

CITY OF PORT COQUITLAM

Leisure Guide

W I N T E R 2 0 2 6

Recreation, sports, arts and culture for all ages



PORT COQUITLAM
RECREATION

Move. Create. Connect.

REGISTRATION
OPENS

PoCo Residents

Nov 18

General Public

Nov 21

RECREATION FACILITIES INFO

portcoquitlam.ca/recreation

Port Coquitlam Community Centre

2150 Wilson Ave | portcoquitlam.ca/pccc

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

FACILITY HOURS

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

PCCC WEIGHT ROOM

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

PCCC POOL

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

YOUTH ACTIVITY LOUNGE

604 927 7962

pocoyouth.com

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

WILSON LOUNGE

604 927 7970

portcoquitlam.ca/seniors

Mon–Fri	8:30am–2:30pm
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WILSON KITCHEN

604 927 7970

portcoquitlam.ca/seniors

Mon–Fri	9:30am–1:30pm
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HOLIDAYS

Dec 24	Christmas Eve 6am–4pm
Dec 25	Christmas Day CLOSED
Dec 26	Boxing Day CLOSED
Dec 31	New Year's Eve 6am–4pm
Jan 1	New Year's Day CLOSED
Feb 16	Family Day 9am–1pm

Hyde Creek Recreation Centre

1379 Laurier Ave | portcoquitlam.ca/hydecreek

POOL | FITNESS | CHILDREN | YOUTH | RACQUET COURTS

FACILITY HOURS

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

WEIGHT ROOM

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

YOUTH ACTIVITY LOUNGE

604 927 7938 pocoyouth.com

Sat–Mon	CLOSED
Tu–Th	3–7pm
Fri	3–9pm

HOLIDAYS

Dec 24	Christmas Eve 6am–4pm
Dec 25	Christmas Day CLOSED
Dec 26	Boxing Day CLOSED
Dec 31	New Year's Eve 6am–4pm
Jan 1	New Year's Day CLOSED
Feb 16	Family Day 1–5pm

MAIN POOL

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

LEISURE POOL

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

Leigh Square

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

HOLIDAYS

Dec 24	Christmas Eve 9:30am–2pm
Dec 25 – Jan 1	CLOSED
Feb 16	Family Day CLOSED

GATHERING PLACE

2253 Leigh Sq Pl

Mon–Sat	9:30am–4:30pm
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MICHAEL WRIGHT ART GALLERY

Fri–Sat	9:30am–4:30pm
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THE OUTLET

2248 McAllister Ave
604 927 8440

Mon–Sat	9:30am–5pm
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MUSEUM & ARCHIVES

2248 McAllister Ave

Operated by **PoCo Heritage**
604 927 8403
pocoheritage.org

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

REFERENCE & BORROWING | COMPUTERS | PROGRAMS

Operated by **Fraser Valley Regional Library**

2150 Wilson Ave | 604 927 7999 | fvrl.ca

FACILITY HOURS

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

For more information visit fvrl.ca

HOLIDAYS

Dec 24	Christmas Eve 9am–2pm
Dec 25	Christmas Day CLOSED
Dec 26	Boxing Day CLOSED
Dec 31	New Year's Eve 9am–2pm
Jan 1	New Year's Day CLOSED
Feb 16	Family Day CLOSED

Leisure Guide

WINTER 2026

Recreation, sports, arts and culture for all ages

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CODE OF CONDUCT

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

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

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

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

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

YOUR PERSONAL INFORMATION:

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

HOW TO REGISTER



ONLINE: portcoquitlam.ca/register

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

FACILITY BOOKINGS

We offer a variety of rental opportunities for private and public events and activities.

Visit portcoquitlam.ca/bookings for more information or to make a request.

FINANCIAL ASSISTANCE, ACCESSIBILITY AND INCLUSION

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

NO SHOWS FOR REGISTERED DROP IN PROGRAMS

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

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

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

For monthly or annual memberships:

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

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



Camps

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

Arts

PRO D DAY ART CAMP

Explore the wonder of art during this one-day camp, jam packed with art projects, games, and outside play! Child must have completed or be currently enrolled in kindergarten. Age: 5½-7

Outlet

119967 F 8:30am-3pm Feb 27

FEE: \$52.00

PRO D DAY ART CAMP

Campers will use their unique creativity to make one-of-a-kind projects and learn through fun, hands-on art activities in sculpture, painting, design and more. Age: 8-12

PCCC JB Young Room

119968 F 9am-3:30pm Feb 27

FEE: \$52.00

SPRING BREAK ART CAMP

Explore the wonder of art during this week of camp, jam packed with art projects, games and outside play! Child must have completed or be currently enrolled in kindergarten. Age: 5½-7

Outlet

120325 M-F 8:30am-3pm Mar 16-20

120326 M-F 8:30am-3pm Mar 23-27

FEE: \$230.00

SPRING BREAK ART CAMP

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

Age: 8-12

PCCC

120327 M-F 9am-3:30pm Mar 16-20

120328 M-F 9am-3:30pm Mar 23-27

FEE: \$230.00

SPRING BREAK 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. Ages: 7-10

Outlet

120758 M-F 9:30-11:30am Mar 23-27

FEE: \$115.00



SPRING BREAK 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. Ages: 11-14

Outlet

120751 M-F 1-3pm Mar 23-27

FEE: \$115.00



Children Services

PRO D DAY CAMP – JUNIOR EXPLORERS

School's out, but the fun is in! Camp includes active games, crafts, and exploring the trails. Age: 5½–7

HC Prog Rm 2

120371 F 9am–3:30pm Feb 27

FEE: \$45.00

PCCC Small Multipurpose Room

120406 F 9am–3:30pm Feb 27

FEE: \$45.00

PRO D DAY CAMP – EXPLORERS

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

HC Community Room 2

120372 F 9am–3:30pm Feb 27

FEE: \$45.00

SPRING BREAK – 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

120257 M,W,F 10am–12pm Mar 16–20

120258 M,W,F 10am–12pm Mar 23–27

FEE: \$61.80

120259 T,Th 10am–12pm Mar 17–19

120260 T,Th 10am–12pm Mar 24–26

FEE: \$41.20

AFTERNOON OF FUN CAMP – SLIME TIME

Bring your curiosity, creativity, and imagination! Enjoy hands-on activities, arts and crafts, exciting experiments, and sensory explorations in this fun junior camp. There will be time for free play, games, and outdoor activities daily. Age: 3–6½

PCCC Playroom 2

120264 M,W,F 1:30–3:30pm Mar 16–20

FEE: \$61.80

AFTERNOON OF FUN CAMP – SUPER SCIENCE

Bring your curiosity, creativity, and imagination! Enjoy hands-on activities, arts and crafts, exciting experiments, and sensory explorations in this fun junior camp. There will be time for free play, games, and outdoor activities daily. Age: 3–6½

PCCC Playroom 2

120274 M,W,F 1:30–3:30pm Mar 23–27

FEE: \$61.80

SPRING BREAK CAMP – JUNIOR EXPLORERS

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 day are included each week. Age: 5½–7

HC Prog Rm 2

120411 M–F 9am–3:30pm Mar 16–20

120412 M–F 9am–3:30pm Mar 23–27

FEE: \$225.00

SPRING BREAK CAMP – EXPLORERS

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 day are included each week. Age: 8–10

HC Community Room 2

120413 M–F 9am–3:30pm Mar 16–20

120414 M–F 9am–3:30pm Mar 23–27

FEE: \$225.00



**MAKE NEW
FRIENDS AT
OUR CAMPS!**

Register now.

Skating

PRO D DAY RING, STICK AND PUCK

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

PCCC Arena 3 (Purple)

120246 F 10–11:30am

Feb 27

FEE:

\$4.00

PRO D DAY SKATE AND FUN CAMP

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

PCCC Arena Lobby

120247 F 11am–3pm

Feb 27

FEE:

\$35.00

Sports

MULTI SPORTS CAMP – SPRING BREAK

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

120338 M–F 8:30am–3pm

Mar 16–20

FEE:

\$200.00



Youth

YOUTH SPRING BREAK CAMP

Youth will participate in different adventures and activities throughout the week, broadening their knowledge, skills, and adventure! Camp will swim twice during this week. Cost includes an adventure filled experience!

Age: 11-14

HC Youth Centre

119130 M-F 9am-3:30pm

Mar 16-20

FEE:

\$230.00





Arena

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

Learn to Skate Levels

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

PARENT PARTICIPATION (2½–5)

PARENT & TOT – First time skaters and their parents.

NON-PARENT PARTICIPATION LEVELS (2½–5)

TOT LEVEL 1 First time skaters

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

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

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

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

CHILD LEVELS (6–11)

CHILD LEVEL 1 First time skaters

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

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

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

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

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

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

TURNING AGE 6 – STEPS TO REGISTER

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

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

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

YOUTH LEVEL 1 | ADULT LEVEL 1
First time skaters

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

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

Skate Programs Winter 2026

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

Arena Drop ins

PORT COQUITLAM COMMUNITY CENTRE
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Registered drop-in programs include:

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



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



Skating | Tot

PARENT AND TOT

It's cold, slippery but most of all fun! Parents support their children as they learn to skate while playing with toys and participating in interactive games. Skaters learn how to stand, balance, fall, march forward and turn! **Age 2½-6**

Equipment: All participants including parents require a mandatory CSA approved helmet and tots require a mandatory helmet with face cage. Skates and helmet rentals included in fee or slip on cleats and helmets provided to parents free of charge if unable to skate. Cleats provided for lessons only.

PCCC Arena 3 (Purple)

120853 M 6:15-6:45pm Jan 12-Feb 23

120854 M 6:45-7:15pm Jan 12-Feb 23

Exception date: Mon. Feb 16 Family Day

FEE: \$54.00

120855 W 6:15-6:45pm Jan 14-Feb 25

120856 W 6:45-7:15pm Jan 14-Feb 25

FEE: \$63.00



TOT LEVEL 1

Independently learn about skating in a fun and supportive program through songs and play. First time skaters will learn without their guardians. **Program teaches:** ice safety and equipment, how to stand and fall, march forward, turn, and hop. **Age: 2½-5**

Equipment: Skates and helmets free with registered lessons.

PCCC Arena 3 (Purple)

119476 M 4-4:30pm Jan 12-Feb 23

119478 M 4:30-5pm Jan 12-Feb 23

120011 M 4:30-5pm Jan 12-Feb 23

119479 M 5:15-5:45pm Jan 12-Feb 23

119480 M 5:45-6:15pm Jan 12-Feb 23

119481 M 6:15-6:45pm Jan 12-Feb 23

119482 M 6:45-7:15pm Jan 12-Feb 23

120194 F 4-4:30pm Jan 16-Feb 20

120198 F 4:30-5pm Jan 16-Feb 20

120199 F 5-5:30pm Jan 16-Feb 20

Exception date: Mon. Feb 16 Family Day

FEE: \$54.00

120012 W 4-4:30pm Jan 14-Feb 25

120013 W 4:30-5pm Jan 14-Feb 25

120018 W 4:30-5pm Jan 14-Feb 25

120014 W 5:15-5:45pm Jan 14-Feb 25

120015 W 5:45-6:15pm Jan 14-Feb 25

120016 W 6:15-6:45pm Jan 14-Feb 25

120017 W 6:45-7:15pm Jan 14-Feb 25

FEE: \$63.00

TOT LEVEL 2

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

Equipment: Skate and helmet included in program fee.

Prerequisite: Completion of Tot Level 1 or ability to meet Tot Level 1 skills through drop in assessment during public skates. For further assessment information contact skating@portcoquitlam.ca.

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

PCCC Arena 3 (Purple)

120019 M 4-4:30pm Jan 12-Feb 23

120020 M 4:30-5pm Jan 12-Feb 23

120021 M 5:15-5:45pm Jan 12-Feb 23

120022 M 5:45-6:15pm Jan 12-Feb 23

120023 M 6:15-6:45pm Jan 12-Feb 23

120024 M 6:45-7:15pm Jan 12-Feb 23

120201 F 4-4:30pm Jan 16-Feb 20

120202 F 4:30-5pm Jan 16-Feb 20

120203 F 5-5:30pm Jan 16-Feb 20

FEE: \$54.00

Exception date: Mon. Feb 16 Family Day

120025 W 4-4:30pm Jan 14-Feb 25

120026 W 4:30-5pm Jan 14-Feb 25

120027 W 5:15-5:45pm Jan 14-Feb 25

120028 W 5:45-6:15pm Jan 14-Feb 25

120029 W 6:15-6:45pm Jan 14-Feb 25

120030 W 6:45-7:15pm Jan 14-Feb 25

FEE: \$63.00

**GET YOUR
SKATES ON!**

Register now.



