

CITY OF PORT COQUITLAM

# Leisure Guide

S P R I N G 2 0 2 6

Recreation, sports, arts and culture for all ages



PORT COQUITLAM  
**RECREATION**

**Move. Create. Connect.**

REGISTRATION  
OPENS

PoCo Residents

**Feb 24**

General Public

**Feb 27**

# RECREATION FACILITIES INFO

## portcoquitlam.ca/recreation

### Port Coquitlam Community Centre

2150 Wilson Ave | [portcoquitlam.ca/pccc](http://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](http://pocoyouth.com)

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

#### WILSON LOUNGE

604 927 7970

[portcoquitlam.ca/seniors](http://portcoquitlam.ca/seniors)

Mon–Fri	8:30am–2:30pm
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#### WILSON KITCHEN

604 927 7970

[portcoquitlam.ca/seniors](http://portcoquitlam.ca/seniors)

Mon–Fri	9:30am–1:30pm
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#### HOLIDAYS

April 3	Good Friday 9am–1pm
April 6	Easter Monday 9am–1pm
May 18	Victoria Day 9am–1pm

## PCCC ANNUAL POOL MAINTENANCE APRIL 7–16

### Hyde Creek Recreation Centre

1379 Laurier Ave | [portcoquitlam.ca/hydecreek](http://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](http://pocoyouth.com)

Sat–Mon	CLOSED
Tu–Th	3–7pm
Fri	3–9pm

#### HOLIDAYS

April 3	Good Friday 1–5pm
April 6	Easter Monday 1–5pm
May 18	Victoria Day 1–5pm

#### MAIN POOL

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

#### LEISURE POOL

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

### Leigh Square

ARTS & CULTURE PROGRAMS | STUDIOS | GALLERY | EVENTS  
[portcoquitlam.ca/arts](http://portcoquitlam.ca/arts)

#### HOLIDAYS

April 3	Good Friday CLOSED
April 6	Easter Monday CLOSED
May 18	Victoria Day CLOSED

#### THE OUTLET

2248 McAllister Ave  
604 927 8440

Mon–Sat	9:30am–5pm
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#### MUSEUM & ARCHIVES

2248 McAllister Ave

Operated by **PoCo Heritage**  
604 927 8403  
[pocoheritage.org](http://pocoheritage.org)

#### GATHERING PLACE

2253 Leigh Sq Pl

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

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

REFERENCE & BORROWING | COMPUTERS | PROGRAMS

Operated by **Fraser Valley Regional Library**

2150 Wilson Ave | 604 927 7999 | [fvrl.ca](http://fvrl.ca)

#### FACILITY HOURS

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

For more information visit [fvrl.ca](http://fvrl.ca)

#### HOLIDAYS

April 3	Good Friday CLOSED
April 6	Easter Monday CLOSED
May 18	Victoria Day CLOSED

# Leisure Guide

## S P R I N G 2 0 2 6

### Recreation, sports, arts and culture for all ages

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#### CODE OF CONDUCT

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

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

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

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

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

#### YOUR PERSONAL INFORMATION:

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

#### HOW TO REGISTER



ONLINE: [portcoquitlam.ca/register](https://portcoquitlam.ca/register)

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



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



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

#### WAYS TO PAY

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

IN PERSON ONLY: cash, cheque and debit.

#### KNOW BEFORE YOU GO

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

#### PRIORITY REGISTRATION

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

#### REFUNDS/WITHDRAWALS

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

#### FACILITY BOOKINGS

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

Visit [portcoquitlam.ca/bookings](https://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](https://portcoquitlam.ca/accessinclusion)

#### NO SHOWS FOR REGISTERED DROP IN PROGRAMS

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

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

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

For monthly or annual memberships:

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

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





## Camps

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



**MAKE NEW  
FRIENDS AT  
OUR CAMPS!**

Register now.

### Arts

#### PRO D DAY ART CAMP

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

##### Outlet

**121924 F 8:30am-3pm Apr 24**

**FEE: \$52.00**

#### PRO D DAY ART CAMP

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

**Age: 8-12**

##### PCCC JB Young Room

**121925 F 9am-3:30pm Apr 24**

**FEE: \$52.00**

### Childrens Services

#### PRO D DAY CAMP JUNIOR EXPLORERS

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

##### HC Prog Rm 2

**124098 F 9am-3:30pm Apr 24**

##### PCCC Small Multipurpose Room

**124096 F 9am-3:30pm Apr 24**

**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

**124097 F 9am-3:30pm Apr 24**

**FEE: \$45.00**



# Camps

## Skating

### PRO D DAY SKATE AND FUN CAMP

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

Age: 6–10

PCCC Arena Lobby

124276 F 11am–3:30pm

Apr 24

FEE:

\$40.00



## GET YOUR ONE CITY PASS

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

Effective January 1, 2026.

Visit [portcoquitlam.ca/recpass](https://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*
<b>Tots (0–4 yrs)</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>
<b>Child (5–12 yrs)</b>	<b>\$3.49</b>	<b>\$31.40</b>	<b>\$55.81</b>	<b>\$31.40</b>	<b>\$282.54</b>
<b>Youth (13–24 yrs)</b>	<b>\$5.24</b>	<b>\$47.08</b>	<b>\$83.72</b>	<b>\$47.08</b>	<b>\$423.80</b>
<b>Adult (25–59 yrs)</b>	<b>\$6.98</b>	<b>\$62.78</b>	<b>\$111.62</b>	<b>\$62.78</b>	<b>\$565.08</b>
<b>Senior (60–79 yrs)</b>	<b>\$5.24</b>	<b>\$47.08</b>	<b>\$83.72</b>	<b>\$47.08</b>	<b>\$423.80</b>
<b>Super Senior** (80+ yrs)</b>	<b>\$5.24</b>	<b>\$47.08</b>	<b>\$83.72</b>	<b>\$47.08</b>	<b>\$423.80</b>
<b>Family</b>	<b>\$13.97</b>	<b>\$125.56</b>	<b>\$223.25</b>	<b>\$125.56</b>	<b>\$1,130.15</b>

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

\*\*Fee is waived for Port Coquitlam residents.





# Skating

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

## Learn to Skate Levels

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

**PARENT PARTICIPATION (2½-5)**  
**PARENT & TOT** – First time skaters and their parents.

### NON-PARENT PARTICIPATION LEVELS (2½-5)

**TOT LEVEL 1** First time skaters

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

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

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

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

### CHILD LEVELS (6-11)

**CHILD LEVEL 1** First time skaters

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

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

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

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

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

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

### TURNING AGE 6 – STEPS TO REGISTER

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

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

### YOUTH LEVELS (12-18) ADULT LEVELS (19+)

**YOUTH LEVEL 1 | ADULT LEVEL 1**  
First time skaters

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

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

## Skate Programs Spring 2026

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



## GET YOUR SKATES ON!

Register now.

### Skating | Tot

#### PARENT AND TOT

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

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

##### PCCC Arena 3 (Purple)

**124282 W 6:15–6:45pm Mar 25–Apr 29**  
**124283 W 6:45–7:15pm Mar 25–Apr 29**

**FEE: \$54.00**

#### TOT LEVEL 1

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

**Equipment:** Skates and helmets free with registered lessons.

##### PCCC Arena 3 (Purple)

**124278 W 4–4:30pm Mar 25–Apr 29**  
**124279 W 4:30–5pm Mar 25–Apr 29**  
**124280 W 5:15–5:45pm Mar 25–Apr 29**  
**124281 W 5:45–6:15pm Mar 25–Apr 29**

**FEE: \$54.00**

#### TOT LEVEL 2

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

**Equipment:** Skate and helmet included in program fee.

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

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

##### PCCC Arena 3 (Purple)

**124284 W 4–4:30pm Mar 25–Apr 29**  
**124285 W 4:30–5pm Mar 25–Apr 29**  
**124286 W 5:15–5:45pm Mar 25–Apr 29**  
**124287 W 5:45–6:15pm Mar 25–Apr 29**  
**124288 W 6:15–6:45pm Mar 25–Apr 29**  
**124289 W 6:45–7:15pm Mar 25–Apr 29**

**FEE: \$54.00**



#### TOT LEVEL 3

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

**Equipment:** Skates and helmet included in program fee.

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

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

##### PCCC Arena 3 (Purple)

**124290 W 5:45–6:15pm Mar 25–Apr 29**

**FEE: \$54.00**

#### TOT LEVEL 4

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

**Equipment:** Skate and helmet included in program fee.

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

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

##### PCCC Arena 3 (Purple)

**124291 W 5:45–6:15pm Mar 25–Apr 29**

**FEE: \$54.00**





# Skating

## Skating | Child

### CHILD LEVEL 1

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

**Equipment:** Skates and helmets included in program fee.

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

#### PCCC Arena 3 (Purple)

124292 W 4–4:30pm Mar 25–Apr 29

124293 W 4:30–5pm Mar 25–Apr 29

124294 W 5:15–5:45pm Mar 25–Apr 29

124295 W 6:15–6:45pm Mar 25–Apr 29

124296 W 6:45–7:15pm Mar 25–Apr 29

**FEE:** \$54.00

### CHILD LEVEL 2

Skaters learn to transition from a walk to an introductory stride using edges and then develop a “glide to their stride”, learn to two foot glide and be introduced to stopping, and backwards skating. **Age: 6–11**

**Equipment:** Skate and helmet included in program fee.

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

#### PCCC Arena 3 (Purple)

124297 W 4–4:30pm Mar 25–Apr 29

124298 W 4:30–5pm Mar 25–Apr 29

124299 W 5:15–5:45pm Mar 25–Apr 29

124300 W 6:15–6:45pm Mar 25–Apr 29

124301 W 6:45–7:15pm Mar 25–Apr 29

**FEE:** \$54.00



### CHILD LEVEL 3

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

**Equipment:** Skate and helmet included in program fee.

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

#### PCCC Arena 3 (Purple)

124302 W 4:20–5pm Mar 25–Apr 29

124303 W 5:15–5:55pm Mar 25–Apr 29

**FEE:** \$72.00

### CHILD LEVEL 4

Strengthen existing forward skating skill, learn left and right foot stopping, backward skating, backwards sculling, tight slalom, introduction to one foot glide and backward pumping on a line. **Age: 6–11**

**Equipment:** Skate and helmet included in program fee.

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

#### PCCC Arena 3 (Purple)

124304 W 4:20–5pm Mar 25–Apr 29

**FEE:** \$72.00

### CHILD LEVEL 5

Build upon existing technically correct skating skills to strengthen forward and backward skating, learn to one foot glide on a curve, backward snowplow stop and be introduced to forward and backward pumping and thrusting on a curve. **Age: 6–11**

**Equipment:** Skates and helmet included in program fee.

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

#### PCCC Arena 3 (Purple)

124305 W 4:20–5pm Mar 25–Apr 29

**FEE:** \$72.00

### CHILD LEVEL 6

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

**Equipment:** 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)

124306 W 5:55–6:35pm Mar 25–Apr 29

**FEE:** \$72.00





## Skating | Adult

### ADULT LEVEL 1

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

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

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

**PCCC Arena 3 (Purple)**

**124318 T 11:15–11:55am Mar 31–Apr 28**

**FEE:**

**\$60.00**

### ADULT LEVEL 2

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

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

**Prerequisite:** Completion of Adult Level 1 or by drop in assessment during public skates. For assessment information contact [skating@portcoquitlam.ca](mailto:skating@portcoquitlam.ca)

**PCCC Arena 3 (Purple)**

**124319 T 11:15–11:55am Mar 31–Apr 28**

**FEE:**

**\$60.00**

### CHILD LEVEL 7

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

**Equipment:** Skate and helmet included in program fee.

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

**PCCC Arena 3 (Purple)**

**124307 W 6:35–7:15pm Mar 25–Apr 29**

**FEE:**

**\$72.00**

### YOUTH LEVEL 2

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

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

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

**PCCC Arena 3 (Purple)**

**124309 W 5:55–6:35pm Mar 25–Apr 29**

**FEE:**

**\$72.00**

### YOUTH LEVEL 3

Youth participants will have fun becoming more powerful forward and backwards skaters, learn to parallel side stop and challenge themselves to learn skills to help master forward crossovers. **Age: 12–18**

**Age: 12–18**

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

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

**PCCC Arena 3 (Purple)**

**124310 W 6:35–7:15pm Mar 25–Apr 29**

## Skating | Youth

### YOUTH LEVEL 1

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

**Age: 12–18**

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

**PCCC Arena 3 (Purple)**

**124308 W 5:15–5:55pm Mar 25–Apr 29**

**FEE:**

**\$72.00**



# Skating

## Skating | Private

### PRIVATE LESSON SET

Private skating lesson sets offers 1 on 1 instruction to learn or strengthen basic skating skills on a portion of ice during Learn to Skate lessons. Option to make it a semi private for skaters of similar ability when registering for an additional fee.

