 5:30–7pm Oct 8

TURKEY SOUP

130167 W 5:30–7pm Oct 14
130188 Th 5:30–7pm Oct 15

LEMON BARS

130168 W 5:30–7pm Oct 21
130189 Th 5:30–7pm Oct 22

BERRY SHEET CAKE

130169 W 5:30–7pm Oct 28
130190 Th 5:30–7pm Oct 29

PIZZA STUFFED ZUCCHINI BOATS

130170 W 5:30–7pm Nov 4
130191 Th 5:30–7pm Nov 5

TACO SOUP

130171 W 5:30–7pm Nov 18
130192 Th 5:30–7pm Nov 19

BUTTER CHICKEN

130172 W 5:30–7pm Nov 25
130193 Th 5:30–7pm Nov 26

CHICKPEA CURRY

130173 W 5:30–7pm Dec 2
130194 Th 5:30–7pm Dec 3

FEE: \$10.00



Youth Services



CRAFTY CREATIONS

Join us after school to create a new craft each week in this crafty class. **Age: 11–14**

HC Youth Centre

RECYCLED TSHIRT BRACELETS

131603 Th 3:15–4:45pm Sep 10

FAIRY GARDEN HOUSES

131604 Th 3:15–4:45pm Sep 24

JOY OF PAINTING

131605 Th 3:15–4:45pm Oct 8

SLIME

131606 Th 3:15–4:45pm Oct 22

FRIENDSHIP BRACELETS

131607 Th 3:15–4:45pm Nov 5

SNOW GLOBES

131608 Th 3:15–4:45pm Nov 19

FEE:

\$10.00

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 3–4 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. **Age: 11–16**

PCCC Wilson Kitchen

130644 W 4–6:30pm Sep 23

130633 M 4–6:30pm Sep 28

130634 M 4–6:30pm Oct 5

130646 W 4–6:30pm Oct 7

130647 W 4–6:30pm Oct 14

130636 M 4–6:30pm Oct 19

130648 W 4–6:30pm Oct 21

130637 M 4–6:30pm Oct 26

130649 W 4–6:30pm Oct 28

130638 M 4–6:30pm Nov 2

130650 W 4–6:30pm Nov 4

130639 M 4–6:30pm Nov 9

130640 M 4–6:30pm Nov 16

130651 W 4–6:30pm Nov 18

130641 M 4–6:30pm Nov 23

130652 W 4–6:30pm Nov 25

130642 M 4–6:30pm Nov 30

130654 W 4–6:30pm Dec 2

130643 M 4–6:30pm Dec 7

130655 W 4–6:30pm Dec 9

FEE:

\$7.00



AFTERSCHOOL BAKING

Join us after school to bake a tasty treat in our Youth Centre kitchen. Recipes will be posted on the registration system.

Age: 11–14

HC Youth Centre

131040 T 3:30–5:30pm Sep 22

131041 T 3:30–5:30pm Sep 29

131042 T 3:30–5:30pm Oct 6

131043 T 3:30–5:30pm Oct 13

131044 T 3:30–5:30pm Oct 20

131045 T 3:30–5:30pm Oct 27

131046 T 3:30–5:30pm Nov 3

131047 T 3:30–5:30pm Nov 10

131048 T 3:30–5:30pm Nov 17

131049 T 3:30–5:30pm Nov 24

131050 T 3:30–5:30pm Dec 1

FEE:

\$10.00

**MAKE
DELICIOUS
FOOD WITH
FRIENDS!**



**access youth
outreach services**



Training & Education

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

130141 T	5-7pm	Sep 15-Sep 22
130143 T	5-7pm	Oct 13-Oct 20
130144 T	5-7pm	Nov 10-Nov 17

FEE: **\$42.00**

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

130146 Sa	9:30am-4:30pm	Oct 10
130148 Sa	9:30am-4:30pm	Nov 14

FEE: **\$74.00**



Fencing

FENCING- CHILDREN BEGINNERS (6-9 YRS)

Offered by the Tri-City Fencing Academy. Our children's programming begins with participation in fencing training activities that are focused on fun, building fitness, and enhancing coordination, while introducing basic fencing skills using real equipment. Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. All equipment is provided. **Age: 6-9**

PCCC Gymnasium ½ W

130436 T	6-7pm	Sep 8-29
130437 T	6-7pm	Oct 6-27
130438 T	6-7pm	Nov 3-24

FEE: **\$55.00**

130439 T 6-7pm Dec 1-15

FEE: **\$41.25**

FENCING- CHILDREN INTERMEDIATE (6-9 YRS)

Prerequisite: Fencing – Child Beginners (6-9yrs). Offered by the Tri-City Fencing Academy. After completion of a Beginner program, fencers enter our Intermediate training which continues to focus on fun, fitness and coordination. Students will be introduced to the rules of the game, and taught an understanding of teamwork, competition, and good sportsmanship. A \$100 deposit is necessary to sign-out equipment, students are expected to begin purchasing their own equipment in their third month of Intermediate.

Age: 6-9

PCCC Gymnasium ½ W

130443 T	7-8pm	Dec 1-15
130440 T	7-8pm	Sep 8-29
130441 T	7-8pm	Oct 6-27
130442 T	7-8pm	Nov 3-24

FEE: **\$60.00**

130443 T 7-8pm Dec 1-15

FEE: **\$45.00**

FENCING- YOUTH BEGINNERS (10-15 YRS)

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: 10-15**

PCCC Gymnasium ½ W

130175 T	6-7pm	Sep 8-29
130176 T	6-7pm	Oct 6-27
130177 T	6-7pm	Nov 3-24

FEE: **\$65.00**

130178 T 6-7pm Dec 1-15

FEE: **\$48.75**

FENCING- YOUTH INTERMEDIATE (10-15YRS)

Prerequisite: Fencing – Youth Beginner (10-15 years) or Fencing Child Beginners (6-9yrs). 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: 10-15

PCCC Gymnasium ½ W

130182 T	7-8pm	Dec 1-15
130179 T	7-8pm	Sep 8-29
130180 T	7-8pm	Oct 6-Oct 27
130181 T	7-8pm	Nov 3-24

FEE: **\$70.00**

130182 T 7-8pm Dec 1-15

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: 3m–12m**

PCCC Playroom 3

131246 M 11am–12pm Sep 21–Dec 7

FEE: \$113.30

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

131265 T 10:45–11:45am Sep 22–Dec 8

FEE: \$123.60

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

131255 W 9:30–10:15am Sep 23–Dec 9

FEE: \$77.50

PCCC Playroom 3

131660 Th 6:15–7pm Nov 5–Dec 10

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**

HC Program Room 2

131258 W 10:45–11:30am Sep 23–Dec 9

FEE: \$77.50

PCCC Playroom 2

131260 Th 5:15–6pm Sep 24–Dec 10

FEE: \$93.00

HAND IN HAND – ADULT PARTICIPATION

Join us for the evening edition of our popular Hand in Hand program and enjoy family playtime with free play, arts and crafts, songs, story time in a fun and welcoming environment. **Age: 1–4**