Arena

TOT LEVEL 3

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

Equipment: Skates and helmet included in program fee.

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

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

PCCC Arena 3 (Purple)

120032 M	4–4:30pm	Jan 12–Feb 23
120033 M	5:15–5:45pm	Jan 12–Feb 23
120206 F	4–4:30pm	Jan 16–Feb 20

Exception date: Mon. Feb 16 Family Day

FEE: \$54.00

120034 W	4–4:30pm	Jan 14–Feb 25
120035 W	5:15–5:45pm	Jan 14–Feb 25

FEE: \$63.00

TOT LEVEL 4

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

Equipment: Skate and helmet included in program fee.

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

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

PCCC Arena 3 (Purple)

120036 M	5:45–6:15pm	Jan 12–Feb 23
120207 F	4:30–5pm	Jan 16–Feb 20

FEE: \$54.00

Exception date: Mon. Feb 16 Family Day

120037 W	5:45–6:15pm	Jan 14–Feb 25
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FEE: \$63.00

Skating | Child

CHILD LEVEL 1

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

Equipment: Skates and helmets included in program fee.

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

PCCC Arena 3 (Purple)

120038 M	4–4:30pm	Jan 12–Feb 23
120039 M	4:30–5pm	Jan 12–Feb 23
120040 M	5:15–5:45pm	Jan 12–Feb 23
120041 M	5:45–6:15pm	Jan 12–Feb 23
120042 M	6:15–6:45pm	Jan 12–Feb 23
120044 M	6:45–7:15pm	Jan 12–Feb 23
120208 F	4–4:30pm	Jan 16–Feb 20
120209 F	4:30–5pm	Jan 16–Feb 20
120211 F	5–5:30pm	Jan 16–Feb 20

FEE: \$54.00

Exception date: Mon. Feb 16 Family Day

120045 W	4–4:30pm	Jan 14–Feb 25
120046 W	4:30–5pm	Jan 14–Feb 25
120047 W	5:15–5:45pm	Jan 14–Feb 25
120048 W	5:45–6:15pm	Jan 14–Feb 25
120049 W	6:15–6:45pm	Jan 14–Feb 25
120050 W	6:45–7:15pm	Jan 14–Feb 25

FEE: \$63.00





CHILD LEVEL 2

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

Age: 6–11

Equipment: Skate and helmet included in program fee.

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

PCCC Arena 3 (Purple)

120051 M	4–4:30pm	Jan 12–Feb 23
120052 M	4:30–5pm	Jan 12–Feb 23
120053 M	5:15–5:45pm	Jan 12–Feb 23
120054 M	5:45–6:15pm	Jan 12–Feb 23
120055 M	6:15–6:45pm	Jan 12–Feb 23
120056 M	6:45–7:15pm	Jan 12–Feb 23
120213 F	4–4:30pm	Jan 16–Feb 20
120214 F	4:30–5pm	Jan 16–Feb 20
120215 F	5–5:30pm	Jan 16–Feb 20

FEE: **\$54.00**

Exception date: Mon. Feb 16 Family Day

120057 W	4–4:30pm	Jan 14–Feb 25
120058 W	4:30–5pm	Jan 14–Feb 25
120059 W	5:15–5:45pm	Jan 14–Feb 25
120060 W	5:45–6:15pm	Jan 14–Feb 25
120061 W	6:15–6:45pm	Jan 14–Feb 25
120062 W	6:45–7:15pm	Jan 14–Feb 25

FEE: **\$63.00**

CHILD LEVEL 3

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

Equipment: Skate and helmet included in program fee.

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

PCCC Arena 3 (Purple)

120063 M	4:20–5pm	Jan 12–Feb 23
120064 M	5:15–5:55pm	Jan 12–Feb 23
120065 M	5:55–6:35pm	Jan 12–Feb 23
120219 F	4–4:40pm	Jan 16–Feb 20
120220 F	4:40–5:20pm	Jan 16–Feb 20
120222 F	5:20–6pm	Jan 16–Feb 20

FEE: **\$72.00**

Exception date: Mon. Feb 16 Family Day

120066 W	4:20–5pm	Jan 14–Feb 25
120067 W	5:15–5:55pm	Jan 14–Feb 25
120069 W	5:55–6:35pm	Jan 14–Feb 25

FEE: **\$84.00**

CHILD LEVEL 4

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

Age: 6–11

Equipment: Skate and helmet included in program fee.

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

PCCC Arena 3 (Purple)

120070 M	4:20–5pm	Jan 12–Feb 23
120071 M	5:15–5:55pm	Jan 12–Feb 23
120223 F	4–4:40pm	Jan 16–Feb 20

FEE: **\$72.00**

Exception date: Mon. Feb 16 Family Day

120072 W	4:20–5pm	Jan 14–Feb 25
120073 W	5:15–5:55pm	Jan 14–Feb 25

FEE: **\$84.00**



CHILD LEVEL 5

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

Age: 6–11

Equipment: Skates and helmet included in program fee.

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

PCCC Arena 3 (Purple)

120074 M 4:20–5pm Jan 12–Feb 23

120075 M 5:55–6:35pm Jan 12–Feb 23

120224 F 4:40–5:20pm Jan 16–Feb 20

FEE: \$72.00

Exception date: Mon. Feb 16 Family Day

120076 W 4:20–5pm Jan 14–Feb 25

120077 W 5:55–6:35pm Jan 14–Feb 25

FEE: \$84.00

CHILD LEVEL 6

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

Equipment: Skate and helmet included in program fee.

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

PCCC Arena 3 (Purple)

120078 M 6:35–7:15pm Jan 12–Feb 23

120225 F 5:20–6pm Jan 16–Feb 20

FEE: \$72.00

Exception date: Mon. Feb 16 Family Day

120079 W 6:35–7:15pm Jan 14–Feb 25

FEE: \$84.00

CHILD LEVEL 7

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

Equipment: Skate and helmet included in program fee.

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

PCCC Arena 3 (Purple)

120857 M 6:35–7:15pm Jan 12–Feb 23

FEE: \$72.00

Exception date: Mon. Feb 16 Family Day

120858 W 6:35–7:15pm Jan 14–Feb 25

FEE: \$84.00

Skating | Youth

YOUTH LEVEL 1

Have you always wanted to learn to skate? Learn fundamental skating skills in a supportive and fun youth only program. Participants new to skating learn to balance, understand edges, walk forward then develop a stride, glide, stop and be introduced to backwards skating. **Age: 12–18**

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

PCCC Arena 3 (Purple)

120080 M 5:15–5:55pm Jan 12–Feb 23

FEE: \$72.00

Exception date: Mon. Feb 16 Family Day

120081 Su 11:40am–12:20pm Jan 18–Feb 22

FEE: \$72.00

YOUTH LEVEL 2

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

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

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

PCCC Arena 3 (Purple)

120082 M 5:55–6:35pm Jan 12–Feb 23

FEE: \$72.00

Exception date: Mon. Feb 16 Family Day

120083 Su 11:40am–12:20pm Jan 18–Feb 22

FEE: \$72.00

YOUTH LEVEL 3

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

Age: 12–18

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

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

PCCC Arena 3 (Purple)

120085 M 6:35–7:15pm Jan 12–Feb 23

FEE: \$72.00

Exception date: Mon. Feb 16 Family Day

120086 Su 11:40am–12:20pm Jan 18–Feb 22

FEE: \$72.00



GET YOUR ONE CITY PASS

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

Effective January 1, 2025.

Visit portcoquitlam.ca/recpass for current rates.

Passes are inclusive of any required facility and/or amenity closure. Passes are to be used by the passholder only and not to be shared.

Sharing of passes may result in pass suspension.

One City Admission & Passes Rates

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

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

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

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

**Fee is waived for Port Coquitlam residents.



Skating

Skating | Adult

ADULT LEVEL 1

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

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

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

PCCC Arena 3 (Purple)

120088 Su 11–11:40am Jan 18–Feb 22

FEE: \$72.00

120087 W 5:15–5:55pm Jan 14–Feb 25

FEE: \$84.00

ADULT LEVEL 2

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

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

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

PCCC Arena 3 (Purple)

120090 Su 11–11:40am Jan 18–Feb 22

FEE: \$72.00

120089 W 5:55–6:35pm Jan 14–Feb 25

FEE: \$84.00

ADULT LEVEL 3

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

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

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

PCCC Arena 3 (Purple)

120092 Su 11–11:40am Jan 18–Feb 22

FEE: \$72.00

120091 W 6:35–7:15pm Jan 14–Feb 25

FEE: \$84.00





Skating | Private

PRIVATE LESSON SETS

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

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

PCCC Arena 3 (Purple)

120226 M	4-4:30pm	Jan 12-Feb 23
120227 M	4:30-5pm	Jan 12-Feb 23
120228 M	5:15-5:45pm	Jan 12-Feb 23
120229 M	5:45-6:15pm	Jan 12-Feb 23
120230 M	6:15-6:45pm	Jan 12-Feb 23
120231 M	6:45-7:15pm	Jan 12-Feb 23
120238 F	5-5:30pm	Jan 16-Feb 20
120239 F	5:30-6pm	Jan 16-Feb 20
120240 F	5:30-6pm	Jan 16-Feb 20
120241 F	5:30-6pm	Jan 16-Feb 20

FEE: **\$165.00**

Exception date: Mon. Feb 16 Family Day

120232 W	4-4:30pm	Jan 14-Feb 25
120233 W	4:30-5pm	Jan 14-Feb 25
120234 W	5:15-5:45pm	Jan 14-Feb 25
120235 W	5:45-6:15pm	Jan 14-Feb 25
120236 W	6:15-6:45pm	Jan 14-Feb 25
120237 W	6:45-7:15pm	Jan 14-Feb 25

FEE: **\$193.00**



Skating | Hockey

TOT AND PARENT HOCKEY

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

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

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

PCCC Arena 3 (Purple)

120093 Su	11-11:40am	Jan 18-Feb 22
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FEE: **\$72.00**

HOCKEY BASICS

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

Age: 6-11

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

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

PCCC Arena 3 (Purple)

120094 Su	11:40am-12:20pm	Jan 18-Feb 22
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FEE: **\$72.00**



Aquatics

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

Changes to Aquatic lesson registration

These improvements include:

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

Registration for aquatic lesson programs will go as follows:

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

Providing proof of prerequisites

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

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

ACTIVITY START DATES	REGISTRATION DATE – RESIDENTS	REGISTRATION DATE – GENERAL PUBLIC
Jan 5 (Mon/Wed) (Mon)	Dec 6	Dec 9
Jan 6 (Tue/Thu) (Tue)	Dec 7	Dec 10
Jan 7 (Wed)	Dec 8	Dec 11
Jan 8 (Thu)	Dec 9	Dec 12
Jan 9 (Fri)	Dec 10	Dec 13
Jan 10 (Sat/Sun)(Sat)	Dec 11	Dec 14
Jan 11 (Sun)	Dec 12	Dec 15
Feb 7 (Sat/Sun)	Jan 8	Jan 11
Feb 9 (Mon/Wed)	Jan 10	Jan 13
Feb 10 (Tue/Thu)	Jan 11	Jan 14
Mar 16 (Mon-Fri)	Feb 14	Feb 17

Aquatic Drop ins

Registered drop-in programs include:

- Aquatic Fitness



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



Aquatic Programs

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

Parent & Tot

PARENT & TOT 1 (JELLYFISH)

Babies and their caregivers work on supports and holds (front and back), readiness for submersion, and floating with a PFD.