Age: 3+

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

#### PCCC Arena 3 (Purple)

124320 M	3:30–4pm	Mar 30–Apr 27
124321 M	3:30–4pm	Mar 30–Apr 27
124322 M	3:30–4pm	Mar 30–Apr 27
124323 M	3:30–4pm	Mar 30–Apr 27
124324 M	3:30–4pm	Mar 30–Apr 27

**FEE PRIVATE:** \$110.00

**FEE SEMI PRIVATE ADD:** \$55.00

124311 W	5:15–5:45pm	Mar 25–Apr 29
124312 W	5:45–6:15pm	Mar 25–Apr 29
124313 W	6:15–6:45pm	Mar 25–Apr 29
124314 W	6:45–7:15pm	Mar 25–Apr 29

**FEE PRIVATE:** \$165.00

**FEE SEMI PRIVATE ADD:** \$82.50



## Skating Skill Development

**NEW!**

New spring four week skill development program focuses on foundational skating skills required to learn more complex skating skills (forward and backward skating, stopping and edges). Learning outcomes include building confidence and competence versus mastery and level placement.

### TOT SKATE DEVELOPMENT

Skaters will be divided into groups to practice skills in a fun and supportive program. Age: 3–5

#### PCCC Arena 3 (Purple)

124325 M	4–4:30pm	Mar 30–Apr 27
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**FEE:** \$36.00

124326 M	4:35–5:15pm	Mar 30–Apr 27
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**FEE:** \$50.00

Exception date: Easter Mon. April 6

### CHILD SKATE DEVELOPMENT

Skaters will be divided into groups to practice skills in a fun and supportive program. Age: 6–11

#### PCCC Arena 3 (Purple)

124327 M	5:15–5:55pm	Mar 30–Apr 27
124328 M	5:55–6:35pm	Mar 30–Apr 27

**FEE:** \$50.00

Exception date: Easter Mon. April 6

### YOUTH SKATE DEVELOPMENT

Skaters will be divided into groups to practice skills in a fun and supportive program. Age: 12–18

#### PCCC Arena 3 (Purple)

124329 M	6:35–7:15pm	Mar 30–Apr 27
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**FEE:** \$50.00

Exception date: Easter Mon. April 6



# Little Sprockets Bike Programs



## LEARN BIKE AND STREET SAFETY IN OUR BIKE CAMPS!

Register now.

### Learn to Ride

#### LITTLE SPROCKETS FIRST GEAR

Looking to remove your training wheels and pedal a two wheeler on your own? Parent participation required to offer hands on support to new riders during this one hour program inside the Port Coquitlam Community Centre Arena 2. Focus is on having fun while maneuvering through interactive circuits and learning about bike and street safety. **Age: 4-8**

**Requirements:** Is this the right level for my child? If participants can start their bike from a stationary position and then ride forward independently without training wheels, participants do not need to attend First Gear prior to registering for Second Gear.

**Equipment:** Training wheels are mandatory and must be on the bike prior to arriving to the program. Participants supply their own bike, helmet and water bottle.

**Equipment tip:** Success happens when bikes are the right size. Riders must be able to sit on their bike and have their toes touch the ground to successfully learn to ride independently.

**PCCC Arena 2 (Green)**  
**124261 T,Th 3:45-4:45pm**

**FEE:**

**Apr 7-30**

**\$110.00**

#### LITTLE SPROCKETS SECOND GEAR

Steer and break with confidence, maneuver through obstacle courses, over small ramps, and teeter tooters. Crosswalk and road safety discussion and daily outdoor riding rain or shine in the Terry Fox Plaza, along local pathways and trails between the Community Centre and Gates Park. **Age: 5-10**

**Prerequisite:** Completion of Port Coquitlam First Gear or ability to ride independently and start from a stationary position on a bike that is familiar to the rider. Has current riding experience

**Equipment:** Participants supply their own bike, helmet and water bottle.

**PCCC Arena 2 (Green)**  
**124271 T,Th 3:45-5:15pm**

**FEE:**

**May 5-28**

**\$180.00**





# Aquatics

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

## Changes to Aquatic lesson registration

*These improvements include:*

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

*Registration for aquatic lesson programs will go as follows:*

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

## Providing proof of prerequisites

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

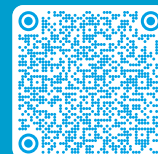
If you are unsure whether the prerequisites are in the system, please contact the Recreation team at [recreation@portcoquitlam.ca](mailto:recreation@portcoquitlam.ca) or call 604-927-PLAY (7529).

ACTIVITY START DATES	REGISTRATION DATE – RESIDENTS	REGISTRATION DATE – GENERAL PUBLIC
Mar 30 (Mon/Wed)	Feb 28	Mar 3
Mar 31 (Tue/Thu)	Mar 1	Mar 4
Apr 11 (Sat/Sun)	Mar 12	Mar 15
Apr 27 (Mon/Wed)/(Mon)	Mar 28	Mar 31
Apr 28 (Tue/Thu)/(Tue)	Mar 29	Apr 1
Apr 29 (Wed)	Mar 30	Apr 2
Apr 30 (Thu)	Mar 31	Apr 3
May 1 (Fri)	Apr 1	Apr 4
May 2 (Sat/Sun)/(Sat)	Apr 2	Apr 5
May 3 (Sat/Sun)/(Sun)	Apr 3	Apr 6
Jun 1 (Mon/Wed)	May 2	May 5
Jun 2 (Tue/Thu)	May 3	May 6
Jun 6 (Sat/Sun)	May 7	May 10

## Aquatic Drop ins

*Registered drop-in programs include:*

- Aquatic Fitness



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



## Aquatic Programs

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



## Parent & Tot

### PARENT & TOT 1 (JELLYFISH)

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

#### PCCC Leisure Pool

121859 S,Sa 8:30–9am Jun 6–21

**FEE:** \$46.50

#### HC Leisure Pool

122286 M,W 9:30–10am Mar 30–Apr 22

122287 M,W 5:10–5:40pm Mar 30–Apr 22

122316 S,Sa 10:35–11:05am May 3–31

**FEE:** \$54.25

#### HC Leisure Pool

123127 M,W 10:40–11:10am Jun 1–24

123128 M,W 4:20–4:50pm Jun 1–24

#### PCCC Leisure Pool

121833 S,Sa 9:05–9:35am May 2–31

122063 T,Th 9:35–10:05am Jun 2–25

**FEE:** \$62.00

#### HC Leisure Pool

123217 F 9:45–10:15am May 1–Jun 26

**FEE:** \$69.75

#### PCCC Leisure Pool

121849 T,Th 10:45–11:15am Apr 28–May 28

**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

122172 S,Sa 9:45–10:15am Apr 11–26

123110 S,Sa 10–10:30am Jun 6–21

#### PCCC Leisure Pool

121864 S,Sa 9:05–9:35am Jun 6–21

**FEE:** \$46.50

#### HC Leisure Pool

122289 M,W 10:05–10:35am Mar 30–Apr 22

122319 S,Sa 11:25–11:55am May 3–31

122331 S,Sa 10–10:30am May 3–31

**FEE:** \$54.25

#### HC Leisure Pool

123129 M,W 9:30–10am Jun 1–24

#### PCCC Leisure Pool

121834 S,Sa 9:40–10:10am May 2–31

**FEE:** \$62.00

#### HC Leisure Pool

122350 M,W 4:05–4:35pm Apr 27–May 27

**FEE:** \$69.75

#### PCCC Leisure Pool

121847 T,Th 9:35–10:05am Apr 28–May 28

**FEE:** \$77.50





## PARENT & TOT 3 (SEAHORSE)

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

Age: 2

### HC Leisure Pool

122173 S,Sa 11:25–11:55am Apr 11–26

### PCCC Leisure Pool

121865 S,Sa 9:40–10:10am Jun 6–21

**FEE:** \$46.50

### HC Leisure Pool

122290 M,W 4:05–4:35pm Mar 30–Apr 22

**FEE:** \$54.25

### PCCC Leisure Pool

121829 S,Sa 8:30–9am May 2–31

**FEE:** \$62.00

### HC Leisure Pool

122352 M,W 9:30–10am Apr 27–May 27

122355 M,W 5:10–5:40pm Apr 27–May 27

123218 F 10:55–11:25am May 1–Jun 26

**FEE:** \$69.75



## Preschool

### PRESCHOOL 1 (OCTOPUS)

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

#### HC Leisure Pool

122174 S,Sa 10–10:30am Apr 11–26

123111 S,Sa 11:45–12:15pm Jun 6–21

#### PCCC Leisure Pool

121861 S,Sa 8:30–9am Jun 6–21

**FEE:** \$46.50

#### HC Leisure Pool

122291 M,W 10:40–11:10am Mar 30–Apr 22

122292 M,W 3:30–4pm Mar 30–Apr 22

122293 M,W 5:15–5:45pm Mar 30–Apr 22

123168 Sa 1:55–2:25pm May 2–Jun 20

123169 Sa 5–5:30pm May 2–Jun 20

122334 S,Sa 11:10–11:40am May 3–31

122336 S,Sa 11:25–11:55am May 3–31

123186 S 1:55–2:25pm May 3–Jun 21

123187 S 5:35–6:05pm May 3–Jun 21

#### PCCC Leisure Pool

122097 Sa 12:15–12:45pm May 2–Jun 20

**FEE:** \$54.25

#### HC Leisure Pool

123130 M,W 10:05–10:35am Jun 1–24

123131 M,W 3:30–4pm Jun 1–24

123132 M,W 5:15–5:45pm Jun 1–24

#### PCCC Leisure Pool

122098 M 4–4:30pm Apr 27–Jun 22

121831 S,Sa 9:05–9:35am May 2–31

121870 M,W 4–4:30pm Jun 1–24

121875 M,W 5:45–6:15pm Jun 1–24

122065 T,Th 10:45–11:15am Jun 2–25

122066 T,Th 4–4:30pm Jun 2–25

122073 T,Th 5:45–6:15pm Jun 2–25

**FEE:** \$62.00

#### HC Leisure Pool

122356 M,W 10:05–10:35am Apr 27–May 27

122357 M,W 4:05–4:35pm Apr 27–May 27

123214 Th 6:10–6:40pm Apr 30–Jun 25

123219 F 10:20–10:50am May 1–Jun 26

123220 F 3:30–4pm May 1–Jun 26

#### PCCC Leisure Pool

121838 M,W 4–4:30pm Apr 27–May 27

121839 M,W 4:35–5:05pm Apr 27–May 27

122110 Th 5:45–6:15pm Apr 30–Jun 25

122111 F 4–4:30pm May 1–Jun 26

**FEE:** \$69.75

#### PCCC Leisure Pool

121848 T,Th 10:10–10:40am Apr 28–May 28

121851 T,Th 4–4:30pm Apr 28–May 28

**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

122175 S,Sa	11:30am–12pm	Apr 11–26
122176 S,Sa	10:50–11:20am	Apr 11–26
123112 S,Sa	9:45–10:15am	Jun 6–21

### PCCC Leisure Pool

121862 S,Sa	9:05–9:35am	Jun 6–21
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**FEE:** **\$46.50**

### HC Leisure Pool

122294 M,W	3:30–4pm	Mar 30–Apr 22
122337 S,Sa	10:20–10:50am	May 3–31
123188 S	6:10–6:40pm	May 3–Jun 21

**FEE:** **\$54.25**

### HC Leisure Pool

123205 M	4:55–5:25pm	Apr 27–Jun 22
123133 M,W	3:30–4pm	Jun 1–24
123134 M,W	4:55–5:25pm	Jun 1–24

### PCCC Leisure Pool

121832 S,Sa	9:05–9:35am	May 2–31
121836 S,Sa	9:40–10:10am	May 2–31
121874 M,W	5:10–5:40pm	Jun 1–24
122064 T,Th	10:10–10:40am	Jun 2–25
122068 T,Th	5:10–5:40pm	Jun 2–25

