CITY OF PORT COQUITLAM

Leisure Guide

RECREATION, SPORTS, ARTS AND CULTURE FOR ALL AGES

WINTER 2027



REGISTRATION OPENS

PoCo Residents
Nov 17

General Public
Nov 20

Move. Create. Connect.

PORT COQUITLAM
RECREATION

RECREATION FACILITIES INFO

portcoquitlam.ca/recreation

Port Coquitlam Community Centre

2150 Wilson Ave | **portcoquitlam.ca/pccc**

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

FACILITY HOURS

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

PCCC WEIGHT ROOM

Mon–Fri	6am–10pm
Sat & Sun	8am–9pm

PCCC POOL

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

YOUTH ACTIVITY LOUNGE

604 927 7962
pocoyouth.com

Mon–Thu	3–7:30pm
Fri	3–9pm
Sat	3–9pm
Sun	Closed

WILSON LOUNGE

604 927 7970
portcoquitlam.ca/seniors

Mon–Fri	8:30am–2:30pm

WILSON KITCHEN

604 927 7970
portcoquitlam.ca/seniors

Mon–Fri	9:30am–1:30pm

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 15	Family Day 9am–1pm
Mar 26	Good Friday 9am–1pm
Mar 29	Easter Monday 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–Thu	3–7pm
Fri	3–9pm

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

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 15	Family Day 1–5pm
Mar 26	Good Friday 1–5pm
Mar 29	Easter Monday 1–5pm

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 15	Family Day CLOSED
Mar 26	Good Friday CLOSED
Mar 29	Easter Monday CLOSED

GATHERING PLACE

#200 2253 Leigh Sq Pl

Mon–Sat	9:30am–4:30pm

THE OUTLET

2248 McAllister Ave
604 927 8440

Mon–Sat	9:30am–5pm

MUSEUM & ARCHIVES

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

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

MICHAEL WRIGHT ART GALLERY

Fri–Sat	9:30am–4:30pm

PLEASE NOTE: HOURS OF OPERATION ARE SUBJECT TO CHANGE.

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 15	Family Day CLOSED
Mar 26	Good Friday CLOSED
Mar 29	Easter Monday CLOSED

CITY OF PORT COQUITLAM

WINTER 2027 Leisure Guide

RECREATION, SPORTS, ARTS AND CULTURE FOR ALL AGES

CONTENTS

Adults | Seniors 60+ 4–7
Aquatics 8–17
Arena 18–25
Arts & Culture. 26–33
Camps 34–35
Children Services 36–43
Health & Wellness 44–47
Sports. 48–54
Terry Fox Library 56–57
Youth Services 58–61

HOW TO REGISTER

ONLINE: **portcoquitlam.ca/register**
- Create an account or log in
- Search by barcode or name
- Register and pay

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

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

WAYS TO PAY

ONLINE AND IN PERSON: Visa, MasterCard, Discover or American Express
IN PERSON ONLY: cash, cheque and debit.

KNOW BEFORE YOU GO

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

PRIORITY REGISTRATION

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

REFUNDS/WITHDRAWALS

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

MISUSE OF PASSES

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

FACILITY BOOKINGS

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

FINANCIAL ASSISTANCE, ACCESSIBILITY AND INCLUSION

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

CODE OF CONDUCT

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

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

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

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

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

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

NO SHOWS FOR REGISTERED DROP-IN PROGRAMS

Participants can withdraw from a registered drop-in activity online up until midnight the day prior to class or up to 2 hours prior to start time by emailing:
recreation@portcoquitlam.ca
or calling: **604 927 PLAY (7529).**

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

For monthly or annual memberships:

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

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



Adults | Seniors 60+

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

Arts

FUN WITH FLOWERS

Bring your passion for flowers and join us to create a beautiful arrangement for your home. No experience necessary. Tools and supplies are provided. There is an additional $30 cost for project supplies, payable to the instructor during class. **Age: 19+**

PCCC Small Multipurpose Room

136988 M	7–9pm	Jan 18
136989 M	7–9pm	Feb 22
136990 M	7–9pm	Mar 15

HC Lecture Room

136991 W	7–9pm	Jan 20
136992 W	7–9pm	Feb 24
136993 W	7–9pm	Mar 17

FEE: MEMBER: $11.11
NON–MEMBER: $17.10

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

135581 M	6–9:30pm	Jan 4–Mar 22

FEE: MEMBER: $58.99
NON–MEMBER: $90.75

SILVER CHORD CHOIR

Join our fun choir! Silver Chord Choir welcomes all singing levels led by a conductor. **Age: 50+**

GP Michael Wright Art Gallery

135582 M	2–4pm	Jan 4–Mar 22

FEE: MEMBER $19.14
NON–MEMBER $29.45

Adults | Seniors 60+ Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

- Snooker
- Ukulele
- Bridge
- Carpet Bowling

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



MORE ADULT & SENIORS ARTS PROGRAMS ON PAGES 28–31!

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

135580 M	9am–2pm	Jan 4–Mar 8

FEE: MEMBER $163.21
NON–MEMBER $251.10

SEW IT UP

Learn basic sewing skills and expand on your current knowledge with a certified sewing instructor. 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

135584 W	10am–3pm	Jan 6–Mar 10

FEE: MEMBER $212.09
NON–MEMBER: $326.30

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

136998 F	11am–12:30pm	Jan 15–Mar 12
135586 F	3–4:30pm	Jan 15–Mar 12

FEE: MEMBER $34.94
NON–MEMBER $53.60

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

135585 F	1–2:30pm	Jan 15–Mar 12

FEE: MEMBER $34.94
NON–MEMBER $53.60

Health– Mind & Body

DRUM 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

136994 Th	7–8pm	Jan 7
136995 Th	7–8pm	Jan 28
136996 Th	7–8pm	Feb 18
136997 Th	7–8pm	Mar 11

FEE: $12.75

BOMBAY JAM

Get moving, smile, and stay active with our fun–filled Bollywood session! Bombay Jam combines easy–to–follow Bollywood dance moves with low–impact exercises that improve coordination, balance, and flexibility. **Age: 60+**

HC Fitness Studio

136835 W	12:15–1:15pm	Jan 13–Feb 10
136836 W	12:15–1:15pm	Feb 17–Mar 17

FEE: MEMBER $22.81
NON–MEMBER: $35.10



Adults | Seniors 60+



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

135583 T 9:30–10:30am Jan 5–Mar 9

FEE: MEMBER $48.94
NON–MEMBER: $75.30

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

135578 M 10–11am Jan 11–Mar 15

FEE: MEMBER $48.94
NON–MEMBER $72.50

LINE DANCING – ADVANCED

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

PCCC Mabbett Hall ½ S

135579 M 11:15am–12:15pm Jan 11–Mar 15

FEE: MEMBER $47.12
NON–MEMBER $72.50

THE MAGIC OF MAGNESIUM

Are you battling insomnia or struggling with restless leg syndrome, age related sleep changes, or joint pain? If so, this class is for you. Join us in this fun and informative class on the miracle mineral, Magnesium Chloride! In this class we will combine Magnesium along with additional botanicals and essential oils to create relaxing products that will assist in a restful night's sleep! Make a good night Sleep Spray, Magnesium cream, mineral bath soak, and a magnesium body oil. **Age: 19+**

PCCC Small Multi Purpose Room

137405 M 6:30–8:30pm Jan 25

FEE: $66.00

CREAMS, LOTIONS & INFUSED BODY OILS

Do you struggle with eczema, psoriasis, or rosacea? In this fun and informative class, customize your own creams and lotions that address your skin type and skin problem. Making your own creams and lotions using organic oils, butters, and botanicals, is fun, affordable, and effective! Make and take home a vitamin packed cream, an aloe vera moisturizer, rejuvenating facial oil and an herbal infused body oil. All supplies included in course fee. **Age: 19+**

PCCC Small Multi Purpose Room

137403 M 6:30–8:30pm Mar 1

FEE: $66.00

TUESDAY TALKS
PRESENTED BY
THE WILSON SENIORS ADVISORY ASSOCIATION

PCCC Mabbett Hall ½ N
Age: 19+

FREE

AN INTRODUCTION TO BRAIN HEALTH

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.

135810 T 1:30–2:30pm Jan 12

IS IT OLD AGE OR DEMENTIA?

What is dementia? What is normal aging? What are the early signs of dementia you should be looking out for? Join us for an informative and interactive session with Karen Tyrell CPCA, CDCP – Canadian Dementia Consultant & Educator, and author of the book, Cracking the Dementia Code – Creative Solutions to Cope with Changed Behaviors.

135811 T 1:30–2:30pm Jan 26

WHAT IS A SOUND BATH?

A Sound Bath is an immersive experience that "Bathes" the listener with soundwaves using singing bowls tuned to a frequency of 432Hz. This frequency taps into the central nervous system and vagus nerve, slowing the flow of the stress hormone cortisol, lowering blood pressure, reducing anxiety and stress, leaving the listener with a profound sense of peace, mental clarity, better sleep quality and overall mental wellness.

135812 T 1:30–2:30pm Feb 9



PHYSIO AT HOME

How to get the most out of walking. Is walking your main source of exercise? Have you ever wondered whether it's enough? Join Jillian Bergman Stow, Registered Physiotherapist, for an interactive presentation on making walking a more effective and enjoyable part of your exercise routine. Discover practical ways to improve your strength, balance, heart health, and overall well–being and learn which other types of movement are important to include alongside walking.

135813 T 1:30–2:30pm Feb 23

DOWNSIZING DONE RIGHT

Join Janet Helm, Realtor®, Seniors Real Estate Specialist (SRES®) and Canadian Certified Seniors Representative (CCSR), for a practical conversation about downsizing and your housing options. Whether you want to stay in your current home or are considering a move, learn how to plan ahead, get organized, understand your options so you can plan your next steps with confidence.

135814 T 1:30–2:30pm Mar 9

TRANSIT POLICE SAFETY

Join Cst. Alfred Wong of the Transit Police for tips on safety while travelling to and from TransLink properties. Transit Police is committed to maintaining order, promoting safety and reducing crime on the transit system in Metro Vancouver.

135815 T 1:30–2:30pm Mar 23

Special Events

ROBBIE BURNS LUNCHEON

Robbie Burns, Scotland's favourite son, was a poet and lyricist. Celebrate the life and achievements of Robbie Burns, eat a Scottish meal, and enjoy the entertainment. Registration opens Dec 17. **Age: 60+**

PCCC Mabbett Hall

132100 Th 12:30–2:30pm Jan 21

FEE: MEMBER $14.75
NON–MEMBER $17.75

ST. PATRICK'S LUNCHEON

Follow the rainbow to our St. Patrick's Day lunch with good food, music & laughter! Registration opens Feb 13. **Age: 60+**

PCCC Mabbett Hall

132676 Th 12:30–2:30pm Mar 11

FEE: MEMBER $14.75
NON–MEMBER $17.75

Birthday Socials

BIRTHDAY SOCIAL – RED & WHITE

Celebrate Wilson Senior members whose birthdays are in January and February with light appies, refreshments, and entertainment. Those with birthdays in January and February register for FREE. Be sure to scare with some spooky costumes. Registration opens Jan 21. **Age: 60+**

PCCC Mabbett Hall

135587 Th 1–3 pm Feb 18

FEE: MEMBER $8.00
NON–MEMBER $10.00

New Members Info Session

FREE

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

135816 Th 1–2pm Jan 28
135817 Th 1–2pm Mar 25





Aquatics

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

AQUA ALL-STARS/SUPER STARS

Is your preschooler an aquatic all–stars and super stars who can't seem to get enough of the water?

Pre–register your child in this one hour, instructor led playtime in the pool. Participants will learn a water safety skill each day, play fun aquatic games, and practice Swim 4 Life preschool or swimmer level skills.

READY, SET, SWIM

Recommended for those who have completed Parent and Tot 3 and are ready to try lessons on their own.

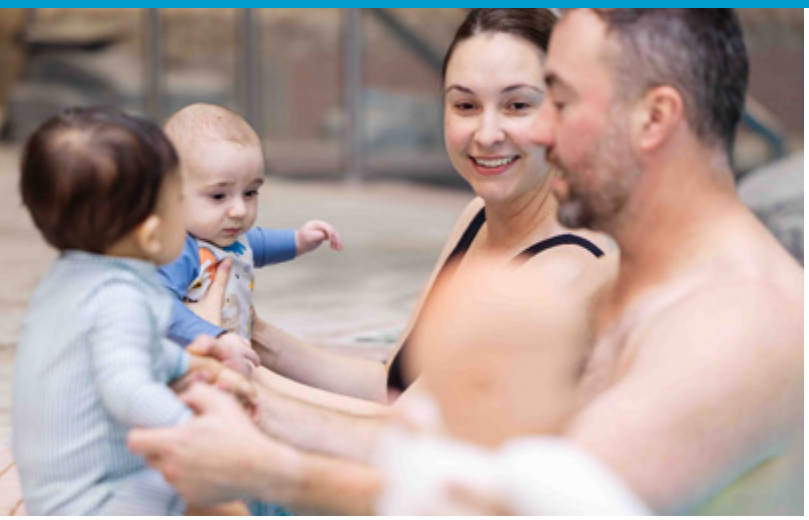
Swimmers work on comfort and gaining independence in the water while practicing assisted floats and glides. Parents should be prepared to assist in the water if needed.

ACTIVITY START DATES	REGISTRATION DATE – RESIDENTS	REGISTRATION DATE – GENERAL PUBLIC
Jan 4 (M/W) (M)	5 Dec	8 Dec
Jan 5 (T/Th) (Tu)	6 Dec	9 Dec
Jan 6 (W)	7 Dec	10 Dec
Jan 7 (Th)	8 Dec	11 Dec
Jan 8 (F)	9 Dec	12 Dec
Jan 9 (Sa/Su) (Sa)	10 Dec	13 Dec
Jan 10 (Su)	11 Dec	14 Dec
Feb 6 (Sa/Su)	7 Jan	10 Jan
Feb 8 (M/W)	9 Jan	12 Jan
Feb 9 (T/Th)	10 Jan	13 Jan
Mar 15 (M-F)	13 Feb	16 Feb

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).**





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.

SWIM FOR LIFE
LIFESAVING SOCIETY

Parent & Tot

PARENT & TOT 1 (JELLYFISH)

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

HC Leisure Pool

135020	S,Sa	9:30–10am	Jan 9–31
135075	S,Sa	11:15–11:45am	Feb 6–Mar 7

PCCC Leisure Pool

136277	S,Sa	9:05–9:35am	Jan 9–31
136363	S,Sa	8:30–9am	Feb 6–Mar 7

FEE: $62.00

HC Leisure Pool

135100	M,W	10:05–10:35am	Feb 8–Mar 10

FEE: $69.75

HC Leisure Pool

135190	F	9:45–10:15am	Jan 8–Mar 12
135191	F	5:15–5:45pm	Jan 8–Mar 12

PCCC Leisure Pool

136382	T,Th	9:35–10:05am	Feb 9–Mar 11

FEE: $77.50

PARENT & TOT 2 (GOLDFISH)

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

HC Leisure Pool

135021	S,Sa	10:40–11:10am	Jan 9–Jan 31
135076	S,Sa	9:30–10am	Feb 6–Mar 7

PCCC Leisure Pool

136278	S,Sa	9:40–10:10am	Jan 9–Jan 31
136368	S,Sa	9:05–9:35am	Feb 6–Mar 7

FEE: $62.00

HC Leisure Pool

135045	M,W	9:30–10am	Jan 4–Feb 3

PCCC Leisure Pool

136293	T,Th	9:35–10:05am	Jan 5–Feb 4

FEE: $77.50

Aquatic Drop-ins

Registered drop-in programs include:

- Aquatic Fitness

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

Aquatics

PARENT & TOT 3 (SEAHORSE)

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

HC Leisure Pool

135022	S,Sa	11:15–11:45am	Jan 9–31

PCCC Leisure Pool

136270	S,Sa	8:30–9am	Jan 9–31
136370	S,Sa	9:40–10:10am	Feb 6–Mar 7

FEE: $62.00

READY, SET, SWIM (2 YRS)

NEW!

