

CITY OF PORT COQUITLAM

Leisure Guide

S U M M E R 2 0 2 6

Recreation, sports, arts and culture for all ages

REGISTRATION
OPENS

PoCo Residents

May 12

General Public

May 15



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	3–7pm
Fri	3–9pm
Sat	3–9pm
Sun	Closed

WILSON LOUNGE

604 927 7970

portcoquitlam.ca/seniors

Mon–Fri	8:30am–2:30pm
---------	---------------

WILSON KITCHEN

604 927 7970

portcoquitlam.ca/seniors

Mon–Fri	9:30am–1:30pm
---------	---------------

HOLIDAYS

July 1	Canada Day 9am–1pm
Aug 3	BC Day 9am–1pm
Sept 7	Labour Day 9am–3pm

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

Mon–Fri	CLOSED
Sat–Sun	CLOSED

HOLIDAYS

July 1	Canada Day 1–5pm
Aug 3	BC Day 1–5pm
Sept 7	Labour Day CLOSED

MAIN POOL

Pool Area Closed for Lessons: Sat & Sun 10am–12pm | Mon & Wed 3:30–5:30pm

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

July 1	Canada Day CLOSED
Aug 3	BC Day CLOSED
Sept 7	Labour Day CLOSED

THE OUTLET

2248 McAllister Ave
604 927 8440

Mon–Sat	9:30am–5pm
---------	------------

MUSEUM & ARCHIVES

2248 McAllister Ave
Operated by **PoCo Heritage**
604 927 8403
pocoheritage.org

Mon & Fri	CLOSED
-----------	--------

Tue–Thu & Sat	9:30am–4:30pm
---------------	---------------

GATHERING PLACE

2253 Leigh Sq Pl

Mon–Sat	9:30am–4:30pm
---------	---------------

MICHAEL WRIGHT ART GALLERY

Fri–Sat	9:30am–4:30pm
---------	---------------

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

July 1	Canada Day CLOSED
Aug 3	BC Day CLOSED
Sept 7	Labour Day CLOSED

Leisure Guide

S U M M E R 2 0 2 6

Recreation, sports, arts and culture for all ages

CONTENTS

Camps	4-11
Skating	12-13
Biking	14
Aquatics	16-23
Health & Wellness	24-27
Sports	28-31
Youth	32-35
Children Services	36-41
Adults Seniors 60+	42
Arts & Culture	44-49
Terry Fox Library	50-51

CODE OF CONDUCT

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

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

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

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

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

YOUR PERSONAL INFORMATION:

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

HOW TO REGISTER



ONLINE: portcoquitlam.ca/register

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



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



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

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

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**.

Children's

TONS OF FUN OUTSIDE CAMP

In this junior camp, emphasis is on having fun with peers while exploring Hyde Creek's beautiful natural forest and trails. There will be time for games, crafts and other hands-on explorations. **Age: 3-5**

Hyde Creek Playground

127567 T 9:30-11:30am Jul 7-28

FEE: \$82.40

127568 T 9:30-11:30am Aug 4-Sep 1

FEE: \$103.00





MAKE NEW FRIENDS AT OUR CAMPS!

Register now.

TONS OF FUN CAMP

In this junior camp, emphasis is on having fun with peers while enjoying games, crafts, hands-on activities, STEM explorations, and outdoor play. **Age: 3-5**

PCCC Playroom 2

127470 M,W,F 10-12pm	Jul 6-10
127496 M,W,F 10-12pm	Jul 13-17
127497 M,W,F 10-12pm	Jul 20-24
127498 M,W,F 10-12pm	Jul 27-31
127499 M,W,F 10-12pm	Aug 10-14
127500 M,W,F 10-12pm	Aug 17-21
127501 M,W,F 10-12pm	Aug 24-28

FEE: \$61.80

127504 W,F 10-12pm	Aug 5-7
127505 M,W 10-12pm	Aug 31-Sep 2

FEE: \$41.20

AFTERNOON OF FUN CAMP

A fun junior camp with a different theme every week. Bring your curiosity, creativity, and imagination and enjoy hands-on activities, arts and crafts, exciting experiments, and sensory explorations. Themes include Messy Artists, Super Science, Nature Quest, Dino Dig, Slime Time, Galaxy Explorers, Creation Station, and Little Gardeners. There will be time for free play, games, and outdoor activities daily. **Age: 3-6½**

PCCC Playroom 2

127547 M,W,F 1:30-3:30pm	Jul 6-10
127548 M,W,F 1:30-3:30pm	Jul 13-17
127549 M,W,F 1:30-3:30pm	Jul 20-24
127550 M,W,F 1:30-3:30pm	Jul 27-31
127551 M,W,F 1:30-3:30pm	Aug 10-14
127552 M,W,F 1:30-3:30pm	Aug 17-21
127553 M,W,F 1:30-3:30pm	Aug 24-28

FEE: \$61.80

127554 W,F 1:30-3:30pm	Aug 5-7
-------------------------------	----------------

FEE: \$41.20



School Age

JUNIOR EXPLORERS CAMP PCCC

Enjoy making new friends while we move, create and connect. Camp includes active games, crafts, and walks exploring the trails. A field trip and a swimming or spray park day are included each week.

Age: 5½-8

PCCC Arena Meeting Room

127511 M-F 9-3:30pm	Jul 6-10
127512 M-F 9-3:30pm	Jul 13-17
127540 M-F 9-3:30pm	Jul 20-24
127541 M-F 9-3:30pm	Jul 27-31
127543 M-F 9-3:30pm	Aug 10-14
127544 M-F 9-3:30pm	Aug 17-21
127545 M-F 9-3:30pm	Aug 24-28

FEE: **\$225.00**

127542 T-F 9-3:30pm	Aug 4-7
127546 M-Th 9-3:30pm	Aug 31-Sep 3

FEE: **\$180.00**

JUNIOR EXPLORERS CAMP HC

Enjoy making new friends while we move, create and connect. Camp includes active games, crafts, and walks exploring the trails. A field trip and a swimming or spray park day are included each week.

Age: 5½-7

HC Prog Rm 2

127439 M-F 9-3:30pm	Jul 6-10
127440 M-F 9-3:30pm	Jul 13-17
127441 M-F 9-3:30pm	Jul 20-24
127442 M-F 9-3:30pm	Jul 27-31
127444 M-F 9-3:30pm	Aug 10-14
127445 M-F 9-3:30pm	Aug 17-21
127446 M-F 9-3:30pm	Aug 24-28

FEE: **\$225.00**

127443 T-F 9-3:30pm	Aug 4-7
127447 M-Th 9-3:30pm	Aug 31-Sep 3

FEE: **\$180.00**

EXPLORERS CAMP

Enjoy making new friends while we move, create and connect. Camp includes active games, crafts, and walks exploring the trails. A field trip and swimming days are included each week. Age: 8-10

HC Community Room 2

127448 M-F 9-3:30pm	Jul 6-10
127450 M-F 9-3:30pm	Jul 13-17
127451 M-F 9-3:30pm	Jul 20-24
127452 M-F 9-3:30pm	Jul 27-31
127454 M-F 9-3:30pm	Aug 10-14
127455 M-F 9-3:30pm	Aug 17-21
127456 M-F 9-3:30pm	Aug 24-28

FEE: **\$225.00**

127453 T-F 9-3:30pm	Aug 4-7
127457 M-Th 9-3:30pm	Aug 31-Sep 3

FEE: **\$180.00**

Use these 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 Active Net 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.

Spring programs will be available to view online starting May 5, 2026.



Double-check that all required information is accurate and current. This helps us provide the best care for your child!



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.



Camps

1 DAY ADVENTURE CAMP

Join us for a fun, active, and exciting 1 Day Adventure camp! Admissions and chartered bus included.

PCCC Playroom 3 Age: 5½–10

127458 Th	8:45–3:30pm	Jul 9
127459 Th	8:45–3:30pm	Jul 16
127460 Th	8:45–3:30pm	Jul 23
127462 Th	8:45–3:30pm	Aug 6
127463 Th	8:45–3:30pm	Aug 13
127464 Th	8:45–3:30pm	Aug 20

PCCC Playroom 3 Age: 7–10

127461 Th	8:45–3:30pm	Jul 30
127465 Th	8:45–3:30pm	Aug 27

FEE: \$65.00

LITTLE SPROCKETS SECOND GEAR CAMP

Join us for a week of fun! Independent cyclists will improve their riding and safety skills inside the community arena, then progress to ride the local pathways and trails around Gates Park. Campers learn to improve their steering, braking, and have fun maneuvering through obstacle courses, over small ramps and teeter totters. Campers also learn crosswalk knowledge, trail etiquette, road safety, and hand signals.

Prerequisite: Completion of Port Coquitlam First Gear or ability to ride independently and start from a stationary position on their own.

Equipment: Success happens when bikes are the right size. Riders must be able to sit on their bike with their toes touching the ground to successfully ride. Bikes need to be mechanically sound: inflated tires, secure chain, working breaks and gears if applicable.

What to Bring: Your own bike (no training wheels) and helmet. Small knapsack with water bottle and large NUT FREE snack. Runners and dress for the weather.

Age: 4–8

PCCC Arena 2 (Green)

127897 M–F	10:30am–12:30pm	Jul 6–10
127898 M–F	10:30am–12:30pm	Jul 13–17
127899 M–F	10:30am–12:30pm	Jul 20–24
127900 M–F	10:30am–12:30pm	Jul 27–31

FEE: \$100.00

Biking

LITTLE SPROCKETS FIRST GEAR CAMP

Looking to remove your child’s training wheels so they can independently ride a two wheeler on their own? First Gear parent participation program helps children gain confidence; throughout the one hour program parents offer encouragement and hands on support to new riders as they transition from two training wheels, to one and then none! Focus is on having fun while maneuvering through interactive circuits and learning about bike and street safety.

Equipment: Success happens when bikes are the right size. Riders supply their own helmet and bike with training wheels on, and must be able to sit on their bike with their toes touching the ground to successfully learn to ride independently. **Age: 4–8**

PCCC Arena 2 (Green)

127894 M–F	9:15–10:15am	Jul 6–10
127895 M–F	9:15–10:15am	Jul 13–17
127896 M–F	9:15–10:15am	Jul 20–24

FEE: \$80.00





TRAIL BLAZERS BIKE CAMP

A fun-filled week riding the local trails around Gates Park, playing outdoor games, doing crafts and playing at the Community Centre outdoor playground, spray park and Pool. **Starting July 27, campers will attend our Friday Toonie Skate.** Confident riders will strengthen existing bike skills, steer and brake over different surfaces and have fun maneuvering through obstacle courses, over ramps and teeter totters. Bike, trail, road and crosswalk safety prepare riders for a week of safe riding.

Prerequisite: Completion of Little Sprockets 2nd Gear or ability to ride a familiar bike independently and longer distances.

Equipment: Participants supply their own bike and helmet and are familiar with riding the bike. Success happens when bikes are the right size, well maintained and mechanically sound: inflated tires, working breaks and gears (if applicable) and a secure chain. Ability to sit on the bike with toes touching the ground is required.