**FEE:** **\$62.00**

### HC Leisure Pool

122358 M,W	10:40–11:10am	Apr 27–May 27
122359 M,W	5:15–5:45pm	Apr 27–May 27
123221 F	4:05–4:35pm	May 1–Jun 26

### PCCC Leisure Pool

121840 M,W	4:35–5:05pm	Apr 27–May 27
122105 T	5:45–6:15pm	Apr 28–Jun 23
122118 F	5:45–6:15pm	May 1–Jun 26

**FEE:** **\$69.75**

### PCCC Leisure Pool

121846 T,Th	9–9:30am	Apr 28–May 28
121855 T,Th	5:10–5:40pm	Apr 28–May 28

**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 meters continuously. Deep water is introduced while wearing a PFD. Age: 3–5

### HC Leisure Pool

122179 S,Sa	10:20–10:50am	Apr 11–26
123113 S,Sa	11:10–11:40am	Jun 6–21

**FEE:** **\$46.50**

### HC Leisure Pool

122295 M,W	4:05–4:35pm	Mar 30–Apr 22
122341 S,Sa	9:45–10:15am	May 3–31
123170 Sa	5:35–6:05pm	May 2–Jun 20
123189 S	5–5:30pm	May 3–Jun 21
123190 S	6:45–7:15pm	May 3–Jun 21

### PCCC Leisure Pool

122095 Sa	11:05–11:35am	May 2–Jun 20
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**FEE:** **\$54.25**

### HC Leisure Pool

123135 M,W	4:05–4:35pm	Jun 1–24
123136 M,W	5:10–5:40pm	Jun 1–24

### PCCC Leisure Pool

122101 M	5:45–6:15pm	Apr 27–Jun 22
121828 S,Sa	8:30–9am	May 2–31
121871 M,W	4:35–5:05pm	Jun 1–24
122062 T,Th	9–9:30am	Jun 2–25
122071 T,Th	5:10–5:40pm	Jun 2–25

**FEE:** **\$62.00**

### HC Leisure Pool

122360 M,W	3:30–4pm	Apr 27–May 27
123208 T	6:10–6:40pm	Apr 28–Jun 23
123222 F	4:40–5:10pm	May 1–Jun 26

### PCCC Leisure Pool

121841 M,W	5:10–5:40pm	Apr 27–May 27
122103 T	4:35–5:05pm	Apr 28–Jun 23
122117 F	5:10–5:40pm	May 1–Jun 26

**FEE:** **\$69.75**

### PCCC Leisure Pool

121857 T,Th	5:45–6:15pm	Apr 28–May 28
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**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 Leisure Pool

122177 S,Sa 10:50–11:20am Apr 11–26  
123114 S,Sa 10:35–11:05am Jun 6–21

### PCCC Leisure Pool

121866 S,Sa 9:40–10:10am Jun 6–21

**FEE:** \$46.50

### HC Leisure Pool

122296 M,W 4:40–5:10pm Mar 30–Apr 22  
122338 S,Sa 11:25–11:55am May 3–31

**FEE:** \$54.25

### HC Leisure Pool

122361 M,W 3:30–4pm Apr 27–May 27  
122363 M,W 4:40–5:10pm Apr 27–May 27

### PCCC Leisure Pool

121843 M,W 5:45–6:15pm Apr 27–May 27  
122107 Th 4:35–5:05pm Apr 30–Jun 25  
122114 F 4:35–5:05pm May 1–Jun 26

**FEE:** \$69.75

### PCCC Leisure Pool

121853 T,Th 4:35–5:05pm Apr 28–May 28

**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 Leisure Pool

122178 S,Sa 10:50–11:20am Apr 11–26  
123115 S,Sa 10:35–11:05am Jun 6–21

### PCCC Leisure Pool

121867 S,Sa 9:40–10:10am Jun 6–21

**FEE:** \$46.50

### HC Leisure Pool

122297 M,W 4:40–5:10pm Mar 30–Apr 22  
122339 S,Sa 11:25–11:55am May 3–31

**FEE:** \$54.25

### HC Leisure Pool

122362 M,W 3:30–4pm Apr 27–May 27  
122385 M,W 4:40–5:10pm Apr 27–May 27

### PCCC Leisure Pool

121844 M,W 5:45–6:15pm Apr 27–May 27  
122108 Th 4:35–5:05pm Apr 30–Jun 25  
122115 F 4:35–5:05pm May 1–Jun 26

**FEE:** \$69.75

### PCCC Leisure Pool

121854 T,Th 4:35–5:05pm Apr 28–May 28

**FEE:** \$77.50

## Swimmer

### SWIMMER 1

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

### HC Lap Pool

122180 S,Sa 10:35–11:05am Apr 11–26  
123116 S,Sa 10:35–11:05am Jun 6–21

### PCCC Leisure Pool

121860 S,Sa 8:30–9am Jun 6–21  
121868 S,Sa 9:40–10:10am Jun 6–21

**FEE:** \$39.00

### HC Lap Pool

122298 M,W 4:20–4:50pm Mar 30–Apr 22  
123171 Sa 1:20–1:50pm May 2–Jun 20  
123172 Sa 5–5:30pm May 2–Jun 20  
122342 S,Sa 10–10:30am May 3–31  
122343 S,Sa 10:50–11:20am May 3–31  
123191 S 2:15–2:45pm May 3–Jun 21

### PCCC Leisure Pool

122094 Sa 10:30–11am May 2–Jun 20

**FEE:** \$45.50

### HC Lap Pool

122188 T,Th 4–4:30pm Mar 31–Apr 23  
122189 T,Th 5:25–5:55pm Mar 31–Apr 23  
123137 M,W 4:05–4:35pm Jun 1–24  
123153 T,Th 4–4:30pm Jun 2–25  
123155 T,Th 5–5:30pm Jun 2–25

### PCCC Leisure Pool

122099 M 4:35–5:05pm Apr 27–Jun 22  
121830 S,Sa 8:30–9am May 2–31  
121869 M,W 4–4:30pm Jun 1–24  
121876 M,W 5:45–6:15pm Jun 1–24  
122069 T,Th 4:35–5:05pm Jun 2–25  
122072 T,Th 5:45–6:15pm Jun 2–25

**FEE:** \$52.00



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

## 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

122181 S,Sa	10:55–11:25am	Apr 11–26
122182 S,Sa	11:25–11:55am	Apr 11–26
123117 S,Sa	10:20–10:50am	Jun 6–21

### PCCC Leisure Pool

121863 S,Sa	9:05–9:35am	Jun 6–21
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### FEE:

**\$39.00**

### HC Lap Pool

122299 M,W	4:55–5:25pm	Mar 30–Apr 22
123173 Sa	2:15–2:45pm	May 2–Jun 20
122344 S,Sa	10:50–11:20am	May 3–31
123192 S	1:20–1:50pm	May 3–Jun 21
123193 S	5–5:30pm	May 3–Jun 21

### PCCC Leisure Pool

122096 Sa	11:40–12:10pm	May 2–Jun 20
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### FEE:

**\$45.50**

### HC Lap Pool

122190 T,Th	5–5:30pm	Mar 31–Apr 23
123138 M,W	3:30–4pm	Jun 1–24
123139 M,W	4:05–4:35pm	Jun 1–24
123161 T,Th	5:25–5:55pm	Jun 2–25

### PCCC Leisure Pool

122100 M	5:10–5:40pm	Apr 27–Jun 22
121835 S,Sa	9:40–10:10am	May 2–31
121872 M,W	4:35–5:05pm	Jun 1–24
121873 M,W	5:10–5:40pm	Jun 1–24
122067 T,Th	4–4:30pm	Jun 2–25
122070 T,Th	5:10–5:40pm	Jun 2–25

### FEE:

**\$52.00**

### HC Lap Pool

122387 M,W	4:55–5:25pm	Apr 27–May 27
123209 T	5:35–6:05pm	Apr 28–Jun 23

### PCCC Leisure Pool

121842 M,W	5:10–5:40pm	Apr 27–May 27
122102 T	4–4:30pm	Apr 28–Jun 23
122109 Th	5:10–5:40pm	Apr 30–Jun 25
122112 F	4–4:30pm	May 1–Jun 26
122116 F	5:10–5:40pm	May 1–Jun 26

### FEE:

**\$58.50**

### HC Lap Pool

122423 T,Th	5:25–5:55pm	Apr 28–May 28
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### PCCC Leisure Pool

121852 T,Th	4:35–5:05pm	Apr 28–May 28
121856 T,Th	5:10–5:40pm	Apr 28–May 28
121858 T,Th	5:45–6:15pm	Apr 28–May 28

### HC Lap Pool

122386 M,W	4:20–4:50pm	Apr 27–May 27
123215 Th	5–5:30pm	Apr 30–Jun 25

### PCCC Leisure Pool

121837 M,W	4–4:30pm	Apr 27–May 27
121845 M,W	5:45–6:15pm	Apr 27–May 27
122104 T	5:10–5:40pm	Apr 28–Jun 23
122106 Th	4–4:30pm	Apr 30–Jun 25
122113 F	4:35–5:05pm	May 1–Jun 26
122119 F	5:45–6:15pm	May 1–Jun 26

### FEE:

**\$58.50**

### HC Lap Pool

122421 T,Th	4–4:30pm	Apr 28–May 28
122422 T,Th	5–5:30pm	Apr 28–May 28

### PCCC Leisure Pool

121850 T,Th	4–4:30pm	Apr 28–May 28
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### FEE:

**\$65.00**





# Aquatics

**FEE:** \$65.00

## SWIMMER 3

**Prerequisite:** Successful completion of Swimmer 2.

Swimmers increase their distance on front and back crawl, whip kick is introduced on back, and participants continue to work on safety in deep water. **Age: 5-13**

### HC Lap Pool

122183 S,Sa 10-10:45am Apr 11-26  
123118 S,Sa 11:10-11:55am Jun 6-21

**FEE:** \$46.50

### HC Lap Pool

122300 M,W 3:30-4:15pm Mar 30-Apr 22  
122301 M,W 4:40-5:25pm Mar 30-Apr 22  
123174 Sa 3:50-4:35pm May 2-Jun 20  
123175 Sa 5:35-6:20pm May 2-Jun 20  
122345 S,Sa 10-10:45am May 3-31  
122347 S,Sa 10:35-11:20am May 3-31  
123194 S 3-3:45pm May 3-Jun 21

**FEE:** \$54.25

### HC Lap Pool

122191 T,Th 4:35-5:20pm Mar 31-Apr 23  
123206 M 3:30-4:15pm Apr 27-Jun 22  
123140 M,W 3:30-4:15pm Jun 1-24  
123162 T,Th 4:35-5:20pm Jun 2-25

**FEE:** \$62.00

### HC Lap Pool



122424 T,Th 5:35-6:20pm Apr 28-May 28

**FEE:** \$77.50

## SWIMMER 4

**Prerequisite:** Successful completion of Swimmer 3.

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

### HC Lap Pool

122184 S,Sa 11:05-11:50am Apr 11-26  
123120 S,Sa 11:05-11:50am Jun 6-21

**FEE:** \$46.50

### HC Lap Pool

123229 M,W 4:35-5:20pm Mar 30-Apr 22  
123176 Sa 3-3:45pm May 2-Jun 20  
122348 S,Sa 10-10:45am May 3-31  
123196 S 3:50-4:35pm May 3-Jun 21  
123197 S 5:35-6:20pm May 3-Jun 21