Age: At least 4m-1yr

PCCC Leisure Pool

118216 S,Sa 9:05-9:35am Jan 10-Feb 1
119015 S,Sa 8:30-9am Feb 7-Mar 8

FEE: \$44.00

HC Leisure Pool

117992 M,W 9:30-10am Jan 5-Feb 4
117719 F 9:45-10:15am Jan 9-Mar 13
120736 F 5:15-5:45pm Jan 9-Mar 13

PCCC Leisure Pool

119005 T,Th 10:45-11:15am Jan 6-Feb 5
119135 T,Th 9:35-10:05am Feb 10-Mar 12

FEE: \$55.00

PARENT & TOT 2 (GOLDFISH)

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

PCCC Leisure Pool

118217 S,Sa 9:40-10:10am Jan 10-Feb 1
119023 S,Sa 9:05-9:35am Feb 7-Mar 8

FEE: \$44.00

HC Leisure Pool

120730 M 5:50-6:20pm Jan 5-Mar 9
118738 M,W 9:30-10am Feb 9-Mar 11

FEE: \$49.50

HC Leisure Pool

117720 F 10:55-11:25am Jan 9-Mar 13

PCCC Leisure Pool

119003 T,Th 9:35-10:05am Jan 6-Feb 5

FEE: \$55.00

PARENT & TOT 3 (SEAHORSE)

Toddlers and their caregivers work on assisted jumps and entries into the pool, submersion, front and back floats, as well as kicking on front and back. Age: 2-3

PCCC Leisure Pool

118212 S,Sa 8:30-9am Jan 10-Feb 1
119017 S,Sa 9:40-10:10am Feb 7-Mar 8

FEE: \$44.00

HC Leisure Pool

117721 F 10:55-11:25am Jan 9-Mar 13

FEE: \$55.00





Preschool

PRESCHOOL 1 (OCTOPUS)

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

HC Leisure Pool

117851 S,Sa	10–10:30am	Jan 10–Feb 1
120713 Sa	1:55–2:25pm	Jan 10–Mar 7
117663 Sa	5–5:30pm	Jan 10–Mar 7
120723 S	1:55–2:25pm	Jan 11–Mar 8
117670 S	5:35–6:05pm	Jan 11–Mar 8
118723 S,Sa	10–10:30am	Feb 7–Mar 8
118724 S,Sa	11:25–11:55am	Feb 7–Mar 8

PCCC Leisure Pool

118214 S,Sa	9:05–9:35am	Jan 10–Feb 1
119147 Sa	9:05–9:35am	Jan 10–Mar 7
119151 S	9:40–10:10am	Jan 11–Mar 8
119022 S,Sa	8:30–9am	Feb 7–Mar 8

FEE: \$58.00

HC Leisure Pool

117706 M	5:15–5:45pm	Jan 5–Mar 9
118739 M,W	10:40–11:10am	Feb 9–Mar 11
118740 M,W	3:30–4pm	Feb 9–Mar 11
118741 M,W	4:20–4:50pm	Feb 9–Mar 11

PCCC Leisure Pool

119152 M	4–4:30pm	Jan 5–Mar 9
119029 M,W	4–4:30pm	Feb 9–Mar 11
119028 M,W	5:45–6:15pm	Feb 9–Mar 11

FEE: \$65.25

HC Leisure Pool

117993 M,W	10:40–11:10am	Jan 5–Feb 4
117994 M,W	5:10–5:40pm	Jan 5–Feb 4
117716 Th	6:10–6:40pm	Jan 8–Mar 12
117722 F	10:20–10:50am	Jan 9–Mar 13
117723 F	3:30–4pm	Jan 9–Mar 13
117732 M–F	8:30–9am	Mar 16–27
117733 M–F	4–4:30pm	Mar 16–27

PCCC Leisure Pool

118998 M,W	4–4:30pm	Jan 5–Feb 4
118994 M,W	4:35–5:05pm	Jan 5–Feb 4
119004 T,Th	10:10–10:40am	Jan 6–Feb 5
119010 T,Th	4–4:30pm	Jan 6–Feb 5
119169 Th	5:45–6:15pm	Jan 8–Mar 12
119170 F	4–4:30pm	Jan 9–Mar 13
119137 T,Th	10:45–11:15am	Feb 10–Mar 12
119138 T,Th	4–4:30pm	Feb 10–Mar 12
119145 T,Th	5:45–6:15pm	Feb 10–Mar 12
119180 M–F	9:35–10:05am	Mar 16–27

FEE: \$72.50

PRESCHOOL 2 (CRAB)

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

HC Leisure Pool

117978 S,Sa	10:50–11:20am	Jan 10–Feb 1
117979 S,Sa	11:25–11:55am	Jan 10–Feb 1
117671 S	6:10–6:40pm	Jan 11–Mar 8
118725 S,Sa	10:35–11:05am	Feb 7–Mar 8

PCCC Leisure Pool

118215 S,Sa	9:05–9:35am	Jan 10–Feb 1
118219 S,Sa	9:40–10:10am	Jan 10–Feb 1
119148 Sa	9:40–10:10am	Jan 10–Mar 7
119150 S	9:05–9:35am	Jan 11–Mar 8
119016 S,Sa	9:05–9:35am	Feb 7–Mar 8

FEE: \$58.00

HC Leisure Pool

118742 M,W	10:05–10:35am	Feb 9–Mar 11
118743 M,W	4:05–4:35pm	Feb 9–Mar 11
118744 M,W	4:55–5:25pm	Feb 9–Mar 11

PCCC Leisure Pool

119031 M,W	5:10–5:40pm	Feb 9–Mar 11
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FEE: \$65.25

HC Leisure Pool

117995 M,W	10:05–10:35am	Jan 5–Feb 4
117996 M,W	4:05–4:35pm	Jan 5–Feb 4
117710 T	6:10–6:40pm	Jan 6–Mar 10
117724 F	4:05–4:35pm	Jan 9–Mar 13
117734 M–F	9:05–9:35am	Mar 16–27
117735 M–F	4:35–5:05pm	Mar 16–27

PCCC Leisure Pool

118999 M,W	4:35–5:05pm	Jan 5–Feb 4
119002 T,Th	9–9:30am	Jan 6–Feb 5
119008 T,Th	5:10–5:40pm	Jan 6–Feb 5
119160 T	5:45–6:15pm	Jan 6–Mar 10
119161 W	4–4:30pm	Jan 7–Mar 11
119173 F	5:45–6:15pm	Jan 9–Mar 13
119136 T,Th	10:10–10:40am	Feb 10–Mar 12
119139 T,Th	4:35–5:05pm	Feb 10–Mar 12
119177 M–F	10:10–10:40am	Mar 16–27

FEE: \$72.50



PRESCHOOL 3 (ORCA)

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

Age: 3–5

HC Leisure Pool

117980 S,Sa	11:25–11:55am	Jan 10–Feb 1
117664 Sa	5:35–6:05pm	Jan 10–Mar 7
117672 S	5–5:30pm	Jan 11–Mar 8
117673 S	6:45–7:15pm	Jan 11–Mar 8
118726 S,Sa	10:50–11:20am	Feb 7–Mar 8

PCCC Leisure Pool

118211 S,Sa	8:30–9am	Jan 10–Feb 1
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FEE: \$58.00

HC Leisure Pool

117707 M	4:05–4:35pm	Jan 5–Mar 9
118745 M,W	4:40–5:10pm	Feb 9–Mar 11

PCCC Leisure Pool

119156 M	5:45–6:15pm	Jan 5–Mar 9
119026 M,W	4:35–5:05pm	Feb 9–Mar 11

FEE: \$65.25

HC Leisure Pool

117997 M,W	5:10–5:40pm	Jan 5–Feb 4
120735 F	2–2:30pm	Jan 9–Mar 13
117725 F	4:40–5:10pm	Jan 9–Mar 13
117736 M–F	9:40–10:10am	Mar 16–27
117737 M–F	6:50–7:20pm	Mar 16–27

PCCC Leisure Pool

118995 M,W	5:10–5:40pm	Jan 5–Feb 4
119009 T,Th	5:45–6:15pm	Jan 6–Feb 5
119158 T	4:35–5:05pm	Jan 6–Mar 10
119134 T,Th	9–9:30am	Feb 10–Mar 12
119144 T,Th	5:10–5:40pm	Feb 10–Mar 12
119182 M–F	10:45–11:15am	Mar 16–27

FEE: \$72.50

PRESCHOOL 4 (SEA LION)

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

HC Leisure Pool

117981 S,Sa	10:50–11:20am	Jan 10–Feb 1
118727 S,Sa	11:25–11:55am	Feb 7–Mar 8

PCCC Leisure Pool

119020 S,Sa	9:40–10:10am	Feb 7–Mar 8
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FEE: \$58.00

HC Leisure Pool

117738 M–F	10:15–10:45am	Mar 16–27
117740 M–F	5:40–6:10pm	Mar 16–27

PCCC Leisure Pool

118996 M,W	5:45–6:15pm	Jan 5–Feb 4
119011 T,Th	4:35–5:05pm	Jan 6–Feb 5
119164 W	5:45–6:15pm	Jan 7–Mar 11
119166 Th	4:35–5:05pm	Jan 8–Mar 12
119174 M–F	9–9:30am	Mar 16–27

FEE: \$72.50

PRESCHOOL 5 (NARWHAL)

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

HC Leisure Pool

117982 S,Sa	10:50–11:20am	Jan 10–Feb 1
118728 S,Sa	11:25–11:55am	Feb 7–Mar 8

PCCC Leisure Pool

119021 S,Sa	9:40–10:10am	Feb 7–Mar 8
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FEE: \$58.00

HC Leisure Pool

117739 M–F	10:15–10:45am	Mar 16–27
117741 M–F	5:40–6:10pm	Mar 16–27

PCCC Leisure Pool

118997 M,W	5:45–6:15pm	Jan 5–Feb 4
119012 T,Th	4:35–5:05pm	Jan 6–Feb 5
119167 Th	4:35–5:05pm	Jan 8–Mar 12
119175 M–F	9–9:30am	Mar 16–27

FEE: \$72.50





Swimmer

SWIMMER 1

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

HC Lap Pool

117983 S,Sa	10:35–11:05am	Jan 10–Feb 1
120714 Sa	1:20–1:50pm	Jan 10–Mar 7
117665 Sa	5–5:30pm	Jan 10–Mar 7
120724 S	2:15–2:45pm	Jan 11–Mar 8
118729 S,Sa	10–10:30am	Feb 7–Mar 8
118730 S,Sa	11:25–11:55am	Feb 7–Mar 8

PCCC Leisure Pool

118213 S,Sa	8:30–9am	Jan 10–Feb 1
119146 Sa	8:30–9am	Jan 10–Mar 7
119018 S,Sa	8:30–9am	Feb 7–Mar 8
119024 S,Sa	9:40–10:10am	Feb 7–Mar 8

FEE: \$52.00

HC Lap Pool

117708 M	3:30–4pm	Jan 5–Mar 9
118746 M,W	3:30–4pm	Feb 9–Mar 11

PCCC Leisure Pool

119153 M	4:35–5:05pm	Jan 5–Mar 9
119025 M,W	4–4:30pm	Feb 9–Mar 11
119032 M,W	5:45–6:15pm	Feb 9–Mar 11

FEE: \$58.50

HC Lap Pool

117998 M,W	4:55–5:25pm	Jan 5–Feb 4
118714 T,Th	4:35–5:05pm	Jan 6–Feb 5
117717 Th	5–5:30pm	Jan 8–Mar 12
118978 T,Th	5–5:30pm	Feb 10–Mar 12
118979 T,Th	6:30–7pm	Feb 10–Mar 12
117742 M–F	8:30–9am	Mar 16–27
117743 M–F	10:50–11:20am	Mar 16–27
117744 M–F	5:10–5:40pm	Mar 16–27

PCCC Leisure Pool

118993 M,W	4–4:30pm	Jan 5–Feb 4
119001 M,W	5:45–6:15pm	Jan 5–Feb 4
119006 T,Th	4–4:30pm	Jan 6–Feb 5
119013 T,Th	5:10–5:40pm	Jan 6–Feb 5
119159 T	5:10–5:40pm	Jan 6–Mar 10
119163 W	5:10–5:40pm	Jan 7–Mar 11
119165 Th	4–4:30pm	Jan 8–Mar 12
119171 F	4:35–5:05pm	Jan 9–Mar 13
119143 T,Th	4:35–5:05pm	Feb 10–Mar 12
119141 T,Th	5:45–6:15pm	Feb 10–Mar 12
119179 M–F	9–9:30am	Mar 16–27
119178 M–F	10:45–11:15am	Mar 16–27

FEE: \$65.00

SWIMMER 2

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

HC Lap Pool

117984 S,Sa	10–10:30am	Jan 10–Feb 1
117985 S,Sa	11:25–11:55am	Jan 10–Feb 1
120715 Sa	2:15–2:45pm	Jan 10–Mar 7
120725 S	1:20–1:50pm	Jan 11–Mar 8
117674 S	5–5:30pm	Jan 11–Mar 8
118731 S,Sa	10:50–11:20am	Feb 7–Mar 8

PCCC Leisure Pool

118218 S,Sa	9:40–10:10am	Jan 10–Feb 1
119149 S	8:30–9am	Jan 11–Mar 8
119019 S,Sa	9:05–9:35am	Feb 7–Mar 8

FEE: \$52.00

HC Lap Pool

118747 M,W	4:05–4:35pm	Feb 9–Mar 11
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PCCC Leisure Pool

119154 M	5:10–5:40pm	Jan 5–Mar 9
119030 M,W	4:35–5:05pm	Feb 9–Mar 11
119027 M,W	5:10–5:40pm	Feb 9–Mar 11

FEE: \$58.50

HC Lap Pool

117999 M,W	3:30–4pm	Jan 5–Feb 4
118715 T,Th	4–4:30pm	Jan 6–Feb 5
118716 T,Th	5:50–6:20pm	Jan 6–Feb 5
117711 T	5:35–6:05pm	Jan 6–Mar 10
118980 T,Th	5:55–6:25pm	Feb 10–Mar 12
117745 M–F	9:05–9:35am	Mar 16–27
117746 M–F	6:15–6:45pm	Mar 16–27