PCCC Playroom 2

131294 Th 6:15–7pm Sep 24–Oct 29

FEE: \$46.50

PCCC Playroom 1

131261 F 9:30–10:30am Oct 2–Dec 11

FEE: \$103.00

READY SET GO

This gradual-entry program is designed for children who are learning to participate independently in an early learning program. Caregivers remain with their child until the child is ready to separate at each class. Children are introduced to classroom routines through free play, planned activities, and circle time in a supportive, caring, and welcoming environment. Caregivers are required to remain in the building and may be asked to return before the class ends. **Age: 2½–3**

PCCC Playroom 1

131245 M 9:30–10:30am Sep 21–Dec 7

FEE: \$113.30

Children Services



PLAYSCHOOL PREP

Playschool Prep is ideal for children who are already comfortable participating in a program independently. The focus is on making friends, learning classroom routines, and exploring a variety of activities. Each class includes free play, active play, circle time, sensory exploration, and crafts. **Age: 3–4**

PCCC Playroom 3

131263 F 10:45am–12:15pm Oct 2–Dec 11

FEE: \$154.50



PLAYSCHOOL OUTSIDE | FALL 2026

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. A monthly payment plan is available. **Age: 3–5**

HC Playground

127577 M,W 9:30–11:30am Sep 21–Dec 9

FEE: \$412.00

127578 T, Th 9:30–11:30am Sep 22–Dec 10

FEE: \$494.00

127579 F 9:30–11:30am Oct 2–Dec 11

FEE: \$206.00

PLAYSCHOOL INSIDE | FALL 2026

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

127625 M 11:30am–1pm Sep 21–Dec 7

FEE: \$154.50

HC Program Room 1

127628 W 11:30am–1pm Sep 23–Dec 9

FEE: \$154.50

HC Program Room 2

127629 F 11:30am–1pm Oct 2–Dec 11

FEE: \$154.50



**Wait list for
2026/27 preschool
year is OPEN!**

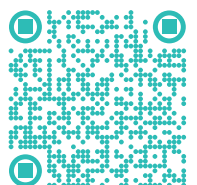
Registration for 2027/28
opens Feb 2027.



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:*





Preschool Speciality

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

131267 T 1:15-2:15pm Sep 22-Oct 27

FEE: \$72.00

JUNIOR SNACK MAKERS

Come join us and learn how to make delicious, healthy snacks that you can enjoy afterward. Children will build basic kitchen skills, explore a variety of foods, and create fun recipes in an engaging class that introduces food literacy.

Age: 3½-5

HC Program Room 2

131250 T 6-7pm Sep 22-Dec 8

FEE: \$144.00

SCRUMPTIOUS SCIENCE

Science and cooking go hand in hand! Bring your curiosity and explore science by making delicious, healthy snacks. Learn about every-day science concepts, kitchen safety, nutrition, and become a food scientist. Age: 3-5

PCCC Playroom 1

131544 T 1:15-2:15pm Nov 3-Dec 8

FEE: \$72.00

ADVENTURES IN BAKING

Join us for a fun, hands-on baking program for preschoolers and create tasty treats such as cookies, crispy rice bars, and mini pies while building confidence in the kitchen. Age: 3½-5

HC Program Room 2

131549 W 1-2:15pm Sep 23-Dec 9

FEE: \$150.00

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

131273 Th 1-2:15pm Sep 24-Dec 10

FEE: \$180.00



Preschool Sports

SOCCER STARS AND PARENTS

Connect with your child through running, playing, kicking, and having fun with soccer. Our program leaders will introduce a variety of engaging games and activities designed for you and your child to enjoy together. Age: 2-3

HC Gymnasium

131236 Sa 9:15-10am Sep 12-Oct 3

FEE: \$36.00

131541 Sa 9:15-10am Oct 31-Dec 12

FEE: \$63.00

SOCCER STARS

A fun, fast-paced sports program for preschoolers that builds fundamental movement skills through active drills, games, and skill-building activities each session. Age: 3-5

HC Gymnasium

131237 Sa 10:15-11am Sep 12-Oct 3

FEE: \$36.00

131527 Sa 10:15-11am Oct 31-Dec 12

FEE: \$63.00



MULTI-SPORT

A fun, active, and fast-paced multi-sport program for preschoolers that introduces a variety of sports through drills, games, and skill-building activities in each session. **Age: 3–5**

HC Gymnasium

131238 Sa 11:15am–12pm Sep 12–Oct 3

FEE: \$36.00

131542 Sa 11:15am–12pm Oct 31–Dec 12

FEE: \$63.00

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

131252 T 1:15–2:15pm Sep 22–Dec 8

FEE: \$123.60

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

131279 F 1:15–2:15pm Oct 2–Dec 11

FEE: \$103.00



Discover our Drop-in Programs!

Childminding: Drop your child off to play with caring staff while you enjoy a workout, swim or some time to yourself in our facility.

- For ages 3 months – 5 years.
- Registration is open 7 days before the program start date.

Playmania: Spend quality time with your little one as they explore the toys and equipment in this adult participation program in the gym.

Playzone: Join us in the Childrens Centre for gross motor play, sensory exploration and free play with your child.

- For ages 1–5 years.
- Registration is open 2 days before the program start date.

portcoquitlam.ca/children



Children Services

Dance

ACTIVE DANCE | TOTS

This active dance and creative movement program is designed to get your little one moving and feeling the beat. Using props, music, action songs, and imagination to develop fundamental movement and motor skills for dance. Adult participation required. Age: 2-3

PCCC Playroom 3

131240 Sa 9-9:30am Sep 12-Oct 31

131239 Sa 9:45-10:15am Sep 12-Oct 31

FEE: \$36.00

ACTIVE DANCE | PRESCHOOL

This active dance and movement class will incorporate hip-hop basics designed to get your preschooler moving to the beat to develop fundamental movement and motor skills needed for dance. Age: 3-4

PCCC Small Multi Purpose

131241 Sa 10:45-11:15am Sept 12-Oct 31

131242 Sa 11:30am-12:15pm Sept 12-Oct 31

FEE: \$54.00

DANCE STARS | TOTS

A fun and upbeat introduction to dance and creative movement for tots and their caregivers. Dancers will explore rhythm, props, action songs, and imaginative movement while developing motor skills, creativity, and confidence in a supportive environment. Adult participation required.

Age: 2-3

HC Community Room 3

131364 T 5:15-5:45pm Sep 22-Dec 8

FEE: \$72.00

HC Sports Hall

131778 F 9:45-10:15am Oct 2-Dec 11

FEE: \$60.00

DANCE STARS | PRESCHOOL

A fun and upbeat introduction to dance and creative movement. Dancers will learn foundational jazz and hip hop steps, build confidence, foster imagination, and develop motor skills in a supportive environment. Age: 3-4

HC Community Room 3

131367 T 6-6:45pm Sep 22-Dec 8

FEE: \$108.00

HC Sports Hall

131776 F 11:30am-12:15pm Oct 2-Dec 11

FEE: \$90.00

DANCE STARS | BALLET

An introduction to ballet and creative movement. Dancers will learn foundational ballet steps, build confidence, foster imagination, and develop motor skills in a supportive environment. Age: 3-4

HC Sports Hall

131773 F 10:30-11:15am Oct 2-Dec 11

FEE: \$90.00

Enjoy a playful
introduction to
music, rhythm, and
creative movement!