**FEE:** \$54.25

### HC Lap Pool

122192 T,Th 6:25-7:10pm Mar 31-Apr 23  
123142 M,W 3:30-4:15pm Jun 1-24  
123144 M,W 4:40-5:25pm Jun 1-24  
123163 T,Th 6:25-7:10pm Jun 2-25

**FEE:** \$62.00

### HC Lap Pool

122389 M,W 3:30-4:15pm Apr 27-May 27  
122394 M,W 4:40-5:25pm Apr 27-May 27  
123211 W 3:30-4:15pm Apr 29-Jun 24

**FEE:** \$69.75

### HC Lap Pool

122428 T,Th 5-5:45pm Apr 28-May 28

**FEE:** \$77.50

## SWIMMER 5

**Prerequisite:** Successful completion of Swimmer 4.

Swimmers perform front and back crawl for 50m, learn breaststroke and eggbeater, and will tread water for 90 seconds. **Age: 5-13**

### HC Lap Pool

122185 S,Sa 11:10-11:55am Apr 11-26  
123121 S,Sa 9:45-10:30am Jun 6-21

**FEE:** \$46.50

### HC Lap Pool

123177 Sa 12:30-1:15pm May 2-Jun 20  
123178 Sa 6:25-7:10pm May 2-Jun 20

**FEE:** \$54.25

### HC Lap Pool

122282 T,Th 5-5:45pm Mar 31-Apr 23  
123146 M,W 4:40-5:25pm Jun 1-24  
123164 T,Th 5-5:45pm Jun 2-25

**FEE:** \$62.00

### HC Lap Pool

122401 M,W 4:35-5:20pm Apr 27-May 27

**FEE:** \$69.75

### HC Lap Pool

## 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**.



122432 T,Th 6:25–7:10pm Apr 28–May 28

**FEE:** \$77.50

## SWIMMER 6

**Prerequisite:** Successful completion of Swimmer 5.

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

### HC Lap Pool

122186 S,Sa 10–10:45am Apr 11–26

123122 S,Sa 11:05–11:50am Jun 6–21

**FEE:** \$46.50

### HC Lap Pool

123198 S 12:30–1:15pm May 3–Jun 21

123199 S 6:25–7:10pm May 3–Jun 21

**FEE:** \$54.25

### HC Lap Pool

122283 T,Th 5:35–6:20pm Mar 31–Apr 23

123147 M,W 4:20–5:05pm Jun 1–24

123165 T,Th 5:35–6:20pm Jun 2–25

**FEE:** \$62.00

### HC Lap Pool

122435 T,Th 4:35–5:20pm Apr 28–May 28

**FEE:** \$77.50

## SWIMMER 7 (ROOKIE)

**Prerequisite:** Successful completion of Swimmer 6.

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

### HC Lap Pool

122187 S,Sa 10–11am Apr 11–26

123123 S,Sa 10–11am Jun 6–21

**FEE:** \$66.00

### HC Lap Pool

122302 M,W 3:30–4:30pm Mar 30–Apr 22

123179 Sa 2:50–3:50pm May 2–Jun 20

**FEE:** \$77.00

### HC Lap Pool

122409 M,W 3:30–4:30pm Apr 27–May 27

**FEE:** \$99.00

## SWIMMER 8 (RANGER)

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

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

### HC Lap Pool

123125 S,Sa 10–11am Jun 6–21

**FEE:** \$66.00

### HC Lap Pool

123200 S 2:50–3:50pm May 3–Jun 21

**FEE:** \$77.00

### HC Lap Pool

122415 M,W 3:30–4:30pm Apr 27–May 27

**FEE:** \$99.00

## SWIMMER 9 (STAR)

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

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

### HC Lap Pool

123126 S,Sa 10:55–11:55am Jun 6–21

**FEE:** \$66.00

### HC Lap Pool

122303 M,W 3:30–4:30pm Mar 30–Apr 22

122349 S,Sa 10:55–11:55am May 3–31







**FEE:** \$77.00

## Homeschool Swimmer

### HOMESCHOOL LESSONS (SWIMMER 1)

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

#### HC Lap Pool

123223 F 12:30-1pm May 1-Jun 26

**FEE:** \$58.50

### HOMESCHOOL LESSONS (SWIMMER 2)

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

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

#### HC Lap Pool

123224 F 1:55-2:25pm May 1-Jun 26

**FEE:** \$58.50

### HOMESCHOOL LESSONS (SWIMMER 3-4)

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

#### HC Lap Pool

123225 F 1:05-1:50pm May 1-Jun 26

**FEE:** \$69.75



## Performance Enhancer

### PERFORMANCE ENHANCER (3+ YRS)

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

#### HC Lap Pool

122304 M,W	4:35-5:05pm	Mar 30-Apr 22
123180 Sa	12:30-1pm	May 2-Jun 20
123181 Sa	1:05-1:35pm	May 2-Jun 20
123182 Sa	1:40-2:10pm	May 2-Jun 20
123183 Sa	2:15-2:45pm	May 2-Jun 20
123184 Sa	6:10-6:40pm	May 2-Jun 20
123185 Sa	6:45-7:15pm	May 2-Jun 20
123201 S	12:30-1pm	May 3-Jun 21
123202 S	1:05-1:35pm	May 3-Jun 21
123203 S	1:40-2:10pm	May 3-Jun 21
123204 S	2:15-2:45pm	May 3-Jun 21

**FEE:** \$210.00

#### HC Lap Pool

123207 M	4:20-4:50pm	Apr 27-Jun 22
123149 M,W	4:40-5:10pm	Jun 1-24

**FEE:** \$240.00

#### HC Lap Pool

122418 M,W	4:35-5:05pm	Apr 27-May 27
123210 T	5-5:30pm	Apr 28-Jun 23
123212 W	4:20-4:50pm	Apr 29-Jun 24
123213 W	4:55-5:25pm	Apr 29-Jun 24
123216 Th	5:35-6:05pm	Apr 30-Jun 25
123226 F	3:30-4pm	May 1-Jun 26
123227 F	4:05-4:35pm	May 1-Jun 26
123228 F	4:40-5:10pm	May 1-Jun 26

**FEE:** \$270.000



## Youth/Adult

### YOUTH/ADULT 1 (13+ YRS)

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

#### HC Lap Pool

122284 T,Th 6–7pm Mar 31–Apr 23

**FEE:** \$88.00

### 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

123108 T,Th 5:50–6:50pm Apr 28–May 28

122285 T,Th 5:50–6:50pm Mar 31–Apr 23

123166 T,Th 6–7pm Jun 2–25

**FEE:** \$88.00



### YOUTH/ADULT 3 (13+ YRS)

**Recommended:** Successful completion of Youth/Adult 2.

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

#### HC Lap Pool

123109 T,Th 6–7pm Apr 28–May 28

123167 T,Th 5:50–6:50pm Jun 2–25

**FEE:** \$88.00

**IMPROVE  
STROKES AND  
INCREASE  
DISTANCE.**  
Register now.







# Health | Wellness | Sports

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

## Health | Fitness

### ZUMBA

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

#### HC Fitness Studio

124185 F 6:30–7:30pm Mar 27

**FEE:** \$10.25

**FEE FOR 60+:** \$9.25

124180 M 7:15–8:15pm Mar 16–23

**FEE:** \$20.50

**FEE FOR 60+:** \$18.50

124181 M 7:15–8:15pm Mar 30–May 11

124186 F 6:30–7:30pm Apr 10–May 15

124184 Th 7:15–8:15pm May 21–Jun 25

124187 F 6:30–7:30pm May 22–Jun 26

124182 M 7:15–8:15pm May 25–Jun 29

**FEE:** \$61.50

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

124206 W 5:30–6:30pm Apr 1–May 13

**FEE:** \$61.50

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

124183 Th 7:15–8:15pm Apr 2–May 14

**FEE:** \$71.75

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

124207 W 5:30–6:30pm May 20–Jun 24

**FEE:** \$61.50

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

#### PCCC Fitness Studio

124118 T 5:45–6:45pm Mar 17–24

124138 S 6–7pm Mar 22–29

**FEE:** \$20.50

**FEE FOR 60+:** \$18.50

124121 S 10:30–11:30am Apr 12–May 10

124139 S 6–7pm Apr 12–May 10

**FEE:** \$51.25

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

124122 S 10:30–11:30am May 24–Jun 28

124140 S 6–7pm May 24–Jun 28

**FEE:** \$61.50

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

124119 T 5:45–6:45pm Mar 31–May 12

124120 T 5:45–6:45pm May 19–Jun 30

**FEE:** \$71.75

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

## Health | Mind & Body

### BABY & ME YOGA

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

#### HC Community Room 2

124188 T 10:45–11:45am Apr 14–May 12

124189 T 10:45–11:45am May 26–Jun 23

**FEE:** \$53.75

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

## Fitness Drop ins

### PORT COQUITLAM COMMUNITY CENTRE

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Registered drop-in programs include:

- Spin
- Sculpt
- Yoga
- HIIT



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

## Fitness Drop ins

### HYDE CREEK RECREATION CENTRE

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Registered drop-in programs include:

- Spin
- Sculpt
- Yoga
- HIIT



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



## MAT PILATES

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

### HC Community Room 2

124190 F 9:30–10:30am Apr 10–May 15

**FEE:** \$53.75

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

124191 F 9:30–10:30am May 22–Jun 26

**FEE:** \$64.50

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

## YOGA CORE

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

### HC Community Room 3

124333 W 6:45–7:45pm Mar 18–25

**FEE:** \$21.50

**FEE FOR 60+:** \$19.50

### HC Community Room 2

124204 W 6:45–7:45pm Apr 1–May 13

**FEE:** \$75.25

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

124205 W 6:45–7:45pm May 20–Jun 24

**FEE:** \$64.50

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

## YOGA FUSION

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

Age: 12+

### HC Community Room 2

124331 Th 5:45–6:45pm Apr 2–May 14

**FEE:** \$75.25

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

124332 Th 5:45–6:45pm May 21–Jun 25

**FEE:** \$64.50

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

## MAT PILATES

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

### PCCC Laking Room

124148 Sa 11am–12pm Mar 21–28

**FEE:** \$21.50

**FEE FOR 60+:** \$19.50

124151 Sa 11am–12pm Apr 11–May 16

124153 Sa 11am–12pm May 23–Jun 27

**FEE:** \$64.50

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

## MAT PILATES FOUNDATIONS

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

### PCCC Laking Room

124155 Th 11am–12pm Mar 19–26

**FEE:** \$21.50

**FEE FOR 60+:** \$19.50

124100 Th 11am–12pm Apr 2–May 14

**FEE:** \$75.25

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

124101 Th 11am–12pm May 21–Jun 25

**FEE:** \$64.50

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

## TRX CORE YOGA

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

### PCCC Spin Studio

124174 T 10:45–11:45am Mar 31–May 12

124176 Th 10:45–11:45am Apr 2–May 14

**FEE:** \$78.75

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

124175 T 10:45–11:45am May 19–Jun 23

124177 Th 10:45–11:45am May 21–Jun 25

**FEE:** \$67.50

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





# Health & Wellness



## YOGA FOR ALL-BODIES

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

### PCCC Laking Room

124338 Th 7:15–8:15pm Mar 26

**FEE:** \$10.75  
**FEE FOR 60+:** \$9.75

124339 Th 7:15–8:15pm Apr 2–May 14

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

124340 Th 7:15–8:15pm May 21–Jun 25

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

## YOGALATES

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

### PCCC Laking Room

124171 M 5:45–6:45pm Mar 30–May 11

124173 M 5:45–6:45pm May 25–Jun 29

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

## 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

124157 T 10:15–11:15am Mar 17–24

124158 Th 10:15–11:15am Mar 19–26

**FEE:** \$14.00  
**FEE FOR 60+:** \$11.00

124111 T 10:15–11:15am Mar 31–May 12

124113 Th 10:15–11:15am Apr 2–May 14

124112 T 10:15–11:15am May 19–Jun 30

**FEE:** \$49.00  
**FEE FOR 60+:** \$38.50

124114 Th 10:15–11:15am May 21–Jun 25

**FEE:** \$42.00  
**FEE FOR 60+:** \$33.00

### 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

124178 T 10:45am–12:15pm Mar 31–Jun 2

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

### TAI CHI – WU STYLE INTERMEDIATE

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

### PCCC Fitness Studio

124179 Th 10:45am–12:15pm Apr 2–Jun 4

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

### ZUMBA GOLD

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

### PCCC Fitness Studio

124629 W 11:15am–12:15pm Mar 20

**FEE:** \$10.25  
**FEE FOR 60+:** \$9.25

124131 M 10:45–11:45am Mar 16–23

**FEE:** \$20.50  
**FEE FOR 60+:** \$18.50

124132 M 10:45–11:45am Mar 30–May 11

124134 F 11:15am–12:15pm Apr 10–May 15

124135 F 11:15am–12:15pm May 22–Jun 26

124133 M 10:45–11:45am May 25–Jun 29

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



## CHAIR YOGA

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

### PCCC Laking Room

124341 M	12-1pm	Mar 16-23
124117 T	10:45-11:45am	Mar 17-24
124626 W	12-1pm	Mar 18-25
124141 Th	1:30-2:30pm	Mar 19-26

<b>FEE:</b>	<b>\$21.50</b>
<b>FEE FOR 60+:</b>	<b>\$19.50</b>

124107 M	12-1pm	Mar 30-May 11
124628 W	12-1pm	May 20-Jun 24
124143 Th	1:30-2:30pm	May 21-Jun 25
124108 M	12-1pm	May 25-Jun 29

<b>FEE:</b>	<b>\$64.50</b>
<b>FEE FOR 60+:</b>	<b>\$58.50</b>

124115 T	10:45-11:45am	Mar 31-May 12
124627 W	12-1pm	Apr 1-May 13
124142 Th	1:30-2:30pm	Apr 2-May 14
124116 T	10:45-11:45am	May 19-Jun 30

<b>FEE:</b>	<b>\$75.25</b>
<b>FEE FOR 60+:</b>	<b>\$68.25</b>

## 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

124335 W	10:45-11:45am	Mar 18-25
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<b>FEE:</b>	<b>\$21.50</b>
<b>FEE FOR 60+:</b>	<b>\$19.50</b>

124336 W	10:45-11:45am	Apr 1-May 13
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<b>FEE:</b>	<b>\$75.25</b>
<b>FEE FOR 60+:</b>	<b>\$68.25</b>

124337 W	10:45-11:45am	May 20-Jun 24
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<b>FEE:</b>	<b>\$64.50</b>
<b>FEE FOR 60+:</b>	<b>\$58.50</b>

## 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

124144 F	10:45am-12:15pm	Apr 10-May 15
124145 F	10:45am-12:15pm	May 22-Jun 26

<b>FEE:</b>	<b>\$90.00</b>
<b>FEE FOR 60+:</b>	<b>\$81.00</b>

## 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

124146 Th	9:15-10:45am	Apr 2-May 14
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<b>FEE:</b>	<b>\$105.00</b>
<b>FEE FOR 60+:</b>	<b>\$94.50</b>

124147 Th	9:15-10:45am	May 21-Jun 25
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<b>FEE:</b>	<b>\$105.00</b>
<b>FEE FOR 60+:</b>	<b>\$94.50</b>

## STRETCH AND RELAXATION YOGA

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

### PCCC Laking Room

124334 M	10:45-11:45am	Mar 16-23
124156 F	12:30pm-1:30pm	Mar 20-Mar 27

<b>FEE:</b>	<b>\$21.50</b>
<b>FEE FOR 60+:</b>	<b>\$19.50</b>

124102 M	10:45-11:45am	Mar 30-May 11
124105 F	12:30-1:30pm	Apr 10-May 15
124106 F	12:30-1:30pm	May 22-Jun 26
124104 M	10:45-11:45am	May 25-Jun 29

<b>FEE:</b>	<b>\$64.50</b>
<b>FEE FOR 60+:</b>	<b>\$58.50</b>

## 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

124162 T	1:30-3:30pm	Mar 17-24
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<b>FEE:</b>	<b>\$37.00</b>
<b>FEE FOR 60+:</b>	<b>\$33.00</b>

124109 T	1:30-3:30pm	Mar 31-May 12
124110 T	1:30-3:30pm	May 19-Jun 30

<b>FEE:</b>	<b>\$129.50</b>
<b>FEE FOR 60+:</b>	<b>\$115.50</b>

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

Register now.







## Sports | Pickleball

### PICKLEBALL – ALL LEVELS

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

#### PCCC Gym

124159 T 8:30–10:30am Mar 31–Apr 28  
124218 Th 8:30–10:30am Apr 2–30

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

124255 Th 7:45–9:45pm Apr 9–16  
124256 Th 7:45–9:45pm Apr 23–30  
124257 Th 7:45–9:45pm May 7–14  
124258 Th 7:45–9:45pm May 21–28  
124259 Th 7:45–9:45pm Jun 4–11  
124260 Th 7:45–9:45pm Jun 18–25

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

124160 T 8:30–10:30am May 5–26  
124161 T 8:30–10:30am Jun 2–23  
124219 Th 8:30–10:30am May 7–28  
124220 Th 8:30–10:30am Jun 4–25

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



### PICKLEBALL – BEGINNER

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

#### PCCC Gym ½ E

124166 T 1–3pm Mar 31–Apr 28

#### HC Gym

124214 W 10:45am–12:45pm Apr 1–29

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

#### PCCC Gym ½ E

124167 T 1–3pm May 5–26  
124168 T 1–3pm Jun 2–23

#### HC Gym

124216 W 10:45am–12:45pm May 6–27  
124217 W 10:45am–12:45pm Jun 3–24

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

### PICKLEBALL – INTERMEDIATE

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

#### HC Gym

124211 W 8:30–10:30am Apr 1–29

#### PCCC Gym

124221 Th 10:45am–12:45pm Apr 2–30

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

#### HC Gym

124212 W 8:30–10:30am May 6–27  
124213 W 8:30–10:30am Jun 3–24

#### PCCC Gym

124222 Th 10:45am–12:45pm May 7–28  
124223 Th 10:45am–12:45pm Jun 4–25

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

## Sports Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

- Badminton
- Basketball
- Pickleball
- Volleyball



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



## JOIN US FOR ORGANIZED GAMES AND FRIENDLY RALLIES!

### PICKLEBALL – INTERMEDIATE SOCIAL DOUBLES

Register yourself and bring a partner to play friendly Pickleball matches against other duos. Our instructor will facilitate game matchups. All Levels players are welcome for this social doubles gameplay! Only one player needs to register per Doubles Partnership. Age: 18+

#### PCCC Gym ½ E

124253 T 6–7:30pm Mar 31

#### HC Gym

124263 W 1–2:30pm Apr 8  
124265 W 1–2:30pm Apr 22  
124267 W 1–2:30pm May 6  
124269 W 1–2:30pm May 20  
124272 W 1–2:30pm Jun 3  
124274 W 1–2:30pm Jun 17

#### PCCC Gym

124245 Th 6–7:30pm Apr 9  
124246 Th 6–7:30pm May 14  
124247 Th 6–7:30pm Jun 18

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

#### PCCC Gym

124228 F 8:30–10:30am Apr 10–17  
124229 F 8:30–10:30am Apr 24–May 1  
124230 F 8:30–10:30am May 8–15  
124231 F 8:30–10:30am May 22–29  
124232 F 8:30–10:30am Jun 5–12  
124233 F 8:30–10:30am Jun 19–26

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

### PICKLEBALL – WOMEN'S ALL LEVELS

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

#### PCCC Gym

124235 F 10:30am–12:30pm Apr 10–24

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

124236 F 10:30am–12:30pm May 1–29

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

124237 F 10:30am–12:30pm Jun 5–26

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

### PICKLEBALL – SENIORS 60+

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

#### PCCC Gym ½ W

124169 T 1–3pm Mar 31–Apr 28

#### PCCC Gym

124225 Th 1–3pm Apr 2–30

**FEE:** \$47.50

#### PCCC Gym ½ W

124170 T 1–3pm May 5–26

124172 T 1–3pm Jun 2–23

#### PCCC Gym

124226 Th 1–3pm May 7–28

124227 Th 1–3pm Jun 4–25

**FEE:** \$38.00

### PICKLEBALL – WOMEN'S INTERMEDIATE/ADVANCED

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

#### PCCC Gym

124163 T 10:45am–12:45pm Mar 31–Apr 28

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

124164 T 10:45am–12:45pm May 5–26

124165 T 10:45am–12:45pm Jun 2–23

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

## 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.





## TRY IT! INTRO TO PICKLEBALL

Come try the sport of pickleball in a friendly, fun, & non-competitive environment! Our instructor will provide a 1hr 30min session to introduce participants to the sport of pickleball while ensuring all skills and gameplay are adapted to participant knowledge and ability. Note: Try it! programs are for individuals with little to no experience and participants are encouraged to wear attire and shoes that are suitable for active movement. **Age: 18+**

### PCCC Gym

124244 Th	6-7:30pm	Apr 2
124633 Th	6-7:30pm	Jun 25

<b>FEE:</b>	<b>\$16.50</b>
<b>FEE 60+:</b>	<b>\$14.00</b>

## PICKLEBALL LESSONS LEARN TO PLAY –LEVEL 1

This Beginner Level skill development program is recommended for players who are new to the game of pickleball and/or never played before. This introductory program will teach participants the basic skills, strokes, and rules of the game through a variety of drills and gameplay. Each session builds on fundamentals and players can repeat the program to keep progressing their skills, confidence and game tactics. No experience required, equipment provided. **Age: 18+**

### PCCC Gym

124248 Th	6-7:30pm	Apr 16–May 7
124249 Th	6-7:30pm	May 21–Jun 11

### PCCC Gym ½ E

124252 T	6-7:30pm	May 5–26
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<b>FEE:</b>	<b>\$68.00</b>
<b>FEE 60+:</b>	<b>\$62.00</b>

### HC Gym

124152 M	12:30–2pm	Apr 13–May 11
124154 M	12:30–2pm	May 25–Jun 22

<b>FEE:</b>	<b>\$85.00</b>
<b>FEE 60+:</b>	<b>\$77.50</b>

## PICKLEBALL LESSONS LEARN TO PLAY –LEVEL 2

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

### PCCC Gym ½ E

124250 T	6-7:30pm	Apr 7–28
124251 T	6-7:30pm	Jun 2–23

<b>FEE:</b>	<b>\$68.00</b>
<b>FEE 60+:</b>	<b>\$62.00</b>

### HC Gym

124149 M	10:45am–12:15pm	Apr 13–May 11
124150 M	10:45am–12:15pm	May 25–Jun 22

<b>FEE:</b>	<b>\$85.00</b>
<b>FEE 60+:</b>	<b>\$77.50</b>

## PICKLEBALL LESSONS TRAIN TO PLAY –LEVEL 3

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

### HC Gym

124136 M	9-10:30am	Apr 13–May 11
124137 M	9-10:30am	May 25–Jun 22

<b>FEE:</b>	<b>\$92.50</b>
<b>FEE 60+:</b>	<b>\$85.00</b>



## SEMI-PRIVATE PICKLEBALL LESSONS

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

### HC Gym

124262 W	1–2:30pm	Apr 1
124264 W	1–2:30pm	Apr 15
124266 W	1–2:30pm	Apr 29
124268 W	1–2:30pm	May 13
124270 W	1–2:30pm	May 27
124273 W	1–2:30pm	Jun 10
124275 W	1–2:30pm	Jun 24

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

## Sports | Volleyball

### VOLLEYBALL – WOMEN IN SPORT LEAGUE

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

**Age: 18+**

### HC Gym

124030 M 6:30–10pm Apr 13–Jun 22

**FEE:** \$542.00

### VOLLEYBALL – LEARN TO PLAY

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

**Age: 8–13**

### HC Gym

124238 Th 5–6pm Apr 2–May 7  
 124239 Th 5–6pm May 14–Jun 18

**FEE:** \$57.00

### VOLLEYBALL – TRAIN TO PLAY LEVEL 1

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

### HC Gym

124240 Th 6–7:30pm Apr 2–May 7  
 124241 Th 6–7:30pm May 14–Jun 18

**FEE:** \$93.00

### VOLLEYBALL – TRAIN TO PLAY LEVEL 2

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

### HC Gym

124242 Th 7:30–9pm Apr 2–May 7  
 124243 Th 7:30–9pm May 14–Jun 18

**FEE:** \$93.00







## Youth Services

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

**JOIN US FOR  
YOUTH WEEK  
MAY 1-7!**

More information  
on pages 32-33.