PCCC Leisure Pool

119000 M,W	5:10–5:40pm	Jan 5–Feb 4
119007 T,Th	4:35–5:05pm	Jan 6–Feb 5
119014 T,Th	5:45–6:15pm	Jan 6–Feb 5
119157 T	4–4:30pm	Jan 6–Mar 10
119162 W	4:35–5:05pm	Jan 7–Mar 11
119168 Th	5:10–5:40pm	Jan 8–Mar 12
119172 F	5:10–5:40pm	Jan 9–Mar 13
119142 T,Th	4–4:30pm	Feb 10–Mar 12
119140 T,Th	5:10–5:40pm	Feb 10–Mar 12
119176 M–F	9:35–10:05am	Mar 16–27
119181 M–F	10:10–10:40am	Mar 16–27

FEE: \$65.00





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

117986 S,Sa	10:35–11:20am	Jan 10–Feb 1
117987 S,Sa	11:10–11:55am	Jan 10–Feb 1
120716 Sa	3:50–4:35pm	Jan 10–Mar 7
117666 Sa	5:35–6:20pm	Jan 10–Mar 7
120726 S	3–3:45pm	Jan 11–Mar 8
118732 S,Sa	10–10:45am	Feb 7–Mar 8
118733 S,Sa	11:10–11:55am	Feb 7–Mar 8

FEE: \$62.00

HC Lap Pool

118748 M,W	4:35–5:20pm	Feb 9–Mar 11
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FEE: \$69.75

HC Lap Pool

118000 M,W	3:30–4:15pm	Jan 5–Feb 4
118717 T,Th	5–5:45pm	Jan 6–Feb 5
117715 W	3:30–4:15pm	Jan 7–Mar 11
120734 Th	6:45–7:30pm	Jan 8–Mar 12
118981 T,Th	5:35–6:20pm	Feb 10–Mar 12
117747 M–F	9:40–10:25am	Mar 16–27
117748 M–F	4:50–5:35pm	Mar 16–27

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

117988 S,Sa	10–10:45am	Jan 10–Feb 1
120717 Sa	3–3:45pm	Jan 10–Mar 7
120727 S	3:50–4:35pm	Jan 11–Mar 8
117675 S	5:35–6:20pm	Jan 11–Mar 8
118734 S,Sa	10:35–11:20am	Feb 7–Mar 8

FEE: \$62.00

HC Lap Pool

118749 M,W	3:30–4:15pm	Feb 9–Mar 11
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FEE: \$69.75

HC Lap Pool

118001 M,W	3:30–4:15pm	Jan 5–Feb 4
118718 T,Th	5–5:45pm	Jan 6–Feb 5
118982 T,Th	5–5:45pm	Feb 10–Mar 12
117749 M–F	10:30–11:15am	Mar 16–27
117750 M–F	4–4:45pm	Mar 16–27

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

117989 S,Sa	10–10:45am	Jan 10–Feb 1
120711 Sa	12:30–1:15pm	Jan 10–Mar 7
117667 Sa	6:25–7:10pm	Jan 10–Mar 7
118735 S,Sa	10–10:45am	Feb 7–Mar 8

FEE: \$62.00

HC Lap Pool

118750 M,W	4:40–5:25pm	Feb 9–Mar 11
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FEE: \$69.75

HC Lap Pool

118002 M,W	3:30–4:15pm	Jan 5–Feb 4
118984 T,Th	4:15–5pm	Feb 10–Mar 12
117751 M–F	6:35–7:20pm	Mar 16–27

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

117990 S,Sa	11:05–11:50am	Jan 10–Feb 1
120728 S	12:30–1:15pm	Jan 11–Mar 8
117676 S	6:25–7:10pm	Jan 11–Mar 8

FEE: \$62.00

HC Lap Pool

118003 M,W	4:20–5:05pm	Jan 5–Feb 4
118719 T,Th	5:10–5:55pm	Jan 6–Feb 5
118985 T,Th	5:05–5:50pm	Feb 10–Mar 12
117752 M–F	5:45–6:30pm	Mar 16–27

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

117991 S,Sa	10–11am	Jan 10–Feb 1
120718 Sa	2:50–3:50pm	Jan 10–Mar 7

FEE: \$88.00

HC Lap Pool

118751 M,W	3:30–4:30pm	Feb 9–Mar 11
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FEE: \$99.00

HC Lap Pool

118004 M,W	4:05–5:05pm	Jan 5–Feb 4
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FEE: \$110.00

**DEVELOP
A COMFORT IN
DEEP WATER!**
Register now.



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

120729 S 2:50–3:50pm Jan 11–Mar 8
118736 S,Sa 9:45–10:45am Feb 7–Mar 8

FEE: \$88.00

HC Lap Pool

118720 T,Th 5:50–6:50pm Jan 6–Feb 5

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

118737 S,Sa 10:50–11:50am Feb 7–Mar 8

FEE: \$88.00

HC Lap Pool

118005 M,W 4:20–5:20pm Jan 5–Feb 4

FEE: \$110.00

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**.

Homeschool Swimmer

HOMESCHOOL LESSONS (SWIMMER 1)

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

HC Lap Pool

117726 F 12–12:30pm Jan 9–Mar 13

FEE: \$65.00

HOMESCHOOL LESSONS (SWIMMER 2)

Prerequisite: Successful completion of Swimmer 1 or Preschool 5 (Narwhal). This program offers the Lifesaving Society 'Swim For Life' program to school age children during the day. Aimed toward those is Swimmer level 2. **Age: 5–13**

HC Lap Pool

117727 F 1:25–1:55pm Jan 9–Mar 13

FEE: \$65.00

HOMESCHOOL LESSONS (SWIMMER 3–4)

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

HC Lap Pool

117728 F 12:35–1:20pm Jan 9–Mar 13

FEE: \$77.50

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

120693 S,Sa 12–12:30pm Jan 10–Feb 1
120699 Sa 12:30–1pm Jan 10–Mar 7
120702 Sa 1:05–1:35pm Jan 10–Mar 7
120704 Sa 1:40–2:10pm Jan 10–Mar 7
120706 Sa 2:15–2:45pm Jan 10–Mar 7
117668 Sa 6:10–6:40pm Jan 10–Mar 7
117669 Sa 6:45–7:15pm Jan 10–Mar 7
120719 S 12:30–1pm Jan 11–Mar 8
120720 S 1:05–1:35pm Jan 11–Mar 8
120721 S 1:40–2:10pm Jan 11–Mar 8
120722 S 2:15–2:45pm Jan 11–Mar 8
120696 S,Sa 12–12:30pm Feb 7–Mar 8

FEE: \$240.00

HC Lap Pool

117709 M 4:40–5:10pm Jan 5–Mar 9

FEE: \$270.00

HC Lap Pool

117712 T 5–5:30pm Jan 6–Mar 10
120731 T 6:45–7:15pm Jan 6–Mar 10
120732 T 7:20–7:50pm Jan 6–Mar 10
117713 W 4:20–4:50pm Jan 7–Mar 11
117714 W 4:55–5:25pm Jan 7–Mar 11
117718 Th 5:35–6:05pm Jan 8–Mar 12
117729 F 3:30–4pm Jan 9–Mar 13
117730 F 4:05–4:35pm Jan 9–Mar 13
117731 F 4:40–5:10pm Jan 9–Mar 13
120737 F 5:15–5:45pm Jan 9–Mar 13

FEE: \$300.00



Youth/Adult

YOUTH/ADULT 1 (13+ YRS)

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

HC Lap Pool

118721 T,Th 6:25–7:25pm Jan 6–Feb 5

FEE: \$110.00

YOUTH/ADULT 2 (13+ YRS)

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

Age: 13+

HC Lap Pool

118722 T,Th 6–7pm Jan 6–Feb 5

118986 T,Th 5:55–6:55pm Feb 10–Mar 12

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

118987 T,Th 6:25–7:25pm Feb 10–Mar 12

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

120200 M 7:15–8:15pm Feb 9–Mar 9

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

120197 M 7:15–8:15pm Jan 5–Feb 2
120210 W 5:30–6:30pm Jan 7–Feb 4
120204 Th 7:15–8:15pm Jan 8–Feb 5
120216 F 6:30–7:30pm Jan 9–Feb 6
120212 W 5:30–6:30pm Feb 11–Mar 11
120205 Th 7:15–8:15pm Feb 12–Mar 12
120217 F 6:30–7:30pm Feb 13–Mar 13

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

PCCC Fitness Studio

120115 T 5:45–6:45pm Jan 6–Feb 3
120117 S 10:30–11:30am Jan 11–Feb 8
120123 S 6–7pm Jan 11–Feb 8
120116 T 5:45–6:45pm Feb 10–Mar 10

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

120118 S 10:30–11:30am Feb 22–Mar 15
120124 S 6–7pm Feb 22–Mar 15

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

Health | Mind & Body

BABY & ME YOGA

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

HC Community Room 2

120218 T 10:45–11:45am Jan 6–Feb 3

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

120221 T 10:45–11:45am Feb 17–Mar 10

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

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**.

MAT PILATES

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

HC Community Room 2

120195 F 9:30–10:30am Jan 9–Feb 6

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

120196 F 9:30–10:30am Feb 13–Mar 13

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

PCCC Laking Room

119699 Sa 11am–12pm Jan 10–Feb 7

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

119700 Sa 11am–12pm Feb 21–Mar 14

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

Fitness Drop ins

HYDE CREEK RECREATION CENTRE

Registered drop-in programs include:

- Spin
- Sculpt
- Yoga
- HIIT



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



MAT PILATES FOUNDATIONS

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

PCCC Laking Room

119701 Th 11am–12pm Jan 8–Feb 5
119702 Th 11am–12pm Feb 12–Mar 12

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

YOGA FOR ALL–BODIES

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

HC Community Room 2

120242 Th 7:15–8:15pm Jan 8–Feb 5

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 2

120421 W 5:45–6:45pm Jan 7–Feb 4
120422 W 5:45–6:45pm Feb 11–Mar 11

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

PRENATAL YOGA

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

PCCC Laking Room

120172 Th 7:15–8:15pm Feb 19–Mar 12

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

TRX CORE YOGA

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

PCCC Spin Studio

120107 T 10:45–11:45am Jan 6–Feb 3
120109 Th 10:45–11:45am Jan 8–Feb 5
120108 T 10:45–11:45am Feb 10–Mar 10
120110 Th 10:45–11:45am Feb 12–Mar 12

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

VINYASA FLOW YOGA

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

PCCC Laking Room

120175 M 1:30–2:30pm Jan 5–Feb 2

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

120171 Th 7:15–8:15pm Jan 8–Feb 5

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

120243 M 1:30–2:30pm Feb 23–Mar 9

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

YOGALATES

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

PCCC Laking Room

120105 M 5:45–6:45pm Jan 5–Feb 2

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

120106 M 5:45–6:45pm Feb 9–Mar 9

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



Health & Wellness

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

119711 T 10:15–11:15am Jan 6–Feb 3
120101 Th 10:15–11:15am Jan 8–Feb 5
119713 T 10:15–11:15am Feb 10–Mar 10
120102 Th 10:15–11:15am Feb 12–Mar 12

FEE: \$35.00
FEE FOR 60+: \$27.50

TAI CHI – WU STYLE BEGINNER

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

PCCC JB Young Room

120111 T 10:45am–12:15pm Jan 6–Mar 10

FEE: \$85.00
FEE FOR 60+: \$75.00

TAI CHI – WU STYLE INTERMEDIATE

This form of fitness emphasizes sequences of movement, breathing, coordination, balance and self-control. Breathing techniques combined with Tai Chi principles circulate energy throughout the body. Strongly recommend that a full set of Beginner Tai Chi is completed before attending Intermediate Tai Chi. Prerequisite: Tai Chi Beginner. Age: 50+

PCCC Fitness Studio

120112 Th 10:45am–12:15pm Jan 8–Mar 12

FEE: \$85.00
FEE FOR 60+: \$75.00



ZUMBA GOLD

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

PCCC Fitness Studio

120119 M 10:45–11:45am Jan 5–Feb 2
120121 F 11:15am–12:15pm Jan 9–Feb 6
120122 F 11:15am–12:15pm Feb 13–Mar 13

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

120120 M 10:45–11:45am Feb 9–Mar 9

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

CHAIR YOGA 60

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+

119705 M 12–1pm Jan 5–Feb 2
120113 T 10:45–11:45am Jan 6–Feb 3
120114 T 10:45–11:45am Feb 10–Mar 10
120161 Th 1:30–2:30pm Jan 8–Feb 5
120162 Th 1:30–2:30pm Feb 12–Mar 12