What to Bring: Your own bike and helmet, refillable water bottle, small knapsack with NUT FREE lunch and large snack. Swimsuit and towel each day. Wear runners and dress for the weather. Sunscreen and hat. Bring pants and jacket/sweatshirt for Friday Toonie Skate, shorts not safe or permitted. Program fee includes skates and helmets. **Age: 7-10**

Gates Pk Parking Lot

127952 M-F 9-3pm	Jul 6-10
127953 M-F 9-3pm	Jul 13-17
127954 M-F 9-3pm	Jul 20-24

FEE: \$215.00

127955 M-F 9-3pm	Jul 27-31
127957 M-F 9-3pm	Aug 10-14
127958 M-F 9-3pm	Aug 17-21
128210 M-F 9-3pm	Aug 24-28

FEE: \$220.00

127956 T-F 9-3pm	Aug 4-7
------------------	---------

FEE: \$180.00



Skating

SKATE AND FUN CAMP

Summertime fun on the ice! Gain confidence and experience a variety of fun physical activities on and off the ice. New and experienced skaters learn and strengthen FUNDamental skating skills, play ice sports, enjoy outdoor activities and time at the Community Centre spray park.

Equipment: Program fee includes skates and helmets.

What to Bring: Small NUT FREE snack and water bottle. Gloves, sweatshirt or jacket and waterproof pants for ice. Swimsuit, towel and spray sunscreen. Runners and socks. **Age: 6-10**

PCCC Arena Lobby

127961 M-F 1-4:30pm	Jul 27-31
127964 M-F 1-4:30pm	Aug 10-14
127977 M-F 1-4:30pm	Aug 17-21
128211 M-F 1-4:30pm	Aug 24-28

FEE: \$140.00

127963 T-F 1-4:30pm	Aug 4-7
---------------------	---------

FEE: \$115.00

SKATE, BIKE, SWIM CAMP

Be active and have fun skating, biking and swimming all week long! New and experienced skaters learn FUNDamental skate skills, play ice sports, enjoy local trail rides, and daily swims at Centennial Pool.

Destinations: Experienced riders who are able to ride continuously and pedal up hill, over branches and bumpy terrain will enjoy a different trail each day and a swim at Centennial pool. Day starts at the Port Coquitlam Community Centre and ends at Aggie Park/Centennial Pool. Daily rides can include: Gates Park, David Ave, Ozada Park, Wellington Park, and Hyde Creek.

Prerequisite: Ability to ride independently, up hills, over bumpy terrain and longer distances.

Equipment: Participants supply their own bike and helmet, and are familiar with riding the bike. Bikes with gears recommended and 24" to 26" wheels. Success happens when bikes are the right size, well maintained and mechanically sound with fully inflated tires, and working brakes, gears and chain. Ability to sit on the bike with toes touching the ground. Program fee includes skates and helmet.

What to Bring: Your own bike and helmet. Knapsack that riders can wear and bike containing: water bottle, NUT FREE lunch, two LARGE snacks, spray sunscreen, swimsuit and towel, runners and dress for the weather, pants and jacket/sweatshirt for skating, shorts not safe or permitted. **Age: 9-12**

PCCC Arena Lobby

128161 T-F 8:30am-3pm	Aug 4-7
-----------------------	---------

FEE: \$185.00

128160 M-F 8:30am-3pm	Jul 27-31
128162 M-F 8:30am-3pm	Aug 10-14
128163 M-F 8:30am-3pm	Aug 17-21
128164 M-F 8:30am-3pm	Aug 24-28

FEE: \$230.00



Camps

Arts & Culture

TRY-IT ART CAMP

Curious about our art camps? This 2-hour, half-day camp gives campers a fun and engaging introduction to the kinds of projects, materials, and techniques they will explore in our full-day, week-long camps. Campers will also play outdoors. Whether your child is new to art camp or just wants a preview before committing to a full week, this program is a great way to explore, create and connect! Age: 5½-7

Outlet Workroom

127466	Th	9:30-11:30am	Jul 2
127467	Th	1-3pm	Jul 2
127468	F	9:30-11:30am	Jul 3
127469	F	1-3pm	Jul 3

FEE: **\$35.00**

ART CAMP – LITTLE CREATORS

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 daily walks and play at local parks. Age: 5½-7

Outlet Workroom

127335	M-F	8:30am-3pm	Jul 6-10
127341	M-F	8:30am-3pm	Jul 20-24
127344	M-F	8:30am-3pm	Jul 27-31
127347	M-F	8:30am-3pm	Aug 10-14
127348	M-F	8:30am-3pm	Aug 17-21
127349	M-F	8:30am-3pm	Aug 24-28

FEE: **\$230.00**

127345	T-F	8:30am-3pm	Aug 4-7
127346	M-Th	8:30am-3pm	Aug 31-Sep 3

FEE: **\$184.00**

ART CAMP – COOL MAKERS

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 daily walks, play at local parks, and swimming at the Port Coquitlam Community Centre leisure pool (Wednesday & Friday). Age: 8-12

127363	M-F	9am-3:30pm	Jul 6-10
127392	M-F	9am-3:30pm	Jul 13-17
127366	M-F	9am-3:30pm	Jul 20-24
127378	M-F	9am-3:30pm	Aug 10-14
127401	M-F	9am-3:30pm	Aug 17-21

FEE: **\$230.00**

127373	T-F	9am-3:30pm	Aug 4-7
127402	M-Th	9am-3:30pm	Aug 31-Sep 3

FEE: **\$184.00**





**SING,
DANCE AND
ACT!**

MUSICAL THEATRE CAMP – CHARLOTTE’S WEB

NEW!

Sing, dance and act in a mini-musical performance of Charlotte’s Web. Campers will spend the week learning how to shine on stage through a combination of acting games, exercises, and rehearsals of their mini-musical, which will be presented to friends and families on the last day. Camp includes daily walks and play at local parks. Presented in partnership with Theatrix Youtheatre. **Age: 5½–7**

Outlet Work Room

127423 M–F 9am–3:30pm

Jul 13–17

FEE:

\$230.00

MUSICAL THEATRE CAMP – TANGLED

Sing, dance and act in a mini-musical performance of Tangled. Campers will spend the week learning how to shine on stage through a combination of acting games, exercises, and rehearsals of their mini-musical, which will be presented to friends and families on the last day. Camp includes daily walks, play at local Parks, and swimming at the Port Coquitlam Community Centre leisure pool (Wednesday). Presented in partnership with Theatrix Youtheatre. **Age: 8–12**

JB Young Room

127411 M–F 9–3:30pm

Jul 27–31

FEE:

\$230.00

MUSICAL THEATRE CAMP – SHREK

Sing, dance and act in a mini-musical performance of Shrek. Campers will spend the week learning how to shine on stage through a combination of acting games, exercises, and rehearsals of their mini-musical, which will be presented to friends and families on the last day. Camp includes daily walks, play at local parks, and swimming at the Port Coquitlam Community Centre leisure pool (Wednesday). Presented in partnership with Theatrix Youtheatre. **Age: 8–12**

JB Young Room

127418 M–F 9–3:30pm

Aug 24–28

FEE:

\$230.00



Camps

Sports

1 DAY | SPORTS SKILLS CAMP

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! Age: 7-10

HC Gym

127650 M	8:30am-3pm	Jul 6
127651 T	8:30am-3pm	Jul 7
127652 W	8:30am-3pm	Jul 8
127653 Th	8:30am-3pm	Jul 9
127654 F	8:30am-3pm	Jul 10
127710 T	8:30am-3pm	Aug 4
127711 W	8:30am-3pm	Aug 5
127712 Th	8:30am-3pm	Aug 6
127713 F	8:30am-3pm	Aug 7

PCCC Gymnasium

127736 M	8:30am-3pm	Aug 31
127738 W	8:30am-3pm	Sep 2
127739 Th	8:30am-3pm	Sep 3

FEE: \$45.00

127737 T 8:30am-3pm Sep 1

FEE: \$50.00

BADMINTON & PICKLEBALL CAMP

Join us for this exciting sport camp that introduces and develops the fundamental skills of both badminton and pickleball at Port Coquitlam Community Centre! Don't forget to bring a water bottle and a small snack. Age: 10-13

PCCC Gymnasium

127704 W,F 9-12pm Aug 5-7

FEE: \$66.00



BASKETBALL FUNDAMENTALS CAMP

Our experienced instructors introduce individual and team-oriented basketball fundamental skills including shooting, passing, dribbling, offensive and defensive concepts and physical conditioning all while maintaining the fun of the game! In addition, campers will go swimming and enjoy a bowling session Age: 7-10

PCCC Gymnasium

127686 M-F	8:30am-3pm	Jul 13-17
127694 M-F	8:30am-3pm	Jul 27-31
127717 M-F	8:30am-3pm	Aug 10-14
127734 M-F	8:30am-3pm	Aug 24-28

FEE: \$212.00

BASKETBALL SKILLS CAMP

Join us for our half-day basketball camp! Our experienced instructors help campers learn and improve their basketball skills through focused drills and applying them during gameplay. Age: 10-13

PCCC Gymnasium

127687 M-F	12:30-3:30pm	Jul 13-17
127695 M-F	12:30-3:30pm	Jul 27-31
127718 M-F	12:30-3:30pm	Aug 10-14
127735 M-F	12:30-3:30pm	Aug 24-28

FEE: \$135.00

SPORTS SKILLS CAMP

Join us for this 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

127688 M-F	8:30am-3pm	Jul 20-24
127730 M-F	8:30am-3pm	Aug 17-21

FEE: \$212.00

VOLLEYBALL CAMP

Join us for Volleyball Camp! Designed for players who have pre-existing fundamental skills in passing, setting, and serving. This camp focuses on refining and improving those techniques. Our experienced instructors will help athletes enhance their skills through targeted drills, game strategies, and physical conditioning, all while maintaining the fun and excitement of the game! Age: 11-14

PCCC Gymnasium

127689 M-F	12:30-3:30pm	Jul 20-24
127731 M-F	12:30-3:30pm	Aug 17-21

FEE: \$135.00



Youth

YOUTH ONE DAY ADVENTURES

Come along on this one-day adventure! Cost includes a chartered bus, and out trip admission. Please wear active clothing, bring a lunch, 2 snacks, sunscreen and a water bottle. All camps are nut-free. Age: 11-14

HC Sports Hall

ACTIVATE

127675 W 9am-3:30pm Jul 8

WILDPLAY

127677 W 9am-3:30pm Jul 15

PLANET LAZER

127680 W 9am-3:30pm Jul 29

STELLAR PLAY – FOREST LASER TAG & BATTLE ARCHERY

127685 W 9am-3:30pm Aug 5

WILDPLAY

127682 W 9am-3:30pm Aug 12

MOMENTUM MOVEMENT ACADEMY

127681 W 9am-3:30pm Sep 2

FEE: \$75.00

CULTUS LAKE WATERSLIDES

127679 W 8:45am-3:30pm Jul 22

CASTLE FUN PARK

127683 W 9am-3:30pm Aug 19

BIG SPLASH WATERSLIDES

127684 Th 8:45am-3:30pm Aug 27

FEE: \$85.00



YOUTH ADVENTURES SUMMER CAMP

Youth will participate in different adventures and activities throughout the week, broadening their knowledge, skills, and adventure! Camp will swim 1-2 times during this week. The camp will also be embarking on an out-trip!