## Youth Access Card

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

## Youth Access Card Plus

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

## Youth Centres (11-18 yrs)

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

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

### Port Coquitlam Community Centre Wilson Lounge

2150 Wilson Ave. 604 927 7962

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

**\$2**

Basketball Drop in: Wed 4-5:30pm | Fri 5:45-8pm | Sat 5:45-9pm  
Volleyball Drop in: Fri & Sat 4-5:30pm

### Hyde Creek Youth Centre 1379 Laurier Ave. 604 927 7938

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

**\$2**

Basketball Drop in: Fri 5-9pm | Sat 5:45-9pm  
Volleyball Drop in: Sat 4-5:30pm

## Youth Drop ins

### PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

- Youth Volleyball
- Youth Basketball



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

## Youth Drop ins

### HYDE CREEK RECREATION CENTRE

Registered drop-in programs include:

- Youth Volleyball
- Youth Basketball



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



## It's Birthday Party Time!

**FOR  
11-14  
YEARS**

**PARTY DURATION: 2 HOURS**

### CELEBRATE YOUR BIRTHDAY AT ONE OF OUR YOUTH CENTRES!

Join us in the Youth Lounge from **2-3pm** to enjoy food, cake, and games. From **3-4pm**, end your party in the Sports Hall with more fun activities led by our party leader!

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

**HC Youth Centre** Age: 11-14

<b>124577</b>	<b>Sa</b>	<b>2-4pm</b>	<b>Apr 11</b>
<b>124578</b>	<b>Sa</b>	<b>2-4pm</b>	<b>Apr 18</b>
<b>124579</b>	<b>Sa</b>	<b>2-4pm</b>	<b>Apr 25</b>
<b>124582</b>	<b>Sa</b>	<b>2-4pm</b>	<b>May 16</b>
<b>124583</b>	<b>Sa</b>	<b>2-4pm</b>	<b>May 23</b>
<b>124584</b>	<b>Sa</b>	<b>2-4pm</b>	<b>May 30</b>
<b>124585</b>	<b>Sa</b>	<b>2-4pm</b>	<b>Jun 6</b>
<b>124586</b>	<b>Sa</b>	<b>2-4pm</b>	<b>Jun 13</b>
<b>124587</b>	<b>Sa</b>	<b>2-4pm</b>	<b>Jun 20</b>

**FEE:**

**\$200.00**



# Youth Week | May 1–7

**ALL  
YOUTH WEEK  
ACTIVITIES  
ARE FREE!**

**REGISTRATION  
OPENS APRIL 1**



## OPENING CELEBRATIONS

Come to the youth centre and receive a cookie to kick off youth week!

**No pre-registration.** Youth must have a free Youth Membership Pass.

Age: 11–18

**PCCC Wilson Lounge**

F 3–4:30pm

May 1

**HC Youth Centre**

F 3–4:30pm

May 1

## 3 ON 3 BASKETBALL

Join us for our Youth Week 3 on 3 Basketball Tournament! All players must sign up individually. Teams of 3–4 players will be made on the day of. Spaces are limited.

**PCCC Gymnasium**

Age 11–14

119814 F 4–8pm

May 1

Age 15–18

125198 F 4–8pm

May 1

## VOLLEYBALL TOURNAMENT

Join us for our Youth Week Volleyball Tournament! All players must sign up individually. Teams made on the day of. Free registration but spaces are limited.

Age: 12–15

**HC Gym**

119815 F 5–7:30pm

May 1

## CARNIVAL

Welcome back to the annual Youth Week Carnival! Bring your friends to play mini games, jump on inflatables, and win prizes. Go to the Wilson lounge on May 2 to register and collect wristband for games. **NO pre-registration.** Participants need to have a free Youth Membership Pass. Age: 11–18

**PCCC Mabbett Hall & Wilson Lounge**

Sa 3:30–7:30pm

May 2

## TABLE TENNIS TOURNAMENT

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

**PCCC Mabbett Hall ½ S**

119695 M 4–6pm

May 4

## SUPER SMASH BROS SWITCH TOURNAMENT

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

**PCCC Wilson Lounge**

119812 T 4:30–6:30pm

May 5

**HC Youth Centre**

119813 T 3:45–5:45pm

May 5

**CHECK OUT THE STUDENT ART SHOW DURING YOUTH WEEK!**

See page 54 for details.

# Celebrate Youth in Our Communities!



## INTRO TO CARPET BOWLING

Have you ever tried Carpet Bowling? Sign up for your chance to be guided through the fundamentals of bowling in collaboration with the Wilson Seniors team. Feel free to bring your grandparent too! If you want to bring your grandparent, please have them register separately in activity #124039. Age: 11-18

**PCCC Mabbett Hall ½ S**  
124035 T 3-4pm

May 5

## POPCORN & TV NIGHT

Do you love watching TV and eating popcorn? Come watch some shows and eat popcorn for free. A fun bracelet making station will also be available. The group will decide which show to watch. Teen-friendly shows only. Age: 11-18

**PCCC Wilson Lounge**

119820 W 4-6:30pm

May 6

## BOARD GAME NIGHT

Bring along your friends for a fun night playing 2 iconic games and prove to everyone you're the champ. The feature games are Blokus and Tapple!

Age: 11-18

**HC Youth Centre**

119819 W 3:30-6pm

May 6

## PANCAKES

Come to the youth centre to enjoy some pancakes to close out youth week! No pre-registration. Age: 11-18

**PCCC Wilson Lounge**

Th 4-6pm

May 7

**HC Youth Centre**

Th 4-6pm

May 7

## Special Events

### TABLE TENNIS ROUND ROBIN

FREE

Want to switch things up with your table tennis game? Come drop in on this friendly round robin style event in collaboration with the Wilson Seniors. All skill levels are welcome. Feel free to bring your grandparent too! If you want to bring your grandparent, please have them register separately in activity #124041. Age: 11-18

**PCCC Mabbett Hall ½ S**  
124037 M 4-6pm

Jun 1

### TRY IT!

NEW!

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 you will enjoy. Each week the group will meet at an activity to give it a try. Activities range from programming, sports, and other recreational activities. Our staff will accompany the participants at the activities to help them learn. Activities will be updated online and a detailed schedule emailed 1 week before the first class. Age: 11-14

**HC Youth Centre**

124637 T 6-7pm

May 12-June 2

**May 12: CODE NINJAS**

**May 19: TAG GYMNASTICS**

**May 26: POCO BOWL**

**June 2: HIVE CLIMBING AND FITNESS**

**FEE:**

**\$40.00**





## Cooking

### YOUTH COOKING

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

#### HC Youth Centre

##### MINISTRONE SOUP

123273 W	5:30–7pm	Apr 1
123274 Th	5:30–7pm	Apr 2

##### SPRING VEGETABLE FRITTATA

123275 W	5:30–7pm	Apr 8
123286 Th	5:30–7pm	Apr 9

##### SPANISH MEATBALLS

123276 W	5:30–7pm	Apr 15
123287 Th	5:30–7pm	Apr 16

##### COCONUT CURRY CHICKEN

123277 W	5:30–7pm	Apr 22
123288 Th	5:30–7pm	Apr 23

##### BUTTERNUT SQUASH AND EGGPLANT STIR FRY

123278 W	5:30–7pm	Apr 29
123289 Th	5:30–7pm	Apr 30

#### CARROT CAKE

123279 W	5:30–7pm	May 6
123290 Th	5:30–7pm	May 7

#### SHAKSUKA

123280 W	5:30–7pm	May 13
123291 Th	5:30–7pm	May 14

#### KUKU SABZI

123281 W	5:30–7pm	May 20
123292 Th	5:30–7pm	May 21

#### VIETNAMESE SPRING ROLLS

123282 W	5:30–7pm	May 27
123293 Th	5:30–7pm	May 28

#### BROCCOLI SALAD

123283 W	5:30–7pm	Jun 3
123294 Th	5:30–7pm	Jun 4

#### PAD THAI

123284 W	5:30–7pm	Jun 10
123295 Th	5:30–7pm	Jun 11

#### FRUIT CRUMBLE

123285 W	5:30–7pm	Jun 17
123296 Th	5:30–7pm	Jun 18

**FEE:** \$10.00

### YOUTH GOURMADE

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

#### PCCC Wilson Kitchen Age: 11–16

122034 M	4–6:30pm	Apr 13
122035 M	4–6:30pm	Apr 20
122036 M	4–6:30pm	Apr 27
122037 M	4–6:30pm	May 4
122038 M	4–6:30pm	May 11
122040 M	4–6:30pm	May 25
122041 M	4–6:30pm	Jun 1
122042 M	4–6:30pm	Jun 8
122043 M	4–6:30pm	Jun 15
122044 M	4–6:30pm	Jun 22

**FEE:** \$7.00

#### PCCC Wilson Kitchen Age: 11–16

122046 W	4–6:30pm	Apr 1
122047 W	4–6:30pm	Apr 8
122048 W	4–6:30pm	Apr 15
122049 W	4–6:30pm	Apr 22
122050 W	4–6:30pm	Apr 29
122052 W	4–6:30pm	May 13
122053 W	4–6:30pm	May 20
122054 W	4–6:30pm	May 27
122055 W	4–6:30pm	Jun 3
122056 W	4–6:30pm	Jun 10
122057 W	4–6:30pm	Jun 17
122058 W	4–6:30pm	Jun 24

**FEE:** \$7.00





## Training

### AT HOME ALONE PLUS

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

Age: 10-14

#### HC Lecture Room

123270 T	5-7pm	Apr 7-14
123271 T	5-7pm	May 12-19
123272 T	5-7pm	Jun 9-16

**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

123267 Sa	9:30am-4:30pm	Apr 18
123268 Sa	9:30am-4:30pm	May 23
123269 Sa	9:30am-4:30pm	Jun 20

**FEE:** \$74.00

## Crafts

### CRAFTY CREATIONS

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

#### PCCC Wilson Lounge

##### AIR DRY CLAY MINI SCULPTURES

124315 T	5:45-7pm	Apr 28
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##### SPRING SOAP BARS

124316 T	5:45-7pm	May 26
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##### PAINT YOUR OWN TOTE BAGS

124317 T	5:45-7pm	Jun 9
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**FEE:** \$10.00



## Fencing

### FENCING- YOUTH BEGINNERS

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

Age: 9-15

#### PCCC Gymnasium ½ W

123812 T	6-7pm	Apr 7-28
123813 T	6-7pm	May 5-26
123814 T	6-7pm	Jun 2-23

**FEE:** \$65.00

### FENCING- YOUTH INTERMEDIATE (9-15YRS)

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

Age: 9-15

#### PCCC Gymnasium ½ W

123815 T	7-8pm	Apr 7-28
123816 T	7-8pm	May 5-26

**FEE:** \$70.00

123817 T	7-8pm	Jun 2-30
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**FEE:** \$87.50





# Children Services

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

**FIND  
KIDS CAMPS  
ON PAGES  
4 & 5.**

## Early Years

### BUSY BABIES – ADULT PARTICIPATION

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

**PCCC Playroom 3**  
**123767 M 11am–12pm Apr 13–Jun 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**  
**123785 T 10:45–11:45am Apr 7–Jun 2**