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

PCCC Laking Room

119707 M 12–1pm Feb 9–Mar 9

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





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

119709 W 10:45–11:45am Jan 7–Feb 4
119710 W 10:45–11:45am Feb 11–Mar 11

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

HATHA YOGA INTERMEDIATE

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

PCCC Laking Room

120166 F 10:45am–12:15pm Jan 9–Feb 6
120167 F 10:45am–12:15pm Feb 13–Mar 13

FEE: \$75.00
FEE FOR 60+: \$67.50

HATHA YOGA MULTI LEVEL

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

PCCC Laking Room

120168 Th 9:15–10:45am Jan 8–Feb 5
120169 Th 9:15–10:45am Feb 12–Mar 12

FEE: \$75.00
FEE FOR 60+: \$67.50

STRETCH AND RELAXATION YOGA

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

119703 M 10:45–11:45am Jan 5–Feb 2
120423 F 12:30–1:30pm Jan 9–Feb 6
120424 F 12:30–1:30pm Feb 13–Mar 13

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

PCCC Laking Room

119704 M 10:45–11:45am Feb 9–Mar 9

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

120103 T 1:30–3:30pm Jan 6–Feb 3
120104 T 1:30–3:30pm Feb 10–Mar 10

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

**JOIN US
FOR A FULL
BODY YOGA
STRETCH!**
Register now.





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

120284 T	8:30–10:30am	Jan 6–27
120304 Th	8:30–10:30am	Jan 8–29
120313 Th	7:45–9:15pm	Jan 8–29
120287 T	8:30–10:30am	Feb 3–24
120305 Th	8:30–10:30am	Feb 5–26

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

120314 Th	7:45–9:15pm	Feb 5–12
120315 Th	7:45–9:15pm	Feb 19–26
120288 T	8:30–10:30am	Mar 3–10
120306 Th	8:30–10:30am	Mar 5–12
120316 Th	7:45–9:15pm	Mar 5–12
121190 Th	7:45–9:15pm	Mar 19–26

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

PICKLEBALL – WOMEN'S ALL LEVELS

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

PCCC Gymnasium

120273 F	10:30am–12:30pm	Jan 9–30
120272 F	10:30am–12:30pm	Feb 6–27

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

PCCC Gymnasium

120271 F	10:30am–12:30pm	Mar 6–13
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FEE: \$21.00
FEE 60+: \$19.00

PICKLEBALL – BEGINNER

For Beginner Level players who have fundamental knowledge of pickleball rules and basic skills to effectively play with others. This is a non-instructional program for players who want guaranteed play time for multiple weeks with organized games and friendly rallies. Age: 18+

PCCC Gymnasium ½ E

120292 T	1–3pm	Jan 6–27
120293 T	1–3pm	Feb 3–24

HC Gym

120301 W	10:45am–12:45pm	Jan 7–28
120302 W	10:45am–12:45pm	Feb 4–25

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

PCCC Gymnasium ½ E

120294 T	1–3pm	Mar 3–10
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HC Gym

120303 W	10:45am–12:45pm	Mar 4–11
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FEE: \$21.00
FEE 60+: \$19.00

**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 – INTERMEDIATE

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

Age: 18+

HC Gym

120298 W	8:30–10:30am	Jan 7–28
120299 W	8:30–10:30am	Feb 4–25

PCCC Gymnasium

120307 Th	10:45am–12:45pm	Jan 8–29
120308 Th	10:45am–12:45pm	Feb 5–26

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

HC Gym

120300 W	8:30–10:30am	Mar 4–11
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PCCC Gymnasium

120309 Th	10:45am–12:45pm	Mar 5–12
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FEE:	\$21.00
FEE 60+:	\$19.00

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 – 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. This is a non-instructional program for players who want guaranteed play time for multiple weeks with organized games and competitive rallies. Age: 18+

PCCC Gymnasium

121183 F	8:30–10:30am	Jan 9–16
120268 F	8:30–10:30am	Jan 23–30
120269 F	8:30–10:30am	Feb 6–13
120324 F	8:30–10:30am	Feb 20–27
120270 F	8:30–10:30am	Mar 6–13

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

PICKLEBALL – WOMEN'S INTERMEDIATE/ADVANCED

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

PCCC Gymnasium

120289 T	10:45am–12:45pm	Jan 6–27
120290 T	10:45am–12:45pm	Feb 3–24

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

120291 T	10:45am–12:45pm	Mar 3–10
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FEE:	\$21.00
FEE 60+:	\$19.00

PICKLEBALL – SENIORS 60+

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

Age: 60+

PCCC Gymnasium ½ W

120295 T	1–3pm	Jan 6–27
120296 T	1–3pm	Feb 3–24

PCCC Gymnasium

120310 Th	1–3pm	Jan 8–29
120311 Th	1–3pm	Feb 5–26

FEE:	\$38.00
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PCCC Gymnasium ½ W

120297 T	1–3pm	Mar 3–10
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PCCC Gymnasium

120312 Th	1–3pm	Mar 5–12
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FEE:	\$19.00
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PICKLEBALL – INTERMEDIATE SOCIAL DOUBLES

Register yourself and bring a partner to play friendly, intermediate level pickleball matches against other duos at an intermediate level. Our instructor will facilitate game matchups. No smashes. Only one player needs to register per doubles partnership. Age: 18+

HC Gym

120334 W	1–2:30pm	Jan 21
120335 W	1–2:30pm	Feb 4
120336 W	1–2:30pm	Feb 18
120337 W	1–2:30pm	Mar 4

PCCC Gymnasium

120318 Th	6–7:30pm	Jan 15
120319 Th	6–7:30pm	Jan 22
120320 Th	6–7:30pm	Jan 29
120321 Th	6–7:30pm	Feb 5
120322 Th	6–7:30pm	Feb 12
120472 M	10:45am–12:15pm	Mar 23
120473 Th	10:15–11:45am	Mar 26

PCCC Gymnasium ½ E

121422 T	6–7:30pm	Jan 6
121421 T	6–7:30pm	Feb 10
121420 T	6–7:30pm	Mar 24

FEE:	\$15.00
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PICKLEBALL – SOCIAL DOUBLES 60+

Register yourself and bring a partner to play friendly, intermediate level pickleball matches against other duos. Our instructor will facilitate game matchups. No smashes. Only one player needs to register per doubles partnership. **Age: 60+**

PCCC Gymnasium

120470 T	12:30–2pm	Mar 24
120471 F	12:30–2pm	Mar 27

FEE: **\$15.00**

PICKLEBALL – WOMEN'S SOCIAL DOUBLES

This women's only program is for partners to play friendly, intermediate level pickleball matches against other duos. Our instructor will facilitate game matchups. No Smashes. Only one player needs to register per doubles partnership. **Age: 18+**

PCCC Gymnasium

120468 T	8:30–10am	Mar 24
120469 F	10:45am–12:15pm	Mar 27

FEE: **\$15.00**

PICKLEBALL LESSONS | LEARN TO PLAY – LEVEL 1

This beginner level skill development program is recommended for players who are new to pickleball and will teach 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

120282 M	12:30–2pm	Jan 12–Feb 2
120283 M	12:30–2pm	Feb 9–Mar 9

PCCC Gymnasium

120266 T	6–7:30pm	Jan 13–Feb 3
120323 Th	6–7:30pm	Feb 19–Mar 12

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

PICKLEBALL LESSONS | LEARN TO PLAY – LEVEL 2

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

HC Gym

120280 M	10:45am–12:15pm	Jan 12–Feb 2
120281 M	10:45am–12:15pm	Feb 9–Mar 9

PCCC Gymnasium

120267 T	6–7:30pm	Feb 17–Mar 10
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FEE: **\$68.00**
FEE 60+: **\$62.00**

PICKLEBALL LESSONS | TRAIN TO PLAY – LEVEL 3

For intermediate level players seeking to develop their 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 established strong existing knowledge and pickleball skills. **Age: 18+**

HC Gym

120277 M	9–10:30am	Jan 12–Feb 2
120278 M	9–10:30am	Feb 9–Mar 9

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

SEMI-PRIVATE PICKLEBALL LESSONS

Register to improve pickleball fundamental skills, gameplay, strategy and/or looking to learn from an instructor in a personalized environment. Lessons are for 2 OR 4 participants – One person registers, pays and is responsible for inviting other participants to the session. **Age: 18+**

HC Gym

121413 W	1–2:30pm	Jan 7
120329 W	1–2:30pm	Jan 14
120330 W	1–2:30pm	Jan 28
120331 W	1–2:30pm	Feb 11
120332 W	1–2:30pm	Feb 25
120333 W	1–2:30pm	Mar 11

FEE FOR 2 PLAYERS: **\$84.00**
ADD 2 ADDITIONAL PLAYERS: **\$56.00**

PICKLEBALL ROUND ROBIN

Register to play in this fun, friendly round robin gameplay for players with established skills at an intermediate level. Our instructor will facilitate partner rotations, organize matchups and manage gameplay. Please arrive to the gymnasium by 8:45am so play can begin promptly at 9am. **Age: 18+**

PCCC Gymnasium

120474 W	9am–12pm	Mar 25
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FEE: **\$12.00**

PICKLEBALL SKILLS, DRILLS & PLAY: NON-VOLLEY ZONE

Refine your Pickleball Non-Volley Zone play – angles/corners & drop shot enhanced skills! Our instructor will teach players how to improve strokes and shots with focused drills, then integrate them in recreational gameplay. Participants need to have existing knowledge and prior experience playing pickleball. **Age: 18+**

PCCC Gymnasium

120462 T	10:15am–12:15pm	Mar 24
120463 F	8:30–10:30am	Mar 27

FEE: **\$16.50**
FEE 60+: **\$14.00**



PICKLEBALL SKILLS, DRILLS & PLAY: SERVES, RETURNS & VOLLEYS

Refine your Pickleball serves, command drive returns, and block volley skills! Our instructor will teach players how to improve your strokes and shots with focused drills, then integrate them in recreational gameplay. Participants need to have existing knowledge and prior experience playing pickleball. **Age: 18+**

PCCC Gymnasium

120461 M	8:30–10:30am	Mar 23
120475 Th	12–2pm	Mar 26

FEE:	\$16.50
FEE 60+:	\$14.00

TRY IT! INTRO TO PICKLEBALL

Come try the sport of pickleball in a friendly, fun, & non-competitive environment! Our instructor will introduce participants to the basics while ensuring all skills and gameplay are adapted to participant knowledge and ability. 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. **Age: 18+**

PCCC Gymnasium

121189 Th	6–7:30pm	Jan 8
120465 M	12:30–2pm	Mar 23
120466 Th	8:30–10am	Mar 26
120467 Th	6–7:30pm	Mar 26

FEE:	\$16.50
FEE 60+:	\$14.00

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

Register now.



Sports | Volleyball

VOLLEYBALL – WOMEN IN SPORT LEAGUE

Our women's league welcomes players of all skill levels who want to stay active, build friendships, and play volleyball in a supportive environment! The season starts with two nights of placement matches to determine initial rankings, followed by re-seeding throughout the season to balance gameplay. The season ends with a playoff tournament featuring all teams. Register your team for exciting matches, teamwork and community spirit on the court! **Age: 18+**

HC Gym

119708 M	6:30–10pm	Jan 5–Mar 23
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FEE:	\$540.00
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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. **Age: 8–13**

HC Gym

119714 Th	5–6pm	Jan 8–Feb 5
121414 Th	5–6pm	Feb 12–Mar 12

FEE:	\$47.50
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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

119715 Th	6–7:30pm	Jan 8–Feb 5
121415 Th	6–7:30pm	Feb 12–Mar 12

FEE:	\$77.50
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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

119716 Th	7:30–9pm	Jan 8–Feb 5
121416 Th	7:30–9pm	Feb 12–Mar 12

FEE:	\$77.50
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Youth Services

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



**YOUTH
SPRING BREAK
CAMPS ON
PAGE 7!**

Youth Access Card

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

Youth Access Card Plus

For a \$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.

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

Port Coquitlam Community Centre Wilson Lounge

2150 Wilson Ave. 604 927 7962

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

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

Youth Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

- Youth Volleyball
- Youth Basketball



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

Youth Drop ins

HYDE CREEK RECREATION CENTRE

Registered drop-in programs include:

- Youth Volleyball
- Youth Basketball



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



It's Birthday Party Time!