What to bring: Your own backpack, lunch, 2 snacks, water bottle. Swimsuit and towel on swimming days. All camps are nut free. Age: 11-14

HC Youth Centre

ACTIVATE

126186 M-F 9am-3:30pm Jul 6-10

WILDPLAY

127655 M-F 9am-3:30pm Jul 13-17

PLANET LAZER

127657 M-F 9am-3:30pm Jul 27-31

WILDPLAY

127662 M-F 9am-3:30pm Aug 10-14

FEE: \$230.00

STELLAR PLAY – FOREST LASER TAG & BATTLE ARCHERY

127665 T-F 9am-3:30pm Aug 4-7

MOMENTUM MOVEMENT ACADEMY

127658 M-Th 9am-3:30pm Aug 31-Sep 3

FEE: \$205.00

CULTUS LAKE WATERSLIDES

127656 M-F 8:45am-3:30pm Jul 20-24

CASTLE FUN PARK

127663 M-F 9am-3:30pm Aug 17-21

BIG SPLASH WATERSLIDES

127664 M-F 8:45am-3:30pm Aug 24-28

FEE: \$245.00





Arena

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

GET YOUR SKATES ON!
Register now.



PUBLIC SKATES

Drop in to attend a summer **Public Skate** or **Ring, Stick and Puck** from **July 27 to September 4** on Arena 3.

Preregistration opens two days in advance at 8 am for Port Coquitlam residents or 10 am for the general public.

Program descriptions, times, admission and equipment rental fees available at portcoquitlam.ca/publicskate

Skating | Private

PRIVATE SKATE LESSON CAMP

Private (one on one) skate camp offers 5 days of consecutive 30-minute learning, to support skaters ages 3 and up looking to learn or strengthen basic skating skills on a small portion of the ice. Semi-private lessons are not available in the summer. Multiple private lesson registration not permitted in order to provide more opportunities for other skaters. Lesson fee includes skates and helmet. Age: 3+

PCCC Arena 3 (Purple)

128165	M-F	1:45-2:15pm	Jul 27-31
128166	M-F	1:45-2:15pm	Jul 27-31
128167	M-F	1:45-2:15pm	Jul 27-31
128168	M-F	2:15-2:45pm	Jul 27-31
128169	M-F	2:15-2:45pm	Jul 27-31
128170	M-F	2:15-2:45pm	Jul 27-31
128171	M-F	2:45-3:15pm	Jul 27-31
128172	M-F	2:45-3:15pm	Jul 27-31
128173	M-F	2:45-3:15pm	Jul 27-31

FEE: \$130.00

128174	T-F	1:45-2:15pm	Aug 4-7
128175	T-F	1:45-2:15pm	Aug 4-7
128176	T-F	1:45-2:15pm	Aug 4-7
128177	T-F	2:15-2:45pm	Aug 4-7
128178	T-F	2:15-2:45pm	Aug 4-7
128179	T-F	2:15-2:45pm	Aug 4-7
128180	T-F	2:45-3:15pm	Aug 4-7
128181	T-F	2:45-3:15pm	Aug 4-7
128182	T-F	2:45-3:15pm	Aug 4-7

FEE: \$120.00

128183	M-F	1:45-2:15pm	Aug 10-14
128184	M-F	1:45-2:15pm	Aug 10-14
128185	M-F	1:45-2:15pm	Aug 10-14
128186	M-F	2:15-2:45pm	Aug 10-14
128187	M-F	2:15-2:45pm	Aug 10-14
128188	M-F	2:15-2:45pm	Aug 10-14
128189	M-F	2:45-3:15pm	Aug 10-14
128190	M-F	2:45-3:15pm	Aug 10-14
128191	M-F	2:45-3:15pm	Aug 10-14

FEE: \$130.00



SKATE, BIKE, SWIM CAMP

Be active and have fun skating, biking and swimming all week long! New and experienced skaters learn FUNdamental skate skills, play ice sports, enjoy local trail rides, and daily swims at Centennial Pool.

Destinations: Experienced riders who are able to ride continuously and pedal up hills, over branches and bumpy terrain will enjoy a different trail each day and a swim at Centennial pool. Day starts at the Port Coquitlam Community Centre and ends at Aggie Park/Centennial Pool. Daily rides can include: Gates Park, David Ave, Ozada Park, Wellington Park, and Hyde Creek.

Prerequisite: Ability to ride independently, up hills, over bumpy terrain and longer distances.

Equipment: Participants supply their own bike and helmet, and are familiar with riding the bike. Bikes with gears recommended and 24" to 26" wheels. Success happens when bikes are the right size, well maintained and mechanically sound with fully inflated tires, and working brakes, gears and chains. Ability to sit on the bike with toes touching the ground is required. Program fee includes skates and helmet.

What to bring: Your own bike and helmet, knapsack that riders can wear and bike containing: water bottle, NUT FREE lunch, two LARGE snacks, spray sunscreen, swimsuit and towel, runners and dress for the weather. Pants and jacket/sweatshirt for skating, shorts not safe or permitted. Age: 9-12

PCCC Arena Lobby

128160 M-F	8:30am-3pm	Jul 27-31
128162 M-F	8:30am-3pm	Aug 10-14
128163 M-F	8:30am-3pm	Aug 17-21
128164 M-F	8:30am-3pm	Aug 24-28

FEE: **\$230.00**

128161 T-F 8:30am-3pm Aug 4-7

FEE: **\$185.00**

Skating | Fun Camps

SKATE AND FUN CAMP

Summertime fun on the ice! Gain confidence and experience a variety of fun physical activities on and off the ice. New and experienced skaters learn and strengthen FUNdamental skating skills, play ice sports, enjoy outdoor activities and time at the Community Centre spray park.

Equipment: Program fee includes skates and helmets.

What to bring: Small NUT FREE snack and water bottle, gloves, sweatshirt or jacket and waterproof pants for ice. Swimsuit, towel and spray sunscreen. Runners and socks. Age: 6-10

PCCC Arena Lobby

127961 M-F	1-4:30pm	Jul 27-31
127964 M-F	1-4:30pm	Aug 10-14
127977 M-F	1-4:30pm	Aug 17-21
128211 M-F	1-4:30pm	Aug 24-28

FEE: **\$140.00**

127963 T-F 1-4:30pm Aug 4-7

FEE: **\$115.00**

128192 M-F	1:45-2:15pm	Aug 17-21
128193 M-F	1:45-2:15pm	Aug 17-21
128194 M-F	1:45-2:15pm	Aug 17-21
128195 M-F	2:15-2:45pm	Aug 17-21
128196 M-F	2:15-2:45pm	Aug 17-21
128197 M-F	2:15-2:45pm	Aug 17-21
128198 M-F	2:45-3:15pm	Aug 17-21
128199 M-F	2:45-3:15pm	Aug 17-21
128200 M-F	2:45-3:15pm	Aug 17-21

FEE: **\$130.00**

128201 M-F	1:45-2:15pm	Aug 24-28
128202 M-F	1:45-2:15pm	Aug 24-28
128203 M-F	1:45-2:15pm	Aug 24-28
128204 M-F	2:15-2:45pm	Aug 24-28
128205 M-F	2:15-2:45pm	Aug 24-28
128206 M-F	2:15-2:45pm	Aug 24-28
128207 M-F	2:45-3:15pm	Aug 24-28
128208 M-F	2:45-3:15pm	Aug 24-28
128209 M-F	2:45-3:15pm	Aug 24-28

FEE: **\$130.00**

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.



Biking

Biking | Bike Camps

LITTLE SPROCKETS – FIRST GEAR CAMP

Looking to remove your child’s training wheels so they can independently ride a two-wheeler on their own? First Gear parent participation program helps children gain confidence; parents offer encouragement and hands on support to new riders as they transition from two training wheels, to one and then none! Focus is on having fun while maneuvering through interactive circuits and learning about bike and street safety.

Equipment: Success happens when bikes are the right size. Riders supply their own helmet and bike with training wheels on, and must be able to sit on their bike with their toes touching the ground to successfully learn to ride independently.

Age: 4–8

PCCC Arena 2 (Green)

127894 M-F 9:15–10:15am	Jul 6–10
127895 M-F 9:15–10:15am	Jul 13–17
127896 M-F 9:15–10:15am	Jul 20–24

FEE: **\$80.00**

LITTLE SPROCKETS – SECOND GEAR CAMP

Join us for a week of fun! Independent cyclists will improve their riding and safety skills inside the community arena, then progress to ride the local pathways and trails around Gates Park. Campers learn to improve their steering, braking, and have fun maneuvering through obstacle courses, over small ramps and teeter totters. Campers also learn crosswalk knowledge, trail etiquette, road safety, and hand signals.

Prerequisite: Completion of Port Coquitlam First Gear or ability to ride independently and start from a stationary position on their own.

Equipment: Success happens when bikes are the right size Riders must be able to sit on their bike with their toes touching the ground to successfully ride. Bikes need to be mechanically sound: inflated tires, secure chain, working breaks and gears if applicable.

What to Bring: Your own bike (no training wheels) and helmet, small knapsack with water bottle and large NUT FREE snack. Wear runners and dress for the weather. **Age:** 4–8

PCCC Arena 2 (Green)

127897 M-F 10:30am–12:30pm	Jul 6–10
127898 M-F 10:30am–12:30pm	Jul 13–17
127899 M-F 10:30am–12:30pm	Jul 20–24
127900 M-F 10:30am–12:30pm	Jul 27–31

FEE: **\$100.00**

TRAIL BLAZERS BIKE CAMP

A fun-filled week riding the local trails around Gates Park, playing outdoor games, doing crafts and playing at the Community Centre outdoor playground, spray park, pool and attending our Friday Toonie Skate! Confident riders will strengthen existing bike skills, steer and brake over different surfaces and have fun maneuvering through obstacle courses, over ramps and teeter totters. Bike, trail, road and crosswalk safety prepare riders for a week of safe riding.

Prerequisite: Completion of Little Sprockets 2nd Gear or ability to ride a familiar bike independently and longer distances.

Equipment: Participants supply their own bike and helmet and are familiar with riding the bike. Success happens when bikes are the right size, well maintained and mechanically sound: inflated tires, working breaks and gears (if applicable) and a secure chain. Ability to sit on the bike with toes touching the ground is required.