**COME
LEARN AND
PLAY
WITH US!**

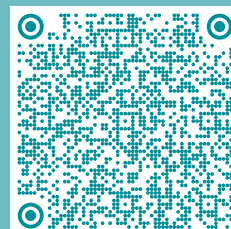
Try our
Playschool
Inside
program!

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.

For more
information:





DANCE JAZZ & HIP HOP BASICS

A fun and upbeat introduction to jazz and hip hop. Dancers will learn foundational jazz and hip hop steps while building confidence, developing musicality, and improving motor skills and coordination in a supportive environment. Age: 6–10

HC Sports Hall

132693 T 3:45–4:30pm Sept 22–Dec 8

FEE: \$108.00

DANCE BALLET BASICS

An introduction to ballet fundamentals. Dancers will learn foundational ballet steps while building confidence, developing musicality, and improving motor skills and coordination in a supportive environment. Age: 6–10

HC Community Room 3

131771 T 7–7:45pm Sept 22–Dec 8

FEE: \$108.00

BASKETBALL

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

131426 M 3:30–5pm Sep 21–Dec 7

FEE: \$140.25

HC Gymnasium

131425 F 3:30–5pm Oct 2–Dec 11

FEE: \$127.50

RACQUET SPORTS

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

PCCC Gymnasium

131427 T 3:30–5pm Sep 22–Dec 8

FEE: \$153.00

NATURE & GAMES

Afterschool Active includes 60 minutes of Active FUN! Join us as we spend time being active and exploring nature. FUNdamental movement skills and physical activity will be incorporated. Age: 6–10

HC Gymnasium

131412 W 3:30–5pm Sep 23–Dec 9

FEE: \$127.50

VOLLEYBALL

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

HC Gymnasium

131420 Th 3:30–5pm Sep 24–Dec 10

FEE: \$153.00

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 Playroom 3

131430 F 3:30–5pm Oct 2–Nov 6

FEE: \$75.00

KIDS IN THE KITCHEN

Enjoy cooking and creating individual snacks and mini meals to enjoy. Learn about kitchen safety, healthy eating and take home a cookbook of all the recipes you made to enjoy at home! Come learn to be the next Master Chef! Age: 6–10

HC Program Room 2

131409 T 3:30–5pm Sep 22–Dec 8

131416 Th 3:30–5pm Sep 24–Dec 10

FEE: \$234.00

SNACK ATTACK

Come join us and learn how to make delicious, healthy snacks that you will enjoy after active play. Children will build basic kitchen skills, explore a variety of foods, and create fun recipes in an engaging class that introduces food literacy and fundamental movement skills. Age: 6–10

PCCC Playroom 3

131428 W 3:30–5pm Sep 23–Dec 9

FEE: \$150.00

SCRUMPTIOUS SCIENCE

Science and cooking go hand in hand! Bring your curiosity and explore science by making delicious, healthy snacks. Learn about every-day science concepts, kitchen safety, nutrition, and become a food scientist. Age: 6–10

PCCC Playroom 3

131432 F 3:30–5pm Nov 13–Dec 11

FEE: \$75.00

Afterschool Active

SOCCER

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

131402 M 3:30–5pm Sep 21–Dec 7

FEE: \$140.25

PCCC Gymnasium

131429 Th 3:30–5pm Sep 24–Dec 10

FEE: \$153.00



Children Services

Beyond The Bell

CASTLE PARK | 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. Program is for children Grades 1 – 5. Age: 6–10

Castle Park Elementary

131433 M 2:45–4:15pm Sep 21–Dec 7

FEE: **\$165.00**

WESTWOOD | SNACK ATTACK

Come join us and learn how to make delicious, healthy snacks that you will enjoy after active play. Children will build basic kitchen skills, explore a variety of foods, and create fun recipes in an engaging class that introduces food literacy and basic movement skills. Program is for children Grades 1 – 5. Age: 6–10

Westwood Elementary

131543 T 2:50–4:20pm Sep 22–Dec 8

FEE: **\$180.00**

CASTLE PARK | BE ACTIVE OUTSIDE

This program promotes the development of basic physical fitness and sport through fun relays, games and activities all designed to get everyone moving. Outdoor activities will be included each week and participants should come ready to go outside in all weather. Program is for children Grades 1 – 5. Age: 6–10

Castle Park Elementary

131551 Th 2:45–4:15pm Sep 24–Dec 10

FEE: **\$153.00**

WESTWOOD | NATURE & GAMES

Join us as we spend time being active and exploring nature. Movement skills and physical activity will be incorporated. Program is for children Grades 1–5. Age: 6–10

Westwood Elementary

131552 F 2:50–4:20pm Oct 2–Dec 11

FEE: **\$127.50**

CENTRAL | 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. Program is for children Kindergarten – Grade 2. Age: 5–7

Central Elementary

131550 W 3–4:30pm Oct 7–Dec 9

FEE: **\$135.00**

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 and come make new ones! Age: 7–10

PCCC Small Multipurpose Room

131729 F 6–9pm Oct 2

131730 F 6–9pm Nov 6

HC Sports Hall

131726 F 6–9pm Oct 9

131727 F 6–9pm Nov 20

131728 F 6–9pm Dec 11

FEE: **\$30.00**





Birthday Parties are available to book on Saturdays!

Celebrate birthdays with us!

- Registration is available 60 days before the date of the party.
- Parties include: **Tot (Age 0–5), Sports (Age 5–10), Fun & Games (Age 5–10), Splash (Age 7–10), Youth (Age 11–16), Arts (Age 6–12).**



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, 2026.
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)	\$3.49	\$31.40	\$55.81	\$31.40	\$282.54
Youth (13–24 yrs)	\$5.24	\$47.08	\$83.72	\$47.08	\$423.80
Adult (25–59 yrs)	\$6.98	\$62.78	\$111.62	\$62.78	\$565.08
Senior (60–79 yrs)	\$5.24	\$47.08	\$83.72	\$47.08	\$423.80
Super Senior** (80+ yrs)	\$5.24	\$47.08	\$83.72	\$47.08	\$423.80
Family	\$13.97	\$125.56	\$223.25	\$125.56	\$1,130.15

* The pass is not valid for registered programs or specialty Drop ins.
**Fee is waived for Port Coquitlam residents.