**FEE: \$92.70**

### 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**  
**123773 W 9:30–10:15am Apr 8–Jun 3**

**FEE: \$69.75**

### 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**  
**124043 W 10:45–11:30am Apr 8–Jun 3**

**PCCC Playroom 2**  
**123768 Th 5–5:45pm Apr 9–Jun 4**

**FEE: \$69.75**

### HAND IN HAND – ADULT PARTICIPATION

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

**PCCC Playroom 1**  
**123770 F 9:30–10:30am Apr 10–Jun 5**

**FEE: \$82.40**

### HAND IN HAND EVENING – ADULT PARTICIPATION

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

**PCCC Playroom 2**  
**123771 Th 6–6:45pm Apr 9–Jun 4**

**FEE: \$69.75**



## READY SET GO

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

Age: 2½–4

### PCCC Playroom 1

123766 M 9:30–10:30am Apr 13–Jun 1

**FEE:** \$72.10

## PLAYSCHOOL PREP

Playschool Prep is ideal for children who are already comfortable being left in a program independently. Focus will be on making friends, classroom routines, and exploring different activities. Class includes time for free and active play, circle time, sensory explorations, and crafts. Age: 3–5

### PCCC Playroom 1

123769 F 10:45am–12:15pm Apr 10–Jun 5

**FEE:** \$123.60

## ABC & 123 KINDERGARTEN PREP

Getting ready for Kindergarten? Join us for this fun, play-based program that explores basic literacy and numeracy skills. Learn to recognize letters and numbers, practice printing, play games, and make some new friends. Age: 3½–6

### PCCC Playroom 1

123787 W 1:30–3pm Apr 8–Jun 3

**FEE:** \$139.05

## PLAYSCHOOL INSIDE

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

### HC Prog Rm 1

123782 W 11:30am–1pm Apr 8–Jun 3

**FEE:** \$139.05

### HC Prog Rm 2

123783 F 11:30am–1pm Apr 10–Jun 5

**FEE:** \$123.60

123781 M 11:30am–1pm Apr 13–Jun 1

**FEE:** \$108.15

## PLAYSCHOOL OUTSIDE

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

### Hyde Creek Playground

123778 M,W 9:30–11:30am Apr 8–Jun 3

**FEE:** \$329.60

123779 T,Th 9:30–11:30am Apr 7–Jun 4

**FEE:** \$370.80

123780 F 9:30–11:30am Apr 10–Jun 5

**FEE:** \$164.80



## CITY PRESCHOOL

Our licensed preschool provides a warm, welcoming, and nurturing early learning environment that promotes the well-being and overall development of each child. In our play-based, child-centered program, experienced and qualified educators use an emergent curriculum with open-ended activities, enriching experiences, and free play-time to support each child's social, emotional, cognitive, and physical growth. The program runs from Sep 2026 to June 2027. Age: 3–6

### PCCC Playroom 2

123806 T,Th 9:15am–12:15pm Sep 8–Jun 10

123807 T,Th 1:30–4:30pm Sep 8–Jun 10

**FEE:** \$1882.80

123805 M,W,F 9:15am–1:15pm Sep 9–Jun 11

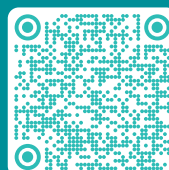
**FEE:** \$2923.58

## Drop in & Childminding Information

Registration for these drop-ins opens 2 days in advance;

- Playmania
- Playzone
- Registration for Childminding opens 7 days in advance

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







# Children Services

## Preschool Speciality

### LITTLE GARDENERS

Preschoolers, join us for this hands-on, play-based gardening class and learn about growing vegetables, fruits, and flowers. Have fun as we explore nature and create our very own garden. **Age: 3–5**

**PCCC Playroom 1**

**123786 T 1:15–2:15pm Apr 7–Jun 2**

**FEE: \$108.00**

### JUNIOR SNACK MAKERS

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

**HC Prog Rm 2**

**123774 T 6–7pm Apr 7–Jun 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**

**123775 W 1–2:15pm Apr 8–Jun 3**

**FEE: \$120.00**

**KIDS ARTS  
PROGRAMS  
ON PAGE 48.**



## Preschool Sports

### LACROSSE

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

**HC Sports Hall**

**123784 T 1:15–2:15pm Apr 7–Jun 2**

**FEE: \$92.70**

### GYMNASTICS FUN

Preschoolers will be introduced to the building blocks of gymnastics and practice foundational movement skills such as coordination and balance in a fun, social environment. **Age: 3–6**

**HC Sports Hall**

**123772 Th 1–2pm Apr 9–Jun 4**

**FEE: \$92.70**

### T-BALL

Preschoolers will be introduced to T-Ball in a fun and inclusive environment and practice fundamental movement skills through activities and games. Please bring a water bottle and wear gym shoes. **Age: 3–6½**

**PCCC Arena 1**

**124192 M 1:30–2:15pm Apr 13–Jun 1**

**FEE: \$54.25**

### SOCCER STARS AND PARENTS

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

**HC Gym**

**123750 Sa 9:15–10am Apr 11–Jun 6**

**FEE: \$63.00**

### SOCCER STARS

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

**HC Gym**

**123688 Sa 10:15–11am Apr 11–Jun 6**

**FEE: \$63.00**

### MULTI-SPORT

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

**HC Gym**

**123751 Sa 11:15am–12pm Apr 11–Jun 6**

**FEE: \$63.00**



## Dance

### DANCE TOTS – TINY TOTS

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

#### HC Community Room 3

123765 W 5:15-5:45pm Apr 8-Jun 3

**FEE:** \$54.00

#### PCCC Small Multipurpose Room

123752 Sa 9-9:30am Apr 11-Jun 6

123753 Sa 9:45-10:15am Apr 11-Jun 6

**FEE:** \$48.00

### DANCE TOTS – LEVEL 1

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

#### HC Community Room 3

123788 W 6-7pm Apr 8-Jun 3

**FEE:** \$108.00

#### PCCC Small Multipurpose Room

123755 Sa 10:30-11:30am Apr 11-Jun 6

123760 Sa 11:45-12:45pm Apr 11-Jun 6

**FEE:** \$96.00



### DANCE TOTS – LEVEL 2

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

#### PCCC Small Multipurpose Room

123763 Sa 1-2pm Apr 11-Jun 6

**FEE:** \$96.00

### Drop in & Childminding Information

.....

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

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







# Children Services

## School Age

### LET'S DANCE CLUB JUNIOR & INTERMEDIATE

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

Age: 6-10

**PCCC Small Multipurpose Room**

**123764 Sa 2:15-3:15pm Apr 11-Jun 6**

**FEE: \$96.00**

### KIDS IN THE KITCHEN

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

**HC Prog Rm 2**

**124032 T 3:30-5pm Apr 7-Jun 2**

**124033 W 3:30-5pm Apr 8-Jun 3**

**FEE: \$175.50**

### SOCCER – AFTERSCHOOL ACTIVE

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

**PCCC Gymnasium**

**124063 T 3:30-5pm Apr 7-Jun 2**

**FEE: \$114.75**

### MULTI-SPORT – AFTERSCHOOL ACTIVE

Have you always wanted to try a new sport, but not sure which to try? Join us for Multi-Sport which offers a variety of activities such as pickleball, tennis, volleyball, badminton, soccer, basketball, floor hockey, and more. Afterschool Active includes 60 minutes of Active FUN!

Join us as we learn team building, FUNdamental sport skills and basics.

Age: 6-10

**PCCC Gymnasium ½ W**

**124082 W 3:30-5pm Apr 8-Jun 3**

**FEE: \$114.75**

### NATURE & GAMES – AFTERSCHOOL ACTIVE

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

**HC Prog Rm 1**

**124589 W 3:30-5pm Apr 8-Jun 3**

**FEE: \$114.75**





## VOLLEYBALL – AFTERSCHOOL ACTIVE

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

**PCCC Gymnasium**  
124079 Th 3:30–5pm Apr 9–Jun 4  
**FEE:** **\$114.75**

## SPORTS & SWIM – AFTERSCHOOL ACTIVE

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

**HC Gym**  
124034 Th 3:30–5:30pm Apr 9–Jun 4  
**FEE:** **\$180.00**

## BASKETBALL – AFTERSCHOOL ACTIVE

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

**HC Gym**  
124044 F 3:30–5pm Apr 10–Jun 5  
**FEE:** **\$102.00**

**PCCC Gymnasium**  
124045 M 3:30–5pm Apr 13–Jun 1  
**FEE:** **\$89.25**

## FLOOR HOCKEY – AFTERSCHOOL ACTIVE

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

**HC Gym**  
124031 M 3:30–5pm Apr 13–Jun 1  
**FEE:** **\$89.25**

## SWIM, PLAY, PIZZA

Join our Rec Staff for three hours of Friday night fun as we play games, have pizza, and swim. Bring a friend and come make new ones! Cancellation or transfer of this program must be made 7 days in advance to receive a refund. Age: 7–10

**HC Sports Hall**  
124084 F 6–9pm Apr 17  
124086 F 6–9pm May 29

**PCCC Small Multipurpose Room**  
124089 F 6–9pm May 15  
124094 F 6–9pm Jun 5  
**FEE:** **\$30.00**





**TRY OUR  
PLAYSCHOOL  
INSIDE  
PROGRAM!**

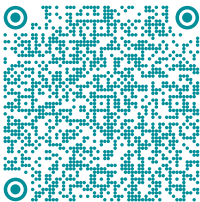
**Preschoolers will enjoy our nature-based Playschool as we explore Hyde Creek's beautiful forest and trails.**

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

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



*For more  
information:*

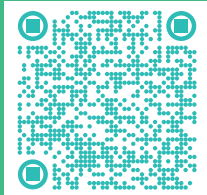


**Children's Services Drop ins**  
.....

*Registered drop in programs include:*

**CHILDMINDING | PLAYMANIA | PLAYZONE**

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







Parties open  
for registration  
60 days before  
the party date.

# Celebrate birthdays with us!

Birthday parties are available to book on Saturdays.