What to Bring: Your own bike and helmet, refillable water bottle, small knapsack with NUT FREE lunch and large snack. Swimsuit and towel each day. Wear runners and dress for the weather. Sunscreen and hat. Bring pants and jacket/sweatshirt for Friday Toonie Skate, shorts not safe or permitted. Program fee includes skates and helmets. **Age:** 7–10

Gates Park Parking Lot

127952 M-F 9am–3pm	Jul 6–10
127953 M-F 9am–3pm	Jul 13–17
127954 M-F 9am–3pm	Jul 20–24
127955 M-F 9am–3pm	Jul 27–31
127957 M-F 9am–3pm	Aug 10–14
127958 M-F 9am–3pm	Aug 17–21
128210 M-F 9am–3pm	Aug 24–28

FEE: **\$220.00**

127956 T-F 9am–3pm **Aug 4–7**

FEE: **\$180.00**





Together Building BC's Best Sports Community

2026 POCO SPORTS FESTIVAL

JULY 10-12, 2026

Try new sports & gain new physical literacy skills
all ages welcome at Gates Park & PC Community Centre



WWW.POCOSPORT.COM/SPORTSFESTIVAL



Aquatics

Click here or scan the QR code for quick access to Aquatic Activities.

Changes to Aquatic lesson registration

These improvements include:

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

Registration for aquatic lesson programs will go as follows:

- Port Coquitlam residents will have access at 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
Jun 29 (Mon/Wed)(Mon-Fri)	May 30	Jun 2
Jun 30 (Tue/Thu)	May 31	Jun 3
Jul 4 (Sat/Sun)	Jun 4	Jun 7
Jul 13 (Mon-Fri)	Jun 13	Jun 16
Jul 27 (Mon/Wed)(Mon-Fri)	Jun 27	Jun 30
Jul 28 (Tue/Thu)	Jun 28	Jul 1
Aug 8 (Sat/Sun)	Jul 9	Jul 12
Aug 10 (Mon-Fri)	Jul 11	Jul 14
Aug 24 (Mon-Fri)	Jul 25	Jul 28



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
126016 S,Sa 9:30-10am Jul 4-26

PCCC Leisure Pool
126053 T,Th 10:10-10:40am Jun 30-23
126127 S,Sa 9:05-9:35am Aug 8-30

FEE: \$62.00

PCCC Leisure Pool
126141 T,Th 10:45-11:15am Jul 28-Sep 3

FEE: \$93.00

PARENT & TOT 2 (GOLDFISH)

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

HC Leisure Pool
126033 M,W 9:35-10:05am Jun 29-Jul 22

FEE: \$54.25

HC Leisure Pool
126022 S,Sa 11:25-11:55am Jul 4-26
126069 S,Sa 11:25-11:55am Aug 8-30

PCCC Leisure Pool
126051 T,Th 9-9:30am Jun 30-Jul 23

FEE: \$62.00

PARENT & TOT 3 (SEAHORSE)

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

HC Leisure Pool
126070 S,Sa 9:30-10am Aug 8-30

PCCC Leisure Pool
126052 T,Th 9:35-10:05am Jun 30-Jul 23
126009 S,Sa 9:05-9:35am Jul 4-26

FEE: \$62.00

PCCC Leisure Pool
126139 T,Th 9:35-10:05am Jul 28-Sep 3

FEE: \$93.00

Aquatic Drop ins

Registered drop-in programs include:

- Aquatic Fitness



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



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

126034 M,W 9-9:30am Jun 29-Jul 22
126035 M,W 5-5:30pm Jun 29-Jul 22

PCCC Leisure Pool

126019 M,W 5:10-5:40pm Jun 29-Jul 22

FEE: \$54.25

HC Leisure Pool

126018 S,Sa 10:50-11:20am Jul 4-26
126071 S,Sa 10-10:30am Aug 8-30

PCCC Leisure Pool

126054 T,Th 10:45-11:15am Jun 30-23
126057 T,Th 4:35-5:05pm Jun 30-23
126012 S,Sa 9:40-10:10am Jul 4-26
126130 S,Sa 9:40-10:10am Aug 8-30

FEE: \$62.00

Robert Hope Pk Outdoor Pool

126151 M-F 10-10:30am Jun 29-10
126451 M-F 10:35-11:05am Jul 27-Aug 7

FEE: \$69.75

HC Leisure Pool

126081 M,W 10:10-10:40am Jul 27-Aug 31
126082 M,W 5:35-6:05pm Jul 27-Aug 31

Robert Hope Pk Outdoor Pool

126447 M-F 11:10-11:40am Jul 13-24
126505 M-F 10-10:30am Aug 10-21
126514 M-F 10:35-11:05am Aug 24-Sep 4

FEE: \$77.50

PCCC Leisure Pool

126131 M,W 4-4:30pm Jul 27-Sep 2

FEE: \$85.25

PCCC Leisure Pool

126138 T,Th 9-9:30am Jul 28-Sep 3
126144 T,Th 4:35-5:05pm Jul 28-Sep 3
126148 T,Th 5:45-6:15pm Jul 28-Sep 3

FEE: \$93.00

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

126036 M,W 5:35-6:05pm Jun 29-Jul 22

PCCC Leisure Pool

126015 M,W 4:35-5:05pm Jun 29-Jul 22

FEE: \$54.25

HC Leisure Pool

126020 S,Sa 10-10:30am Jul 4-26
126072 S,Sa 10:50-11:20am Aug 8-30

PCCC Leisure Pool

126056 T,Th 4-4:30pm Jun 30-Jul 23
126969 S,Sa 8:30-9am Aug 8-30

FEE: \$62.00

Robert Hope Pk Outdoor Pool

126154 M-F 11:10-11:40am Jun 29-Jul 10
126452 M-F 11:10-11:40am Jul 27-Aug 7

FEE: \$69.75

HC Leisure Pool

126083 M,W 9-9:30am Jul 27-Aug 31
126084 M,W 5:35-6:05pm Jul 27-Aug 31

Robert Hope Pk Outdoor Pool

126445 M-F 10:35-11:05am Jul 13-24
126507 M-F 10:35-11:05am Aug 10-21
126515 M-F 11:10-11:40am Aug 24-Sep 4

FEE: \$77.50

PCCC Leisure Pool

126136 M,W 5:10-5:40pm Jul 27-Sep 2

FEE: \$85.25

PCCC Leisure Pool

126140 T,Th 10:10-10:40am Jul 28-Sep 3
126143 T,Th 4-4:30pm Jul 28-Sep 3

FEE: \$93.00





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

126037 M,W 10:10-10:40am Jun 29-Jul 22
126038 M,W 5:35-6:05pm Jun 29-Jul 22

PCCC Leisure Pool

126014 M,W 4-4:30pm Jun 29-Jul 22

FEE: \$54.25

HC Leisure Pool

126024 S,Sa 11:25-11:55am Jul 4-26
126970 S,Sa 11:25-11:55am Aug 8-30

PCCC Leisure Pool

126060 T,Th 5:10-5:40pm Jun 30-Jul 23
126007 S,Sa 8:30-9am Jul 4-26
126128 S,Sa 9:05-9:35am Aug 8-30

FEE: \$62.00

Robert Hope Pk Outdoor Pool

126153 M-F 10:35-11:05am Jun 29-Jul 10
126449 M-F 10-10:30am Jul 27-Aug 7

FEE: \$69.75

HC Leisure Pool

126085 M,W 9:35-10:05am Jul 27-Aug 31
126086 M,W 5-5:30pm Jul 27-Aug 31

Robert Hope Pk Outdoor Pool

126446 M-F 11:10-11:40am Jul 13-24
126512 M-F 10-10:30am Aug 24-Sep 4

FEE: \$77.50

PCCC Leisure Pool

126134 M,W 4:35-5:05pm Jul 27-Sep 2

FEE: \$85.25

PCCC Leisure Pool

126147 T,Th 5:10-5:40pm Jul 28-Sep 3

FEE: \$93.00



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

126011 S,Sa 9:40-10:10am Jul 4-26

FEE: \$62.00

Robert Hope Pk Outdoor Pool

126155 M-F 11:10-11:40am Jun 29-Jul 10

FEE: \$69.75

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**

PCCC Leisure Pool

126066 T,Th 5:45-6:15pm Jun 30-Jul 23

FEE: \$77.50

Robert Hope Pk Outdoor Pool

126508 M-F 11:10-11:40am Aug 10-21

FEE: \$77.50

PRESCHOOL 5 (NARWHAL)

Prerequisite: Successful completion of Preschool 4 (Sea Lion).

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

PCCC Leisure Pool

126017 M,W 4:35-5:05pm Jun 29-Jul 22

FEE: \$54.25

Robert Hope Pk Outdoor Pool

126444 M-F 10-10:30am Jul 13-24

FEE: \$77.50

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**

PCCC Leisure Pool

126123 T,Th 5:45-6:15pm Jun 30-Jul 23

Robert Hope Pk Outdoor Pool

126509 M-F 11:10-11:40am Aug 10-21

FEE: \$77.50



Swimmer

SWIMMER 1

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

HC Lap Pool

126039 M,W 5-5:30pm Jun 29-Jul 22

PCCC Leisure Pool

126021 M,W 5:10-5:40pm Jun 29-Jul 22

FEE: \$45.50

HC Lap Pool

126050 T,Th 5-5:30pm Jun 30-Jul 23

126025 S,Sa 10:35-11:05am Jul 4-26

126073 S,Sa 10-10:30am Aug 8-30

PCCC Leisure Pool

126058 T,Th 4:35-5:05pm Jun 30-Jul 23

126059 T,Th 5:10-5:40pm Jun 30-Jul 23

126010 S,Sa 9:05-9:35am Jul 4-26

126126 S,Sa 8:30-9am Aug 8-30

FEE: \$52.00

Robert Hope Pk Outdoor Pool

126152 M-F 10:35-11:05am Jun 29-Jul 10

126448 M-F 10-10:30am Jul 27-Aug 7

126453 M-F 11:10-11:40am Jul 27-Aug 7

FEE: \$58.50

HC Lap Pool

126087 M,W 5:50-6:20pm Jul 27-Aug 31

126098 T,Th 5:50-6:20pm Jul 28-Aug 27

Robert Hope Pk Outdoor Pool

126443 M-F 10-10:30am Jul 13-24

126504 M-F 10-10:30am Aug 10-21

126511 M-F 10-10:30am Aug 24-Sep 4

126516 M-F 11:10-11:40am Aug 24-Sep 4

FEE: \$65.00

PCCC Leisure Pool

126132 M,W 4-4:30pm Jul 27-Sep 2

126135 M,W 5:10-5:40pm Jul 27-Sep 2

FEE: \$71.50

PCCC Leisure Pool

126142 T,Th 4-4:30pm Jul 28-Sep 3

126149 T,Th 5:45-6:15pm Jul 28-Sep 3

FEE: \$78.00

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

126040 M,W 5:50-6:20pm Jun 29-Jul 22

PCCC Leisure Pool

126013 M,W 4-4:30pm Jun 29-Jul 22

FEE: \$45.50

HC Lap Pool

126061 T,Th 5:35-6:05pm Jun 30-Jul 23

126026 S,Sa 10-10:30am Jul 4-26

126074 S,Sa 10:35-11:05am Aug 8-30

PCCC Leisure Pool

126055 T,Th 4-4:30pm Jun 30-Jul 23

126124 T,Th 5:45-6:15pm Jun 30-Jul 23

126008 S,Sa 8:30-9am Jul 4-26

126129 S,Sa 9:40-10:10am Aug 8-30

FEE: \$52.00

Robert Hope Pk Outdoor Pool

126150 M-F 10-10:30am Jun 29-Jul 10

126450 M-F 10:35-11:05am Jul 27-Aug 7

FEE: \$58.50

HC Lap Pool

126088 M,W 5-5:30pm Jul 27-Aug 31

126099 T,Th 6:25-6:55pm Jul 28-Aug 27

Robert Hope Pk Outdoor Pool

126442 M-F 10:35-11:05am Jul 13-24

126506 M-F 10:35-11:05am Aug 10-21

126510 M-F 11:10-11:40am Aug 10-21

126513 M-F 10:35-11:05am Aug 24-Sep 4

FEE: \$65.00

PCCC Leisure Pool

126133 M,W 4:35-5:05pm Jul 27-Sep 2

FEE: \$71.50

PCCC Leisure Pool

126145 T,Th 4:35-5:05pm Jul 28-Sep 3

126146 T,Th 5:10-5:40pm Jul 28-Sep 3

FEE: \$78.00



HAVE FUN IN THE ROBERT HOPE PK OUTDOOR POOL!