Adults | Seniors 60+

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

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 \$30 cost for project supplies, payable to the instructor during class. Age: 19+

HC Lecture Room

131203 W	7-9pm	Sep 16
131204 W	7-9pm	Oct 7
131205 W	7-9pm	Nov 4
131206 W	7-9pm	Dec 16

FEE: MEMBER	\$11.11
NON-MEMBER:	\$17.10

PCCC Small Multipurpose Room

131175 M	7-9pm	Sep 21
131176 M	7-9pm	Oct 5
131177 M	7-9pm	Nov 2
131207 M	7-9pm	Dec 14

FEE: MEMBER	\$11.11
NON-MEMBER:	\$17.10

**MORE ADULT
& SENIORS ARTS
PROGRAMS ON
PAGES 58-59!**

Education & Training

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

130988 M 6-9:30pm Sep 14-Dec 14

FEE: MEMBER	\$69.71
NON-MEMBER:	\$107.25

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

130983 M 9am-2pm Oct 5-Dec 14

FEE: MEMBER:	\$199.50
NON-MEMBER:	\$306.90

TRY IT! CREATIVE DANCE FOR SENIORS

NEW!

Join Marco Escer of Ballet BC Outreach for a fun and engaging movement class designed for seniors. This session blends guided improvisation, playful group activities, and simple movement prompts to support presence, curiosity, and connection. Inspired by Ballet BC's creation-based artistic process, the class encourages reflection and joy through a creative dance experience. No previous dance experience required. Age: 60+

PCCC Fitness Studio

131659 T 1:30-2:30pm Sep 22

FEE: MEMBER	\$8.45
NON-MEMBER:	\$13.00

Adults | Seniors 60+ Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop in programs include:

- Snooker
- Ukulele
- Bridge
- Carpet Bowling



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



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+

Outlet Work Room

131024 Th	1-2:30pm	Sep 24
131025 Th	1-2:30pm	Oct 15
131026 Th	1-2:30pm	Nov 12

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

GOAT 'N' OAT SOAP MAKING

Learn how to make goats milk soap using fresh, raw, unprocessed milk from a local farm. In class, Students will learn the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of the lactic acid. Goats milk contains alpha-hydroxy acid such as Lactic acid which help to remove dead skin cells from your skins surface. From pre-blended bases, make a long-lasting oat 'n' honey goat milk soap. ALL SUPPLIES ARE INCLUDED IN THE COURSE FEE. Age: 19+

PCCC Small Multipurpose Room

131233 M	6:30-9pm	Oct 19
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FEE:	\$66.00
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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

131004 W	10am-3pm	Sep 9-Dec 16
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FEE: MEMBER	\$282.83
NON-MEMBER	\$435.12

SENIORS HEALTH AND WELLNESS FAIR

Celebrate **National Seniors Day** with this **FREE Health and Wellness Fair** presented by the Wilson Seniors Advisory Association, in partnership with the City of Port Coquitlam.

Engage with health experts and wellness specialist from the community.

PCCC - Mabbett Hall

Thursday Oct 1st
11:15am-3:15pm

FREE

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

131010 F	3-4:30pm	Sep 11-Nov 20
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FEE: MEMBER	\$49.19
NON-MEMBER:	\$75.68

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

131009 F	1-2:30pm	Sep 11-Nov 20
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FEE: MEMBER	\$49.19
NON-MEMBER:	\$75.68



Health- Mind & Body

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

130997 T	9:30-10:30am	Sep 8-Dec 15
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FEE: MEMBER	\$70.49
NON-MEMBER:	\$108.45

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

132010 Th	7-8pm	Sep 17
132011 Th	7-8pm	Oct 15
132012 Th	7-8pm	Nov 12
132013 Th	7-8pm	Dec 10

FEE:	\$18.63
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SILVER CHORD CHOIR

Join our fun choir! Silver Chord Choir welcomes all singing levels lead by a conductor. Age: 60+

GP Michael Wright Art Gallery

130993 M	2-4pm	Sep 14-Dec 14
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FEE: MEMBER	\$24.00
NON-MEMBER	\$32.40



Adults | Seniors 60+



TUESDAY TALKS PRESENTED BY THE WILSON SENIORS ADVISORY ASSOCIATION

PCCC Mabbett Hall ½ N

Age: 19+

FREE

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

130981 M 10–11am Sep 14–Nov 30

FEE: MEMBER \$52.65
NON-MEMBER: \$81.00

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

130982 M 11:15am–12:15pm Sep 14–Nov 30

FEE: MEMBER \$52.65
NON MEMBER \$81.00

ARMCHAIR TRAVEL – MEXICO ARCHAEOLOGICAL TALK

Mexican Archaeology in Words & Pictures:
A tour of some of Mexico's archaeological sites and descriptions of the people who occupied them. Age: 60+

PCCC Mabbett Hall ½ S

131365 Th 1–3pm Sep 3

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

Special Events

ROD STEWART LUNCHEON

Mayfair & Astoria Retirement Living bring us a legendary artist: Rod Stewart. 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

131170 Th 12:30–2:30pm Sep 17

FEE: MEMBER: \$14.75
NON-MEMBER: \$17.75

COFFEE WITH MAYOR PORT COQUITLAM

Seniors are invited to join Mayor Elect Brad West for cup of coffee and a chat. Age: 60+

PCCC Wilson Lounge

131173 T 10–11am Sep 29

FREE

COFFEE WITH MAYOR PORT COQUITLAM

Port Coquitlam Senior's are invited to join the Mayor for a cup a coffee and chat. Age: 60+

PCCC Wilson Lounge

131293 T 10–11am Nov 3

FREE

PRESENTATION BY BC'S SENIOR ADVOCATE DAN LEVITT

Come meet BC's Senior Advocate Dan Levitt who has tirelessly championed the rights of seniors for 30 years at the local, provincial, national and international levels.

131018 T 1:30–2:30pm Sep 8

LOOKING AHEAD: WHY YOU SHOULD PREPARE.

Join our informative seminar where Susan Murphy, a licensed funeral director, will guide you through the benefits of preplanning and explain your options for funeral arrangements in a clear, compassionate way. We will also discuss the importance of having a will in place to clarify the duties of your executor taking care of your funeral arrangements.

131019 T 1:30–2:30pm Sep 22

THE SERVICES AVAILABLE THROUGH HOME AND COMMUNITY CARE SERVICES

Shannon Parson, a Registered Nurse with Fraser Health, will provide an overview of the services available through Home and Community Care Services including eligibility, scope of services, and supports available for clients and families. Participants will also learn and how to access these services, as well as the referral process.

131020 T 1:30–2:30pm Oct 13



LEARN MORE ABOUT DRIVING IN B.C AS YOU GET OLDER.

Attend this information session to learn more about driving in B.C as you get older. Presented by Tom Webster Road Safety & Community Coordinator.

131021 T 1:30–2:30pm Oct 27

COMMUNITY TV: WHAT IT IS AND HOW YOU CAN HELP.

Community TV Geoff Scott, Founder & Journalist, will discuss Tri-cities Community Television, its efforts to keep community television alive here in the Tri-cities, and to produce seniors related programming in our community.

131022 T 1:30–2:30pm Nov 10

THE HISTORY OF POCO PT 2

The Wilson Seniors welcome Bryan Ness from Port Coquitlam Heritage and Cultural Society to continue his presentation from last year on the history of the Port Coquitlam. "We pick up the story beginning in the 1960's, a time of much growth and change for our community. Making use of archival and current photos and film, we will reminisce about days past, witness the changes that are shaping today, and speculate on what lies ahead tomorrow.