**FOR
11-14
YEARS**

PARTY DURATION: 2 HOURS

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

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

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

HC Youth Centre Age: 11-14

119555	Sa	2-4pm	Jan 10
119556	Sa	2-4pm	Jan 17
119557	Sa	2-4pm	Jan 24
119558	Sa	2-4pm	Jan 31
119559	Sa	2-4pm	Feb 7
119560	Sa	2-4pm	Feb 14
119561	Sa	2-4pm	Feb 21
119562	Sa	2-4pm	Feb 28
119563	Sa	2-4pm	Mar 7
119564	Sa	2-4pm	Mar 14
119565	Sa	2-4pm	Mar 21
119566	Sa	2-4pm	Mar 28

FEE:

\$200.00



Youth Services

PRO D DAYS

SUPER SMASH BROS SWITCH TOURNAMENT

FREE

Prove to everyone you're the best at Super Smash Bros on Switch in the 1 vs. 1 tournament with competitive eSport rules and regulations! Strongly advised to be proficient in the game but beginners are welcome.

PCCC Wilson Lounge Age: 11-15

119128 F 4:30-6:30pm

Feb 27

HC Youth Centre Age: 11-13

120671 F 3-5pm

Feb 27

Special Event

TABLE TENNIS TOURNAMENT

FREE

Show off your skills in this singles and/or doubles Table Tennis tournament! There will be 2 skill brackets: Beginner and Advanced. Age: 11-18

PCCC Mabbett Hall ½ S

119129 M 4-6pm

Feb 9



WINTER CLASSIC 3 ON 3 BASKETBALL

FREE

Join us for our annual Winter Classic 3 on 3 Basketball Tournament! All players must sign up individually. Teams of 3-4 players made on the day of but you can also plan your own teams! Free registration but spaces are limited. Two age groups, 11-14 and 15-18. Age: 11-14 or 15-18

PCCC Gymnasium Hall ½ S

120815 Sa 4-8pm Jan 3 Age: 11-14

120816 Sa 4-8pm Jan 3 Age: 15-18

Crafts

CRAFTY CREATIONS

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

PCCC Wilson Lounge

NEW YEAR'S RESOLUTION MASON JARS

119125 T 5:45-7:00pm

Jan 27

LUNAR NEW YEAR CRAFTS

119126 T 5:45-7:00pm

Feb 24

BATH BOMBS

119127 T 5:45-7:00pm

Mar 31

FEE:

\$10.00



Cooking

YOUTH COOKING

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

HC Youth Centre

ONE-POT BROCCOLI CHEESE PASTA

119567 W 5:30-7pm

Jan 7

119579 Th 5:30-7pm

Jan 8

STIR FRY

119568 W 5:30-7pm

Jan 14

119580 Th 5:30-7pm

Jan 15

LENTIL SOUP

119569 W 5:30-7pm

Jan 21

119581 Th 5:30-7pm

Jan 22

BEEF DIP

119570 W 5:30-7pm

Jan 28

119582 Th 5:30-7pm

Jan 29

FRIED RICE

119571 W 5:30-7pm

Feb 4

119583 Th 5:30-7pm

Feb 5

FULL ENGLISH FRITTATA

119572 W 5:30-7pm

Feb 11

119584 Th 5:30-7pm

Feb 12

OMELETS

119573 W 5:30-7pm

Feb 18

119585 Th 5:30-7pm

Feb 19

MEXICAN BEEF 'N' RICE SKILLET

119574 W 5:30-7pm

Feb 25

119586 Th 5:30-7pm

Feb 26

FAJITAS

119575 W 5:30-7pm

Mar 4

119587 Th 5:30-7pm

Mar 5

VEGGIE PITA PIZZA

119576 W 5:30-7pm

Mar 11

119588 Th 5:30-7pm

Mar 12

FEE:

\$10.00

POCO YOUTH LEADERSHIP GROUP

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

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

The PYLG is a good fit for people who are:

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

Applying to Volunteer:

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



For more information:



YOUTH GOURMADE

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



PCCC Wilson Kitchen Age: 11-13

119100	M	4-6:30pm
119101	M	4-6:30pm
119102	M	4-6:30pm
119103	M	4-6:30pm
119104	M	4-6:30pm
119105	M	4-6:30pm
119106	M	4-6:30pm
119107	M	4-6:30pm
119108	M	4-6:30pm
119109	M	4-6:30pm
119110	M	4-6:30pm
119111	M	4-6:30pm
119112	M	4-6:30pm

FEE:

Jan 5
Jan 12
Jan 19
Jan 26
Feb 2
Feb 9
Feb 16
Feb 23
Mar 2
Mar 9
Mar 16
Mar 23
Mar 30

\$7.00

PCCC Wilson Kitchen Age: 12-16

119113	W	4-6:30pm
119114	W	4-6:30pm
119115	W	4-6:30pm
119116	W	4-6:30pm
119117	W	4-6:30pm
119118	W	4-6:30pm
119119	W	4-6:30pm
119120	W	4-6:30pm
119121	W	4-6:30pm
119123	W	4-6:30pm
119124	W	4-6:30pm

FEE:

Jan 7
Jan 14
Jan 21
Jan 28
Feb 4
Feb 11
Feb 18
Feb 25
Mar 4
Mar 18
Mar 25

\$7.00



Training

AT HOME ALONE PLUS

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

Age: 10–13

HC Lecture Room

119549 T	5–7pm	Jan 13–20
119550 T	5–7pm	Feb 10–17
119551 T	5–7pm	Mar 3–10

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

119553 Sa	9:30am–4:30pm	Feb 14
119554 Sa	9:30am–4:30pm	Mar 7

FEE: \$74.00



Fencing

FENCING – YOUTH BEGINNERS

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

PCCC Gymnasium ½ W

120809 T	6–7pm	Jan 6–27
120810 T	6–7pm	Feb 3–24
120811 T	6–7pm	Mar 3–24

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

120812 T	7–8pm	Jan 6–Jan 27
120813 T	7–8pm	Feb 3–24

FEE: \$70.00

120813 T	7–8pm	Mar 3–31
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FEE: \$87.50



Together Building BC's Best Sports Community

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



**PoCo Minor
Softball**



**TC Preds
Girls Hockey**



**PoCo FC
Soccer**



**PoCo Saints
Lacrosse**



**Ducks
Volleyball**



**PoCo Pirates
Hockey**



**TC Thunder
Baseball**



**TC Lightning
Speed Skating**



**TC Titans
Softball**



**PoCo
Skating Club**



**PoCo
Karate**



**Girls
Basketball**



**Pacific Rim
Taekwon-Do**



**PoCo Butokukan
Karate**



**PCRM
Ringette**



**PC Marlins
Swimming**



**PC Tennis
Club**



**PC Oldtimers
Hockey**



**TC Walking
Soccer (Sr.)**



**PC
Run Club**



**Excel
Martial Arts**



**TC Warriors
Ball Hockey**



**Advent
Swim**



**PC Trailblazers
Hockey**

WWW.POCOSPORT.COM



Children Services

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

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

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 months

PCCC Playroom 3
120173 M 11am–12pm Jan 12–Mar 2

FEE: \$72.10

TUMBLE TOTS – ADULT PARTICIPATION

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

PCCC Playroom 3
120176 T 11am–12pm Jan 13–Mar 3

FEE: \$82.40

GYMBALAYA – ADULT PARTICIPATION

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

HC Sports Hall
120182 W 9:30–10:15am Jan 14–Mar 4

FEE: \$62.00

MINI MUSIC MAKERS – ADULT PARTICIPATION

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

HC Prog Rm 2
120189 W 10:45–11:30am Jan 14–Mar 4

PCCC Playroom 2
120185 Th 5–5:45pm Jan 15–Mar 5

FEE: \$62.00

HAND IN HAND – ADULT PARTICIPATION

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

PCCC Playroom 1
120187 F 9:30–10:30am Jan 16–Mar 6

FEE: \$72.10

HAND IN HAND | EVENING – ADULT PARTICIPATION

Join us for this evening edition of our popular Hand in Hand program and get ready for bedtime with free play, arts and crafts, songs, and story time. Children can wear their PJs and bring a plush-toy friend. Accompanying adults stay and play, and infant siblings are welcome too.
Age: 1–5

PCCC Playroom 2
120276 Th 6–6:45pm Jan 15–Mar 5

FEE: \$62.00



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

120170 M 9:30–10:30am Jan 12–Mar 2

FEE: \$72.10

PLAYSCHOOL PREP

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

PCCC Playroom 1

120188 F 10:45am–12:15pm Jan 16–Mar 6

FEE: \$108.15

Drop in & Childminding Information

Childminding registration is now open 7 days before the program start date.

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



PLAYSCHOOL INSIDE

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

HC Prog Rm 2

120159 M 11:30am–1:00pm Jan 12–Mar 2

120165 F 11:30am–1:00pm Jan 16–Mar 6

FEE: \$108.15

HC Prog Rm 1

120181 W 11:30am–1:00pm Jan 14–Mar 4

FEE: \$123.60

PLAYSCHOOL OUTSIDE

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

Hyde Creek Playground

120151 M,W 9:30–11:30am Jan 12–Mar 4

FEE: \$309.00

120153 T,Th 9:30–11:30am Jan 13–Mar 5

FEE: \$329.60

120156 F 9:30–11:30am Jan 16–Mar 6

FEE: \$144.20





Preschool Speciality

SCRUMPTIOUS SCIENCE

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

PCCC Playground 1

120275 T 1:30-2:30pm Jan 13-Mar 3

FEE: \$96.00

JUNIOR SNACK MAKERS

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

HC Prog Rm 2

120179 T 6-7pm Jan 13-Mar 3

FEE: \$96.00

LITTLE CHEFS

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

HC Prog Rm 2

120186 W 1-2:15pm Jan 14-Mar 4

FEE: \$120.00

**KIDS ARTS
PROGRAMS
ON PAGE 50!**



Preschool Sports

SOCCER STARS AND PARENTS

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

HC Gym

120190 Sa 9:15-10am Jan 10-Mar 7

FEE: \$72.00

SOCCER STARS

A fun and fast-paced sports program for preschoolers including active drills and skills training each session. Stay Active, Stay Strong! **Age: 3-5**

HC Gym

120191 Sa 10:15-11am Jan 10-Mar 7

FEE: \$72.00



MULTI-SPORT

A fun, active and fast-paced multi-sport program for preschoolers including active drills and skills training each session.

Stay Active, Stay Strong! Age: 3-5

HC Gym

120192 Sa 11:15am-12pm Jan 10-Mar 7

FEE: \$72.00

LACROSSE

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

HC Sports Hall

120178 T 1:15-2:15pm Jan 13-Mar 3

FEE: \$82.40

GYMNASTICS FUN

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

HC Sports Hall

120184 Th 1-2pm Jan 15-Mar 5

FEE: \$82.40



Dance

DANCE TOTS – TINY TOTS

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

PCCC Small Multipurpose Room

120193 Sa 9-9:30am Jan 10-Mar 7

120245 Sa 9:45-10:15am Jan 10-Mar 7

FEE: \$54.00

HC Community Room 3

120255 W 5:15-5:45pm Jan 14-Mar 4

FEE: \$48.00

DANCE TOTS – LEVEL 1

Learning and exploring dance with the fundamentals of ballet, jazz and tap. Using our imagination while learning dance steps across the floor and finishing with gymnastics on the mat. For information please call Annette at 604.612.9044. Age: 3-5

PCCC Small Multipurpose Room

120248 Sa 10:30-11:30am Jan 10-Mar 7

120249 Sa 11:45am-12:45pm Jan 10-Mar 7

FEE: \$108.00

HC Community Room 3

120256 W 6-7pm Jan 14-Mar 4

FEE: \$96.00



DANCE TOTS – LEVEL 2

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

PCCC Small Multipurpose Room

120250 Sa 1-2pm Jan 10-Mar 7

FEE: \$108.00

LET'S DANCE CLUB JUNIOR & INTERMEDIATE

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

PCCC Small Multipurpose Room

120251 Sa 2:15-3:15pm Jan 10-Mar 7

FEE: \$108.00



School Age

BASKETBALL – AFTERSCHOOL ACTIVE

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

PCCC Gymnasium

120358 M 3:30–5pm Jan 12–Mar 2

FEE: \$89.25

HC Gym

120354 F 3:30–5pm Jan 16–Mar 6

FEE: \$89.25

SOCCER – AFTERSCHOOL ACTIVE

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

HC Gym

120342 M 3:30–5pm Jan 12–Mar 2

FEE: \$89.25

FLOOR HOCKEY – AFTERSCHOOL ACTIVE

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

PCCC Gymnasium

120361 T 3:30–5pm Jan 13–Mar 3

FEE: \$102.00



MULTI–SPORT – AFTERSCHOOL ACTIVE

Have you always wanted to try a new sport, but not sure which to try? Join us for Multi–Sport which offers a variety of activities such as pickleball, tennis, volleyball, badminton, soccer, basketball, floor hockey, and more. Afterschool Active includes 60 minutes of Active FUN! Join us as we learn team building, FUNDamental sport skills and basics. Age: 6–10

PCCC Gymnasium

120362 W 3:30–5pm Jan 14–Mar 4

FEE: \$102.00

VOLLEYBALL – AFTERSCHOOL ACTIVE

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

PCCC Gymnasium

120368 Th 3:30–5pm Jan 15–Mar 5

FEE: \$102.00

SPORTS & SWIM – AFTERSCHOOL ACTIVE

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

HC Gym

120345 Th 3:30–5:30pm Jan 15–Mar 5

FEE: \$160.00

HOMESCHOOL BALL – SPORTS ACTIVE

Let's get everyone moving in this fun, non-competitive, and active ball sports and games program for homeschoolers. Try out a variety of ball sports, socialize with peers, and develop FUNDamental movement and athletic skills. Age: 6–10

HC Gym

121409 M 2:15–3:15pm Jan 12–Mar 2

FEE: \$59.50

KIDS IN THE KITCHEN

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

HC Prog Rm 2

120343 T 3:30–5pm Jan 13–Mar 3

120344 W 3:30–5pm Jan 14–Mar 4

FEE: \$156.00

**STAY ACTIVE,
STAY STRONG!**

Register now.