Register now.



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

126041 M,W 5–5:45pm Jun 29–Jul 22
126042 M,W 6:10–6:55pm Jun 29–Jul 22

FEE: \$54.25

HC Lap Pool

126062 T,Th 6:10–6:55pm Jun 30–Jul 23
126027 S,Sa 10:35–11:20am Jul 4–26
126075 S,Sa 10–10:45am Aug 8–30

FEE: \$62.00

HC Lap Pool

126089 M,W 6:10–6:55pm Jul 27–Aug 31
126100 T,Th 5–5:45pm Jul 28–Aug 27

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

126043 M,W 6:05–6:50pm Jun 29–Jul 22

FEE: \$54.25

HC Lap Pool

126063 T,Th 5–5:45pm Jun 30–Jul 23
126028 S,Sa 10:05–10:50am Jul 4–26
126076 S,Sa 10:35–11:20am Aug 8–30

FEE: \$62.00

HC Lap Pool

126090 M,W 5–5:45pm Jul 27–Aug 31
126101 T,Th 5–5:45pm Jul 28–Aug 27

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

126044 M,W 5–5:45pm Jun 29–Jul 22

FEE: \$54.25

HC Lap Pool

126064 T,Th 5–5:45pm Jun 30–Jul 23
126029 S,Sa 10–10:45am Jul 4–26
126077 S,Sa 11:10–11:55am Aug 8–30

FEE: \$62.00

Aggie Pk Centennial Outdoor Pool

126107 M–F 4–4:45pm Jun 29–Jul 10
126115 M–F 4–4:45pm Jul 27–Aug 7

FEE: \$69.75

Aggie Pk Centennial Outdoor Pool

126111 M–F 5:05–5:50pm Jul 13–24
126119 M–F 5:05–5:50pm Aug 10–21
126432 M–F 4–4:45pm Aug 24–Sep 4

HC Lap Pool

126091 M,W 6:05–6:50pm Jul 27–Aug 31
126102 T,Th 5:35–6:20pm Jul 28–Aug 27

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

126045 M,W 6:10–6:55am Jun 29–Jul 22

FEE: \$54.25

HC Lap Pool

126030 S,Sa 11:10–11:55am Jul 4–26
126078 S,Sa 10:05–10:50am Aug 8–30

FEE: \$62.00

Aggie Pk Centennial Outdoor Pool

126108 M–F 5:05–5:50pm Jun 29–Jul 10
126116 M–F 5:05–5:50pm Jul 27–Aug 7

FEE: \$69.75

Aggie Pk Centennial Outdoor Pool

126112 M–F 4–4:45pm Jul 13–24
126120 M–F 4–4:45pm Aug 10–21
126433 M–F 5:05–5:50pm Aug 24–Sep 4

HC Lap Pool

126092 M,W 5–5:45pm Jul 27–Aug 31

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

126046 M,W 5-6pm Jun 29-Jul 22

FEE: \$77.00

Aggie Pk Centennial Outdoor Pool

126109 M-F 4:50-5:50pm Jun 29-Jul 10

126117 M-F 4:50-5:50pm Jul 27-Aug 7

FEE: \$99.00

Aggie Pk Centennial Outdoor Pool

126113 M-F 4-5pm Jul 13-24

126121 M-F 4:50-5:50pm Aug 10-21

126434 M-F 4-5pm Aug 24-Sep 4

HC Lap Pool

126093 M,W 5:50-6:50pm Jul 27-Aug 31

FEE: \$110.00

SWIMMER 8 (RANGER)

Prerequisite: Successful completion of Swimmer 7 (Rookie Patrol).

This is the second level of the Canadian Swim Patrol. Features stroke development and personal fitness, assessment of an unconscious breathing patient requiring EMS, treatment of choking and an introduction to in-water rescue techniques. Age: 8-15

HC Lap Pool

126065 T,Th 5:50-6:50pm Jun 30-Jul 23

FEE: \$88.00

Aggie Pk Centennial Outdoor Pool

126110 M-F 4-5pm Jun 29-Jul 10

126118 M-F 4-5pm Jul 27-Aug 7

FEE: \$99.00

HC Lap Pool

126094 M,W 5-6pm Jul 27-Aug 31

Aggie Pk Centennial Outdoor Pool

126435 M-F 4:50-5:50pm Aug 24-Sep 4

FEE: \$110.00

SWIMMER 9 (STAR)

Prerequisite: Successful completion of Swimmer 8 (Ranger Patrol).

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

HC Lap Pool

126047 M,W 5:50-6:50pm Jun 29-Jul 22

FEE: \$77.00

Aggie Pk Centennial Outdoor Pool

126114 M-F 4:50-5:50pm Jul 13-24

126122 M-F 4-5pm Aug 10-21

FEE: \$110.00

Performance Enhancer

PERFORMANCE ENHANCER (3+ YRS)

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

HC Lap Pool

126048 M,W 10:45-11:15am Jun 29-Jul 22

126049 M,W 6:25-6:55pm Jun 29-Jul 22

FEE: \$210.00

HC Lap Pool

126031 S,Sa 10:55-11:25am Jul 4-26

126032 S,Sa 11:30am-12pm Jul 4-26

126079 S,Sa 10:55-11:25am Aug 8-30

126080 S,Sa 11:30am-12pm Aug 8-30

FEE: \$240.00

HC Lap Pool

126095 M,W 10:45-11:15am Jul 27-Aug 31

126096 M,W 6:10-6:40pm Jul 27-Aug 31

126097 M,W 6:25-6:55pm Jul 27-Aug 31

126105 T,Th 5-5:30pm Jul 28-Aug 27

126106 T,Th 6:25-6:55pm Jul 28-Aug 27

FEE: \$300.00

Aquatic Drop ins
 HYDE CREEK RECREATION CENTRE

 Registered drop-in programs include:

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



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





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+**

PCCC Leisure Pool

126023 M,W 5:45–6:45pm Jun 29–Jul 22

FEE: \$77.00

PCCC Leisure Pool

126137 M,W 5:45–6:45pm Jul 27–Sep 2

FEE: \$121.00

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

126067 T,Th 7–8pm Jun 30–Jul 23

FEE: \$88.00

HC Lap Pool

126103 T,Th 5:50–6:50pm Jul 28–Aug 27

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

126068 T,Th 5:50–6:50pm Jun 30–Jul 23

FEE: \$88.00

HC Lap Pool

126104 T,Th 7–8pm Jul 28–Aug 27

FEE: \$110.00



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

128137 M 7:15–8:15pm Jul 6–20

FEE: \$30.75
FEE FOR 60+: \$27.75

128143 W 5:30–6:30pm Jul 8–29

128140 M 7:15–8:15pm Aug 10–31

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

128141 F 6:30–7:30pm Jul 3–31

128144 W 5:30–6:30pm Aug 5–Sep 2

128142 F 6:30–7:30pm Aug 7–Sep 4

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

PCCC Fitness Studio

127799 S 10:30–11:30am Jul 5–19

127797 T 5:45–6:45pm Jul 7–21

127805 S 6–7pm Aug 9–23

127800 S 10:30–11:30am Aug 16–30

FEE: \$30.75
FEE FOR 60+: \$27.75

127804 S 6–7pm Jul 5–26

127798 T 5:45–6:45pm Aug 11–Sep 1

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

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

127806 M 8–9pm Jul 6–27

127807 M 8–9pm Aug 10–31

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



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**.



Health | Mind & Body

MAT PILATES FOUNDATIONS

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

PCCC Laking Room

128228 Th 11am–12pm Jul 2–30
128229 Th 11am–12pm Aug 6–Sep 3

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

MAT PILATES

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

HC Community Room 3

128146 F 9:30–10:30am Aug 7–28

FEE: \$43.00
FEE FOR 60+: \$39.00

128145 F 9:30–10:30am Jul 3–31

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

PCCC Laking Room

128240 Sa 11am–12pm Jul 11–25

FEE: \$32.25
FEE FOR 60+: \$29.25

128241 Sa 11am–12pm Aug 8–29

FEE: \$43.00
FEE FOR 60+: \$39.00



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

Register now.

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 and strength. Age: 12+

HC Community Room 3

128135 W 6:45–7:45pm Jul 8–29

FEE: \$43.00
FEE FOR 60+: \$39.00

128136 W 6:45–7:45pm Aug 5–Sep 2

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

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 3

128227 Th 5:45–6:45pm Aug 20–Sep 3

FEE: \$32.25
FEE FOR 60+: \$29.25

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**.



Senior | Health & Fitness

CORE CONDITIONING

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

PCCC Mabbett Hall ½ N

128236 T 10:15–11:15am Jul 7–28

FEE: \$28.00

FEE FOR 60+: \$22.00

128238 Th 10:15–11:15am Jul 2–30

128237 T 10:15–11:15am Aug 4–Sep 1

128239 Th 10:15–11:15am Aug 6–Sep 3

FEE: \$35.00

FEE FOR 60+: \$27.50

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

127801 M 10:45–11:45am Jul 6–20

FEE: \$30.75

FEE FOR 60+: \$27.75

128158 F 11:15am–12:15pm Aug 7–28

127802 M 10:45–11:45am Aug 10–31

FEE: \$41.00

FEE FOR 60+: \$37.00

128157 F 11:15am–12:15pm Jul 3–31

FEE: \$51.25

FEE FOR 60+: \$46.25



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

128232 M 12–1pm Jul 6–27

128153 T 10:45am–11:45am Jul 7–28

128233 M 12–1pm Aug 10–31

FEE: \$43.00

FEE FOR 60+: \$39.00

128151 Th 1:30–2:30pm Jul 2–30

128154 T 10:45–11:45am Aug 4–Sep 1

128152 Th 1:30–2:30pm Aug 6–Sep 3

FEE: \$53.75

FEE FOR 60+: \$48.75

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

128234 W 10:45–11:45am Jul 8–29

FEE: \$43.00

FEE FOR 60+: \$39.00

128235 W 10:45–11:45am Aug 5–Sep 2

FEE: \$53.75

FEE FOR 60+: \$48.75



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

128230 M 10:45–11:45am Jul 6–27
128231 M 10:45–11:45am Aug 10–31

FEE: \$43.00
FEE FOR 60+: \$39.00

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

128155 T 1:30–3:30pm Jul 7–28

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

128156 T 1:30–3:30pm Aug 4–Sep 1

FEE: \$92.50
FEE FOR 60+: \$82.50



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

127588	Th	7:45–9:15pm	Jul 9–16
127690	Th	7:45–9:15pm	Jul 23–30
127709	Th	7:45–9:15pm	Aug 6–13
127733	Th	7:45–9:15pm	Aug 20–27

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

HC Gym

127666	M	8:30–10:30am	Jul 13–27
127670	W	10:45am–12:45pm	Jul 15–29
127678	F	10:45am–12:45pm	Jul 17–31
127722	T	8:30–10:30am	Aug 11–25
127727	Th	10:45am–12:45pm	Aug 13–27

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

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



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**.