131023 T 1:30–2:30pm Nov 24

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
131171 Th 12:30–2:30pm Oct 8

FEE: MEMBER: \$14.75
NON-MEMBER: \$17.75

UGLY CHRISTMAS SWEATER TEA

Presented by Mayfair & Astoria Retirement Living an afternoon of entertainment showcasing performances by Silver Cord Choir, Guitar, and Ukulele drop in programs. There will be light snacks and refreshments. Come wearing your favourite Ugly holiday sweater! **Age: 60+**

PCCC Mabbett Hall
125530 Tu 1–2:30pm Dec 1

FEE: FREE

CHRISTMAS EVENTS

You're invited to join us for a joyful holiday celebration! This year, we're offering both a festive dinner and a cheerful luncheon. The activity number below will prompt you to choose what joyous celebration you would like to attend. Let's make this season merry and bright. Registration opens Nov 4. **Age: 60+**

131866 W 4–6:30pm Dec 9
131866 Th 12:30–2:30pm Dec 10

FEE: MEMBER FREE
NON-MEMBER \$17.75



Birthday Socials

BIRTHDAY SOCIAL–HALLOWEEN

Celebrate Wilson Senior members whose birthdays are in September and October with light appies, refreshments, and entertainment. Those with birthdays in September and October register for FREE. Be sure to scare with some spooky costumes. **Age: 60+**

PCCC Mabbett Hall
121942 Th 1–3pm Oct 29

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

AROUND THE WORLD

Celebrate Wilson Senior members whose birthdays are in November and December with light appies, refreshments, and entertainment. Those with birthdays in November and December register for FREE. Pack your passport and join us for an exciting around the world experience. **Age: 60+**

PCCC Mabbett Hall
121943 Th 1–3pm Nov 19

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

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
131172 M 1–2pm Sep 14
131172 Th 1–2pm Nov 26

FREE



Arts & Culture

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

**MORE KIDS
PROGRAMMING
ON PAGES
44-47!**

TRY SOMETHING NEW THIS FALL!

Throughout the month of September, try a session of one of our new classes. If you find your new passion, register for a full class.

Children & Youth

TRY IT! PLAYMAKERS THEATRE

NEW!

Step into the role of playwright, actor, and storyteller! Try some theatre games, improvisations, and use plenty of imagination to build acting skills. Perfect for kids who love to imagine, perform, and bring stories together. Instructor: Juliana Marco Age: 7-10

PCCC JB Young Room
129899 Th 5-6pm

Sep 24

FEE:

\$25.00

TRY-IT! PRINTMAKING

NEW!

Try printmaking where you'll learn different styles and techniques in printmaking by using professional and found materials.

Age: 7-12

Outlet Studio

131012 T 3:30-5pm

Sep 15

FEE:

\$20.00

TRY-IT! INTRO TO CROCHET

NEW!

Feel inspired by all the handmade crochet things you see but aren't sure where to start? This one-day try-it workshop will teach you the foundations of crochet, so you feel more prepared to tackle those fun projects. No experience necessary!

Age: 12-15

GP Community Room

131488 M 3:30-5:30pm

Sep 14

FEE:

\$20.00

TRY-IT! INTRO TO MACRAME

NEW!

If you enjoy making friendship bracelets, you'll love macramé! Turn knotted cord into something decorative and useful. In this one-day macrame workshop, learn some basic yet versatile knots to craft a keychain. No experience necessary.

Age: 12-15

GP Community Room

131498 T 3:30pm-5:30pm

Sep 15

FEE:

\$20.00

TRY-IT! ZHUZH IT UP!

NEW!

Try this session of modifying your clothing and other wearables so you're excited to wear them every time! Work with fabric paint, embroidery, patches, buttons, and beads to improve your look. Age: 12-15

Outlet Studio

131011 F 6-7:30pm

Sep 18

FEE:

\$20.00



Adult

TRY-IT! BATIK FABRIC DYEING

NEW!

Participants will be introduced to the traditional batik process using melted wax and a tjanting tool. Designs are drawn directly onto fabric, followed by the application of fabric dyes. The workshop concludes with wax removal using an iron to reveal the final patterned textile.

Age: 16+

Outlet Work Room

131523 F 1–3pm

Sep 18

FEE:

\$25.00

TRY-IT! INTRO TO CROCHET

NEW!

Feel inspired by all the handmade crochet things you see but aren't sure where to start? This one-day workshop will teach you the foundations of crochet, so you feel more prepared to tackle those fun projects. No experience necessary!

Age: 19+

Outlet Studio

131013 M 1–3pm

Sep 14

FEE:

\$20.00

TRY-IT! INTRO TO MACRAME

NEW!

Turn knotted cord into something decorative and useful. In this one-day macrame workshop, learn some basic yet versatile knots to craft a keychain. No experience necessary. Age: 19+

Outlet Studio

131505 T

1–3pm

Sep 15

FEE:

\$20.00

TRY IT! CREATIVE DANCE FOR SENIORS

NEW!

Join Marco Escocer of Ballet BC Outreach for a fun and engaging movement class designed for seniors. This session blends guided improvisation, playful group activities, and simple movement prompts to support presence, curiosity, and connection. Inspired by Ballet BC's creation-based artistic process, the class encourages reflection and joy through a creative dance experience. No previous dance experience required. Age: 60+

PCCC Fitness Studio

131659 T

1:30–2:30pm

Sep 22

FEE: MEMBER

\$8.45

NON-MEMBER:

\$13.00

Family

ART IN THE GALLERY

FREE

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. All ages, children under 12 must be accompanied by an adult. Materials supplied, no registration required.

Ages: All

Gathering Place

Sa 10am–12pm

MAKE A MONSTER!

Make a felt monster for Halloween! In this workshop, create a cute monster by cutting and sewing felt pieces together. Bring them to life with embellishments like buttons, embroidery floss, eyes, a mouth and stuffing! Fee is flat rate for up to 4 participants. For assistance, or to complete registration, please call 604–927–7529 Age: 8+

Outlet Studio

131014 Th 7–8:30pm

Oct 22

FEE:

\$50.00

FAMILY CLAYWARE – 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

131033 T 6:30–8pm

Nov 24–Dec 1

FEE:

\$49.50





Arts & Culture

Preschool

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: 1-2

Outlet Work Room

129826 M 10-10:30am Oct 5-Nov 2
129827 M 10-10:30am Nov 9-30

FEE: \$55.45

PRESCHOOL ART LAB

Make new friends while trying a new kind of art project each week! Will include stories, art time (with safe-to-consume materials) and music. Parent or guardian participation is required. Age: 3-5

GP Michael Wright Art Gallery

129824 Th 5:30-6:30pm Oct 8-Oct 29
129825 Th 5:30-6:30pm Nov 5-26

FEE: \$55.45



Children – Performing Arts

DO RE MI – DISNEY THEME

Explore music and choreography in a lively weekly singing class. Students receive tools and techniques for voice improvement while learning Disney songs. On the last class, enjoy a small performance for family and friends! Instructor: Juliana Marco Age: 6-8