Recommended for those who have completed Parent and Tot 3 and are ready to try lessons on their own. Swimmers work on comfort and gaining independence in the water while practicing assisted floats and glides. Parents should be prepared to assist in the water if needed. **Age: 2**

HC Leisure Pool

134748	S,Sa	10:05–10:35am	Jan 9–31
135024	S,Sa	11:50am–12:20pm	Jan 9–31
135077	S,Sa	9:30–10am	Feb 6–Mar 7
135078	S,Sa	11:50am–12:20pm	Feb 6–Mar 7

FEE: $62.00

HC Leisure Pool

135101	M,W	9:30–10am	Feb 8–Mar 10
135102	M,W	3:30–4pm	Feb 8–Mar 10
135209	M–F	10:15–10:45am	Mar 15–25
135210	M–F	4:35–5:05pm	Mar 15–25

FEE: $69.75

HC Leisure Pool

135046	M,W	10:05–10:35am	Jan 4–Feb 3
135047	M,W	4:20–4:50pm	Jan 4–Feb 3
135192	F	10:55–11:25am	Jan 8–Mar 12
135193	F	4:40–5:10pm	Jan 8–Mar 12

FEE: $77.50

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

135025	S,Sa	9:30–10am	Jan 9–31
135026	S,Sa	11:15–11:45am	Jan 9–31
135130	Sa	5–5:30pm	Jan 9–Mar 6
135161	S	5:35–6:05pm	Jan 10–Mar 7
135079	S,Sa	10:05–10:35am	Feb 6–Mar 7
135080	S,Sa	10:40–11:10am	Feb 6–Mar 7

PCCC Leisure Pool

136274	S,Sa	9:05–9:35am	Jan 9–31
136432	Sa	12:15–12:45pm	Jan 9–Mar 6
136364	S,Sa	8:30–9am	Feb 6–Mar 7

FEE: $62.00

HC Leisure Pool

137407	M	5:55–6:25pm	Jan 4–Mar 8
135103	M,W	4:55–5:25pm	Feb 8–Mar 10
135207	M–F	8:30–9am	Mar 15–25
135208	M–F	4–4:30pm	Mar 15–25

PCCC Leisure Pool

136745	M	4–4:30pm	Jan 4–Mar 8
136374	M,W	4–4:30pm	Feb 8–Mar 10
136379	M,W	5:45–6:15pm	Feb 8–Mar 10
136773	M–F	9:35–10:05am	Mar 15–25

FEE: $69.75

HC Leisure Pool

135048	M,W	4:05–4:35pm	Jan 4–Feb 3
137408	W	5:20–5:50pm	Jan 6–Mar 10
135194	F	10:20–10:50am	Jan 8–Mar 12
135195	F	3:30–4pm	Jan 8–Mar 12

PCCC Leisure Pool

136282	M,W	4–4:30pm	Jan 4–Feb 3
136284	M,W	4:35–5:05pm	Jan 4–Feb 3
136294	T,Th	10:10–10:40am	Jan 5–Feb 4
136300	T,Th	4–4:30pm	Jan 5–Feb 4
136759	Th	5:45–6:15pm	Jan 7–Mar 11
136764	F	4–4:30pm	Jan 8–Mar 12
136383	T,Th	10:10–10:40am	Feb 9–Mar 11
136384	T,Th	4–4:30pm	Feb 9–Mar 11
136390	T,Th	5:45–6:15pm	Feb 9–Mar 11

FEE: $77.50

PRESCHOOL 2 (CRAB)

Prerequisite: Successful completion of Preschool 1 (Octopus).

Swimmers work on full submersion as well as front and back floats and glides (with PFD). They will also work on flutter kicks on their back with a buoyant aid. **Age: 3–5**

HC Leisure Pool

135027	S,Sa	9:30–10am	Jan 9–31
135028	S,Sa	10:40–11:10am	Jan 9–31
135162	S	6:10–6:40pm	Jan 10–Mar 7
135081	S,Sa	10:40–11:10am	Feb 6–Mar 7
135082	S,Sa	11:15–11:45am	Feb 6–Mar 7

PCCC Leisure Pool

136276	S,Sa	9:05–9:35am	Jan 9–31
136280	S,Sa	9:40–10:10am	Jan 9–31
136652	S	11:40am–12:10pm	Jan 10–Mar 7
136366	S,Sa	9:05–9:35am	Feb 6–Mar 7

FEE: $62.00

HC Leisure Pool

137406	M	5:20–5:50pm	Jan 4–Mar 8
135104	M,W	5:15–5:45pm	Feb 8–Mar 10
135211	M–F	9:05–9:35am	Mar 15–25

PCCC Leisure Pool

136378	M,W	5:10–5:40pm	Feb 8–Mar 10
136774	M–F	10:10–10:40am	Mar 15–25

FEE: $69.75

HC Leisure Pool

135049	M,W	10:40–11:10am	Jan 4–Feb 3
135181	T	6:10–6:40pm	Jan 5–Mar 9
135196	F	4:05–4:35pm	Jan 8–Mar 12

PCCC Leisure Pool

136286	M,W	4:35–5:05pm	Jan 4–Feb 3
136292	T,Th	9–9:30am	Jan 5–Feb 4
136310	T,Th	5:10–5:40pm	Jan 5–Feb 4
136750	T	5:45–6:15pm	Jan 5–Mar 9
136754	W	4–4:30pm	Jan 6–Mar 10
136765	F	5:45–6:15pm	Jan 8–Mar 12
136385	T,Th	4:35–5:05pm	Feb 9–Mar 11

FEE: $77.50

PRESCHOOL 3 (ORCA)

Prerequisite: Successful completion of Preschool 2 (Crab).

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

HC Leisure Pool

135029	S,Sa	10:05–10:35am	Jan 9–31
135131	Sa	5:35–6:05pm	Jan 9–Mar 6
135163	S	5–5:30pm	Jan 10–Mar 7
135083	S,Sa	9:30–10am	Feb 6–Mar 7

PCCC Leisure Pool

136269	S,Sa	8:30–9am	Jan 9–31
136427	Sa	11:05–11:35am	Jan 9–Mar 6

FEE: **$62.00**

HC Leisure Pool

135105	M,W	10:40–11:10am	Feb 8–Mar 10
135212	M–F	9:40–10:10am	Mar 15–25
135213	M–F	6:50–7:20pm	Mar 15–25

PCCC Leisure Pool

136746	M	5:45–6:15pm	Jan 4–Mar 8
136375	M,W	4:35–5:05pm	Feb 8–Mar 10
136775	M–F	10:45–11:15am	Mar 15–25

FEE: **$69.75**

HC Leisure Pool

135050	M,W	4:55–5:25pm	Jan 4–Feb 3
137184	W	5:55–6:25pm	Jan 6–Mar 10
135187	Th	5:35–6:05pm	Jan 7–Mar 11
135197	F	2–2:30pm	Jan 8–Mar 12
135198	F	4:40–5:10pm	Jan 8–Mar 12

PCCC Leisure Pool

136287	M,W	5:10–5:40pm	Jan 4–Feb 3
136751	T	4:35–5:05pm	Jan 5–Mar 9
136315	T,Th	5:45–6:15pm	Jan 5–Feb 4
136766	F	5:10–5:40pm	Jan 8–Mar 12
136381	T,Th	9–9:30am	Feb 9–Mar 11
136388	T,Th	5:10–5:40pm	Feb 9–Mar 11

FEE: **$77.50**

PRESCHOOL 4 (SEA LION)

Prerequisite: Successful completion of Preschool 3 (Orca).

Swimmers will work on flutter kick on their front and back, front crawl, treading water with a PFD in deep water, and swimming 7 metres continuously. **Age: 3–5**

HC Lap Pool

135084	S,Sa	9:30–10am	Feb 6–Mar 7

FEE: **$62.00**

PCCC Leisure Pool

136755	W	5:45–6:15pm	Jan 6–Mar 10

FEE: **$77.50**

PRESCHOOL 4 (SEA LION) – SPLIT

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

Prerequisite: Successful completion of Preschool 3 (Orca).

Swimmers will work on flutter kick on their front and back, front crawl, treading water with a PFD in deep water, and swimming 7 metres continuously. **Age: 3–5**

PCCC Leisure Pool

136654	S	10:30–11am	Jan 10–Mar 7
136371	S,Sa	9:40–10:10am	Feb 6–Mar 7

FEE: **$62.00**

HC Lap Pool

135106	M,W	4:05–4:35pm	Feb 8–Mar 10
135214	M–F	5:40–6:10pm	Mar 15–25

PCCC Leisure Pool

136776	M–F	9–9:30am	Mar 15–25

FEE: **$69.75**

HC Lap Pool

135051	M,W	4:40–5:10pm	Jan 4–Feb 3

PCCC Leisure Pool

136289	M,W	5:45–6:15pm	Jan 4–Feb 3
136302	T,Th	4:35–5:05pm	Jan 5–Feb 4
136760	Th	4:35–5:05pm	Jan 7–Mar 11
136767	F	4:35–5:05pm	Jan 8–Mar 12

FEE: **$77.50**



PRESCHOOL 5 (NARWHAL)

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

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

HC Lap Pool

135030	S,Sa	9:30–10am	Jan 9–31
135085	S,Sa	10:05–10:35am	Feb 6–Mar 7

FEE: **$62.00**

Aquatics

PRESCHOOL 5 (NARWHAL) – SPLIT

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

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

PCCC Leisure Pool

136655	S	10:30–11am	Jan 10–Mar 7
136372	S,Sa	9:40–10:10am	Feb 6–Mar 7

FEE: **$62.00**

HC Lap Pool

135107	M,W	4:05–4:35pm	Feb 8–Mar 10
135215	M–F	5:40–6:10pm	Mar 15–25

PCCC Leisure Pool

136777	M–F	9–9:30am	Mar 15–25

FEE: **$69.75**

HC Lap Pool

135052	M,W	4:40–5:10pm	Jan 4–Feb 3

PCCC Leisure Pool

136290	M,W	5:45–6:15pm	Jan 4–Feb 3
136308	T,Th	4:35–5:05pm	Jan 5–Feb 4
136761	Th	4:35–5:05pm	Jan 7–Mar 11
136768	F	4:35–5:05pm	Jan 8–Mar 12

FEE: **$77.50**



School Age

SWIMMER 1

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

HC Lap Pool

135031	S,Sa	10:50–11:20am	Jan 9–Jan 31
135032	S,Sa	11:30am–12pm	Jan 9–Jan 31
135132	Sa	5–5:30pm	Jan 9–Mar 6
135164	S	2:15–2:45pm	Jan 10–Mar 7
135086	S,Sa	10:05–10:35am	Feb 6–Mar 7
135087	S,Sa	11:25–11:55am	Feb 6–Mar 7

PCCC Leisure Pool

136272	S,Sa	8:30–9am	Jan 9–Jan 31
136425	Sa	10:30–11am	Jan 9–Mar 6
136673	S	12:15–12:45pm	Jan 10–Mar 7
136365	S,Sa	8:30–9am	Feb 6–Mar 7
136369	S,Sa	9:40–10:10am	Feb 6–Mar 7

FEE: **$62.00**

HC Lap Pool

135178	M	6:30–7pm	Jan 4–Mar 8
135108	M,W	4:20–4:50pm	Feb 8–Mar 10
135109	M,W	6:30–7pm	Feb 8–Mar 10
135216	M–F	9:05–9:35am	Mar 15–25
135217	M–F	10:50–11:20am	Mar 15–25
135218	M–F	5:10–5:40pm	Mar 15–25

PCCC Leisure Pool

136747	M	4:35–5:05pm	Jan 4–Mar 8
136373	M,W	4–4:30pm	Feb 8–Mar 10
136380	M,W	5:45–6:15pm	Feb 8–Mar 10
136778	M–F	9–9:30am	Mar 15–25
136779	M–F	10:45–11:15am	Mar 15–25

FEE: **$69.75**

HC Lap Pool

135053	M,W	3:30–4pm	Jan 4–Feb 3
135067	T,Th	4:35–5:05pm	Jan 5–Feb 4
135188	Th	5–5:30pm	Jan 7–Mar 11
135120	T,Th	4–4:30pm	Feb 9–Mar 11
135121	T,Th	5:50–6:20pm	Feb 9–Mar 11

PCCC Leisure Pool

136281	M,W	4–4:30pm	Jan 4–Feb 3
136291	M,W	5:45–6:15pm	Jan 4–Feb 3
136297	T,Th	4–4:30pm	Jan 5–Feb 4
136313	T,Th	5:10–5:40pm	Jan 5–Feb 4
136752	T	5:10–5:40pm	Jan 5–Mar 9
136756	W	5:10–5:40pm	Jan 6–Mar 10
136762	Th	4–4:30pm	Jan 7–Mar 11
136769	F	4:35–5:05pm	Jan 8–Mar 12
136770	F	5:45–6:15pm	Jan 8–Mar 12
136386	T,Th	4:35–5:05pm	Feb 9–Mar 11
136389	T,Th	5:45–6:15pm	Feb 9–Mar 11

FEE: **$77.50**

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

135033	S,Sa	10:05–10:35am	Jan 9–Jan 31
135034	S,Sa	11:25–11:55am	Jan 9–Jan 31
135133	Sa	2:15–2:45pm	Jan 9–Mar 6
135165	S	5–5:30pm	Jan 10–Mar 7
135088	S,Sa	10:50–11:20am	Feb 6–Mar 7
135089	S,Sa	11:30am–12pm	Feb 6–Mar 7

PCCC Leisure Pool

136279	S,Sa	9:40–10:10am	Jan 9–Jan 31
136428	Sa	11:40am–12:10pm	Jan 9–Mar 6
136676	S	11:05–11:35am	Jan 10–Mar 7
136367	S,Sa	9:05–9:35am	Feb 6–Mar 7

FEE: $62.00

HC Lap Pool

135110	M,W	4:40–5:10pm	Feb 8–Mar 10
135219	M–F	8:30–9am	Mar 15–25
135220	M–F	6:15–6:45pm	Mar 15–25

PCCC Leisure Pool

136748	M	5:10–5:40pm	Jan 4–Mar 8
136376	M,W	4:35–5:05pm	Feb 8–Mar 10
136377	M,W	5:10–5:40pm	Feb 8–Mar 10
136780	M–F	9:35–10:05am	Mar 15–Mar 25
136781	M–F	10:10–10:40am	Mar 15–Mar 25

FEE: $69.75

HC Lap Pool

135055	M,W	6:25–6:55pm	Jan 4–Feb 3
135068	T,Th	6:30–7pm	Jan 5–Feb 4
135069	T,Th	5:50–6:20pm	Jan 5–Feb 4
135182	T	5:35–6:05pm	Jan 5–Mar 9
135184	W	6:30–7pm	Jan 6–Mar 10
135122	T,Th	5:25–5:55pm	Feb 9–Mar 11

PCCC Leisure Pool

136288	M,W	5:10–5:40pm	Jan 4–Feb 3
136301	T,Th	4:35–5:05pm	Jan 5–Feb 4
136314	T,Th	5:45–6:15pm	Jan 5–Feb 4
136753	T	4–4:30pm	Jan 5–Mar 9
136757	W	4:35–5:05pm	Jan 6–Mar 10
136763	Th	5:10–5:40pm	Jan 7–Mar 11
136771	F	4–4:30pm	Jan 8–Mar 12
136772	F	5:10–5:40pm	Jan 8–Mar 12
136387	T,Th	5:10–5:40pm	Feb 9–Mar 11