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+**

HC Gym

127669	T	10:45am–12:45pm	Jul 14–28
127725	W	10:45am–12:45pm	Aug 12–26

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

PICKLEBALL – SENIORS 60+

For Senior 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+**

HC Gym

127667	M	10:45am–12:45pm	Jul 13–27
127673	Th	10:45am–12:45pm	Jul 16–30
127724	W	8:30–10:30am	Aug 12–26
127729	F	10:45am–12:45pm	Aug 14–28

FEE: \$28.50



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+**

HC Gym

127672 Th 8:30–10:30am Jul 16–30
127723 T 10:45am–12:45pm Aug 11–25

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

PICKLEBALL – INTERMEDIATE

For Intermediate Level players who have strong existing knowledge of the rules and familiarity with positional roles and game strategies. This is a non-instructional program for players who want guaranteed play time for multiple weeks with friendly competition and consistent rallies. **Age: 18+**

PCCC Gymnasium½ W

127589 Th 7:45–9:15pm Jul 9–16
127691 Th 7:45–9:15pm Jul 23–30
127708 Th 7:45–9:15pm Aug 6–13
127732 Th 7:45–9:15pm Aug 20–27

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

HC Gym

127668 T 8:30–10:30am Jul 14–28
127726 Th 8:30–10:30am Aug 13–27

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

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+**

HC Gym

127692 F 8:30–10:30am Jul 17–31
127728 F 8:30–10:30am Aug 14–28

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

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+**

HC Gym

127671 W 8:30–10:30am Jul 15–29

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

PICKLEBALL – INTERMEDIATE SOCIAL DOUBLES

Register yourself and bring a partner to play friendly Pickleball matches against other duos. Our instructor will facilitate game matchups. Players at an Intermediate Level are welcome for this social doubles gameplay! No Smashes. Only one player needs to register per doubles partnership. **Age: 18+**

PCCC Gymnasium

127586 W 10:15–11:45am Jul 8

FEE: \$15.00

PICKLEBALL – SOCIAL DOUBLES

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

PCCC Gymnasium

127581 M 8:30–10am Jul 6

FEE: \$15.00

PICKLEBALL – SOCIAL DOUBLES 60+

Register yourself and bring a partner to play friendly Pickleball matches against other duos. Our instructor will facilitate game matchups. Players of All Levels are welcome for this social doubles gameplay! No Smashes. Only one player needs to register per doubles partnership. **Age: 60+**

PCCC Gymnasium

127583 T 8:30–10am Jul 7

FEE: \$15.00

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 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. Only one player needs to register per Doubles Partnership.

Age: 18+

PCCC Gymnasium

127584 T 10:15–11:45am Jul 7

FEE: \$15.00

PICKLEBALL ROUND ROBIN – DOUBLES

Register yourself and bring a partner to play fun, recreational round robin matches against other duos who are at an intermediate level! Partner rotation and gameplay will be facilitated by our instructor, Cathy. Only one player needs to register per doubles partnership.

Age: 18+

PCCC Gymnasium

127649 Th 9–11:45am Jul 9

FEE: \$24.00

PICKLEBALL ROUND ROBIN

Register to play in our Pickleball Round Robin! This session is for beginner & intermediate players to partake in 3 hours of fun, recreational pickleball gameplay. Partner rotation and gameplay will be facilitated by our instructor, Cathy.

Age: 18+

PCCC Gymnasium

127703 T 9am–12pm Aug 4

FEE: \$12.00

PICKLEBALL ROUND ROBIN – NON-VOLLEY ZONE

Register to play in our fun, recreational pickleball round robin with ALL game play at the Non Volley Zone. Strictly a Dinking & Volleys game, great for Intermediate Level players to use your angles! Partner rotation and gameplay will be facilitated by our instructor, Cathy. Age: 18+

PCCC Gymnasium

127706 Th 9am–12pm Aug 6

FEE: \$12.00

Pickleball Lessons

TRY IT! INTRO TO PICKLEBALL

Come try the sport of pickleball in a friendly, fun, & non-competitive environment! Our instructor will provide a 1hr 30min session to 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, participants may bring their own paddle. Age: 18+

PCCC Gymnasium

127582 M 10:15–11:45am Jul 6

127585 W 8:30–10am Jul 8

FEE: \$16.50

FEE 60+: \$14.00

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

Register now.

LEARN TO PLAY – LEVEL 1

This Beginner Level skill development program is recommended 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. Each session builds on fundamentals and players can repeat the program to keep progressing their skills, confidence and game tactics. No experience required, equipment provided. Age: 18+

HC Gym

127719 M 9–10:30am Aug 10–31

FEE: \$68.00

FEE 60+: \$62.00





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+**

PCCC Gymnasium ½ E

127587 Th 6–7:30pm Jul 9–30
127707 Th 6–7:30pm Aug 6–27

HC Gym

127720 M 10:45am–12:15pm Aug 10–31

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

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

127721 M 12:30–2pm Aug 10–31

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

Sports | Volleyball

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

127659 Th 5–6pm Jul 9–30
127714 Th 5–6pm Aug 6–27

FEE: \$38.00

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

127660 Th 6–7:30pm Jul 9–30
127715 Th 6–7:30pm Aug 6–27

FEE: \$62.00

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.

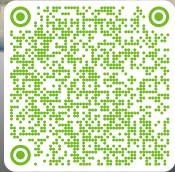
Prerequisite: Players must have mastered the fundamental knowledge and volleyball skills introduced in Learn to Play and have gameplay experience. **Age: 11–16**

HC Gym

127661 Th 7:30–9pm Jul 9–30
127716 Th 7:30–9pm Aug 6–27

FEE: \$62.00





Youth Services

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



**Youth Camps
on page 11**

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 3–7pm | Fri & Sat 3–9 pm | Sun Closed

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

Hyde Creek Youth Centre 1379 Laurier Ave. 604 927 7938

Youth Drop In Lounge: Closed for Summer

\$2 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



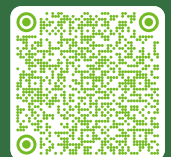
Click here or scan the QR code to register for **Youth Drop ins**.

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**.



RAILSIDE SKATE PARK

2300 Lions Way, Port Coquitlam
 Located in the north east corner of Lions Park, there are features for every skill level.

Features include a Bowl, Cradle, Hips, Ledges, Rails, Spines and Stairs. Our Park Hosts will be there during the day supervising and maintaining the park.

We also offer lessons for youth in both scooter and skateboard.



Workshops

SCOOTER WORKSHOP

Learn the basics of riding your scooter, as well as safety, equipment maintenance, and park etiquette. A perfect course for new riders. **NOTE:** Must provide your own scooter, and CSA approved helmets are mandatory. Elbow and knee pads recommended. Course will be cancelled in the case of rain. Age: 11-14

Lions Pk RailSide

127471 W	10:30am-12:30pm	Jul 8
127472 W	10:30am-12:30pm	Jul 15
127473 W	10:30am-12:30pm	Jul 22
127474 W	10:30am-12:30pm	Jul 29
127475 W	10:30am-12:30pm	Aug 5
127476 W	10:30am-12:30pm	Aug 12
127477 W	10:30am-12:30pm	Aug 19
127478 W	10:30am-12:30pm	Aug 26

FEE: \$20.00

SKATEBOARD WORKSHOP

Learn the basics of riding your skateboard, as well as safety, equipment maintenance, and park etiquette. A perfect course for new riders. **NOTE:** Must provide your own board, and CSA approved helmets are mandatory. Elbow and knee pads recommended. Course will be cancelled in the case of rain. Age: 11-14

Lions Pk RailSide

127479 T	10:30am-12:30pm	Jul 7
127481 T	10:30am-12:30pm	Jul 21
127482 T	10:30am-12:30pm	Jul 28
127483 T	10:30am-12:30pm	Aug 4
127484 T	10:30am-12:30pm	Aug 11
127485 T	10:30am-12:30pm	Aug 18
127486 T	10:30am-12:30pm	Aug 25
127487 Th	10:30am-12:30pm	Jul 9
127480 Th	10:30am-12:30pm	Jul 14
127488 Th	10:30am-12:30pm	Jul 16
127489 Th	10:30am-12:30pm	Jul 23
127490 Th	10:30am-12:30pm	Jul 30
127491 Th	10:30am-12:30pm	Aug 6
127492 Th	10:30am-12:30pm	Aug 13
127493 Th	10:30am-12:30pm	Aug 20
127494 Th	10:30am-12:30pm	Aug 27

FEE: \$20.00



SKATEBOARD & SCOOTER JAM

TWO AGE CATEGORIES
 11-16
 & 17+

Join us for a skateboard and Scooter Jam at Railside Skatepark.

Best run competition as well as best trick competitions through out the day. Be sure to bring water and sunscreen. Judges will be giving out prizes to the winners. Helmets must be worn during competition.

Lions Pk RailSide

127507	(11-16) Sa	11am-4pm	Aug 8
127508	(17+) Sa	11am-4pm	Aug 8

FREE



Youth Services

Special Events

YOUTH DINNER NIGHT

Come out and grab a free plate of food made by our awesome Youth Staff! Meals will be announced day of and in person. Must have a valid free Youth Membership card. No pre-registration required. **Age: 11-18**



PCCC Wilson Lounge

5:30-6:30pm Jul 14
5:30-6:30pm Jul 28
5:30-6:30pm Aug 11
5:30-6:30pm Aug 25

MINDFUEL'S GENIUS HOURS: VIBE CODING



Youth will explore the world of AI and coding through MindFuel's Genius Hour, where creativity meets cutting-edge tech. Youth will broaden their knowledge, skills, and hands-on experience using AI tools to generate images, apps, games and website all with text prompting. They will learn the key concepts of coding without needing to code, as well as be able to share their creations with others to try.

This 2-part session is an introductory workshop, no prior experience needed. All software used is free, and accessible with a gmail account.