PCCC JB Young Room

129828 W 6-7pm Oct 7-Nov 25

FEE: \$151.55

SPOTLIGHT THEATRE – MATILDA

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. Instructor: Juliana Marco Age: 8-12

PCCC JB Young Room

129829 Th 6:30-7:30pm Oct 8-Nov 26

FEE: \$137.00

PLAYMAKERS THEATRE

Step into the role of playwright, actor, and storyteller! Through games, improvisation, and plenty of imagination, students will work together to create their own original short play from scratch while building acting skills, confidence, characters, and creative ideas along the way. Perfect for kids who love to imagine, perform, and bring stories to life! Instructor: Juliana Marco Age: 7-10

PCCC JB Young Room

129898 Th 4:45-5:45pm Oct 8-Nov 26

FEE: \$139.00

Children – Visual Arts

CLAY PLAY

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

Outlet Work Room

129902 T 3:30-5pm Oct 6-Nov 24

FEE: \$161.70

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

129900 M 3:30-5pm Oct 5-Nov 30

Outlet Studio

129901 Sa 3:30-5pm Oct 10-Nov 28

FEE: \$138.60

PRINTMAKING

Learn different printmaking styles and techniques using professional and found materials. Discover the wide variety of unique marks and images you can create. You'll also experiment with multiples by printing your own designs carved into linoleum and other materials. Age: 7-12

Outlet Studio

129906 T 3:30-5pm Oct 6-Nov 24

FEE: \$138.60



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

129907 M 3:30–5pm Oct 5–Nov 30

FEE: \$138.60

COOL CLAY

Learn to make your own clay art pieces! Participants build, glaze and fire several pieces of pottery to take home at the end of this program. **Age: 8–12**

Outlet Work Room

129903 W 3:30–5pm Oct 14–Dec 9

FEE: \$161.70

CREATIVE CLAY LAB

NEW!

Explore hand-building with clay while creating several unique pieces to keep. Participants will learn shaping techniques, and creative details, and finish their work with glaze. Projects will be kiln-fired, giving young artists fun, hands-on ceramic experience. **Age: 8–12**

Outlet Studio

129908 Sa 1–2:30pm Oct 10–Nov 28

FEE: \$161.70

STITCH & STUFF: 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 Studio

129909 F 3:30–5:30pm Oct 2–Dec 4

FEE: \$150.00

DREAM, DESIGN, BUILD SCULPTURE CLASS

NEW!

Let your imagination go wild! Learn to build imaginative 3D sculptures while exploring a variety of materials, including wood, wire, cardboard, foam and paper. **Age: 10–15**

Outlet Work Room

129904 Th 3:30–5pm Oct 8–Nov 26

FEE: \$161.70

Youth

THE CROCHET WAY

NEW!

If you enjoyed the Try-it session or have some crochet experience, this 4-week course explores even more stitches, how to read patterns, and the dreaded magic circle. Projects will include a pouch and ear warmer/headband. **Age: 12–15**

GP Community Room

131509 M 3:30–5pm Oct 5–Nov 2

FEE: \$130.00

THE MACRAME WAY

NEW!

If you enjoyed the Try-it session or have some macramé experience, this 4-week course delves a little deeper into the array of patterns and projects you can make just by tying a variety of knots! Projects will include a wristlet keychain and wall hanging. **Age: 12–15**

GP Community Room

131519 T 3:30–5pm Oct 6–27

FEE: \$130.00

ZHUZH IT UP!

NEW!

Modify your clothing and other wearables so you're excited to wear them every time! Work with fabric paint, embroidery, patches, buttons, and beads to improve your look. **Age: 12–15**

Outlet Studio

131452 F 6–7:30pm Oct 2–Dec 4

FEE: \$138.60



Arts & Culture

Adult

TRI-CITIES ROCK! CHOIR

Do you love singing along to your favourite classic rock songs in the car or shower? Join us to sing great songs with a group! Our fun and welcoming group includes singers at all levels, from people who have never sung in a choir before, to those who did it years ago, to those with some classical training. We focus on groove, feel, connection with each other, our audiences, and the songs. And FUN! The choir is led by professional musician and music director, Scott Gould. The program includes two optional final performances for the community on Dec 5. Age: 19+

GP Michael Wright Art Gallery

130432 T 7-9pm Oct 6-Dec 1

FEE: \$250.00

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

129980 W	1-2:30pm	Sep 16 & 23
129981 W	1-2:30pm	Oct 14 & 21
129982 W	1-2:30pm	Nov 18 & 25

FEE: MEMBER:	\$33.80
NON-MEMBER:	\$52.00

CLAYWARE 101

In this two-part class, you'll craft 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 second session, you will apply glaze to your piece, and we'll fire it in our kiln! Age: 15+

Outlet Work Room

129983 T	7-8:30pm	Sep 15 & 22
129984 Th	7-8:30pm	Oct 8 & 15
129985 F	7-8:30pm	Nov 6 & 13

FEE: \$52.00

THE CROCHET WAY

NEW!

If you enjoyed the Try-it session or have some crochet experience, this 4-week course explores even more stitches, how to read patterns, and the dreaded magic circle. Projects will include a pouch and ear warmer/headband. No experience necessary. Age: 19+

Outlet Studio

131522 M 1-2:30pm Oct 5-Nov 2

FEE: \$100.00

THE MACRAME WAY

NEW!

If you enjoyed the Try-it session or have some macrame experience, this 4-week course delves a little deeper into the array of patterns and projects you can make, just by tying a variety of knots. Projects will include a wristlet keychain and wall hanging. Age: 19+

Outlet Studio

131524 T 1-2:30pm Oct 6-Oct 27

FEE: \$100.00

CLAYWARE 102

NEW!

Build on what you've learned in Clayware 101. In this two-part class, bring your ideas and inspiration to craft a functional piece of clayware. An instructor will be on hand to help guide you as needed. The second class will be for painting and glazing your pieces for firing. Please Note: participants must have taken a Clayware 101 class to learn the basics. Age: 15+

Outlet Work Room

131015 Th	7-8:30pm	Oct 22 & 29
131016 T	7-8:30pm	Nov 3 & 10

FEE: \$60.00

FLUID ART DEMONSTRATION WITH MARIKA MORISSETTE

Join visual artist Marika Morissette for a live acrylic pour painting demonstration as part of Culture Days 2026. Through bold colour, movement, and experimental techniques, Morissette will create multiple fluid art paintings in real time while sharing insights into her creative process and artistic inspiration. Experience a variety of acrylic pouring methods, including flip cups, puddle pours, swipe techniques, balloon kisses, torching, straw blowing, and bottle-bottom pours using a spinning lazy Susan. Inspired by abstract expressionism and patterns found in nature, Morissette's vibrant works evoke coral reefs, flowing water, and microscopic life. Age: 18+

GP Michael Wright Art Gallery

130435 W 1-2:30pm Sep 23

FREE



OIL AND ACRYLIC – INTERMEDIATE

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

Outlet Work Room

130753 W 9:45am–12:15pm Sep 16–Nov 25

FEE: MEMBER: \$90.74
NON-MEMBER: \$139.60

WATERCOLOUR SKETCHING

Loosen up and enjoy sketching with watercolours in an easy, fun way. Learn how to capture memories in your sketchbook by creatively using watercolour techniques. Each student should bring their own watercolour sketchbook, set of watercolours, brushes, small water container, one 2B pencil, and one ultra-fine Sharpie pen. Instructor: Gabriela Diaconu. Age: 19+

Outlet Studio

130748 W 12:30–3pm Sep 16–Oct 21

FEE: MEMBER: \$45.37
NON-MEMBER: \$69.80



WATERCOLOUR FOR EVERYONE

NEW!