FEE: $77.50

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

135035	S,Sa	10–10:45am	Jan 9–Jan 31
135036	S,Sa	11:10–11:55am	Jan 9–Jan 31
135134	Sa	3:50–4:35pm	Jan 9–Mar 6
135135	Sa	5:35–6:20pm	Jan 9–Mar 6
135166	S	3–3:45pm	Jan 10–Mar 7
135090	S,Sa	10–10:45am	Feb 6–Mar 7
135091	S,Sa	10:40–11:25am	Feb 6–Mar 7

FEE: $66.00



HC Lap Pool

135179	M	4:40–5:10pm	Jan 4–Mar 8
135111	M,W	3:30–4:15pm	Feb 8–Mar 10
135112	M,W	4:30–5:15pm	Feb 8–Mar 10
135221	M–F	10:30–11:15am	Mar 15–25
135222	M–F	4:50–5:35pm	Mar 15–25

FEE: $74.25

HC Lap Pool

135056	M,W	4:30–5:15pm	Jan 4–Feb 3
135070	T,Th	5–5:45pm	Jan 5–Feb 4
135123	T,Th	6:05–6:50pm	Feb 9–Mar 11

FEE: $82.50

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

135037	S,Sa	10:40–11:25am	Jan 9–Jan 31
135038	S,Sa	10:50–11:35am	Jan 9–Jan 31
135136	Sa	3–3:45pm	Jan 9–Mar 6
135167	S	3:50–4:35pm	Jan 10–Mar 7
135168	S	5:35–6:20pm	Jan 10–Mar 7
135092	S,Sa	10–10:45am	Feb 6–Mar 7
135093	S,Sa	11:10–11:55am	Feb 6–Mar 7

FEE: $66.00

HC Lap Pool

135223	M–F	9:40–10:25am	Mar 15–25
135224	M–F	4–4:45pm	Mar 15–25

FEE: $74.25

HC Lap Pool

135057	M,W	3:30–4:15pm	Jan 4–Feb 3
135071	T,Th	5–5:45pm	Jan 5–Feb 4
135185	W	4:30–5:15pm	Jan 6–Mar 10
135124	T,Th	5–5:45pm	Feb 9–Mar 11

FEE: $82.50

Aquatics

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

135039	S,Sa	10–10:45am	Jan 9–Jan 31
135137	Sa	6:25–7:10pm	Jan 9–Mar 6
135094	S,Sa	10–10:45am	Feb 6–Mar 7

FEE: **$66.00**

HC Lap Pool

135113	M,W	3:30–4:15pm	Feb 8–Mar 10
135225	M–F	6:35–7:20pm	Mar 15–25

FEE: **$74.25**

HC Lap Pool

135058	M,W	4:30–5:15pm	Jan 4–Feb 3

FEE: **$82.50**



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

135040	S,Sa	10–10:45am	Jan 9–Jan 31
135095	S,Sa	10:50–11:35am	Feb 6–Mar 7

FEE: **$66.00**

HC Lap Pool

135114	M,W	3:30–4:15pm	Feb 8–Mar 10
135226	M–F	5:45–6:30pm	Mar 15–25

FEE: **$74.25**

HC Lap Pool

135059	M,W	3:30–4:15pm	Jan 4–Feb 3
135072	T,Th	5:10–5:55pm	Jan 5–Feb 4
135125	T,Th	4:35–5:20pm	Feb 9–Mar 11

FEE: **$82.50**

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

135041	S,Sa	10:05–11:05am	Jan 9–31
135138	Sa	2:50–3:50pm	Jan 9–Mar 6
135096	S,Sa	10:50–11:50am	Feb 6–Mar 7

FEE: **$88.00**

HC Lap Pool

135115	M,W	4:20–5:20pm	Feb 8–Mar 10

FEE: **$99.00**

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**.



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

135042	S,Sa	10:50–11:50am	Jan 9–Jan 31
135169	S	2:50–3:50pm	Jan 10–Mar 7

FEE: **$88.00**

HC Lap Pool

135116	M,W	3:25–4:25pm	Feb 8–Mar 10

FEE: **$99.00**

HC Lap Pool

135061	M,W	4:20–5:20pm	Jan 4–Feb 3
135073	T,Th	5:50–6:50pm	Jan 5–Feb 4

FEE: **$110.00**

SWIMMER 9 (STAR)

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

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

HC Lap Pool

135097	S,Sa	10:05–11:05am	Feb 6–Mar 7

FEE: **$88.00**

HC Lap Pool

135060	M,W	3:25–4:25pm	Jan 4–Feb 3
135126	T,Th	5–6pm	Feb 9–Mar 11

FEE: **$110.00**

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+**

PCCC Leisure Pool

136749	M	7–8pm	Jan 4–Mar 8

FEE: **$99.00**

HC Lap Pool

135062	M,W	7–8pm	Jan 4–Feb 3

PCCC Leisure Pool

136758	W	7–8pm	Jan 6–Mar 10

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

135170	S	6:25–7:25pm	Jan 10–Mar 7

FEE: **$88.00**

HC Lap Pool

135119	M,W	7–8pm	Feb 8–Mar 10

FEE: **$99.00**

HC Lap Pool

135074	T,Th	6–7pm	Jan 5–Feb 4

FEE: **$110.00**

Aquatics



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

135127 T,Th 6–7pm Feb 9–Mar 11

FEE: $110.00

IMPROVE STROKES AND INCREASE DISTANCE.
Register now.

Homeschool Lessons

HOMESCHOOL LESSONS (SWIMMER 1)

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

HC Lap Pool

135199 F 12–12:30pm Jan 8–Mar 12

FEE: $77.50

HOMESCHOOL LESSONS (SWIMMER 2)

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

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

HC Lap Pool

135200 F 1:25–1:55pm Jan 8–Mar 12

FEE: $77.50

HOMESCHOOL LESSONS (SWIMMER 3–4)

Prerequisite: Successful completion of Swimmer 2 or 3.

This program offers the Lifesaving Society 'Swim For Life' program to school age children during the day. Aimed toward those in Swimmer level 3–4. **Age: 5–13**

HC Lap Pool

135201 F 12:35–1:20pm Jan 8–Mar 12

FEE: $82.50

HOMESCHOOL LESSONS (SWIMMER 5–6)

Prerequisite: Successful completion of Swimmer 4 or 5.

This program offers the Lifesaving Society 'Swim For Life' program to school age children during the day. Aimed toward those in Swimmer level 5–6. **Age: 5–13**

HC Lap Pool

135202 F 11:30am–12:15pm Jan 8–Mar 12

FEE: $82.50

Enhancer Lessons

PERFORMANCE ENHANCER (3+ YRS)

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

HC Lap Pool

135043	S,Sa	11:40am–12:10pm	Jan 9– 31
135044	S,Sa	11:55am–12:25pm	Jan 9–31
135141	Sa	12:30–1pm	Jan 9–Mar 6
135142	Sa	1:05–1:35pm	Jan 9–Mar 6
135143	Sa	1:40–2:10pm	Jan 9–Mar 6
135144	Sa	2:15–2:45pm	Jan 9–Mar 6
135159	Sa	6:10–6:40pm	Jan 9–Mar 6
135160	Sa	6:45–7:15pm	Jan 9–Mar 6
135173	S	12:30–1pm	Jan 10–Mar 7
135174	S	1:05–1:35pm	Jan 10–Mar 7
135175	S	1:40–2:10pm	Jan 10–Mar 7
135176	S	2:15–2:45pm	Jan 10–Mar 7
135177	S	6:45–7:15pm	Jan 10–Mar 7
135098	S,Sa	11:40am–12:10pm	Feb 6–Mar 7
135099	S,Sa	11:55am–12:25pm	Feb 6–Mar 7

FEE: $240.00

HC Lap Pool

135229	M,W	4:20–4:50pm	Feb 8–Mar 10
135230	M,W	4:50–5:20pm	Feb 8–Mar 10

FEE: $270.00

HC Lap Pool

135065	M,W	3:30–4pm	Jan 4–Feb 3
135066	M,W	4–4:30pm	Jan 4–Feb 3
135183	T	5–5:30pm	Jan 5–Mar 9
135227	T,Th	6:25–6:55pm	Jan 5–Feb 4
135228	T,Th	7–7:30pm	Jan 5–Feb 4
135189	Th	6:10–6:40pm	Jan 7–Mar 11
135203	F	3:30–4pm	Jan 8–Mar 12
135204	F	4:05–4:35pm	Jan 8–Mar 12
135205	F	4:40–5:10pm	Jan 8–Mar 12
135206	F	5:15–5:45pm	Jan 8–Mar 12
135128	T,Th	6:25–6:55pm	Feb 9–Mar 11
135129	T,Th	7–7:30pm	Feb 9–Mar 11

FEE: $300.00

AQUA ALL–STARS (3–5 YRS)

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

HC Leisure Pool

135140	Sa	1:30–2:30pm	Jan 9–Mar 6
135171	S	12:30–1:30pm	Jan 10–Mar 7

FEE: $96.00

HC Leisure Pool

135117	M,W	4:30–5:30pm	Feb 8–Mar 10

FEE: $108.00

HC Leisure Pool

135064	M,W	4:30–5:30pm	Jan 4–Feb 3

FEE: $120.00

AQUA SUPER STAR (6–8 YRS)

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

HC Leisure Pool

135139	Sa	12:30–1:30pm	Jan 9–Mar 6
135172	S	1:30–2:30pm	Jan 10–Mar 7

FEE: $96.00

HC Leisure Pool

135118	M,W	3:30–4:30pm	Feb 8–Mar 10

FEE: $108.00

HC Leisure Pool

135063	M,W	3:30–4:30pm	Jan 4–Feb 3

FEE: $120.00





Arena

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

Skate Programs

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

Arena Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

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

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

Learn to Skate Levels

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

PARENT PARTICIPATION (2½–5 YRS)

PARENT & TOT – First time skaters and their parents.

NON–PARENT PARTICIPATION LEVELS (2½–5 YRS)

TOT LEVEL 1 First time skaters

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

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

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

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

CHILD LEVELS (6–11 YRS)

CHILD LEVEL 1 First time skaters

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

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

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

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

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

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

TURNING AGE 6 – STEPS TO REGISTER

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

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

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

YOUTH LEVEL 1 | ADULT LEVEL 1
First time skaters

YOUTH LEVEL 2 | ADULT LEVEL 2
Prerequisite **YOUTH/ADULT LEVEL 1** or ability to perform **LEVEL 1 SKILLS**

YOUTH LEVEL 3 | ADULT LEVEL 3
Prerequisite **YOUTH/ADULT LEVEL 2** or ability to perform **LEVEL 2 SKILLS**

YOUTH LEVEL 4 | ADULT LEVEL 4
Prerequisite **YOUTH/ADULT LEVEL 3** or ability to perform **LEVEL 3 SKILLS**



Skating | Tot

PARENT AND TOT

It's cold, slippery but most of all fun! Parents support their children as they learn to skate while playing with toys and participating in interactive games. Skaters learn how to stand, balance, fall, march forward and turn! **Age 2½–5**

Equipment: All participants including parents require a mandatory helmet made for ice sport (bike helmets not permitted) and Tots require a mandatory helmet with face cage. Skate and helmet rentals included in program fee, or slip on cleats and helmets provided to parents free of charge if unable to skate. Cleats provided for lessons only.

PCCC Arena 3 (Purple)

136295 M	6:15–6:45pm	Jan 11–Feb 22
136298 M	6:45–7:15pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: $54.00

136296 W	6:15–6:45pm	Jan 13–Feb 24
136299 W	6:45–7:15pm	Jan 13–Feb 24

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

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

PCCC Arena 3 (Purple)

136227 M	4–4:30pm	Jan 11–Feb 22
136228 M	4:30–5pm	Jan 11–Feb 22
136244 M	4:30–5pm	Jan 11–Feb 22
136229 M	5:15–5:45pm	Jan 11–Feb 22
136230 M	5:45–6:15pm	Jan 11–Feb 22
136231 M	6:15–6:45pm	Jan 11–Feb 22
136232 M	6:45–7:15pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: $54.00

136233 W	4–4:30pm	Jan 13–Feb 24
136234 W	4:30–5pm	Jan 13–Feb 24
136245 W	4:30–5pm	Jan 13–Feb 24
136235 W	5:15–5:45pm	Jan 13–Feb 24
136236 W	5:45–6:15pm	Jan 13–Feb 24
136237 W	6:15–6:45pm	Jan 13–Feb 24
136238 W	6:45–7:15pm	Jan 13–Feb 24
136239 F	4–4:30pm	Jan 15–Feb 26
136240 F	4:30–5pm	Jan 15–Feb 26
136241 F	5–5:30pm	Jan 15–Feb 26
136242 F	5:30–6pm	Jan 15–Feb 26

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

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

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

PCCC Arena 3 (Purple)

136246 M	4–4:30pm	Jan 11–Feb 22
136247 M	4:30–5pm	Jan 11–Feb 22
136248 M	5:15–5:45pm	Jan 11–Feb 22
136249 M	5:45–6:15pm	Jan 11–Feb 22
136250 M	6:15–6:45pm	Jan 11–Feb 22
136251 M	6:45–7:15pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: $54.00

136252 W	4–4:30pm	Jan 13–Feb 24
136253 W	4:30–5pm	Jan 13–Feb 24
136254 W	5:15–5:45pm	Jan 13–Feb 24
136255 W	5:45–6:15pm	Jan 13–Feb 24
136256 W	6:15–6:45pm	Jan 13–Feb 24
136257 W	6:45–7:15pm	Jan 13–Feb 24
136258 F	4–4:30pm	Jan 15–Feb 26
136259 F	4:30–5pm	Jan 15–Feb 26
136260 F	5–5:30pm	Jan 15–Feb 26
136261 F	5:30–6pm	Jan 15–Feb 26

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

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

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

PCCC Arena 3 (Purple)

136262 M	4–4:30pm	Jan 11–Feb 22
136263 M	5:15–5:45pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: $54.00

136264 W	4–4:30pm	Jan 13–Feb 24
136265 W	5:15–5:45pm	Jan 13–Feb 24
136266 F	5:30–6pm	Jan 15–Feb 26

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

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

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

PCCC Arena 3 (Purple)

136267 M	5:45–6:15pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: $54.00

136283 W	5:45–6:15pm	Jan 13–Feb 24
136285 F	5:30–6pm	Jan 15–Feb 26

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

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

PCCC Arena 3 (Purple)

136588 M	4–4:30pm	Jan 11–Feb 22
136589 M	4:30–5pm	Jan 11–Feb 22
136590 M	5:15–5:45pm	Jan 11–Feb 22
136591 M	5:45–6:15pm	Jan 11–Feb 22
136592 M	6:15–6:45pm	Jan 11–Feb 22
136593 M	6:45–7:15pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: $54.00

136594 W	4–4:30pm	Jan 13–Feb 24
136595 W	4:30–5pm	Jan 13–Feb 24
136596 W	5:15–5:45pm	Jan 13–Feb 24
136597 W	5:45–6:15pm	Jan 13–Feb 24
136598 W	6:15–6:45pm	Jan 13–Feb 24
136599 W	6:45–7:15pm	Jan 13–Feb 24
136600 F	4–4:30pm	Jan 15–Feb 26
136601 F	4:30–5pm	Jan 15–Feb 26
136602 F	5–5:30pm	Jan 15–Feb 26

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

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

PCCC Arena 3 (Purple)

136603 M	4–4:30pm	Jan 11–Feb 22
136604 M	4:30–5pm	Jan 11–Feb 22
136605 M	5:15–5:45pm	Jan 11–Feb 22
136607 M	5:45–6:15pm	Jan 11–Feb 22
136608 M	6:15–6:45pm	Jan 11–Feb 22
136609 M	6:45–7:15pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: **$54.00**