Swim, Play, Pizza

SWIM, PLAY, PIZZA

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

PCCC Small Multipurpose Room

120409 F 6–9pm Jan 23
120410 F 6–9pm Feb 20

HC Sports Hall

120407 F 6–9pm Feb 6
120408 F 6–9pm Mar 6

FEE: \$30.00



Beyond the Bell

CASTLE PARK ELEMENTARY SCHOOL – CREATION STATION

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

120464 M 2:45–4:15pm Jan 12–Mar 2

FEE: \$90.00

WESTWOOD ELEMENTARY SCHOOL – PAPER INNOVATIONS

This program explores creations with paper, such as fortune tellers, paper airplanes, hoop gliders, and many more. The program is for children in Grades 1 – 5. Age: 6–10

120415 T 2:50–4:15pm Jan 13–Mar 3

FEE: \$120.00

CENTRAL ELEMENTARY SCHOOL – SCIENCE ZONE

This program explores science concepts with fun experiments, hypotheses, and testing theories. The program is for children in Grades 3 – 5. Age: 8–10

120416 W 3–4:30pm Jan 14–Mar 4

FEE: \$120.00

CASTLE PARK ELEMENTARY SCHOOL – MULTI-SPORTS

This program promotes the development of basic athletic skills through fun games and a variety of sports! Program is for children Grades 1–5. Age: 6–10

120369 Th 2:45–4:15pm Jan 15–Mar 5

FEE: \$102.00

WESTWOOD ELEMENTARY SCHOOL – SCIENCE ZONE

This program explores science concepts with fun experiments, hypotheses, and testing theories. The program is for children in Grades 1 – 5. Age: 6–10

120370 F 2:50–4:15pm Jan 16–Mar 6

FEE: \$105.00



Children Services

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



**TRY OUR
PLAYSCHOOL
INSIDE
PROGRAM!**

Playschool OUTside

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

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

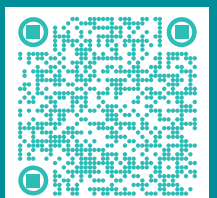
Playschool will be held outside every day except in extreme weather when we bring nature inside and use our indoor classroom.

Children's Services Drop ins

Registered drop in programs include:

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

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





Parties open
for registration
60 days before
the party date.

Celebrate birthdays with us!

Birthday parties are currently available to book on Saturdays.

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



Registration
for 2026/2027
preschool
year opens
Feb 2026.

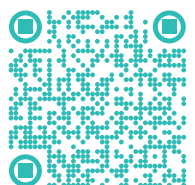
CITY PRESCHOOL



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

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

*For more
information:*





Adults | Seniors 60+

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

Arts

FUN WITH FLOWERS

Bring your passion for flowers and join us to create a beautiful arrangement for your home. No experience necessary. Tools and supplies are provided. There is an additional \$25 cost for project supplies, payable to the instructor during class. Age: 60+

PCCC Small Multipurpose Room

120346 M	7-9pm	Jan 5
120347 M	7-9pm	Feb 2
120348 M	7-9pm	Mar 16

HC Lecture Room

120349 W	7-9pm	Jan 14
120350 W	7-9pm	Feb 4
120351 W	7-9pm	Mar 11

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

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

OIL AND ACRYLIC - INTERMEDIATE

Learn the principles of each medium and review colour theory. There will be demonstrations, class exercises, free-time, and instructor support as you create your beautiful paintings. Please bring photos/objects to paint and your own painting supplies. Age: 60+

Outlet Work Room

120285 W 9:45am-12:15pm Jan 7-Feb 4

FEE - MEMBER:	\$45.33
NON-MEMBER:	\$69.74

120286 W 9:45am-12:15pm Feb 18-Mar 11

FEE - MEMBER:	\$56.71
NON-MEMBER:	\$87.25

CLAY STUDIO

In this 2-session workshop, create your own mug or other functional piece of clayware. During the first session our instructor will guide you in hand building your clayware. In the 2nd session you will glaze your piece and we'll fire it in our kiln! Age: 60+

Outlet

120146 W	1-2:30pm	Jan 7-14
120147 W	1-2:30pm	Feb 4-11
120148 W	1-2:30pm	Mar 4-11

FEE - MEMBER:	\$32.17
NON-MEMBER:	\$52.00

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**.



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

120160 Th	1-2:30pm	Jan 15
120163 Th	1-2:30pm	Feb 12
120164 Th	1-2:30pm	Mar 12

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

WOODCARVING

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

Outlet Work Room

119069 M	6-9:30pm	Jan 5–Mar 30
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FEE – MEMBER:	\$67.57
NON-MEMBER:	\$103.95



Education & Training

A BEAUTIFUL QUILT

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

PCCC JB Young Room

119066 M	9am–2pm	Jan 5–Mar 9
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FEE – MEMBER:	\$163.27
NON-MEMBER	\$251.18

SEW IT UP

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

PCCC JB Young Room

119071 W	10am–3pm	Jan 7–Mar 11
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FEE – MEMBER:	\$212.15
NON-MEMBER:	\$326.39

SPANISH – BEGINNER 1 & 2

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

PCCC JB Young Room

119072 F	1-2:30pm	Jan 16–Mar 13
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FEE – MEMBER:	\$36.85
NON-MEMBER:	\$56.70

SPANISH – INTERMEDIATE

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

PCCC JB Young Room

119073 F	3-4:30pm	Jan 16–Mar 13
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FEE – MEMBER:	\$36.85
NON-MEMBER	\$56.70





Adults | Seniors 60+



TUESDAY TALKS PRESENTED BY THE WILSON SENIORS ADVISORY ASSOCIATION

PCCC Mabbett Hall ½ N
Age: 19+

FREE

WILLS & ESTATE PLANNING

Join Aaron Chan of AHC Law for a free talk on Wills. Estate planning learn about Wills, Power of attorney and Representation Agreements. What they are, why they matter, and how to reduce costs and stress for your family. Age: 19+

119951 T 1:30–2:30pm Jan 13

POWER OF MUSIC FOR BRAIN HEALTH

Power of music and cognitive activities for Brain health. Discover how music and cognitive activities can stimulate the brain, boost mood, and support memory. Learn about practical ways to keep the mind active at any age, and explore how our Adult Cognitive Wellness Program helps older adults stay engaged, connected and thriving. Age: 19+

119956 T 1:30–2:30pm Jan 27

OLDER ADULT MISTREATMENT & ABUSE

Awareness mistreatment of seniors may include verbal humiliation or intimidation or physical violence; financial misuse of funds or assets; over or under medication; denial of your freedoms and human rights; denial of privacy etc. Age: 19+

119957 T 1:30–2:30pm Feb 10

Health | Mind & Body

DRUMMING FOR VITALITY

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

PCCC Small Multipurpose Room

119595 M	7–8pm	Jan 12
119596 M	7–8pm	Feb 9
119597 M	7–8pm	Mar 9

FEE: \$12.75

DRUMMING FOR VITALITY

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

PCCC Small Multipurpose Room

119070 T 9:30–10:30am Jan 6–Mar 10

FEE – MEMBER:	\$46.99
NON-MEMBER:	\$72.30

LINE DANCING – INTERMEDIATE

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

PCCC Mabbett Hall ½ S

118975 M 10–11am Jan 5–Mar 9

FEE:	\$44.41
NON-MEMBER:	\$68.32

LINE DANCING – ADVANCED

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

PCCC Mabbett Hall ½ S

118976 M 11:15am–12:15pm Jan 5–Mar 9

FEE – MEMBER:	\$44.41
NON-MEMBER:	\$68.32



LEARN ABOUT DIABETES

Discover what diabetes is, it's possible complications, and how it affects health. This talk will cover medications, lifestyle tips, and practical ways to manage or prevent diabetes for everyday life.

Age: 19+

119972 T 1:30–2:30pm Feb 24

THE VALUE IN DEATH

The eventuality of dying, death & grief is central to our lives, though we don't talk much about them. Join Tricia Keith, End of Embodiment Doula to share your experiences, traditions, questions, concerns and ideas. Age: 19+

119973 T 1:30–2:30pm Mar 10

TUESDAY TALKS: PRESENTER WILL BE ADDED IN THE NEW YEAR.

119974 T 1:30–2:30pm Mar 24

Special Events

ROBBIE BURNS LUNCHEON

Robbie Burns, Scotland's favorite son, was a poet and lyricist. Celebrate the life and achievements of Robbie Burns, eat a Scottish meal, and enjoy the entertainment. Registration opens December 19th. Age: 60+

PCCC Mabbett Hall
119132 Th 12:30–2:30pm Jan 22

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



WILD WILD WEST BIRTHDAY SOCIAL

Dust off your boots, grab your cowboy hat, and get ready to celebrate Birthdays for January/February! We'll have light appies, refreshments, and entertainment. Those with birthdays in January or February register for FREE. Registration opens Jan 19th. Age: 60+

PCCC Mabbett Hall
119133 Th 1–3pm Feb 19

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

ST. PATRICK'S DAY LUNCHEON

Follow the rainbow to our St. Patrick's Day lunch with good food, music & laughter! Registration opens Feb. 12th. Age: 60+

PCCC Mabbett Hall
119155 Th 12–2:30pm Mar 12

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

FREE

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

119976 Th 1–2pm Mar 26



Arts & Culture

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

**MORE KIDS
PROGRAMMING
ON PAGES
40-43!**

Family

ART IN THE GALLERY

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

Gathering Place

Sa 10am-12pm

FEE:

FREE

Preschool

BABY ART LAB

A chance for children to meet other parents and children while learning the structure of a class through play, singing, and getting messy making art. All mediums are safe-to-consume materials. Parent or guardian participation is required. Age: 1-2

Outlet

119970 M 9:45-10:15am Jan 12-Feb 2

119977 M 10:30-11am Jan 12-Feb 2

119971 M 9:45-10:15am Feb 9-Mar 9

119978 M 10:30-11am Feb 9-Mar 9

FEE:

\$55.45

PRESCHOOL ART LAB

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

Outlet

119979 M 1:15-2pm Jan 12-Feb 2

119980 M 1:15-2pm Feb 9-Mar 9

FEE:

\$55.45

PRESCHOOL ART LAB

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

Gathering Place

119981 Th 5:30-6:30pm Jan 15-Feb 12

FEE:

\$55.45





Children | Performing Arts

ACTING MANIA

In this weekly acting class, children will have a blast creating characters and making up stories using a mix of games, improv, music, and movement. Instructor: Juliana Marco. Age: 5–7

PCCC Small Multipurpose Room

119982 Th 3:15–4pm Jan 15–Mar 5

FEE: \$121.25

DO RE MI – TAYLOR'S VERSION

Explore music and choreography in a lively weekly singing class. Students receive tools and techniques for voice improvement while learning the songs of Taylor Swift. On the last class there will be a small performance for family and friends! Instructor: Juliana Marko Age: 6–8