What to Bring: A laptop with power cord (also available to borrow during the class), and a gmail account that they can use for creating free accounts on Canva.com. **Age: 11-18**

PCCC Wilson Lounge
128093 Tu, Th 4-6pm Jul 28-30
128790 Tu, Th 4-6 pm Aug 25-27

FEE: \$20.00

YOUTH DUNGEONS AND DRAGONS CAMPAIGN WEEK



Interested in Dungeons and Dragons? Join us for a week-long adventure designed for new or experienced players. Create your character with us and then take them on their first adventure with the rest of the group. Participants are expected to attend all 4 days this week so they don't miss out on any of the fun! **Age: 11-18**



PCCC Wilson Lounge
128212 Tu-F 4-6pm Jul 21-24

Reading

YOUTH SUMMER BOOK CLUB



Summer is a great time for reading. Join us to share what you are reading as well as find out from others what they have enjoyed. Participants will have an opportunity to talk about what they have read as well as make a small book related craft each week. **Age: 15-18**



PCCC Wilson Lounge
128520 Th 6-7pm Jul 9
128522 Th 6-7pm Aug 6



Cooking

YOUTH GOURMADE SUMMER CAMP



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 summer camp! 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. **Age: 11-16**

PCCC Wilson Kitchen
127693 T-F 4-6:30pm Jul 7-10
127590 T-F 4-6:30pm Aug 4-7

FEE: \$28.00



Crafts

CRAFTY CREATIONS



Create a new craft each week in these crafty classes. **Age: 11-18**

PCCC Wilson Lounge
BATH BOMBS
128407 T 5:45-7pm Jul 21
BOB ROSS PAINT NIGHT
128408 T 5:45-7pm Aug 18

FEE: \$10.00



Fencing

FENCING–YOUTH BEGINNERS

Offered by the Tri–City Fencing Academy. Our youth program begins with a four–session introductory class, quickly teaching the basic actions of the sport, allowing students to progress in their skills in a short time. Fencing is a great cardiovascular workout, improving hand–eye co–ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self–confidence and respect. All equipment is provided.
Age: 9–16

PCCC Gymnasium ½ W		
127640 T	6–7pm	Jul 7–28
127641 T	6–7pm	Aug 4–25

FEE: **\$65.00**

FENCING–YOUTH INTERMEDIATE (9–15YRS)

Pre-requisite: Fencing – Youth Beginner
Offered by the Tri–City Fencing Academy. After completion of a beginner class, students enter our Intermediate program. Students will be learning in the program for 3–9 months, as they develop strong technical sport fencing basics. A \$100 deposit is necessary to sign–out equipment, students are expected to begin purchasing their own equipment in their third month of Intermediate.
Age: 9–15

PCCC Gymnasium ½ W		
127642 T	7–8pm	Jul 7–28
127643 T	7–8pm	Aug 4–25

FEE: **\$70.00**

Training

AT HOME ALONE PLUS

Spending time at home alone while your parents are busy running errands or working? This course provides the skills needed to safely look after yourself. Interactive lessons and scenarios will help you and your parents feel more confident when you are home by yourself. Short break in the middle so bring a snack and a water bottle. Age: 10–13

HC Lecture Room		
127502 T	10am–2pm	Jul 7
127503 T	10am–2pm	Aug 4

FEE: **\$40.00**

BABYSITTER INTENSIVE TRAINING

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

HC Lecture Room		
127506 Sa	9:30am–4:30pm	Jul 11

FEE: **\$70.00**

Tournaments

3 ON 3 BASKETBALL SUMMER CLASSIC

Join us for our Summer Classic 3 on 3 Basketball Tournament! All players must sign up individually. Teams of 3–4 players made on the day of. Free registration but spaces are limited.



PCCC Gymnasium Age: 11–14		
127509 F	4–8pm	Jul 17
PCCC Gymnasium Age: 15–18		
127510 F	4–8pm	Jul 17

YOUTH SUMMER VOLLEYBALL TOURNAMENT

Join us for our Summer Volleyball Tournament! All players must sign up individually. Teams made on the day of. Free registration but spaces are limited. Age: 12–16



HC Gymnasium		
128707 F	5–8:30pm	Jul 31



Children Services

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

**FIND
KIDS CAMPS
ON PAGES
4-11.**



Early Years

BUSY BABIES – ADULT PARTICIPATION

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

PCCC Playroom 3
127571 T 3:30-4:30pm Jul 7-28

FEE: \$41.20

127572 T 3:30-4:30pm Aug 4-Sep 1

FEE: \$51.50

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. Adult participation is required. Age: 1½-4

PCCC Playroom 1 (Childminding)
127561 M,W,F 9-9:45am Jul 13-17
127562 M,W,F 9-9:45am Aug 10-14

FEE: \$23.25

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

PCCC Playroom 3
127559 M,W,F 9-9:45am Jul 6-10

FEE: \$23.25

127560 W,F 9-9:45am Aug 5-7

FEE: \$15.50

HAND IN HAND – ADULT PARTICIPATION

This program introduces your child to our early years programming. Under the guidance of our experienced program leaders, children will enjoy free play, crafts, games, songs and social interactions all with the comfort of having a parent present. Infant siblings are welcome too. Age: 1½-4

PCCC Playroom 1
127563 M,W,F 9-9:45am Jul 20-24
127564 M,W,F 9-9:45am Aug 17-21

FEE: \$23.25



READY SET GO

This gradual entry program is designed for children just getting used to being in a program on their own. Caregivers stay with their child until they are comfortable and ready to say goodbye at each class. Children are gently introduced to classroom routines with time for free play and circle time. Caregivers are expected to remain in the building and may be asked to come back before class ends. Age: 2½-4

PCCC Playroom 1

127565 M,W,F 9-9:45am Jul 27-31
127566 M,W,F 9-9:45am Aug 24-28

FEE: \$23.25

PLAYSCHOOL PREP

Starting Kindergarten or Preschool in September? Playschool Prep is ideal for children who are comfortable being left in a program independently. Focus will be on classroom routines and moving from one activity to another. Activities include circle time, stories, crafts, active play and sensory explorations. Age: 2½-5

PCCC Playroom 2

127569 T 1:30-3pm Jul 7-28

FEE: \$61.80

127570 T 1:30-3pm Aug 4-Sep 1

FEE: \$77.25

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





Preschool Sports

Soccer Stars

A fun and fast-paced sports program for preschoolers including active drills and skills training each session. Stay active, stay strong! Don't forget your water bottle and inside gym shoes! **Age: 3-5**

PCCC Gymnasium

127555 M,W 3:45-4:30pm Jul 6- 8
127556 M,W 3:45-4:30pm Jul 27-29
127573 M,W 3:45-4:30pm Aug 24-26

FEE: \$15.50

Floor Hockey Stars

A fun, active, and fast-paced sports program for rising floor hockey stars including active drills and skills training each session. **Age: 3-6**

PCCC Gymnasium

127557 M,W 3:45-4:30pm Jul 13-15
127558 M,W 3:45-4:30pm Aug 10-12

FEE: \$15.50

Dance Stars

An introduction to dance and movement with a focus on exploring foundational skills such as coordination, rhythm and musicality in a fun, social environment. **Age: 3-5**

PCCC Playroom 3

128331 M,W,F 3:45-4:45pm Jul 20-24

FEE: \$30.90

**BOOK A
SUMMER
BIRTHDAY
PARTY ON
PAGE 41!**

Drop-In Programs

CHILDMINDING

Drop your child off to play with our caring staff while you enjoy a work out, swim, or some time to yourself at our facility.

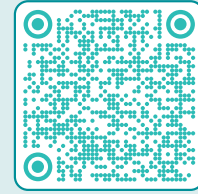
\$8 per child ages 3 months - 7 years.

Registration is open 7 days before the program start date.

Two sessions to choose from:
9:10-10:40am or 10:40am-12:10pm

HC: Mondays and Wednesdays

PCCC: Tuesdays, Thursday, Fridays



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





School Age

SCIENCE ZONE

Join our recreation leaders and explore science concepts. Themes could include science symphony, sticky science, fun in the sun, heat, and bubbles. Age: 6–10

HC Community Room 3

127430 W 1:30–3:30pm Jul 8
127435 W 1:30–3:30pm Aug 12

FEE: \$18.00

PAPER INNOVATIONS

Is it a bird, a plane, or a hoop glide? Get ready to build the best paper innovation you can! Age: 6–10

HC Community Room 3

127431 W 1:30–3:30pm Jul 15
127436 W 1:30–3:30pm Aug 19

FEE: \$18.00

MESSY SLIME TIME

Join our recreation leaders and explore the world of slime! Age: 6–10

HC Community Room 3

127432 W 1:30–3:30pm Jul 22
127437 W 1:30–3:30pm Aug 26

FEE: \$18.00

JUNIOR MUDDER ADVENTURE

Calling all adventure seeking children! Obstacle courses, water relays, and working together all designed to stay active and have fun at the same time. Age: 6–10

HC Community Room 3

127433 W 1:30–3:30pm Jul 29
127438 W 1:30–3:30pm Sep 2

FEE: \$18.00

GAMES IN THE PARK

Join our recreation leaders in the park for games and a fun time! Be prepared to get a little wet, be active, and have lots of fun! Age: 6–10

HC Community Room 3

127434 W 1:30–3:30pm Aug 5

FEE: \$18.00

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

HC Sports Hall

127428 F 6–9pm Jul 24

FEE: \$30.00

PCCC Small Multipurpose Room

127429 F 6–9pm Aug 21

FEE: \$30.00



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

Effective January 1, 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.



**REGISTER
NOW FOR
SEPTEMBER!**

Try our
Playschool
Inside
program!

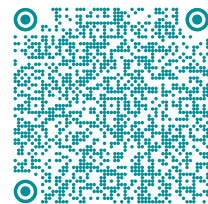
Preschoolers will enjoy our nature-based Playschool as we explore Hyde Creek's beautiful forest and trails.

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:*

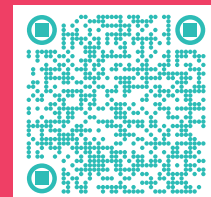


Children's Services Summer Drop-Ins

CHILDMINDING

*Monday – Friday mornings for children ages 3 months – 7 years
Registration is open 7 days before the program start date.*

Scan the QR code to
register for **Childminding**.





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).



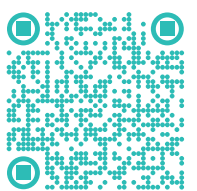
Registration & waitlist for the 2026/2027 preschool year is open!



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

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

For more information:





Adults | Seniors 60+

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

Arts

Special Events

GUIDED PAINTING CLASS

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

GP Michael Wright Art Gallery

128311 Th 1-2:30pm

128313 Th 1-2:30pm

128314 Th 1-2:30pm

Jul 16

Aug 13

Aug 27

FEE: MEMBER

NON-MEMBER:

\$8.00

\$10.00

DECADES AND ERAS BIRTHDAY SOCIAL

Join us as we take a trip through time to celebrate birthdays in July & August! From the roaring 20s to the groovy 70s and beyond, we're turning back the clock for a party that spans the best of every era. Get ready for an afternoon full of music, memories, and fun! Members with birthdays in July & August register for FREE. Registration opens July 23rd. **Age: 60+**

PCCC Mabbett Hall

121941 Th 1-3pm

Aug 20

FEE: MEMBER

NON-MEMBER:

\$8.00

\$10.00



Adults | Seniors 60+ Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop in programs include:

- Snooker
- Table Tennis
- Bridge
- Carpet Bowling



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



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 127627 Th 1-2pm Jul 30

An aerial night photograph of Port Coquitlam, British Columbia, Canada. The image captures a vibrant fireworks display in the upper left quadrant, with bursts of red, green, and white light against a dark sky. In the center, the city's skyline is visible, featuring a prominent cable-stayed bridge with its lights reflecting on the water below. The foreground shows a large, illuminated crowd gathered for a celebration, with various structures and lights. The overall scene is festive and celebratory.