136610 W	4–4:30pm	Jan 13–Feb 24
136611 W	4:30–5pm	Jan 13–Feb 24
136612 W	5:15–5:45pm	Jan 13–Feb 24
136613 W	5:45–6:15pm	Jan 13–Feb 24
136614 W	6:15–6:45pm	Jan 13–Feb 24
136615 W	6:45–7:15pm	Jan 13–Feb 24
136616 F	4–4:30pm	Jan 15–Feb 26
136617 F	4:30–5pm	Jan 15–Feb 26
136618 F	5–5:30pm	Jan 15–Feb 26

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

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

PCCC Arena 3 (Purple)

136619 M	4:20–5pm	Jan 11–Feb 22
136620 M	5:15–5:55pm	Jan 11–Feb 22
136621 M	5:55–6:35pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: **$72.00**

136622 W	4:20–5pm	Jan 13–Feb 24
136623 W	5:15–5:55pm	Jan 13–Feb 24
136624 W	5:55–6:35pm	Jan 13–Feb 24
136625 F	4–4:40pm	Jan 15–Feb 26
136626 F	4:40–5:20pm	Jan 15–Feb 26
136627 F	5:20–6pm	Jan 15–Feb 26

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

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

PCCC Arena 3 (Purple)

136628 M	4:20–5pm	Jan 11–Feb 22
136629 M	5:15–5:55pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: **$72.00**

136630 W	4:20–5pm	Jan 13–Feb 24
136631 W	5:15–5:55pm	Jan 13–Feb 24
136632 F	4–4:40pm	Jan 15–Feb 26
136633 F	4:40–5:20pm	Jan 15–Feb 26
136841 F	5:20–6pm	Jan 15–Feb 26

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

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

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

PCCC Arena 3 (Purple)

136634 M	4:20–5pm	Jan 11–Feb 22
136635 M	5:55–6:35pm	Jan 11–Feb 22

Stat exception date: Mon. Feb 15

FEE: **$72.00**

136636 W	4:20–5pm	Jan 13–Feb 24
136637 W	5:55–6:35pm	Jan 13–Feb 24
136638 F	4:40–5:20pm	Jan 15–Feb 26

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

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

PCCC Arena 3 (Purple)
136639 M 6:35–7:15pm Jan 11–Feb 22
Stat exception date: Mon. Feb 15

FEE: $72.00

136640 W 6:35–7:15pm Jan 13–Feb 24

FEE: $84.00

CHILD LEVEL 7

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

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

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

PCCC Arena 3 (Purple)
136641 M 6:35–7:15pm Jan 11–Feb 22
Stat exception date: Mon. Feb 15

FEE: $72.00

136642 W 6:35–7:15pm Jan 13–Feb 24

FEE: $84.00

Skating | Youth

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

YOUTH LEVEL 1

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

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

Assessment: Unsure if this is the correct level or taken a Level 1 in another community, drop–in assessment highly recommended and offered during public skates to confirm skating ability and correct level registration. For further assessment information contact **skating@portcoquitlam.ca**

PCCC Arena 3 (Purple)
136643 M 5:15–5:55pm Jan 11–Feb 22
Stat exception date: Mon. Feb 15

136668 Su 11:40am–12:20pm Jan 17–Feb 21

FEE: $72.00

136839 F 5:20–6pm Jan 15–Feb 26

FEE: $84.00

YOUTH LEVEL 2

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

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

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

PCCC Arena 3 (Purple)
136644 M 5:55–6:35pm Jan 11–Feb 22
Stat exception date: Mon. Feb 15

136669 Su 11:40am–12:20pm Jan 17–Feb 21

FEE: $72.00

YOUTH LEVEL 3

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

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

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

PCCC Arena 3 (Purple)
136645 M 6:35–7:15pm Jan 11–Feb 22
Stat exception date: Mon. Feb. 15

136670 Su 11:40am–12:20pm Jan 17–Feb 21

FEE: $72.00

YOUTH LEVEL 4

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

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

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

PCCC Arena 3 (Purple)

136671	**Su**	**11:40am–12:20pm**	**Jan 17–Feb 21**

FEE: **$72.00**

Skating | Adult

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

ADULT LEVEL 1

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

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

PCCC Arena 3 (Purple)

136657	**Su**	**11–11:40am**	**Jan 17–Feb 21**

FEE: **$72.00**

136854	**T**	**9:15–9:55am**	**Jan 12–Feb 23**
136646	**W**	**5:15–5:55pm**	**Jan 13–Feb 24**

FEE: **$84.00**

ADULT LEVEL 2

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

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

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

PCCC Arena 3 (Purple)

136659	**Su**	**11–11:40am**	**Jan 17–Feb 21**

FEE: **$72.00**

136855	**T**	**9:15–9:55am**	**Jan 12–Feb 23**
136647	**W**	**5:55–6:35pm**	**Jan 13–Feb 24**

FEE: **$84.00**

ADULT LEVEL 3

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

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

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

PCCC Arena 3 (Purple)

136662	**Su**	**11–11:40am**	**Jan 17–Feb 21**

FEE: **$72.00**

136648	**W**	**6:35–7:15pm**	**Jan 13–Feb 24**

FEE: **$84.00**

ADULT LEVEL 4

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

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

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

PCCC Arena 3 (Purple)

136656	**Su**	**11–11:40am**	**Jan 17–Feb 21**

FEE: **$72.00**



Arena

Skating | Private

PRIVATE SKATE LESSON SET

Private skating lesson sets offer 1 on 1 instruction to learn or strengthen basic skating skills on a portion of ice during Learn to Skate lessons. Option to make it a semi–private for skaters of similar ability when registering for an extra $14 per session. **Age: 3+**

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

PCCC Arena 3 (Purple)

136303 M	**4–4:30pm**	**Jan 11–Feb 22**
136304 M	**4:30–5pm**	**Jan 11–Feb 22**
136305 M	**5:15–5:45pm**	**Jan 11–Feb 22**
136306 M	**5:45–6:15pm**	**Jan 11–Feb 22**
136307 M	**6:15–6:45pm**	**Jan 11–Feb 22**
136309 M	**6:45–7:15pm**	**Jan 11–Feb 22**

Stat exception date: Mon. Feb 15

FEE: $168.00

136311 W	**4–4:30pm**	**Jan 13–Feb 24**
136312 W	**4:30–5pm**	**Jan 13–Feb 24**
136316 W	**5:15–5:45pm**	**Jan 13–Feb 24**
136317 W	**5:45–6:15pm**	**Jan 13–Feb 24**
136318 W	**6:15–6:45pm**	**Jan 13–Feb 24**
136319 W	**6:45–7:15pm**	**Jan 13–Feb 24**
136842 F	**4–4:30pm**	**Jan 15–Feb 26**

FEE: $196.00

HAVE YOU ALWAYS WANTED TO LEARN TO SKATE?
Register now.



Skating | Hockey

TOT AND PARENT HOCKEY

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

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

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

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

PCCC Arena 3 (Purple)

136675 Su 11:40am–12:20pm Jan 17–Feb 21

FEE: $72.00

HOCKEY BASICS

Learn basic hockey skills and strengthen existing skating skills in a fun introductory program for those who haven't joined a league. Weekly classes conclude with an informal, non–contact scrimmage. **Age: 6–10**

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

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

Prerequisite: Completion of Child Level 2 or by drop–in assessment during public skates. Must be able to skate with balance demonstrating the ability to move forward independently the width of the arena with control. Customer assessed during program to ensure their skill level aligns with program delivery.

PCCC Arena 3 (Purple)

136674 Su 11–11:40am Jan 17–Feb 21

FEE: $72.00

poco sport port coquitlam sports alliance

Together Building BC's Best Sports Community

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

PoCo Fastpitch

TC Preds Girls Hockey

PoCo FC Soccer

PoCo Saints Lacrosse

Ducks Volleyball

PoCo Pirates Hockey

TC Thunder Baseball

TC Lightning Speed Skating

PCRM Ringette

PoCo Skating Club

PoCo Karate

Girls Basketball

Pacific Rim Taekwon-Do

PoCo Butokukan Karate

PC Run Club

PC Marlins Swimming

PC Tennis Club

PC Oldtimers Hockey

TC Walking Soccer (Sr.)

PoCo Bears Hockey

Excel Martial Arts

Swordfish Masters Swim Club

Advent Swim

PC Trailblazers Hockey

WWW.POCOSPORT.COM



Arts & Culture

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

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.
Age: All

Gathering Place
Sa 10am–12pm

FREE

MORE KIDS PROGRAMMING ON PAGES 34–40!

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 Workroom

135357	M	10:30am–11am	Jan 11–Feb 1
135358	M	10:30am–11am	Feb 8–Mar 8

FEE: $55.45

PRESCHOOL ART LAB

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

Gathering Place

135359	Th	5:30–6:30pm	Jan 14–Feb 4
135360	Th	5:30–6:30pm	Feb 11–Mar 4

FEE: $55.45

Children – Performing Arts

DO RE MI – VILLAINS (SONGS BY THE BAD GUYS...)

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

PCCC JB Young Room

135361	W	6–7pm	Jan 13–Mar 3

FEE: $151.55

SPOTLIGHT THEATRE – DESCENDANTS THE MUSICAL

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

135363	Th	6–7pm	Jan 14–Mar 4

FEE: $137.00

PLAYMAKERS THEATRE

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

PCCC JB Young Room

135362 Th	4:45–5:45pm	Jan 14–Mar 4

FEE: $139.00

Children – Visual Arts

CLAY PLAY

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

Outlet Work Room

136393 T	3:30–5pm	Jan 12–Mar 2

FEE: $161.70

ART ALL WAYS

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

Outlet Work Room

136391 M	3:30–5pm	Jan 11–Mar 8
136392 Sa	3:30–5pm	Jan 16–Mar 6

FEE: $138.60



ADVENTURES IN ART

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

Outlet Studio

136396 M	3:30–5pm	Jan 11–Mar 8

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 Work Room

136394 Th	3:30–5pm	Jan 14–Mar 4

FEE: $161.70

CREATIVE CLAY LAB

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

Outlet Studio

136398 Sa	1–2:30pm	Jan 16–Mar 6

FEE: $161.70

Arts & Culture



STITCH & STUFF: MAKE YOUR OWN STUFFIES

Learn how to create adorable stuffed animals and creatures from scratch using simple sewing techniques. Then, personalize them with embroidery, buttons and other decorative accents. By the end of the class, you'll have the skills and confidence to design and sew your own unique creations at home. **Age: 9–13**

Outlet Work Room

136399 F 3:30–5:30pm Jan 15–Mar 12

FEE: $150.00

GLAM IT UP–CYCLE: CREATE YOUR LOOK

Ready to remix your wardrobe? Give clothing a new life while creating a look that is uniquely you. Learn beginner–friendly techniques, express your creativity, and transform everyday pieces into standout styles. Bring an item from home or work with available materials to design a piece that shows off your personal style. No experience required, just bring your creativity! **Age: 12–15**

Outlet Studio

136400 F 6–7:30pm Jan 15–Mar 12
(No class Feb 26)

FEE: $138.00

DREAM, DESIGN, BUILD – SCULPTURE CLASS!

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

Outlet Work Room

136397 W 3:30–5pm Jan 13–Mar 3

FEE: $161.70

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. **Age: 7–10**

Outlet Studio

135355 M–F 9:30–11:30am Mar 15–19

FEE: $125.00

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. **Age: 11–14**

Outlet Studio

135354 M–F 1–3pm Mar 15–19

FEE: $125.00

Youth

GLAM IT UP–CYCLE: CREATE YOUR LOOK

Ready to remix your wardrobe? Give clothing a new life while creating a look that is uniquely you. Learn beginner–friendly techniques, express your creativity, and transform everyday pieces into standout styles. Bring an item from home or work with available materials to design a piece that shows off your personal style. No experience required, just bring your creativity! **Age: 12–15**

Outlet Studio

136400 F	**6–7:30pm**	**Jan 15–Mar 12**

FEE: **$138.00**

DREAM, DESIGN, BUILD – SCULPTURE CLASS!

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

Outlet Work Room

136397 W	**3:30–5pm**	**Jan 13–Mar 3**

FEE: **$161.70**

STITCH & STUFF: MAKE YOUR OWN STUFFIES

Learn how to create adorable stuffed animals and creatures from scratch using simple sewing techniques. Then, personalize them with embroidery, buttons and other decorative accents. By the end of the class, you'll have the skills and confidence to design and sew your own unique creations at home. **Age: 9–13**

Outlet Work Room

136399 F	**3:30–5:30pm**	**Jan 15–Mar 12**

FEE: **$150.00**

Adult

CLAY STUDIO

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

Outlet Work Room

136402 W	**1–2:30pm**	**Jan 13–20**
136403 W	**1–2:30pm**	**Feb 17–24**
136404 W	**1–2:30pm**	**Mar 3–10**

FEE: WILSON SENIOR MEMBER: **$33.80**
NON–MEMBER: **$52.00**

CLAYWARE 101

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

Outlet Work Room

136438 T	**7–8:30pm**	**Jan 19–26**
136439 T	**7–8:30pm**	**Feb 9–16**
136440 F	**7–8:30pm**	**Mar 5–12**

FEE: **$52.00**

CLAYWARE 102

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

Outlet Work Room

136441 Th	**7–8:30pm**	**Jan 14–21**
136442 Th	**7–8:30pm**	**Feb 11–18**

FEE: **$60.00**

OIL AND ACRYLIC – INTERMEDIATE

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

Outlet Work Room

136443 W	**9:45am–12:15pm**	**Jan 13–Mar 3**

FEE: MEMBER: **$90.74**
NON–MEMBER: **$139.60**

WATERCOLOUR SKETCHING

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

Outlet Studio

136444 W	**12:30–3pm**	**Jan 13–Feb 3**

FEE: MEMBER: **$52.00**
NON–MEMBER: **$80.00**

WATERCOLOUR FOR EVERYONE

Build your watercolour skills in this beginner–friendly course. Through guided practice, you will learn colour mixing, brush control, washes, texture, composition, and colour theory while painting florals, landscapes, and still life. Each week builds on the last, helping you gain confidence, improve technique, and create finished paintings. Suitable for beginners and those wanting to refresh their skills. All materials included but participants are welcome to bring their own supplies. **Age: 19+**

Outlet Work Room

136554 M	**1–2:30pm**	**Jan 11–Mar 8**

FEE: WILSON MEMBER: **$90.74**
NON–MEMBER: **$139.60**

Arts & Culture



SENIORS GUIDED PAINTING CLASS

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

Outlet Work Room

136445 Th	1–2:30pm	Jan 14
136446 Th	1–2:30pm	Feb 11
136447 Th	1–2:30pm	Mar 11

FEE: MEMBER: $8.00
NON–MEMBER: $10.00

PRINT, PRESS AND CREATE: FABRIC PRINTMAKING

Learn different styles and techniques using professional and found materials. Discover the wide variety of unique marks and images you can create. You'll also experiment with multiples by printing your own designs carved into linoleum and other materials. **Age: 19+**

Gathering Place

136395 M	1–2:30pm	Jan 11–Mar 8

FEE: $138.60

BATIK FABRIC DYEING

Learn the traditional craft of batik printing and dyeing through this hands–on program rooted in tradition and self–expression. Participants will explore the art of batik using wax–resist techniques and indigo dye to turn plain fabric into one–of–a–kind designs. This program is perfect for beginners and experienced creatives alike; no prior experience is needed. You'll explore patternmaking, embrace the unpredictability of the dyeing process and leave with a finished piece you can display or use. All materials are provided. Just bring your curiosity and willingness to get a little messy. **Age: 16+**

Outlet Work Room

136401 F	1–3pm	Jan 15–Feb 5

FEE: $160.00

THE CROCHET WAY

This 4-week course explores stitches, how to read patterns, and the dreaded magic circle. Projects will include a pouch and ear warmer/headband and amigurumi. No experience necessary, base materials will be provided! **Age: 19+**

Outlet Studio

136448 M	1–2:30pm	Jan 18–Feb 8

FEE: $200.00

THE CROCHET WAY

This 8-week course delves into crochet stitches, how to read patterns, and the dreaded magic circle. Projects will include a pouch, ear warmer/headband and amigurumi. No experience necessary, base materials will be provided! **Age: 14+**

Outlet Studio

137601 W	7–8:30pm	Jan 13–Mar 3

FEE: $200.00

THE MACRAMÉ WAY

This 4–week course explores the array of patterns and projects you can make – just by tying a variety of knots! Projects will include a wristlet keychain and wall hanging. **Age: 19+**

Outlet Studio

136449 T	1–2:30pm	Jan 19–Feb 9

FEE: $100.00

SEW SWEET: STUFFED ANIMALS AND SOFT TOYS

Get creative with fabric, thread, and imagination! Hand–sew a charming stuffed animal or soft toy and add your own personal touches. This welcoming workshop is suitable for new and experienced makers. All materials included. **Age: 19+**

Outlet Studio

136450 Th	1–2:30pm	Jan 14–Mar 4

FEE: $138.60

CREATIVE DANCE – BALLET BC OUTREACH

Join Marco Esccer of Ballet BC Outreach for a fun and engaging movement class designed for seniors. This session blends guided improvisation, playful group activities, and simple movement prompts to support presence, curiosity, and connection. Inspired by Ballet BC's creation–based artistic process, the class encourages reflection and joy through a creative dance experience. Please note this is not a ballet technique class, but a creative movement exploration. No previous dance experience is required. **Age: 19+**

PCCC Fitness Studio

136856 Th	1:30–2:30pm	Feb 4–25

FEE: MEMBER $97.50
NON–MEMBER: $150.00

ADULT ARTS COMMUNITY PARTNERSHIP PROGRAMS

POCO ARTS COUNCIL

POCO ARTS COUNCIL ANNUAL MEMBERSHIP IS AVAILABLE FOR $10 AT:
portcoquitlam.ca/register
For more information about the PoCo Arts Council, go to pocoarts.ca, **@pocoarts** on Facebook, or contact them by email at **pocoarts@gmail.com**.