Build your watercolour skills in this beginner-friendly course. Through guided practice, you'll learn colour mixing, brush control, washes, texture, composition, and colour theory while painting florals, landscapes, and still life. Each week builds on the last, helping you gain confidence, improve technique, and create finished paintings. Suitable for beginners and those wanting to refresh their skills. Supplies provided. Age: 19+

Outlet Work Room

131017 M 1–2:30pm Oct 5–Nov 30

FEE: MEMBER: \$45.37
NON-MEMBER: \$69.80

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+

Outlet Work Room

131024 Th	1–2:30pm	Sep 24
131025 Th	1–2:30pm	Oct 15
131026 Th	1–2:30pm	Nov 12

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

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 through the [Culture Days](#) page to find out more about this year's festivities.

portcoquitlam.ca/culturedays

CULTURE DAYS

SEPTEMBER 18 – OCTOBER 4



Arts & Culture | Holiday Programs

Holiday Programs

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 unique printed gift bag. A perfect gift for a very special person on your list!

Age: 6–10

Outlet Work Room

131029 F 3:30–5pm Nov 13 & 20
131030 F 3:30–5pm Dec 4 & 11

FEE: \$60.00

HOLIDAY ELVES

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

Outlet Work Room

131027 Sa 12:30–4:30pm Nov 21

PCCC JB Young Room

131028 Sa 12:30–4:30pm Dec 5

FEE: \$35.00

FAMILY CLAYWARE – 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

131033 T 6:30–8pm Nov 24–Dec 1

FEE: \$49.50



HOLIDAY CENTERPIECE WORKSHOP

Create a beautiful centerpiece for your holiday table! Bring your creativity, we'll provide a container, greenery, pinecones, and decorative materials. Age: 15+

Outlet Work Room

131035 T 7–9pm Nov 17

FEE: \$40.00

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: 15+

Outlet Work Room

131036 W 7–9pm Nov 18

FEE: \$40.00

FOLK ART FELT HOLIDAY ORNAMENTS

NEW!

Join us for a cozy creative session making one-of-a-kind felted ornaments! No experience needed – our step-by-step guidance makes it easy and fun. All materials are included and by the end of the workshop, you'll have a beautiful handmade keepsake. Age: 15+

Outlet Studio

131031 W 7–9pm Nov 25

FEE: \$30.00

DECORATIVE HOLIDAY TEA TOWEL

NEW!

In this workshop, learn how to use paint, stencils and simple designs to create your own customized holiday tea towel. No experience is required as this workshop includes all of the materials you need along with step-by-step guidance.

Age: 15+

Outlet Work Room

131032 Th 7–8:30pm Nov 26–Dec 3

FEE: \$60.00

HOLIDAY COOKIE DECORATING LIKE A PRO

NEW!

Wow your friends at cookie swap! Learn professional cookie decorating techniques from a professional baker. All materials are included. Age: 15+

Outlet Work Room

131037 Th 7–9pm Dec 10

FEE: \$38.50

BRUSH CALLIGRAPHY – HOLIDAY EDITION

NEW!

Want to add extra handmade flair to your holiday gifts and decor? This workshop will teach you the basics of brush calligraphy so you can add a personalized touch to cards, place settings and more! Specific quotes and names can be demonstrated during class; some knowledge of cursive is an asset but not necessary. All supplies provided. Age: 19+

Outlet Studio

131548 Th 7–9:00pm Dec 10

FEE: \$38.50



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

Tues 10am–3pm Sept 8–Dec 15

POCO SONG WRITERS CLUB

This free drop in welcomes adult musicians of all experience levels. Bring lyrics, melodies, or just curiosity. Each session offers a supportive space to create, share ideas, and connect with fellow songwriters. No registration required. Age: 19+

Gathering Place

**Wed 7–9pm Sept 2, Oct 7
Nov 4 4:30–10pm**

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. PoCo Arts Council annual membership is required. Age: 16+

Gathering Place

**Wed 6:30–8:30pm
Sept 9 & 23 | Oct 14 & 28 | Nov 25 | Dec 9**

POCO OPEN MIC NIGHTS

Join us for PoCo Open Mic Night, a monthly showcase of local talent where musicians, poets, and singers take the stage in a welcoming, adult environment. Whether you are performing or cheering from the crowd, it's the perfect night to connect, create, and celebrate community.

Gathering Place

Fri 7–9pm Sept 4 | Oct 2 | Nov 6 | Dec 4

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. Program is free, please call 672-515-5124.

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.

The Outlet

Sat 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,
Sept 16 | Oct 21 | Nov 18 | Dec 16**

ART FOCUS DEMO NIGHTS

Everyone is invited to free demos by professional artists.

The Outlet

Wed 7–9pm

Sept 23 | Oct 28 | Nov 25 | Dec 23

ART FOCUS FALL ART SHOW

Michael Wright Art Gallery

Oct 16, 17 & 18

Oct 16: Opening Reception 7–9pm

Oct 17 & 18: 11am–5pm

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.

Michael Wright Art Gallery

Thurs 10am–12:30pm

Sep 3 - Dec 17

CROSSROADS COFFEE HOUSE

Raising funds and awareness for the Crossroads Inlet Centre Hospice, the Coffeehouse series is an exciting evening with two different feature sets with performances by Lower Mainland area musicians in a range of genres. For information visit:

<https://www.facebook.com/CrossroadsHospiceCoffeehouse/>

Gathering Place

Fri 7–10pm

**Sept 11 & 25 | Oct 9 & 23
Nov 13 & 27 | Dec 11**



Art Exhibitions

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.

Exhibition Opening Reception

Join us for the opening reception of
our fall art exhibitions in Leigh Square on
Thursday, October 1, 2026 from 6–8pm.

Meet the artists while enjoying live music and refreshments. We look forward to welcoming you to this inspiring evening of art and reflection.

SPONSORED BY: **Patina Brewing**

Vibrant Journeys

by **Marika Morissette**

September 11, 2026 – January 7, 2027

The Michael Wright Art Gallery presents **Vibrant Journeys** by *Marika Morissette*. In this solo exhibition, Morissette explores movement, transformation, and the beauty of fluid art through bold colour and organic texture. Inspired by abstract expressionism and patterns found in nature, her acrylic pour paintings evoke coral reefs, water, and microscopic life. Through vibrant palettes and dynamic forms, Morissette invites viewers to experience abstraction as both energetic and reflective.