PCCC JB Young Room

119983 W 6–7pm Jan 14–Mar 4

FEE: \$173.25

SPOTLIGHT THEATRE – CHARLOTTE'S WEB

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

PCCC JB Young Room

119985 Th 5:30–6:30pm Jan 15–Mar 5

FEE: \$136.60

ACTING 101

In this weekly acting class, children will learn how to create plays and characters from scratch, as well as how to bring scripted works to life on stage! Using a mix of improv, scenes from popular plays, and imagination this class will bring out the inner performer in everyone. Instructor: Juliana Marco. Age: 8–12

PCCC JB Young Room

119984 Th 4:15–5:15pm Jan 15–Mar 5

FEE: \$138.60



Children | Visual Arts

CLAY PLAY

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

Outlet

120127 T 3:30–5pm Jan 13–Mar 3

FEE: \$161.70

ART ALL WAYS

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

Outlet

119986 M 3:30–5pm Jan 12–Mar 9

119987 Sa 3:30–5pm Jan 17–Mar 7

FEE: \$138.60





PRINTMAKING

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

Outlet
120129 T 3:30-5pm Jan 13-Mar 3
FEE: \$138.60

COOL CLAY

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

Outlet
120128 W 3:30-5pm Jan 14-Mar 4
119990 Th 3:30-5pm Jan 15-Mar 5
FEE: \$160.70

ADVENTURES IN ART

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

Outlet
120130 M 3.30-5pm Jan 12-Mar 9
120131 Sa 1-2:30pm Jan 17-Mar 7
FEE: \$138.60



COMICS AND CARTOONING

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

Outlet
120132 F 4-5:30pm Jan 16-Mar 6
FEE: \$138.60

HAND-DRAWN ANIMATION

This class explores animation from its most basic principles to its unique capabilities as a storytelling medium. Use the techniques you learn to create a short animation. Finished projects will be emailed to families approximately one week after the class end date. **Age: 8-12**

Outlet
120133 F 6-7:30pm Jan 16-Mar 6
FEE: \$138.60

**EXPLORE
THE VISUAL
LANGUAGE OF
COMICS!**



MAKE YOUR OWN STUFFIES

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

Outlet

120134 F 3:30-5:30pm Jan 16-Mar 13

FEE: \$138.60

Adult

CLAYWARE 101

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

Outlet

120154 T 7-8:30pm Jan 13-20
120155 T 7-8:30pm Feb 3-10
120157 F 7-8:30pm Mar 6-13

FEE: \$52.00

CLAY STUDIO

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

Outlet

120146 W 1-2:30pm Jan 7-14
120147 W 1-2:30pm Feb 4-11
120148 W 1-2:30pm Mar 4-11

FEE: WILSON MEMBER \$32.17
NON-MEMBER: \$52.00

LINO PRINTING ON PAPER

Discover the art of Lino cutting in this hands-on workshop. Carve your own design and create striking prints on paper using traditional printmaking techniques.
Age 19+

Outlet

120149 Th 6-9pm Jan 15-22
120150 Th 6-9pm Feb 12-19

FEE: \$65.00

CHANTING FOR JOY & CONNECTION

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

Gathering Place

120140 Sa 1-3pm Jan 17-Mar 7

FEE: \$125.00





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

120160 Th	1-2:30pm	Jan 15
120163 Th	1-2:30pm	Feb 12
120164 Th	1-2:30pm	Mar 12

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

DANCE UNLEASHED

This dynamic dance class fuses styles from hip-hop, jazz, Latin, and contemporary to keep every session fresh, fun and full of energy. Open to all levels, it's the perfect space to move and express yourself across a variety of rhythms and genres.

PCCC Fitness Studio

Ages: 19+		
120786 F	12:30-1:30pm	Jan 16-Mar 6
Ages: 12+		
120788 F	4:30-5:30pm	Jan 16-Mar 6

FEE:	\$160.00
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**SIGN UP
FOR A DYNAMIC
DANCE CLASS**

Register now.



**JOIN OUR
WEEKLY CRAFT
CIRCLE FOR
2SLGBTQ+**

QUEER POETRY COLLECTIVE

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

Outlet		
120135 T	8-9:30pm	Jan 13-Mar 3

FEE:	\$125.00
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QUEERLY CRAFTED

Join our weekly craft circle for 2SLGBTQ+ folks and allies! Participants are encouraged to bring their own project or join the instructor as they guide a weekly creative project – such as artist trading cards, watercolour painting, or collage. Tea and snacks provided for mid-class break, all supplies included. Age: 19+

Outlet		
120136 T	6-7:30pm	Jan 13-Mar 3

FEE:	\$125.00
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ADULT ARTS COMMUNITY PARTNERSHIP PROGRAMS

POCO ARTS COUNCIL

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

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

ARTIST OPEN STUDIO

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

Outlet Workroom
Tuesdays, 10am–3pm

PORT COQUITLAM WRITERS GROUP

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

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

The Gathering Place
Wednesdays 6:30–8:30pm
Jan 14 & 28 | Feb 11 & 25
Mar 11 & 25

POCO OPEN MIC NIGHTS

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

The Gathering Place
Wednesdays 7–9pm
Jan 21 | Feb 18 | Mar 18

WILSON CENTRE ADULT ART DROP IN – OPEN STUDIO

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

Outlet Workroom
Saturdays, 10am–1pm

ART FOCUS ARTISTS ASSOCIATION

ART FOCUS ART SALON

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

Michael Wright Art Gallery
Wednesdays, 1–4pm,
Jan 21 | Feb 18 | Mar 18

ART FOCUS ARTIST DEMO NIGHTS

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

The Outlet
Wednesdays, 7–9pm
Jan 28 | Feb 25 | Mar 25

OFF THE GRID

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

The Gathering Place
1st and 3rd Tuesdays beginning Jan 6

FELICE WOMEN'S CHOIR

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

GP Michael Wright Art Gallery
Thursdays, 10am–12pm

CROSSROADS COFFEE HOUSE

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

Gathering Place
Fridays, 7–10pm
Jan 9 & 23 | Feb 13 & 27 | Mar 13 & 27



Exhibition Opening Reception

Join us for the opening reception on Thursday, January 22, 2026 from 6pm–8pm. Meet the artists while enjoying live music and refreshments. We look forward to welcoming you to this inspiring evening of art and reflection.

Clocking In For Unpaid Labour Canada

by Jennie Johnston and Shamina Senaratne

January 9, 2026 – April 9, 2026

The Outlet Gallery presents **Clocking In For Unpaid Labour Canada** curated by **Jennie Johnston** and **Shamina Senaratne**. This community-based exhibition explores the often invisible and unpaid labour that sustains our lives and communities. Initiated by Johnston and Senaratne, **Clocking In For Unpaid Labour Canada** features over 150 hand-crafted time cards created by artists and participants across the country. Each card reflects personal experiences of unpaid work, from caregiving and emotional labour to creative and domestic tasks. Join the curators for the following workshops and events:

TIMECARD MAKING WORKSHOP

What work do you do without pay, and what would it look like if you recorded it on a timecard? Is it an act of giving? Is it expected or taken for granted? Does it make you frustrated, or does it bring you joy?

Join **Clocking In for Unpaid Labour Canada** artists and curators Jennie Johnston and Shamina Senaratne for an art workshop that explores concepts around unpaid labour in our lives. Learn some basic design principles to think about, alongside to transform your idea into a physical expression of your experiences on a time card. All supplies provided. Participants are welcome to bring collage or other items they would like to include in their artwork. **Age: 16+**

Outlet

120459 F 10:30-12:30pm Mar 6

FEE: FREE

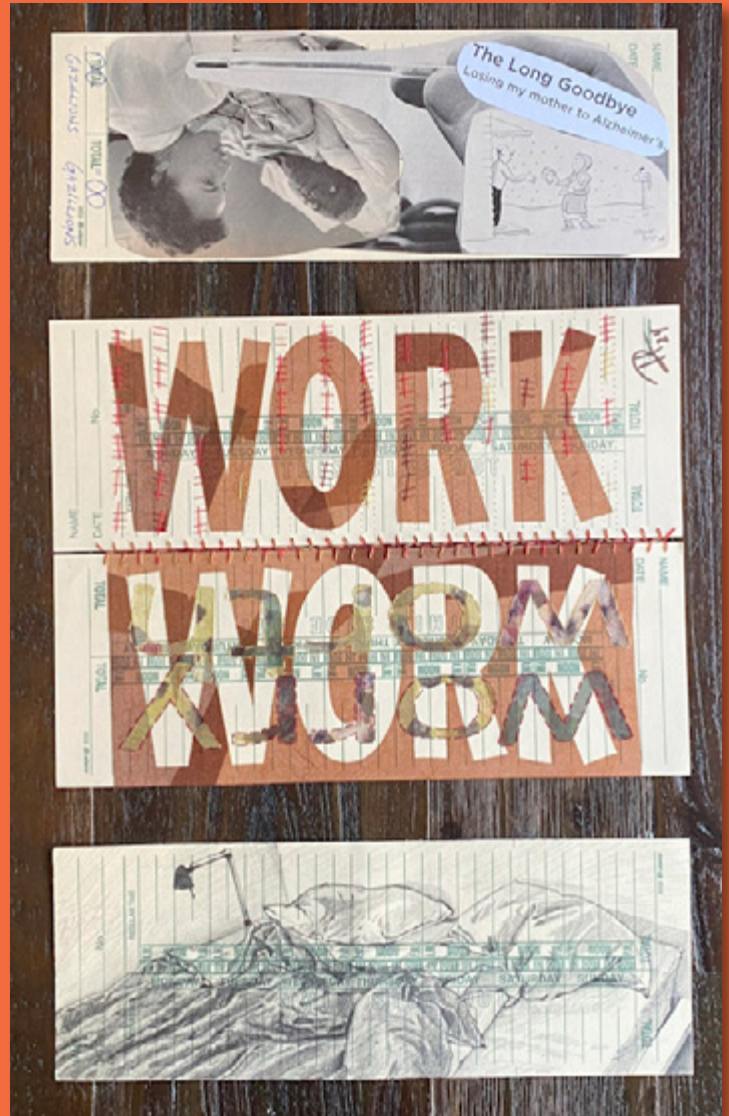
CLOCKING IN: CURATORS' TALK & PRESENTATION

Join **Clocking In for Unpaid Labour Canada** curators and artists Jennie Johnston and Shamina Senaratne to learn about the origins of this cross-Canada art project and take a closer look at some of the 150 contributed artworks. Engage in discussion about the time card themes and artworks exploring unpaid and underappreciated labour by artists and community members in the project. **Age: 12+**

Gathering Place

120460 Th 6:30-8:00pm Mar 5

FEE: FREE



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

Good Hands

by **Marcie Rohr Esau**

January 12, 2026 - April 8, 2026

The Port Coquitlam Community Centre presents **Good Hands** by painter and textile artist **Marcie Rohr Esau**. In this exhibition she explores transformation as a continuous, layered process, both in life and in art. Through richly built compositions combining acrylic and oil paints, her work moves between the geographical and the figurative, reflecting on the deep connection between body and land.

Rohr Esau's practice is a meditation on time, change, and interconnectedness. Influenced by natural forms, rocks, trees, and mountains, her paintings suggest that the materials of our bodies and the earth are not separate, but part of the same ongoing cycle. With each translucent layer, she invites viewers to reflect on the quiet, often invisible shifts that shape who we are and where we come from.





Terry Fox Library

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

2150 Wilson Ave
604 927 7999

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

Everyone

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 18 years require a parent/guardian to sign the waiver. Watch for [registration information](#) mid-February. **FREE**

M/Tu 1–4pm Mar 16, 17

Kids

BABYTIME

Make language fun! Help your baby develop speech and language skills – enjoy bouncing, singing and rhyming with stories. Babytime is a fun, social bonding activity for babies and caregivers. **Drop in. Max 52. FREE**

Th, F 11–11:30am Jan 8–Mar 27

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 Jan 6–Mar 31

LEGO® CLUB

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

M 3:15–4:15pm Jan 5, Feb 2, Mar 2
W 3:15–4:15pm Jan 21, Feb 18, Mar 18

MAKER MONDAYS

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

M 3:30–4:30pm Jan 26, Feb 23, Mar 30

KID'S UKE PLAY ALONG

A beginner ukulele jam for kids 7 and up! Participants must know some basic chords and bring their own ukulele. Caregivers need to stay in the library if children are under 10.

Online registration opens 4 weeks prior to each date.

M 6–7pm Jan 12, Feb 9, Mar 9

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 Feb 4

TEEN ADVISORY GROUP

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

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

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



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 Jan 8-Mar 26

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 Jan 5-Mar 30 (no club Feb 16)

ADULT CRAFT NIGHT

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

Th 6-7:30pm Jan 8, Feb 5, Mar 5

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 Jan 15, Feb 19, Mar 19

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 Feb 7



**ENJOY THE
LIBRARY!**