ARTIST OPEN STUDIO

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

Outlet
Tues 10am–3pm Jan 5–June 22

PORT COQUITLAM WRITERS GROUP

The Port Coquitlam Writers group is a drop-in writing circle open to all! Discover a safe space to work on your craft while engaging with other local writers through prompts, readings and brainstorming. Poco Arts Council annual membership is required.
Age: 16+

Gathering Place
Wed 6:30–8:30pm
Jan 13 & 27 | Feb 10 & 24 | Mar 10 & 24

POCO OPEN MIC NIGHTS

This free drop-in welcomes performers of all kinds. Music, poetry, comedy, and anything else you might want to share! Each session offers supportive space to create, share ideas, and connect with fellow artists. No registration required.

Gathering Place
W 7–9pm Jan 20 | Feb 17 | Mar 17

WILSON CENTRE ADULT ART DROP-IN – OPEN STUDIO

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

The Outlet
Sat 10am–1pm | January – December

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 20 | Feb 17 | Mar 17

ART FOCUS DEMO NIGHTS

Everyone is invited to free demos by professional artists.

The Outlet
Wed 7–9pm
Jan 27 | Feb 24 | Mar 24

OFF THE GRID

Creating "Instant Sonic Art," musicians improvise and react spontaneously to other players and the overall sound produced. New musicians and listeners are welcome. Program is free, please call **236-515-5124**.

Gathering Place
Jan 5 & 19 | Feb 2 & 16 | Mar 2 & 16

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.

Gathering Place
Thurs 10am–12:30pm | January – March

CROSSROADS COFFEE HOUSE

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

Gathering Place
Fri 7–10pm
Jan 8 & 22 | Feb 12 & 26 | Mar 12 & 26

Exhibition Opening Reception

Join us for the opening reception on Thursday, February 4 2027 from 5:30 to 7:30pm.
Meet the artists while enjoying live music and refreshments sponsored by *Patina Brewing*.
We look forward to welcoming you to this inspiring evening of art and reflection.

As Above So Below

by **Olivia Harks**

Michael Wright Art Gallery | #200-2253 Leigh Square
January 15, 2027 – April 1, 2027

In this solo exhibition **Olivia Harks** explores the complexities of the human experience through evocative imagery, symbolism, and expressive use of light and shadow. Drawing inspiration from mythology, history, and cultural storytelling, her work re-examines how women have been portrayed throughout time, inviting audiences to reconsider these narratives through a contemporary lens.

Through figures, textiles, objects, and abstracted forms, Harks creates layered visual narratives that challenge traditional perspectives and reclaim the complexity of women's experiences, leaving space for reflection and personal interpretation.



Between Bearings

by **Boyan Baynov** & **Christopher Aitken**

Outlet Gallery | #110-2248 McAllister Ave
January 8, 2027 – April 1, 2027

Between Bearings is a collaborative exhibition by photographer ***Boyan Baynov*** and abstract artist ***Christopher Aitken*** exploring their connections to place through memory, perception, and experience. Bringing together photography and abstract painting, the artists interpret landscape as both a physical environment and an emotional experience. Through distinct artistic approaches, their works invite viewers to reflect on how personal experiences shape the ways we see, remember, and relate to the places around us.



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

The Practice of Tenderness

by **Angel Yau**

City Hall Gallery | 2580 Shaughnessy St
January 8, 2027 – April 1, 2027

In **The Practice of Tenderness**, ***Angel Yau*** explores themes of emotional healing, memory, and self-discovery through expressive paintings featuring a recurring child in a red dress set against expansive landscapes. Reflecting on the journey of reconnecting with oneself, her work considers how we can transform our relationship with the past, rediscover joy, and embrace tenderness as a source of strength. Through quiet, hopeful imagery, Yau invites viewers to reflect on the beauty of new beginnings and the possibility of choosing a more authentic path.



Where Silence Rests

by **Zhong Liu**

Port Coquitlam Community Centre | 2150 Wilson Ave
January 7, 2027 – May 31, 2027

In **Where Silence Rests**, photographer ***Liu Zhong*** explores the quiet beauty of nature through black-and-white landscape photography and long exposures. Captured across British Columbia, Canadian national parks, and Antarctica, the images reveal the interplay of light, shadow, time, and movement. Drawing on traditional photographic techniques, Zhong invites viewers to pause and reflect on the stillness, beauty, and impermanence of the natural world. Where Silence Rests was first presented at the Richmond City Hall Galleria in 2026.





Camps

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

Arenas

SKATE – 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

136837	**F**	**11am–3pm**	**Feb 26**

FEE: **$38.00**

Arts

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. Camp includes daily walks and play at the park. **Age: 8–12**

PCCC JB Young Room

135349	**F**	**9am–3:30pm**	**Feb 26**

FEE: **$52.00**

PRO D DAY ART CAMP

Explore the wonder of art during this one–day camp, jam packed with art projects, games, and outside play! Bring snacks, lunch and dress for the weather. Camp includes daily walks and play at the park. Child must have completed kindergarten. **Age: 6–7**

Outlet Work Room

135348	**F**	**8:30am–3pm**	**Feb 26**

FEE: **$52.00**

SPRING BREAK ART CAMP – COOL MAKERS

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

PCCC JB Young Room

135352	**M–F**	**9am–3:30pm**	**Mar 15–19**

FEE: **$230.00**

135353	**M–Th**	**9am–3:30pm**	**Mar 22–25**

FEE: **$184.00**

SPRING BREAK ART CAMP – LITTLE CREATORS

Campers will use their unique creativity to make one–of–a–kind projects and learn through fun, hands–on art activities in sculpture, painting, design and more. Camp includes daily walks and play at the park – dress for the weather. **Age: 6–7**

Outlet Work Room

135350	**M–F**	**8:30am–3pm**	**Mar 15–19**

FEE: **$230.00**

135351	**M–Th**	**8:30am–3pm**	**Mar 22–25**

FEE: **$184.00**

MAKE NEW FRIENDS AT OUR CAMPS!

Register now.

Children Services

PRO D DAY CAMP – JUNIOR EXPLORERS HC

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

HC Prog Rm 2

136518	**F**	**9am–3:30pm**	**Feb 26**

FEE: $45.00

PRO D DAY CAMP – JUNIOR EXPLORERS PCCC

School's out, but the fun is in! Camp includes active games, crafts, and exploring the trails. **Age: 5–8**

PCCC Childrens Area

136519	**F**	**9am–3:30pm**	**Feb 26**

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

136517	**F**	**9am–3:30pm**	**Feb 26**

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

136150	**M,W,F**	**10am–12pm**	**Mar 15–19**

FEE: $61.80

136563	**T,Th**	**10am–12pm**	**Mar 16–18**
136565	**M,W**	**10am–12pm**	**Mar 22–24**
136564	**T,Th**	**10am–12pm**	**Mar 23–25**

FEE: $41.20

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: 3–6**

PCCC Playroom 2

136566	**M,W,F**	**1:30–3:30pm**	**Mar 15–19**

FEE: $61.80

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: 3–6**

PCCC Playroom 2

136567	**M,W**	**1:30–3:30pm**	**Mar 22–24**

FEE: $41.20

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 swimming day are included each week. Your child must be Kindergarten – Grade 2 to enroll in this program. **Age: 5–7**

HC Prog Rm 2

136583	**M–F**	**9am–3:30pm**	**Mar 15–19**

FEE: $225.00

136585	**M–Th**	**9am–3:30pm**	**Mar 22–25**

FEE: $180.00

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 swimming days are included each week. Your child must be Grade 3 – 5 to enroll in this program. **Age: 8–10**

HC Community Room 2

136584	**M–F**	**9am–3:30pm**	**Mar 15–19**

FEE: $225.00

136586	**M–Th**	**9am–3:30pm**	**Mar 22–25**

FEE: $180.00

Sports

SPORTS SKILLS 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

136873	**M–F**	**8:30am–3pm**	**Mar 15–19**

FEE: $212.00

YOUTH SPRING BREAK CAMP

Youth will participate in different adventures and activities throughout the week, broadening their knowledge, skills, and adventure! Camp will swim 1–2 times during this week. The camp will also be embarking on an out–trip to The Hive Climbing! **Age: 11–15**

HC Youth Centre

135690	**M–Th**	**9am–3:30pm**	**Mar 22–25**

FEE: $205.00



Children Services

Click here or scan the QR code for quick access to children activities.

Early Years

BUSY BABIES – ADULT PARTICIPATION

Connect with other parents and let your baby practice crawling, rolling, and pre–walking movements in a fun and safe environment. Babies can explore developmentally–appropriate toys and equipment. Our program leader will share songs and rhymes with the group. **Age: 3m–1yr**

PCCC Playroom 3
136357 M 11am–12pm Jan 11–Mar 1

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
136786 W 10:45–11:45am 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
136552 W 9:30–10:15am Jan 13–Mar 3

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. Adult participation is required. **Age: 1½–5**

HC Prog Rm 2
136785 W 10:45–11:30am Jan 13–Mar 3

PCCC Playroom 2 (Preschool)
136556 Th 5:15–6pm Jan 14–Mar 4

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: 1–3**

PCCC Playroom 1
136358 F 9:30am–10:30am Jan 15–Mar 5

FEE: $72.10

HAND IN HAND PM – ADULT PARTICIPATION

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

PCCC Playroom 2
136558 Th 6:15–7pm Jan 14–Mar 4

FEE: $62.00

Children Services

READY SET GO

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

PCCC Playroom 1
136356 M **9:30–10:30am** **Jan 11–Mar 1**

FEE: **$72.10**

Celebrate Children's Week

JOIN US **NOV. 16–21** FOR **FREE** ACTIVITIES!

OPEN HOUSES ON NOV. 21
10:30 am–12:30 pm at Hyde Creek
1:30–3:30 pm at PCCC



Registration for 2027/2028 preschool year opens Feb 2027.

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:

Children Services

PLAYSCHOOL PREP

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

PCCC Playroom 1

136359 F 10:45am–12:15pm Jan 15–Mar 5

FEE: $108.15



CITY FOREST PLAY SCHOOL

City Forest Play School is a nature–based early learning program for children ages 3–5, offered in the outdoor spaces surrounding Hyde Creek Recreation Centre. Through play–based experiences, preschoolers learn with and in nature while building relationships, creating joyful memories, and developing a sense of belonging. In our forest classroom, children follow their curiosities and use natural loose parts to express their creativity, imagination, and emerging ideas. Each day offers opportunities for play, art, science, storytelling, movement, and exploration. **Age: 3–5**

HC Playground

136540 M,W 9:30–11:30am Jan 11–Mar 3

FEE: $309.00

136543 T,Th 9:30–11:30am Jan 12–Mar 4

FEE: $329.60

136551 F 9:30–11:30am Jan 15–Mar 5

FEE: $144.20

CITY PLAY SCHOOL

Preschoolers can join us for this indoor version of our popular City Forest Play School. 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

136542 M 11:30am–1pm Jan 11–Mar 1
136550 F 11:30am–1pm Jan 15–Mar 5

FEE: $108.15

HC Prog Rm 1

136549 W 11:30am–1pm Jan 13–Mar 3

FEE: $123.60

Preschool Speciality

SUPER SCIENCE

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

PCCC Playroom 1

136538 M 1:30–2:30pm Jan 11–Mar 1

FEE: $72.10

JUNIOR SNACK MAKERS

Come join us and learn how to make delicious, healthy snacks that you can enjoy afterward. Children will build basic kitchen skills, explore a variety of foods, and create fun recipes in an engaging class that introduces food literacy. **Age: 3½–6**

HC Prog Rm 2

136544 T 6–7pm Jan 12–Mar 2

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

136553 W 1–2:15pm Jan 13–Mar 3

FEE: $120.00

Preschool Sports

SOCCER STARS AND PARENTS

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

HC Gym

136343 Sa 9:15–10am Jan 9–Mar 6

FEE: $72.00

SOCCER STARS

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

HC Gym

136347 Sa 10:15–11am Jan 9–Mar 6

FEE: $72.00

MULTI–SPORT

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

HC Gym

136348 Sa 11:15am–12pm Jan 9–Mar 6

FEE: $72.00

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. Please bring a water bottle. **Age: 3–5**

HC Sports Hall

136562 F 1:15–2pm Jan 15–Mar 5

FEE: $62.00



Discover our Drop-in Programs!

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

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

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

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

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

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

portcoquitlam.ca/children

Children Services

Dance

DANCE STARS | TOTS

A fun and upbeat introduction to dance and creative movement for tots and their caregivers. Dancers will explore rhythm, props, action songs, and imaginative movement while developing motor skills, creativity, and confidence in a supportive environment. Adult participation required. **Age: 2–3**

HC Community Room 3
136545 T 5:15–5:45pm Jan 12–Mar 2

FEE: $48.00

HC Sports Hall
136559 F 9:45–10:15am Jan 15–Mar 5

FEE: $42.00

DANCE STARS | PRESCHOOL

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

HC Community Room 3 Age: 3½–5
136546 T 6–6:45pm Jan 12–Mar 2

FEE: $72.00

PCCC Playroom 3 Age: 3–5
136555 W 1:30–2:15pm Jan 13–Mar 3

FEE: $72.00

HC Sports Hall Age: 3–5
136561 F 11:30am–12:15pm Jan 15–Mar 5

FEE: $63.00

DANCE STARS | BALLET

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

HC Sports Hall
136560 F 10:30–11:15am Jan 15–Mar 5

FEE: $63.00

ACTIVE DANCE | TOTS

This energetic dance and creative movement program gets your little one moving and exploring the joy of dance. Children will use props, music, action songs, and imagination to build fundamental movement skills, coordination, rhythm, and confidence in a fun, supportive setting. Adult participation is required. **Age: 2–3**

PCCC Playroom 3
136349 Sa 9–9:30am Jan 16–Feb 27
136353 Sa 9:45–10:15am Jan 16–Feb 27

FEE: $36.00

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



Celebrate birthdays with us!