Fluid Art Demonstration with Marika Morissette

GP Michael Wright Art Gallery See page 59 for more details

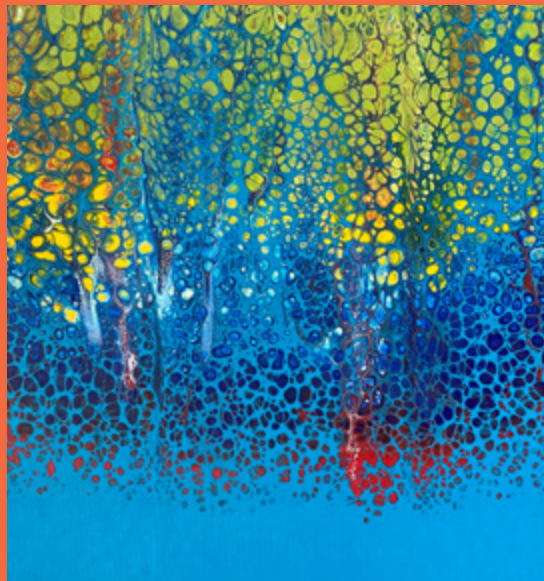
130435 W

1–2:30pm

Sep 23

FEE:

FREE



Inside Out – A Journey Through Culture, Nature & Self by Shivani Singhal

September 11, 2026 – January 7, 2027

The Outlet Gallery presents **Inside Out - A Journey Through Culture, Nature & Self** by Shivani Singhal. Singhal explores identity, emotion, and human connection through bold colour, layered texture, and symbolic imagery. Drawing on personal experience, travel, and multicultural influences, the work reflects themes of love, loss, hope, and transformation. Through an intuitive and evolving painting practice, the exhibition invites viewers into a vibrant, contemplative space shaped by reflection, resilience, and discovery.



Out & About in PoCo by Lynda Walker

September 11, 2026 – January 7, 2027

The City Hall Gallery presents **Out & About in PoCo** by Lynda Walker. In this exhibition, Walker explores the beauty of Port Coquitlam through expressive acrylic paintings inspired by local photographs, flowers, landscapes, and everyday scenes. Her work combines observation, experimentation, and emotion, using colour, texture, brushes, and palette knives to capture both place and feeling. Through each piece, Walker invites viewers to see familiar surroundings in a fresh and personal way.



Douglas Island, Pitt River and Boats by Yoshi (吉)

September 10, 2026 – January 6, 2027

The Port Coquitlam Community Centre gallery presents **Douglas Island, Pitt River and Boats** by Yoshi. Yoshi captures the familiar landscapes and working waterways of Port Coquitlam through a series of oil paintings inspired by daily observation. Drawing on scenes along the Pitt River, Douglas Island, and the Port Mann Bridge, his work reflects the shifting light, seasonal colour, and human activity that shape the local environment. With particular attention to tugboats and river life, Yoshi invites viewers to appreciate the beauty, movement, and character of the place they call home.



TERRY FOX LIBRARY



Visit **fvrl.ca**
for all of our
activities.



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

2150 Wilson Ave
604 927 7999

Everyone

CUSTOMER APPRECIATION DAY

October is Library Month! To celebrate we would like to thank you – our valued customer! Join Terry Fox Library staff for refreshments and other activities highlighting all the library has to offer.
FREE

W 2–3:30pm

Oct 7

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**

W,F 11–11:30am Sep 2–Dec 18
(No Babytime Sep 30, Nov 11))

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 1–Dec 15

LEGO® CLUB

We have the LEGO®, you bring your imagination. Try out our KEVA® Planks too! Kids ages 5 and up come join us afterschool! Drop in. **FREE**

M, W 3–4pm

**Sep 16, Oct 5, 21,
Nov 2, 18, Dec 7, 16**

CELEBRATE CULTURE DAYS: SPANISH & PORTUGUESE STORYTIME

Hola, amigos! Join us for a fun Storytime in Portuguese and Spanish. Children and caregivers will enjoy interactive stories, songs, rhymes, and more. **Ages 2–10.**

Drop in. Maximum capacity 52. **FREE**

Sa 2–2:30pm

Sep 16

MAKER MONDAYS

Let your imagination run full STEAM ahead with Maker Mondays! We'll make something new each session. **Ages 8 – 12.** Caregivers need to stay in the library if children are under 10. Drop in. **FREE**

M 3–4pm Sep 28, Oct 26, Nov 30, Dec 21

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 7, Dec 2

PRO D DAYS

**Looking for something fun to do
September 25 and October 23?**

Make sure to check out the library's **events calendar** 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

WHAT IS AI?

Build your confidence by understanding the technology that is changing our world and what it means for the future. Drop in. **FREE**

M 1–2pm Sep 14

BOOK TASTING: CHEF'S SELECTIONS

Whether you're seeking a new favorite or just browsing, this is a perfect way to discover your next read. Explore a variety of genres by reading the first pages of preselected books. Drop in. **FREE**

Sa 1:30–3pm Oct 17

ADULT CRAFT NIGHT

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

Online registration. **FREE**

Th 6–7:30pm Sep 10, Oct 1, Nov 5, Dec 3

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 3–4pm Sep 10–Dec 17

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 14–Dec 14
(no club Sep 7, Oct 12)**

KNITTING 101: NO STRINGS ATTACHED

Curious about knitting? Come to our adult beginner's knitting workshop to learn basic stitches. This is a practice session—no pressure to finish anything, and no one will keep their work. Needles and yarn provided for this session.

Online Registration. **FREE**

Th 6–7pm Oct 15

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 3, Dec 5



**Register
Online Here**

YOU HAVE QUESTIONS, WE HAVE ANSWERS!

BOOK A LIBRARIAN is uninterrupted, one-on-one time with one of our information experts.

We can help you with technology or get you started on any topic. Some restrictions apply.

Visit or call the library to make an appointment and find out more.



**BOOK A
LIBRARIAN**



CITY OF PORT COQUITLAM

CELEBRATE FALL *in the City*

Festivals, Arts & Entertainment

CAR FREE DAY McAllister Avenue

SAT, AUG 29 | 1-8 PM

Learn more: portcoquitlam.ca/carfreeday

TERRY FOX HOMETOWN RUN

SUN, SEPT 20 | 10 AM | Hyde Creek Recreation Centre

Learn more: portcoquitlam.ca/terryfox

CULTURE DAYS

SEPT 18 – OCT 4 | FREE

Learn more: portcoquitlam.ca/culturedays

HALLOWEEN HOWL

SAT, OCT 24 | 11:30 AM-1 PM & 2-3:30 PM

Hyde Creek Recreation Centre

Stay tuned for registration details!

REMEMBRANCE DAY

WED, NOV 11 | 11 AM | Veterans Park

Learn more: portcoquitlam.ca/remember

WINTER MARKET

SAT, NOV 28 & SUN, NOV 29 | 10 AM-6 PM

Port Coquitlam Community Centre

Learn more: portcoquitlam.ca/winterinthecity

CHRISTMAS IN THE SQUARE

SAT, NOV 28 | 10 AM-6 PM

Leigh Square

Learn more: portcoquitlam.ca/christmas



portcoquitlam.ca/events