CITY OF PORT COQUITLAM



July

**Celebrate
Canada Day!**

portcoquitlam.ca/canadaday



Arts & Culture

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

**MORE KIDS
PROGRAMMING
ON PAGES
36-41!**

Family

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



Michael Wright Art Gallery
Sa 10am-12pm Jun 28-Aug 30

Children & Youth

SUMMER CLAY MAKERS

Participants will learn how to make one-of-a-kind clay sculptures and functional pottery pieces through fun, hands-on projects. They will learn hand-building techniques, as well as how to glaze their work for firing in the kiln. Participants will also use their creativity to create whimsical 3D objects out of air-dry clay. Pieces that are fired in the kiln will be ready for pick up within 14 days from the end of the program. **Age: 7-10**

Outlet Studio
127424 M-F 9-11am Jul 13-17
127425 M-F 9-11am Aug 24-28

FEE: \$125.00

SUMMER CLAY MAKERS

Participants will learn how to make one-of-a-kind clay sculptures and functional pottery pieces through fun, hands-on projects. They will learn hand-building techniques, as well as how to glaze their work for firing in the kiln. Participants will also use their creativity to create whimsical 3D objects out of air-dry clay. Pieces that are fired in the kiln will be ready for pick up within 14 days from the end of the program. **Age: 11-14**

Outlet Studio
127426 M-F 1-3pm Jul 13-17
127427 M-F 1-3pm Aug 24-28

FEE: \$125.00

Arts & Culture

DREAM, DESIGN, BUILD! **NEW!**

Do you love making things in 3 dimensions? In this weeklong class, learn how to make sculptures using a variety of materials, including wood, wire, cardboard, foam and paper.

Outlet Studio Age: 8-10
128280 M-F 9:30-11:30am Aug 17-21

FEE: \$125.00

Outlet Studio Age: 11-14
128299 M-F 1-3pm Aug 17-21

FEE: \$125.00





Led by contemporary dance artist Sarah Kennedy, this initiative supports accessible arts participation and brings vibrant, community-driven creativity into public space.

Additional program notes: As sessions take place outdoors, participants are encouraged to dress for the weather and bring water to stay comfortable and hydrated. Photography and videography may take place throughout the program to support promotion and documentation of the project. **Age: 12+**

Leigh Square Stage at Leigh Square
128730 Tu 6:30–8:30pm Jun 23–Aug 25
(no class Aug 4-11)

Adult

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+**

Michael Wright Art Gallery
128311 Th 1–2:30pm July 16
128312 Th 1–2:30pm July 23
128314 Th 1–2:30pm Aug 27

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

DESIGN AND MAKE YOUR OWN STUFFIES

NEW!

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: 10–14**

Outlet Studio
128250 M–F 9:30–11:30am July 27–31

FEE: \$125.00

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
128271 M–F 9:30–11:30am July 27–31

FEE: \$125.00

DANCE IS FOR A SMALL SPACE

NEW!

FREE

Dance is for a Small Space is a free, community-engaged dance program that invites people of all ages and experience levels to explore movement, creativity, and collaboration. Through a series of interactive workshops held at Leigh Square, participants will learn the basics of choreography including developing themes, shaping movement, and working with rhythm and dynamics while building confidence in their own creative expression. The program culminates in an informal public performance on Tues. Aug 25 that celebrates the collective work created throughout the sessions.

Designed to be inclusive and intergenerational, the program fosters meaningful connections among participants and encourages shared learning across diverse perspectives.



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.

Michael Wright Art Gallery
Tuesdays, July 2–August 27, 10–3pm

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 Jun 3, Fri Jul 3, Wed Aug 5 7–9pm

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
Jul 8 & 22; Aug 12 & 26

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.

Gathering Place
Jun 1 & 15; Jul 7; Aug 4 & 18

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,
July 15 | August 19

Interested in Running for City Council?



There will be an information session on **Thursday, June 25th at 6pm** to provide details on becoming a candidate in this year’s municipal election for those interested in running for the offices of **Mayor** or **Councillor** or **School Board Trustee**.

The session will be held in Council Chambers at City Hall, 2580 Shaughnessy Street.

Please RSVP at legislativeservices@portcoquitlam.ca



WildPlay®

VICTORIA · NANAIMO · MAPLE RIDGE



OPEN FEB-DEC

**BYE BYE, SCROLLING.
HELLO, ZIPLINES!**



FOR THE PLANET

Ziplines · Adventure Courses & More
Ages 5+ · NEW: Kids Camps

Get Tickets
1.855.595.2251
WildPlay.com





Art Exhibitions

Discover PoCo'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, playing a vital role in the cultural life of Port Coquitlam. 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 on
Thursday, June 25th 2026 from 6pm to 8pm.

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

Night is Purer Than Day

by **Ketty Haolin Zhang**

The Michael Wright Art Gallery, #200-2253 Leigh Square
June 12, 2026 – September 10, 2026

Night is Purer Than Day is an ongoing painting series by **Ketty Haolin Zhang** that explores her experience as a 1.5-generation immigrant living between cultures. Using digital snapshots from her life, the works show nightlife as a space between the familiar and the unknown—where uncertainty, intimacy, closeness, and distance coexist. With saturated colour and sharp contrast, Zhang paints scenes that blur public and private life, reflecting questions of belonging and pressure to assimilate. The series treats non-belonging as both a choice and a form of sovereignty.



Botaniqa Nusantara

by **Adam Mohamed**

The Outlet Gallery, #110-2248 McAllister Avenue
June 12, 2026 – September 10, 2026

Botaniqa Nusantara is a contemporary visual art exhibition by **Adam Mohamed** that reimagines botanical imagery through a modern, Southeast Asian batik-inspired lens. Through acrylic painting and mixed media, the series adopt an illustrative, batik-inspired style, translating traditional motifs and cultural memory into bold, stylized compositions. **Botaniqa Nusantara** reflects on identity, migration, and cultural continuity, while celebrating plants as more than decoration. Each form carries stories of home, heritage, rituals, and everyday life, shaped by lived experiences and revealing tradition as something living and evolving.

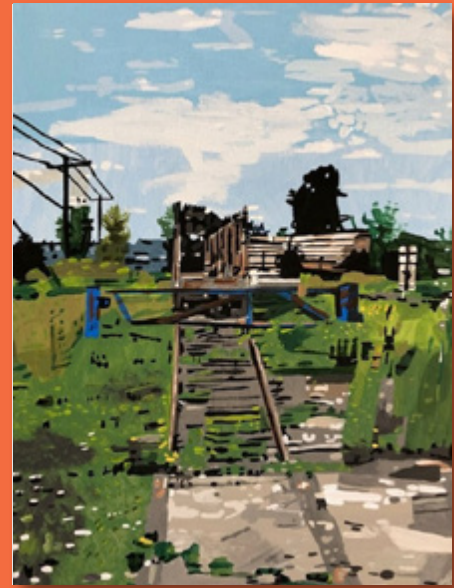


My Favourite Moments

by **Alexander Lecce**

The City Hall Gallery, 2580 Shaughnessy Street
June 12, 2026 – September 10, 2026

My Favourite Moments by Alexander Lecce features a series of acrylic paintings drawn from real life references from the Tri-Cities: Port Moody, Coquitlam, and Port Coquitlam. Lecce also creates drawings, sculptures, and handmade wooden toys, blending history, nature, and imagination. Working from his own photographs, he transforms local landmarks and stories into vivid canvases in intensive sessions, celebrating community, heritage, and personal growth.



Frozen Light

by **Jordan Nobles**

The Port Coquitlam Community Centre, 2150 Wilson Avenue
June 15, 2026 – September 9, 2026

Frozen Light is a photographic series created during an artist residency aboard the tall ship *Antigua* in the High Arctic (October 2024). The unmanipulated images capture Arctic sunlight refracted through ancient glacial ice, shaped by centuries of weather and time. Printed on aluminum using high-definition dye-sublimation, the 15 large-format works appear luminous and immersive, shifting with changing light and viewing angles. Rooted in documentary practice yet contemplative in tone, the series reflects themes of environmental awareness, time, and reverence for nature.



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

PUZZLECHESS

Are you a puzzler who wants to try something new? Try puzzle chess! Teams of two go head-to-head in a puzzle show down. Register solo or as a team of two. **For ages 12 and up. Register online** starting June 24. **FREE**

W 1:30–4pm Jul 15

VIRTUAL REALITY

Experience the thrill of virtual reality! Try our new Meta Quest 3 wireless VR system. Participants must be age 10 or older. Participants under 13 years require a parent/guardian to sign the waiver. Watch for **online registration. FREE**

M & Tu 1–4pm Jul 20 & 21

Kids

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 Jul 7–Aug 25

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 Jul 3–Aug 28
(no babytime in July 1)

LEGO® CLUB

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

M 2:30–3:30pm Jul 6
W 2:30–3:30pm Jul 22, Aug 5, 19

MINIATURE OCEAN DIORAMA

Join us for an afternoon creating an Ocean Diorama! We'll create a sea animal habitat using a three-dimensional box as your canvas. All supplies provided. **Suitable for ages 7–12.**

Watch for **online registration. FREE**
Sa 1:30–3pm Jul 18

SWITCH IT UP

Get your game on this summer with Nintendo Switch 2 in the library. Test your driving skills with Mario Kart. **Drop in. FREE**

F 2–4pm Jul 24

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 Aug 5

FULL STEAM AHEAD

Every Thursday in August, come play, explore, and discover with cool gadgets and games from FVRL's Playground! From tech toys to artsy fun and brain-boosting challenges, there's something new to try each week. **Ages 7 and up.**

Drop in. FREE
Th 2–3pm Aug 6, 13, 20, 27



Adults

ENGLISH PRACTICE GROUP

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

Th 3–4:30pm Jul 2-23

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 Jul 6–Aug 31 (no club Aug 3)

NIGHT STITCHES

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

Th 6–7pm Jul 16, Aug 20

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 Aug 8

Summer Reading Club



THERE'S A CLUB FOR EVERYONE.

Get ready to dive Under the Sea at the Terry Fox Library.

Watch for fun programs this summer!

Visit fvrl.ca or the Terry Fox Library for all the information.

KELLIE HAINES VENTRILOQUIST: LAUGHING OUT LOUD

Ventriloquist Kellie Haines, Magrau the bird puppet and Kamilla a frog puppet sing and dance in this hilarious musical show to celebrate reading and play. Held in Mabbett Hall. Watch for **online registration. FREE**

W 2–3pm Jul 8

OCEAN WISE

Join us for an exciting Ocean Wise presentation, then dive deeper with a hands-on experience exploring real artifacts. Watch for more **information and registration. FREE**

W 2:30–3:30pm Jul 29

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