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

ACTIVE DANCE | PRESCHOOL 1

Get moving and feel the beat! This energetic dance and movement class introduces preschoolers to Jazz and Hip–Hop basics through music, imaginative activities, and active play. Children will build rhythm, coordination, confidence, and foundational dance skills while having fun. **Age: 3–4**

PCCC Small Multipurpose Room

136354 Sa 10:45–11:30am Jan 16–Feb 27

FEE: $54.00

ACTIVE DANCE | PRESCHOOL 2

Get moving and feel the beat! This energetic dance and movement class introduces preschoolers to Jazz and Hip–Hop basics through music, imaginative activities, and active play. Children will build rhythm, coordination, confidence, and foundational dance skills while having fun. **Age: 4–5**

136355 Sa 11:45am–12:30pm Jan 16–Feb 27

FEE: $54.00

JAZZ & HIP–HOP BASICS

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

HC Sports Hall

136548 T 3:45–4:30pm Jan 12–Mar 2

FEE: $72.00

BALLET BASICS

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

HC Community Room 3

136547 T 7–7:45pm Jan 12–Mar 2

FEE: $72.00



Afterschool Active

BASKETBALL

Afterschool Active includes 60 minutes of Active FUN! Join us as we learn team building, FUNdamental sport skills and basketball basics. **Age: 6–11**

PCCC Gymnasium

136570 M 3:30–5pm Jan 11–Mar 1

HC Gymnasium

136577 F 3:30–5pm Jan 15–Mar 5

FEE: $89.25

SOCCER

Afterschool Active includes 60 minutes of Active FUN! Join us as we learn team building, FUNdamental sport skills and soccer basics. **Age: 6–11**

HC Gymnasium

136569 M 3:30–5pm Jan 11–Mar 1

FEE: $89.25

PCCC Gymnasium

136576 Th 3:30–5pm Jan 14–Mar 4

FEE: $102.00

FLOOR HOCKEY

Afterschool Active includes 60 minutes of Active FUN! Join us as we learn team building, FUNdamental sport skills and floor hockey basics. **Age: 6–11**

PCCC Gymnasium

136572 T 3:30–5pm Jan 12–Mar 2

FEE: $102.00

KIDS IN THE KITCHEN

Enjoy cooking and creating individual snacks and mini meals to enjoy. Learn about kitchen safety, healthy eating and take home a cookbook of all the recipes you made to enjoy at home! Come learn to be the next Master Chef! **Age: 6–11**

HC Prog Rm 2

136571 T 3:30–5pm Jan 12–Mar 2
136573 W 3:30–5pm Jan 13–Mar 3

FEE: $156.00

LET'S DANCE

Afterschool Active includes 60 minutes of Active FUN! Join us as we move to the beat, learn the latest dance moves and create a choreographed dance to your favourite tunes. Age: 6–11

PCCC Gymnasium ½ W

136574 W 3:30–5pm Jan 13–Mar 3

FEE: $102.00

SPORTS & SWIM

Afterschool Active includes 60 minutes of Active FUN in the gym, plus 60 minutes of public swim! Children must be 7 before the start of the program. **Age: 7–11**

HC Gym

136575 Th 3:30–5:30pm Jan 14–Mar 4

FEE: $160.00

Children Services

Beyond The Bell

CASTLE PARK | PAPER INNOVATIONS

This program explores creations with paper, such as fortune tellers, paper airplanes, hoop gliders and many more. Program is for children Grades 1 – 5. **Age: 6–11**

Castle Park Elementary

136578	**M**	**2:45–4:15pm**	**Jan 11–Mar 1**

FEE: **$90.00**

CASTLE PARK | MULTI–SPORT

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: 6–11**

Castle Park Elementary

136581	**Th**	**2:45–4:15pm**	**Jan 14–Mar 4**

FEE: **$102.00**

WESTWOOD | BE ACTIVE OUTSIDE

This program promotes the development of basic physical fitness and sport through fun relays, games and activities all designed to get everyone moving. Outdoor activities will be included each week and participants should come ready to go outside in all weather. Program is for children Grades 1–5. **Age: 6–11**

Westwood Elementary

136579	**T**	**2:50–4:20pm**	**Jan 12–Mar 2**

FEE: **$102.00**

WESTWOOD | SNACK ATTACK

Come join us and learn how to make delicious, healthy snacks that you will enjoy after active play. Children will build basic kitchen skills, explore a variety of foods, and create fun recipes in an engaging class that introduces food literacy and basic movement skills. Program is for children Grades 1–5. **Age: 6–11**

Westwood Elementary

136582	**F**	**2:50–4:20pm**	**Jan 15–Mar 5**

FEE: **$105.00**

CENTRAL | CREATION STATION

Bring your creativity and imagination! Children can create unique masterpieces, explore science concepts, and use their imagination in a fun, child–centered environment. Program is for children Grades Kindergarten – Grade 2. **Age: 6–8**

Central Elementary

136580	**W**	**3–4:30pm**	**Jan 13–Mar 3**

FEE: **$120.00**

Swim, Play, Pizza

SWIM, PLAY, PIZZA

Join our leaders for three hours of Friday night fun as we play games, have pizza, and swim. Bring a friend and come make new ones! **Age: 7–11**

PCCC Small Multipurpose Room

136513	**F**	**6–9pm**	**Jan 22**
136515	**F**	**6–9pm**	**Feb 19**

HC Sports Hall

136514	**F**	**6–9pm**	**Feb 5**
136516	**F**	**6–9pm**	**Mar 5**

FEE: **$30.00**







City Forest Play School invites preschoolers to learn with and in nature through meaningful, play-based experiences.

Children will build friendships while exploring science, art, movement, storytelling, and imaginative play.

The program offers opportunities to investigate, create, build confidence, develop fundamental movement skills, and have fun.

COME LEARN AND PLAY WITH US!

Join us indoors for City Play School!

CITY FOREST PLAYSCHOOL

For more information:

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, 2027.
Visit **portcoquitlam.ca/recpass** for current rates.

Passes are inclusive of any required facility and/or amenity closure. Passes are to be used by the passholder only and not to be shared. Sharing of passes may result in pass suspension.

One City Admission & Passes Rates

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

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

	SINGLE	10 VISITS	20 VISITS	MONTHLY PASS	ANNUAL PASS*
Tots (0–4 yrs)	**FREE**	**FREE**	**FREE**	**FREE**	**FREE**
Child (5–12 yrs)	**$3.49**	**$31.40**	**$55.81**	**$31.40**	**$282.54**
Youth (13–24 yrs)	**$5.24**	**$47.08**	**$83.72**	**$47.08**	**$423.80**
Adult (25–59 yrs)	**$6.98**	**$62.78**	**$111.62**	**$62.78**	**$565.08**
Senior (60–79 yrs)	**$5.24**	**$47.08**	**$83.72**	**$47.08**	**$423.80**
Super Senior** (80+ yrs)	**$5.24**	**$47.08**	**$83.72**	**$47.08**	**$423.80**
Family	**$13.97**	**$125.56**	**$223.25**	**$125.56**	**$1,130.15**

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



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: 13+**

HC Fitness Studio

136212 F	6:30–7:30pm	Mar 19
FEE:		**$10.50**
FEE FOR 60+:		**$9.50**
136485 M	7:15–8:15pm	Feb 8–Mar 8
FEE:		**$42.00**
FEE FOR 60+:		**$38.00**
136210 F	6:30–7:30pm	Jan 8–Feb 5
136211 F	6:30–7:30pm	Feb 12–Mar 12
136484 M	7:15–8:15pm	Jan 4–Feb 1
136486 Th	7:15–8:15pm	Jan 7–Feb 4
136487 Th	7:15–8:15pm	Feb 11–Mar 11
136793 W	5:30–6:30pm	Jan 6–Feb 3
136794 W	5:30–6:30pm	Feb 10–Mar 10
FEE:		**$52.50**
FEE FOR 60+:		**$47.50**

PCCC Fitness Studio

136512 S	10:30–11:30am	Feb 21–Mar 7
136788 S	7–8pm	Feb 21–Mar 7
FEE:		**$31.50**
FEE FOR 60+:		**$28.50**
136509 T	5:45–6:45pm	Jan 5–Feb 2
136510 T	5:45–6:45pm	Feb 9–Mar 9
136511 S	10:30–11:30am	Jan 10–Feb 7
136787 S	7–8pm	Jan 10–Feb 7
FEE:		**$52.50**
FEE FOR 60+:		**$47.50**

ZUMBA + LIFT

Zumba + Lift is where rhythm meets results. This music driven workout fuses the high energy fun of Zumba with the music sculpting. Help burn fat, build strength, and boost endurance with intervals of dancing and weightlifting moves set to an electrifying playlist. Sweat, sculpt, smile, repeat! **Age: 13+**

PCCC Fitness Studio

136344 M	8–9pm	Jan 4–Feb 1
FEE:		**$52.50**
FEE FOR 60+:		**$47.50**
136345 M	8–9pm	Feb 8–Mar 8
FEE:		**$42.00**
FEE FOR 60+:		**$38.00**
136346 M	8–9pm	Mar 15–22
FEE:		**$21.00**
FEE FOR 60+:		**$19.00**

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**.

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

SMALL GROUP TRAINING

This class is for those looking for a group training experience alongside 6 participants. One of our certified personal trainers will coach you through various strength and cardio exercises so you will feel stronger and challenged.

Dates and times TBA

Health | Mind & Body

BABY & ME YOGA

Baby & Me Yoga offers a gentle, supportive space to reconnect with your body, breath, and your little one. Babies are welcome to rest nearby or be held as we move, breathe, meditate, sing and share moments of joy. Designed for new parents who are at least 6 weeks post–partum. Babies must be under one year of age or pre–walking.
Age: 18+

HC Community Room 2

136482 T	10:45–11:45am	Jan 5–Feb 2
136483 T	10:45–11:45am	Feb 9–Mar 9

FEE: $55.00
FEE FOR 60+: $50.00

MAT PILATES

This class will strengthen muscles while improving posture alignment while focusing on core and flexibility. This is a beginner/moderate class. **Age: 13+**

HC Community Room 2

136480 F	9:30–10:30am	Jan 8–Feb 5

FEE: $55.00
FEE FOR 60+: $50.00

136481 F	9:30–10:30am	Feb 12–Mar 12

FEE: $44.00
FEE FOR 60+: $40.00

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**.

PCCC Laking Room

136213 Sa	11am–12pm	Jan 9–Feb 6

FEE: $55.00
FEE FOR 60+: $50.00

136214 Sa	11am–12pm	Feb 20–Mar 6

FEE: $33.00
FEE FOR 60+: $30.00

SOUND HEALING & CHAKRA BALANCING YOGA

Experience a unique blend of gentle yoga, chakra balancing, seed mantra listening and sound healing. This class combines yoga postures designed to activate and balance the body's energy centres (chakras), followed by traditional Beej (seed) mantras and soothing vibrations of crystal singing bowls and sound frequencies. Please bring a yoga mat, water bottle and an open mind for this restorative experience. **Age: 13+**

HC Community Room 2

136205 M	7:15–8:15pm	Jan 4–Feb 1

FEE: $55.00
FEE FOR 60+: $50.00

136206 M	7:15–8:15pm	Feb 8–Mar 8

FEE: $44.00
FEE FOR 60+: $40.00

HC Community Room 3

136207 M	7:15–8:15pm	Mar 15–22

FEE: $22.00
FEE FOR 60+: $20.00

YOGA CORE

This class will focus on creating a stable foundation for all movements, both on and off the mat. This class will explore yoga poses and techniques that target your core muscles. **Age: 13+**

HC Community Room 2

136791 W	6:45–7:45pm	Jan 6–Feb 3
136792 W	6:45–7:45pm	Feb 10–Mar 10

FEE: $55.00
FEE FOR 60+: $50.00

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: 13+

HC Community Room 2

136208 Th	5:45–6:45pm	Jan 7–Feb 4
136209 Th	5:45–6:45pm	Feb 11–Mar 11

FEE: $55.00
FEE FOR 60+: $50.00

MAT PILATES FOUNDATIONS

Mat Pilates Foundations is a full body, low impact class that will strengthen muscles while improving posture and alignment while focusing on core and whole–body mobility. This is a beginner class. **Age: 13+**

PCCC Laking Room

136215 Th	11am–12pm	Jan 7–Feb 4
136216 Th	11am–12pm	Feb 11–Mar 11

FEE: $55.00
FEE FOR 60+: $50.00

136217 Th	11am–12pm	Mar 18–Mar 25

FEE: $22.00
FEE FOR 60+: $20.00

PRENATAL YOGA

Enjoy this specialized yoga program to prepare for childbirth. Build confidence to practice movement safely and supportively. Discover optimal birth positions, build trust, conquer fear and slow down to connect with baby. Leave class with supportive tools that prepare and empower your journey. **Age: 18+**

PCCC Laking Room

136789 T	5:45–6:45pm	Jan 5–Feb 2
136790 T	5:45–6:45pm	Feb 9–Mar 9

FEE: $55.00
FEE FOR 60+: $50.00

Health & Wellness



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: 13+**

PCCC Spin Studio

136495 T	10:45–11:45am	Jan 5–Feb 2
136496 T	10:45–11:45am	Feb 9–Mar 9
136498 Th	10:45–11:45am	Feb 11–Mar 11

FEE: $58.75
FEE FOR 60+: $53.75

136497 Th	10:45–11:45am	Jan 7–Feb 4

FEE: $58.75
FEE FOR 60+: $53.75

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: 13+**

PCCC Laking Room

136849 S	4:30–5:30pm	Jan 10–Feb 7

FEE: $55.00
FEE FOR 60+: $50.00

136850 S	4:30–5:30pm	Feb 21–Mar 7

FEE: $33.00
FEE FOR 60+: $30.00

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: 13+**

PCCC Laking Room

136501 Th	7:15–8:15pm	Jan 7–Feb 4
136502 Th	7:15–8:15pm	Feb 11–Mar 11

FEE: $55.00
FEE FOR 60+: $50.00

YOGALATES

Experience the combination of Yoga and Pilates. Feel the benefits of the different styles and leave the class feeling taller and stronger. **Age: 13+**

PCCC Laking Room

136493 M	5:45–6:45pm	Jan 4–Feb 1

FEE: $55.00
FEE FOR 60+: $50.00

136494 M	5:45–6:45pm	Feb 8–Mar 8

FEE: $44.00
FEE FOR 60+: $40.00

Senior | Health & Fitness

CORE CONDITIONING

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

PCCC Mabbett Hall ½ N

136661 T	10:15–11:15am	Mar 16–Mar 23
136665 Th	10:15–11:15am	Mar 18–Mar 25

FEE: $14.50
FEE FOR 60+: $11.50

136658 T	10:15–11:15am	Jan 5–Feb 2
136660 T	10:15–11:15am	Feb 9–Mar 9
136663 Th	10:15–11:15am	Jan 7–Feb 4
136664 Th	10:15–11:15am	Feb 11–Mar 11

FEE: $36.25
FEE FOR 60+: $28.75

ZUMBA GOLD

Join the Party! Come to this low impact Zumba class that has all the fun original moves you love with many impact options. Ditch the workout and join the Party with dance rhythms like Cha Cha, Tango, Samba, and Rock n' Roll classics! **Age: 45+**

PCCC Fitness Studio

136507 M	10:45–11:45am	Jan 4–Feb 1
136341 F	11:15am–12:15pm	Jan 8–Feb 5
136342 F	11:15am–12:15pm	Feb 12–Mar 12

FEE: $52.50
FEE FOR 60+: $47.50

136508 M	10:45–11:45am	Feb 8–Mar 8

FEE: $42.00
FEE FOR 60+: $38.00

CHAIR MOBILITY

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

PCCC Mabbett Hall ½ N

136488	T	11:30am–12:30pm	Jan 5–Feb 2
136489	T	11:30am–12:30pm	Feb 9–Mar 9

FEE: $36.25
FEE FOR 60+: $28.75

INTRO TO WEIGHT TRAINING

Join this weekly program, led by one of our certified personal trainers, that will introduce and help familiarize yourself with the various pieces of equipment, the setup and its use in the weight room. This is geared for Seniors.

Date and times TBA

Senior | Mind & Body

CHAIR YOGA

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

PCCC Laking Room

136333	M	12–1pm	Jan 4–Feb 1
136336	T	10:45–11:45am	Jan 5–Feb 2
136649	W	12–1pm	Jan 6–Feb 3
136339	Th	1:30–2:30pm	Jan 7–Feb 4
136337	T	10:45am–11:45am	Feb 9–Mar 9
136650	W	12–1pm	Feb 10–Mar 10
136340	Th	1:30–2:30pm	Feb 11–Mar 11

FEE: $55.00
FEE FOR 60+: $50.00

136334	M	12–1pm	Feb 8–Mar 8

FEE: $44.00
FEE FOR 60+: $40.00

136335	M	12–1pm	Mar 15–22
136338	T	10:45–11:45am	Mar 16–23
136651	W	12–1pm	Mar 17–24

FEE: $22.00
FEE FOR 60+: $20.00

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

136490	W	10:45–11:45am	Jan 6–Feb 3
136491	W	10:45–11:45am	Feb 10–Mar 10

FEE: $55.00
FEE FOR 60+: $50.00

136492	W	10:45–11:45am	Mar 17–24

FEE: $22.00
FEE FOR 60+: $20.00

HATHA YOGA INTERMEDIATE

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

PCCC Laking Room

136503	F	10:45am–12:15pm	Jan 8–Feb 5
136504	F	10:45am–12:15pm	Feb 12–Mar 12

FEE: $77.50
FEE FOR 60+: $70.00

HATHA YOGA MULTI LEVEL

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

PCCC Laking Room

136505	Th	9:15–10:45am	Jan 7–Feb 4
136506	Th	9:15–10:45am	Feb 11–Mar 11

FEE: $77.50
FEE FOR 60+: $70.00

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

136499	T	10:45am–12:15pm	Jan 5–Mar 9

FEE: $87.50
FEE FOR 60+: $77.50

TAI CHI – WU STYLE INTERMEDIATE

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

PCCC Fitness Studio

136500	Th	10:45am–12:15pm	Jan 7–Mar 11

FEE: $87.50
FEE FOR 60+: $77.50



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 and relaxation. **Age: 50+**

PCCC Laking Room

136218 M	10:45–11:45am	Jan 4–Feb 1
136224 F	12:30–1:30pm	Jan 8–Feb 5
136225 F	12:30–1:30pm	Feb 12–Mar 12

FEE: $55.00
FEE FOR 60+: $50.00

136226 F	12:30–1:30pm	Mar 26

FEE: $11.00
FEE FOR 60+: $10.00

136220 M	10:45–11:45am	Mar 15–22

FEE: $22.00
FEE FOR 60+: $20.00

136219 M	10:45–11:45am	Feb 8–Mar 8

FEE: $44.00
FEE FOR 60+: $40.00

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

136350 T	1:30–3:30pm	Jan 5–Feb 2

FEE: $93.75
FEE FOR 60+: $83.75

136351 T	1:30–3:30pm	Feb 9–Feb 23

FEE: $56.25
FEE FOR 60+: $50.25

136352 T	1:30–3:30pm	Mar 16–Mar 23

FEE: $37.50
FEE FOR 60+: $33.50

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. What to Bring: Participants are encouraged to bring personal water bottles and their own paddle. Program and Facility Information: Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

PCCC Gymnasium

136451 T	10:45am–12:45pm	Jan 12–26
136465 Th	8:30–10:30am	Jan 14–28
136452 T	10:45am–12:45pm	Feb 2–16
136466 Th	8:30–10:30am	Feb 4–18
136453 T	10:45am–12:45pm	Feb 23–Mar 9
136467 Th	8:30–10:30am	Feb 25–Mar 11

PCCC Gymnasium ½ E

136526 Th	7:45–9:45pm	Jan 14–28
136527 Th	7:45–9:45pm	Feb 4–18
136528 Th	7:45–9:45pm	Feb 25–Mar 11

FEE: $31.50
FEE: 60+ $28.50

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 – 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. **What to bring:** Participants are encouraged to bring personal water bottles and their own paddles. Program and Facility Information: Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 60+**

PCCC Gymnasium ½ W

136457 T	1–3pm	Jan 12–26
136458 T	1–3pm	Feb 2–16
136459 T	1–3pm	Feb 23–Mar 9

PCCC Gymnasium

136477 Th	1–3pm	Jan 14–28
136478 Th	1–3pm	Feb 4–18
136479 Th	1–3pm	Feb 25–Mar 11

FEE: $28.50

PICKLEBALL – BEGINNER PLAY

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. **What to bring:** Participants are encouraged to bring personal water bottles and their own paddle. Program and Facility Information: Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

HC Gym

136422 W	10:45am–12:45pm	Jan 13–27
136423 W	10:45am–12:45pm	Feb 3–17
136424 W	10:45am–12:45pm	Feb 24–Mar 10

PCCC Gymnasium ½ E

136454 T	1–3pm	Jan 12–26
136455 T	1–3pm	Feb 2–16
136456 T	1–3pm	Feb 23–Mar 9

FEE: $31.50
FEE 60+: $28.50

PICKLEBALL – INTERMEDIATE

For Intermediate Level players who have strong existing knowledge of the rules and familiarity with positional roles and game strategies. This is a non–instructional program for players who want guaranteed play time for multiple weeks with friendly competition and consistent rallies. **What to bring:** Participants are encouraged to bring personal water bottles. Players are recommended to bring their own paddle. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

HC Gym

136418 W	8:30–10:30am	Jan 13–27
136419 W	8:30–10:30am	Feb 3–17
136420 W	8:30–10:30am	Feb 24–Mar 10

PCCC Gymnasium

136474 Th	10:45am–12:45pm	Jan 14–28
136475 Th	10:45am–12:45pm	Feb 4–18
136476 Th	10:45am–12:45pm	Feb 25–Mar 11

PCCC Gymnasium ½ W

136529 Th	7:45–9:45pm	Jan 14–28
136530 Th	7:45–9:45pm	Feb 4–18

FEE: $31.50
FEE FOR 60+: $28.50

PICKLEBALL – INTERMEDIATE SOCIAL DOUBLES

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

PCCC Gymnasium

136534 Th	6–7:30pm	Feb 4–18

FEE: $45.00

PICKLEBALL – INTERMEDIATE SOCIAL DOUBLES

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

HC Gym

136426 W	1–2:30pm	Jan 13–27
136429 W	1–2:30pm	Feb 3–17
136430 W	1–2:30pm	Feb 24–Mar 10

FEE: $45.00

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**.

Sports

PICKLEBALL – INTERMEDIATE/ADVANCED

For Intermediate and Advanced Level players who can sustain longer rallies with varying speeds and apply game strategies and demonstrate accurate shot control while playing collaboratively with others. Players MUST have strong knowledge of the rules and court movement. Players are expected to demonstrate a skill level that is able to keep up with the pace of play. This is a non–instructional program for players who want guaranteed play time for multiple weeks with organized games and competitive rallies. **What to bring:** Participants are encouraged to bring personal water bottles and their own paddle. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

PCCC Gymnasium

136520 F	8:30–10:30am	Jan 15–29
136521 F	8:30–10:30am	Feb 5–19
136522 F	8:30–10:30am	Feb 26–Mar 12

FEE: $31.50
FEE FOR 60+: $28.50

PICKLEBALL – LEARN TO PLAY – LEVEL 1

This Beginner Level skill development program is for players who are new to the game of pickleball and/or never played before. This introductory program will teach participants the basic skills, strokes, and rules of the game through a variety of drills and gameplay. As players progress they will be taught etiquette, court awareness and other game tactics in a fun environment. No experience required, equipment provided. **What to bring:** Participants are encouraged to bring personal water bottles. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

HC Gym

136412 M	9–10:30am	Jan 11–Feb 1
136413 M	9–10:30am	Feb 8–Mar 8

FEE: $68.00
FEE FOR 60+: $62.00

PICKLEBALL – LEARN TO PLAY – LEVEL 2

For pickleball players who are no longer new to the sport of pickleball but are still at a Beginner Level. Participants will further develop basic skills of the game, while incorporating more individual player movement, enhanced swing & footwork as well as court development through skills, drills & games. It is highly recommended participants have completed a Learn to Play – Level 1 program or have basic knowledge playing pickleball. **What to bring:** Participants are encouraged to bring personal water bottles. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

HC Gym

136414 M	10:45am–12:15pm	Jan 11–Feb 1
136415 M	10:45am–12:15pm	Feb 8–Mar 8

FEE: $68.00
FEE FOR 60+: $62.00

ENJOY PICKLEBALL PROGRAMS FOR PLAYERS OF EVERY LEVEL.
Register now.





PICKLEBALL – TRAIN TO PLAY – LEVEL 3

For Intermediate Level players to develop existing pickleball skills. An instructor will teach you how to improve your game by mastering your strokes, footwork and court awareness. It is highly recommended participants have completed a Learn to Play – Level 2 program or have strong knowledge and existing skills playing pickleball. **What to bring:** Participants are encouraged to bring personal water bottles and paddles. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

PCCC Gymnasium ½ E

136461 T	6–7:30pm	Jan 12–26
136462 T	6–7:30pm	Feb 2–16
136463 T	6–7:30pm	Feb 23–Mar 9

FEE: $55.50
FEE FOR 60+: $51.00

HC Gym

136416 M	12:30–2pm	Jan 11–Feb 1

FEE: $74.00
FEE FOR 60+: $68.00

PICKLEBALL – TRAIN TO PLAY – LEVEL 3

For Intermediate Level players to develop existing pickleball skills. An instructor will teach you how to improve your game by mastering your strokes, footwork and court awareness. It is highly recommended participants have completed a Learn to Play – Level 2 program or have strong knowledge and existing skills playing pickleball. **What to bring:** Participants are encouraged to bring personal water bottles and paddles. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Note:** No program on Family Day – February 15th, 2027. **Age: 18+**

HC Gym

136417 M	12:30–2pm	Feb 8–Mar 8

FEE: $74.00
FEE FOR 60+: $68.00

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. **What to bring:** Participants are encouraged to bring personal water bottles and paddles. Balls are provided. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

PCCC Gymnasium

136523 F	10:30am–12:30pm	Jan 15–29
136524 F	10:30am–12:30pm	Feb 5–19
136525 F	10:30am–12:30pm	Feb 26–Mar 12

FEE: $31.50
FEE FOR 60+: $28.50

PICKLEBALL – WOMEN'S INTERMEDIATE/ADVANCED

This Women's only pickleball play program is designed for Intermediate and Advanced Level players who can sustain longer rallies with varying speeds to apply game strategies and demonstrate accurate shot control while playing collaboratively with others. Players MUST have strong knowledge of the rules and court movement. This is a non–instructional program for players who want guaranteed play time for multiple weeks with organized games and competitive rallies. **What to bring:** Participants are encouraged to bring personal water bottles and their own paddle. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

PCCC Gymnasium

136433 T	8:30–10:30am	Jan 12–26
136434 T	8:30–10:30am	Feb 2–16
136435 T	8:30–10:30am	Feb 23–Mar 9

FEE: $31.50
FEE FOR 60+: $28.50

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. **What to bring:** Participants are encouraged to bring personal water bottles. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 18+**

PCCC Gymnasium

136532 Th	6–7:30pm	Jan 14–28
136535 Th	6–7:30pm	Feb 25–Mar 11

FEE: $51.00
FEE FOR 60+: $46.50

Sports | Volleyball

VOLLEYBALL – WOMEN IN SPORT LEAGUE

Our women's league welcomes players of all skill levels who want to stay active, build friendships, and play volleyball in a supportive environment! A team captain must register on behalf of their existing team of 6–8 players. Teams will play on Monday evening each week. A schedule of game times and location will be provided by the League Coordinator prior to the start of the season once registrations have been finalized.
Age: 18+

Note: No program on Family Day – February 15, 2027.

Please note: League teams from the previous season will receive priority registration before registration opens to the public.

HC Gym

136405 M	**6:30–10pm**	**Jan 4–Mar 22**

FEE: **$640.00**



VOLLEYBALL – LEARN TO PLAY

This Beginner Level skill development program introduces the fundamental skills of volleyball for players who are relatively new to the sport or never played before. Players in this introductory program will learn basic skills, game rules and sport specific fundamentals in a fun, supportive environment. No prior volleyball experience required, equipment provided. **What to bring:** Participants are encouraged to bring personal water bottles. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 8–14**

HC Gym

136406 Th	**5–6pm**	**Jan 7–Feb 4**
136407 Th	**5–6pm**	**Feb 11–Mar 11**

FEE: **$60.00**

VOLLEYBALL – TRAIN TO PLAY LEVEL 1

This Intermediate Level program is a progression of the fundamentals introduced in the beginner Learn to Play program. Players will further develop their volleyball skills and court awareness through drills & gameplay **Pre-Requisite:** Players must have previous volleyball experience or participated in a Learn to Play program. **What to bring:** Participants are encouraged to bring personal water bottles. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry. **Age: 11–16**

HC Gym

136408 Th	**6–7:30pm**	**Jan 7–Feb 4**
136409 Th	**6–7:30pm**	**Feb 11–Mar 11**

FEE: **$90.00**

VOLLEYBALL – TRAIN TO PLAY LEVEL 2

This Intermediate Level program is a progression of Train to Play Level 1. Players will focus on refining existing volleyball skills by improving game tactics and court positioning during gameplay **Pre-Requisite:** Players must have mastered the fundamental knowledge and volleyball skills introduced in Learn to Play and have gameplay experience. **What to bring:** Participants are encouraged to bring personal water bottles. **Program and Facility Information:** Check in will start 5 min before program start time. Check in at gymnasium for entry.
Age: 11–16

HC Gym

136410 Th	**7:30–9pm**	**Jan 7–Feb 4**
136411 Th	**7:30–9pm**	**Feb 11–Mar 11**

FEE: **$90.00**

Spring Break | Pickleball



PICKLEBALL – SOCIAL DOUBLES

Register yourself and bring a partner to play friendly Pickleball matches against other duos. Our instructor will facilitate game matchups. It is advised that you review the program description online for more details. **Age: 18+**

136942 M	8:30–10am	Mar 15
136937 Tu	8:30–10am	Mar 23

FEE: $15.00

PICKLEBALL – SERVE CLINIC

For Pickleball Serve Clinic players looking to improve the precision, accuracy, and consistency of their serve. This instructional clinic will focus on serve technique, placement, and control, with tips and practice opportunities to help players add variety and confidence to their serves. It is advised that you review the program description online for more details. **Age: 18+**

HC Gym

136943 M	10:15–11:45am	Mar 15

FEE: $17.50
FEE FOR 60+: $15.50

PICKLEBALL – DROPS, DRIVES & BLOCKS CLINIC

For Drops, Drives & Blocks Clinic players looking to improve their shot selection and become more fluid and effective on the court. This instructional clinic will focus on when and why to use drops, drives, and blocks, while developing better control, consistency, and confidence during rallies and game play. It is advised that you review the program description online for more details. **Age: 18+**

HC Gym

136944 M	12–1:30pm	Mar 15

FEE: $17.50
FEE FOR 60+: $15.50

PICKLEBALL – WOMEN'S INTERMEDIATE/ADVANCED

This Women's only pickleball play program is designed for Intermediate and Advanced Level players who can sustain longer rallies with varying speeds to apply game strategies and demonstrate accurate shot control while playing collaboratively with others. Players MUST have strong knowledge of the rules and court movement. It is advised that you review the program description online for more details. **Age: 18+**

HC Gym

136945 Tu	8:30–10am	Mar 16

FEE: $8.00
FEE FOR 60+: $7.50

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. It is advised that you review the program description online for more details. **Age: 18+**

HC Gym

136946 Tu	10:15–11:45am	Mar 16
136948 Th	12–1:30pm	Mar 18
136951 F	12–1:30pm	Mar 19

FEE: $8.00
FEE FOR 60+: $7.50

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. It is advised that you review the program description online for more details. **Age: 60+**

HC Gym

136946 Tu	10:15–11:45am	Mar 16
136946 Tu	12–1:30pm	Mar 16

FEE $7.50

PICKLEBALL – BEGINNER PLAY

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. It is advised that you review the program description online for more details. **Age: 18+**

HC Gym

136950 Th	8:30–10am	Mar 18

FEE: $8.00
FEE FOR 60+: $7.50

Sports



PICKLEBALL – KINGS & QUEENS COURT

For Kings & Queens Court players looking for a fun and competitive mixed doubles experience. This non–instructional program features ladder–style play, where players will rotate through games and move up or down the ladder based on their results. It is advised that you review the program description online for more details. **Age: 18+**

HC Gym

136952	**F**	**8:30–10am**	**Mar 19**
FEE:			**$8.00**
FEE FOR 60+:			**$7.50**
136940	**Tu**	**10:15:11:45am**	**Mar 23**
FEE:			**$10.50**
FEE FOR 60+:			**$9.50**

PICKLEBALL – TOURNAMENT PREP CLINIC & PLAY

Register yourself and bring a partner to play friendly Pickleball matches against other duos. Our instructor will facilitate game matchups. All Levels players are welcome for this Tournament Prep Clinic & Play gameplay! It is advised that you review the program description online for more details. **Age: 18+**

HC Gym

136953	**Tu**	**10:15:11:45am**	**Mar 23**
FEE:			**$17.00**
FEE FOR 60+:			**$15.50**

COME TRY THE SPORT OF PICKLEBALL IN A FRIENDLY, FUN, & NON–COMPETITIVE ENVIRONMENT!
Register now.

PICKLEBALL – SOCIAL DOUBLES 60+

Register yourself and bring a partner to play friendly Pickleball matches against other duos. Our instructor will facilitate game matchups. All Levels players are welcome for this social doubles gameplay! It is advised that you review the program description online for more details. **Age: 60+**

PCCC Gymnasium

136936	**Tu**	**12:30–2pm**	**Mar 23**
FEE:			**$15.00**

PICKLEBALL – INTERMEDIATE/ADVANCED

For Intermediate and Advanced Level players who can sustain longer rallies with varying speeds and apply game strategies and demonstrate accurate shot control while playing collaboratively with others. Players MUST have strong knowledge of the rules and court movement It is advised that you review the program description online for more details. **Age: 18+**

PCCC Gymnasium

137021	**Tu**	**2:15–3:45pm**	**Mar 23**
FEE:			**$8.00**
FEE FOR 60+:			**$7.50**

PICKLEBALL ROUND ROBIN

Register to play in our Pickleball Round Robin! This session is for beginner & intermediate players to partake in 3 hours of fun, recreational pickleball gameplay. Partner rotation and gameplay will be facilitated by our instructor, Cathy. It is advised that you review the program description online for more details. **Age: 18+**

136938	**W**	**9am–12pm**	**Mar 24**
FEE:			**$15.00**

TRY IT! INTRO TO PICKLEBALL

Come try the sport of pickleball in a friendly, fun, & non–competitive environment! Our instructor will provide a 1hr 30min session to introduce participants to the sport of pickleball while ensuring all skills and gameplay are adapted to participant knowledge and ability. It is advised that you review the program description online for more details. **Age: 18+**

136939	**W**	**12:30–2pm**	**Mar 24**
FEE:			**$8.00**
FEE FOR 60+:			**$7.50**

QUINIT BOXING

PORT COQUITLAM
FREMONT VILLAGE
1180–573 Sherling Place, Port Coquitlam

KIDS BOXING CLASSES

5–16 YEARS OLD

Three different age group after school boxing program right here in Port Coquitlam.





Why Choose Our Kids Boxing Classes?

- Safe and Structured
- Age-Appropriate
- Experienced Instructors
- Fun and Engaging
- No contact for all levels
- Contact optional for advanced teens



778–717–3833

poco@quinitboxing.com

www.quinitboxing.com

SCAN FOR 2 WEEKS FOR $49

TERRY FOX LIBRARY

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



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

2150 Wilson Ave
604 927 7999

Everyone

VIRTUAL REALITY

Experience the thrill of virtual reality! Try our new Meta Quest 3 wireless VR system. Participants must be age 10 or older. Participants under 13 years require a parent/guardian to sign the waiver. **Online registration** opens 4 weeks prior. **FREE**

M **1–4pm** **Mar 22**

Kids

BABYTIME

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

W **11–11:30am** **Jan 6–Mar 31**

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 5–Mar 30**

LEGO® CLUB

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

M **3–4pm** **Jan 4, Feb 1, Mar 1**
W **3–4pm** **Jan 20, Feb 17, Mar 17**

MAKER MONDAYS

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

M **3–4pm** **Jan 25, Feb 22**

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 3**

GRID DRAWING FOR PRE-TEENS

Grid drawing lets you create art one square at a time! It's a fun way to build creativity, improve your drawing skills, and discover how simple shapes can become amazing pictures. All supplies provided. Attendees must be between the ages 8–12. **Online registration** opens 4 weeks prior. **Drop-in. FREE**

Sa **1:30–3pm** **Jan 16**

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

TEEN ADVISORY GROUP

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

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

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

Terry Fox Library

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 7–Mar 25**

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 4–Mar 22 (no club Feb 15)**

TRI–CITY WORDSMITHS

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

Sa **1:30–4pm** **Feb 6**

BOOK TASTING: HOUSE SPECIALS

Looking for your next great read or favourite author? Sample our literary specials, savour the stories, and share the conversation. **Drop-in. FREE**

Sa **1:30–3pm** **Feb 20**



YOU HAVE QUESTIONS, WE HAVE ANSWERS!

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

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

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





Youth Services

Click here or scan the QR code for quick access to youth activities.

Youth Access Card

PoCo Youth Membership is a **FREE** annual membership that allows youth ages 11–18 access to both the Hyde Creek and PC3 Youth Centre Games rooms.

Youth Access Card *Plus*

For a $16 annual fee you will get access to youth drop–in gym sessions like volleyball and basketball and other special events for **FREE**!

Youth Centres (11–18 yrs)

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

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

Port Coquitlam Community Centre

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: Tu, W, Thu 3–7pm | Fri 3–9pm

$2 **Basketball Drop-in: Fri 5–9pm | Sat 5:45–9pm**
Volleyball & Badminton Drop-in: Sat 4–5:30pm

Youth Drop-ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop–in programs include:

- Youth Volleyball
- Youth Basketball

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

Youth Drop-ins

HYDE CREEK RECREATION CENTRE

Registered drop–in programs include:

- Youth Volleyball
- Youth Basketball
- Youth Badminton

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



It's Birthday Party Time!

FOR 11–16 YEARS

PARTY DURATION: 2 HOURS

CELEBRATE YOUR BIRTHDAY!

Join our party leader from 2–3pm in the Youth Centre for food and cake.

You will have time to celebrate with friends and family, with various fun activities and games. From 3–4pm end your party in the Sports Hall for more fun games and sports!

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

HC Youth Centre Age: 11–16

135658	Sa	2–4pm	Jan 9
135659	Sa	2–4pm	Jan 16
135660	Sa	2–4pm	Jan 23
135661	Sa	2–4pm	Jan 30
135662	Sa	2–4pm	Feb 6
135663	Sa	2–4pm	Feb 13
135664	Sa	2–4pm	Feb 20
135665	Sa	2–4pm	Feb 27
135666	Sa	2–4pm	Mar 6

FEE: **$200.00**

Youth Services

Afterschool Programs

COOKING

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

HC Youth Centre

BLT FRITTATA

135667	W	5:30–7pm	Jan 13
135676	Th	5:30–7pm	Jan 14

HUEVOS RANCHEROS

135668	W	5:30–7pm	Jan 20
135677	Th	5:30–7pm	Jan 21

WINTER SALAD

135669	W	5:30–7pm	Jan 27
135678	Th	5:30–7pm	Jan 28

SESAME NOODLE SALAD

135670	W	5:30–7pm	Feb 3
135679	Th	5:30–7pm	Feb 4

SWEET POTATO SALAD WITH BACON

135671	W	5:30–7pm	Feb 10
135680	Th	5:30–7pm	Feb 11

TACO PIE

135672	W	5:30–7pm	Feb 17
135681	Th	5:30–7pm	Feb 18

CHICKPEA SALAD

135673	W	5:30–7pm	Feb 24
135682	Th	5:30–7pm	Feb 25

SLOPPY JOES

135674	W	5:30–7pm	Mar 3
135683	Th	5:30–7pm	Mar 4

SPINACH AND ARUGULA SALAD WITH ORANGE

135675	W	5:30–7pm	Mar 10
135684	Th	5:30–7pm	Mar 11

FEE: $10.00



CRAFTY CREATIONS

Join us after school to create a new craft each week in this crafty class. **Age: 11–15**

PCCC Wilson Lounge

FAIRY GARDEN HOUSES

135685	T	3:30–5pm	Jan 5

FRIENDSHIP BRACELETS

135686	T	3:30–5pm	Jan 19

JOY OF PAINTING

135687	T	3:30–5pm	Feb 2

COASTERS

135688	T	3:30–5pm	Feb 16

SLIME

135689	T	3:30–5pm	Mar 2

SNOW GLOBES

136177	T	3:30–5pm	Mar 16

FEE: $10.00

AFTERSCHOOL BAKING

Join us after school to bake a tasty treat in our Youth Centre kitchen.
Age: 11–14

HC Youth Centre

135649	T	3:30–5:30pm	Jan 12
135650	T	3:30–5:30pm	Jan 19
135651	T	3:30–5:30pm	Jan 26
135652	T	3:30–5:30pm	Feb 2
135653	T	3:30–5:30pm	Feb 9
135654	T	3:30–5:30pm	Feb 16
135655	T	3:30–5:30pm	Feb 23
135656	T	3:30–5:30pm	Mar 2
135657	T	3:30–5:30pm	Mar 9

FEE: $10.00

YOUTH CIRCUS ARTS

A unique blend of physical activity and creative expression, Cirque Academy introduces youth to the fundamentals of circus arts through games, skill-building, and collaborative challenges. Participants will build confidence, coordination, teamwork, and creativity while learning skills such as juggling, balance arts, tumbling, and partner acrobatics in a safe and supportive environment. **Age: 11–15**

PCCC Mabbett Hall ½ S

135631	Th	4–5:30pm	Jan 14–Mar 4

FEE: $280.00

TRY IT!

Looking to try something new? Not yet ready to commit to an entire season? Why not join us for a new activity each week to maybe discover something new you will enjoy?

Each week the group will meet at an activity to give it a try. Activities range from cooking, sports and other recreational activities. Our staff will accompany the participants at the activities to help them learn.

Jan 26: Cooking at Hyde Creek Youth Centre
Feb 2: Fencing at PCCC
Feb 9: HIVE Climbing Gym
Feb 16: TAG Gymnastics
Feb 23: Momentum Movement Academy
Mar 2: Quinit Boxing
Age: 11–14

HC Youth Centre

136557	T	6–7pm	Jan 26–Mar 2

FEE: $60.00

WINTER CLASSIC 3 ON 3 BASKETBALL

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.

PCCC Gymnasium

Age: 11–14

135986	Sa	4–8pm	Jan 2

Age: 15-18

135987	Sa	4–8pm	Jan 2

FEE: FREE

YOUTH GOURMADE

Feeding yourself, your family, and your friends tasty, delicious meals is easier than you think! Learn from a chef how to cook insta-worthy meals in this upbeat group cooking course! Make food with friends, try out your creations, and have some leftovers to take home. All food is provided. Please bring 3–4 containers (at least 6 cups each) for the finished recipes to be taken home. Containers need to be suitable for soup as well. **Age: 11–17**

PCCC Wilson Kitchen

135632	M	4–6:30pm	Jan 11
135640	W	4–6:30pm	Jan 13
135633	M	4–6:30pm	Jan 18
135641	W	4–6:30pm	Jan 20
135634	M	4–6:30pm	Jan 25
135642	W	4–6:30pm	Jan 27
135635	M	4–6:30pm	Feb 1
135643	W	4–6:30pm	Feb 3
135636	M	4–6:30pm	Feb 8
135644	W	4–6:30pm	Feb 10
135645	W	4–6:30pm	Feb 17
135637	M	4–6:30pm	Feb 22
135646	W	4–6:30pm	Feb 24
135638	M	4–6:30pm	Mar 1
135647	W	4–6:30pm	Mar 3
135639	M	4–6:30pm	Mar 8
135648	W	4–6:30pm	Mar 10

FEE: **$7.00**

YOUTH GOURMADE SPECIAL

PCCC Wilson Kitchen

137944	M,Tu	3–5pm	Mar 15–16
137945	Th,F	3–5pm	Mar 18–19

FEE: **$14.00**

Training & Education

AT HOME ALONE PLUS

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

HC Lecture Room

135593	T	5–7pm	Jan 19–26
135594	T	5–7pm	Feb 16–23

FEE: **$42.00**

BABYSITTER INTENSIVE TRAINING

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

HC Lecture Room

135596	Sa	9:30am–4:30pm	Jan 16
135597	Sa	9:30am–4:30pm	Feb 13
135598	Sa	9:30am–4:30pm	Mar 6

FEE: **$74.00**

Fencing

YOUTH FENCING – CHILDREN BEGINNERS

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

PCCC Gymnasium ½ W

135980	T	6–7pm	Jan 5–26
135981	T	6–7pm	Feb 2–23
135982	T	6–7pm	Mar 2–23

FEE: **$55.00**

FENCING – CHILDREN INTERMEDIATE

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

PCCC Gymnasium ½ W

135983	T	7–8pm	Jan 5–26
135984	T	7–8pm	Feb 2–23
135985	T	7–8pm	Mar 2–23

FEE: **$60.00**

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: 10–15**

PCCC Gymnasium ½ W

135974	T	6–7pm	Jan 5–26
135975	T	6–7pm	Feb 2–23
135976	T	6–7pm	Mar 2–23

FEE: **$65.00**

FENCING – YOUTH INTERMEDIATE

Prerequisite: Fencing – Youth Beginner (10–15 years) or Fencing Child Beginners (6–9yrs) Offered by the Tri–City Fencing Academy. After completion of a Beginner class, students enter our Intermediate program. Students will be learning in the program for 3–9 months, as they develop strong technical sport fencing basics. A $100 deposit is necessary to sign–out equipment, students are expected to begin purchasing their own equipment in their third month of Intermediate. **Age: 10–15**

PCCC Gymnasium ½ W

135977	T	7–8pm	Jan 5–26
135978	T	7–8pm	Feb 2–23

FEE: **$70.00**

135979	T	7–8pm	Mar 2–30

FEE: **$87.50**