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



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

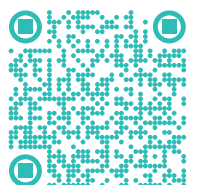
## CITY PRESCHOOL



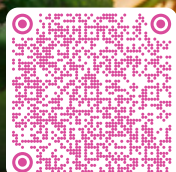
**CITY Preschool is a City-run licensed preschool program for ages three to five that complements the City's early learning programs.**

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

*For more  
information:*







# Adults | Seniors 60+

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

**FOR ADULT  
ART PROGRAMS  
SEE PAGES  
50-52!**

## Arts

### FUN WITH FLOWERS

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

Age: 19+

#### PCCC Small Multipurpose Room

123756 M	7-9pm	Apr 13
123757 M	7-9pm	May 25
123758 M	7-9pm	Jun 1

#### HC Lecture Room

123759 W	7-9pm	Apr 15
123761 W	7-9pm	May 27
123762 W	7-9pm	Jun 3

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

### 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

122535 W 9:45am-12:15pm Apr 8-Jun 24

**FEE: MEMBER \$136.11**  
**NON-MEMBER \$209.40**

### 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. Age: 19+

#### Outlet Studio

123776 W 12:30-3pm Apr 8-29

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

### 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 Workshop

123059 Th	1-2:30pm	Apr 16
123060 Th	1-2:30pm	May 21
123061 Th	1-2:30pm	Jun 18

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

### WOODCARVING

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

#### Outlet Work Room

122346 M 6-9:30pm Apr 13-Jun 29

**FEE: MEMBER: \$58.99**  
**NON-MEMBER: \$90.75**

## Adults | Seniors 60+ Drop ins

### PORT COQUITLAM COMMUNITY CENTRE

Registered drop in programs include:

- Snooker
- Table Tennis
- Bridge
- Carpet Bowling

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





## Education & Training

### TECH TALK FOR ACTIVE SENIORS

**FREE**

Want to be active but technology is standing in the way? Learn about City of Port Coquitlam online registration system and how to navigate it using your phone, tablet or laptop. Please bring your device to the program and ensure before the program date you can log into the online registration system. Age: 60+

**125304 T 1-2:30pm April 21**

### 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**  
**122340 M 9am-2pm Apr 13-Jun 22**

**FEE: MEMBER \$181.35**  
**NON-MEMBER: \$279.00**

### SEW IT UP

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

**PCCC JB Young Room**  
**122364 W 10am-3pm Apr 8-Jun 24**

**FEE: MEMBER \$254.51**  
**NON-MEMBER: \$391.56**

### SOAP MAKING NATURAL SUNSCREEN

Customize your sun protection – worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion with SPF, ale after sun spray, chamomile hair treatment and a SPF lip balm. Recipes on hair rinses and deep conditioners. All supplies included in course fee. Age: 19+

**PCCC Small Multipurpose Room**  
**122541 W 6:30-9pm Apr 22**

**FEE: \$65.00**

### SOAP MAKING PURE AND SIMPLE

Soap from scratch! From pre-blended bases, learn the basics of cold process soap making from scratch! Make a long lasting herbal floral soap and a batch of citrus explosion. Explore different ingredients, methods, and techniques that you can use to create exciting soaps. Learn about troubleshooting, history and packaging/decorating your soaps! Also receive a finished soap bar. Recipes for gourmet garden bar, pet soap, laundry soap and herbal shampoo! Please bring a towel to class. Come to class scent free and bring an apron or appropriate clothing. All supplies included in course fee. Age: 19+

**PCCC Small Multipurpose Room**  
**122542 W 6:30-9pm Mar 25**

**FEE: \$65.00**

### 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**  
**122365 F 3-4:30pm Apr 10-Jun 26**

**FEE: MEMBER \$47.90**  
**NON-MEMBER: \$73.70**

### SPANISH – INTERMEDIATE

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

**PCCC JB Young Room**  
**122366 F 1-2:30pm Apr 10-Jun 26**

**FEE: MEMBER: \$47.90**  
**NON-MEMBER: \$73.70**

## 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**  
**123054 Th 7-8pm Apr 16**  
**123055 Th 7-8pm May 14**  
**123056 Th 7-8pm Jun 11**

**FEE: \$12.75**

### DRUMMING FOR VITALITY

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

**PCCC Small Multipurpose Room**  
**122354 T 9:30-10:30am Apr 7-Jun 23**

**FEE: MEMBER \$56.39**  
**NON-MEMBER: \$86.76**





# Adults | Seniors 60+



## New Members Info Session. New to the PoCo Seniors Membership?

Join us for this FREE information session where you'll have a chance to learn about the Seniors Membership, meet some of the Seniors staff, Advisory Association members, and other new members.

Bring any questions you have. Registration is required. **Age: 60+**

**PCCC Wilson Lounge 124623 Th 1–2pm May 28**

## TUESDAY TALKS

PRESENTED BY

## THE WILSON SENIORS ADVISORY ASSOCIATION

**PCCC Mabbett Hall ½ N**

**Age: 19+**



### 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 S**

**122351 M 10–11am Mar 30–Jun 29**

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

### 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 S**

**122353 M 11:15am–12:15pm Mar 30–Jun 29**

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

### TABLE TENNIS ROUND ROBIN

Want to switch things up with your table tennis game? Come drop in on this friendly round robin style event in collaboration with the Youth Team. All skill levels are welcome. Feel free to bring your teen grandchild too! If you want to bring your grandchild (ages 11–18), please have them register separately. **Age: 60+**

**PCCC Mabbett Hall S**

**124041 M 4–6pm Jun 1**

**FEE: FREE**

### NEXT GENERATION CARPET BOWLING

Come out and educate the next generation in Carpet Bowling in collaboration with the Youth Department. Feel free to bring your grandchild too! If you want to bring your grandchild (ages 11–18), please have them register separately. **Age: 60+**

**PCCC Mabbett Hall S**

**124039 T 3–4pm May 5**

**FEE: FREE**

### ADVANCE CARE PLANNING

Gain peace of mind by learning how to plan ahead for illness, injury, and end of life decisions. This interactive session explains the what, why, and how of Advance Care Planning, including choosing a healthcare representative and accessing helpful forms and resources.

**122520 T 1:30–2:30pm Apr 14**

### THE FACTS ABOUT MEDICAL ASSISTANCE IN DYING

Learn the facts about MAID in a clear, respectful discussion of end of life options. This session covers how MAID legislation came to be, current eligibility in BC, how the process works, and what changes may be ahead.

**122521 T 1:30–2:30pm Apr 28**

### THE BENEFITS OF INDIVIDUALIZED MESSAGE

Discover how senior–focused massage can support everyday comfort and relaxation. Learn how massage may help ease muscle and joint discomfort, improve circulation and sleep, and reduce stress for better overall well–being.

**122522 T 1:30–2:30pm May 12**

## Celebrate Seniors Week June 1 – 7!

Join us the first week of June, to celebrate Seniors and the contributions they have made in our community. We will be hosting a variety of activities and events during BC Seniors Week.

For more information visit: [portcoquitlam.ca/seniors](http://portcoquitlam.ca/seniors) or look out for the Seniors Newsletter leading up to Seniors Week.





## EMERGENCY PREPAREDNESS FOR SENIORS (ESS) BE READY WHEN EMERGENCIES DISRUPT DAILY LIFE.

This session offers practical tips for building a 72-hour kit, planning for medications and mobility needs, and understanding local hazards – so you can feel prepared, calm, and confident.

**122523 T 1:30–2:30pm May 26**

## DO I STILL NEED THIS MEDICATION?

As we age, medications can affect us differently. Learn how to use medications safely, recognize potential risks, and ask the right questions of your healthcare provider to help prevent medication related harm.

**122524 T 1:30–2:30pm Jun 9**

## BUYING OR SELLING REAL ESTATE

With over 30 years of local experience, Barrie Seaton explains why professional real estate support matters. Learn about agency relationships, fiduciary duty, the offer process, strata living considerations, and key documents involved in buying or selling a home.

**122525 T 1:30–2:30pm Jun 23**

## Special Events

### HAWAIIAN LUAU BIRTHDAY SOCIAL

Get ready to celebrate island style! We're bringing the spirit of Hawaii to Mabbett Hall! Slip on your leis, grab your flip flops, and enjoy an afternoon full of tropical vibe, good food, and great company. Celebrate Port Coquitlam Senior members whose birthdays are in March/April. Those members with birthdays in March/April are FREE!

Age: 60+

**PCCC Mabbett Hall**  
**121939 Th 1–3pm Apr 16**

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

### CARNIVAL BIRTHDAY SOCIAL

Celebrate Port Coquitlam Senior Members whose birthday are in May and June! We'll have light appies, refreshments, and entertainment. Those with birthdays in May and June register for FREE. Join us as we celebrate birthdays with all the fun and flair of a classic carnival! Age: 60+

**PCCC Mabbett Hall**  
**121940 Th 1–3pm Jun 18**

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

### HIGH TEA

Join us for an afternoon tea party with delicious sandwiches and pastries. Don't forget to bring your favorite tea cup and saucer, fascinators, and fancy hats! We will provide a tea cup if you forget your own. Registration opens April 23rd. Age: 60+

**PCCC Mabbett Hall**  
**122368 Th 1–2:30pm May 21**

**FEE: MEMBER \$8.75**  
**NON-MEMBER: \$10.75**

### SENIORS WEEK LUNCHEON

Let us treat you to some delicious food as we celebrate Seniors Week! We are hosting a free-for-members luncheon for our community's Seniors as a thank you for all that you contribute to our community. Sign up and join the fun with food, dessert, prizes and a live band!

Age: 60+ Registration opens April 30

**PCCC Mabbett Hall**  
**124036 Th 12:30–2:30pm Jun 4**

**FEE: MEMBER FREE**  
**NON-MEMBER: \$17.75**

### COFFEE WITH THE MAYOR

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

**125300 T 10–11am April 21**

**FREE**

### ARMCHAIR TRAVEL – OCEANIC CREATURE ENCOUNTERS “HIGHLIGHTS OF MY SCUBA DIVING ADVENTURES”

Learn about the scuba diving highlights through a film that feature special creatures that were encountered along the way. Age: 60+

**PCCC Mabbett Hall S**  
**123754 Th 1–2:30pm May 7**

**FEE: MEMBER: \$5.35**  
**NON-MEMBER: \$7.35**







# 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.  
Ages: All

**Gathering Place**  
Sa 10am–12pm

**FEE:** FREE

### HOPPY FAMILY EASTER EGG DECORATING

A fun, hands-on family workshop where kids and adults decorate Easter eggs together with colourful paints and creative designs. All materials are included. **Note:** Please register all participants in your group, max 4 in a group. The registration fee is a flat fee for families.  
Age: 2+

**Outlet Work Room**  
121928 Sa 2–4pm Apr 4

**FEE:** \$57.75

### MUD NIGHT: MAKE TERRACOTTA POTS & SEED BOMBS

Get ready to get your hands a little dirty at Mud Night! Families are invited to create their own terracotta planters and form seed bombs packed with seeds. It's a creative way to spend an evening, perfect for all ages. **Note:** Please register all participants in your group, max 4 in a group. The registration fee is a flat fee for families. **Age: 3+**

**Outlet Work Room**  
121926 F 7–9pm Apr 10–17

**FEE:** \$49.50

### FAMILIES FELTING TOGETHER

In this hands-on sensory workshop, families will learn how to wet-felt and make a one-of-a-kind art piece together. **Note:** Please register all participants in your group, max 4 in a group. The registration fee is a flat fee for families.  
Age: 2+

**Outlet Work Room**  
121927 F 7–9pm May 22

**FEE:** \$57.75

## Preschool

### BABY ART LAB

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

**Outlet Work Room**  
121929 M 9:45–10:15am Apr 13–May 4  
121930 M 9:45–10:15am May 11–Jun 8  
121931 M 10:30–11am Apr 13–May 4  
121932 M 10:30–11am May 11–Jun 8

**FEE:** \$55.45

### PRESCHOOL ART LAB

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

**Outlet Work Room**  
121950 M 1:15–2pm Apr 13–May 4  
121951 M 1:15–2pm May 11–Jun 8

**GP Michael Wright Art Gallery**  
121952 Th 5:30–6:30pm Apr 16–May 7  
121953 Th 5:30–6:30pm May 14–Jun 4

**FEE:** \$55.45



## Children | Performing Arts

### ACTING MANIA

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

**Instructor:** Juliana Marco. **Age:** 5–7

**PCCC Small Multipurpose Room**

**121954 Th 3:15–4pm Apr 9–May 28**

**FEE: \$121.25**

### DO RE MI – K POP DEMON HUNTERS

Explore music and choreography in a lively weekly singing class. Students receive tools and techniques for voice improvement while learning the songs of K Pop Demon Hunters. On the last class there will be a small performance for family and friends!

**Instructor:** Juliana Marco. **Age:** 6–8

**PCCC JB Young Room**

**121956 W 6–7pm Apr 8–May 27**

**FEE: \$173.25**

## SPOTLIGHT THEATRE – ALICE IN WONDERLAND

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**

**121957 Th 5:30–6:30pm Apr 9–May 28**

**FEE: \$136.60**

### ACTING 101

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

**Instructor:** Juliana Marco. **Age:** 8–12

**PCCC JB Young Room**

**121955 Th 4:15–5:15pm Apr 9–May 28**

**FEE: \$138.60**

## Children | Visual Arts

### CLAY PLAY

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

**Outlet Work Room**

**121961 T 3:30–5pm Apr 14–Jun 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**

**121959 M 3:30–5pm Apr 13–Jun 8**

**121960 Sa 3:30–5pm Apr 11–Jun 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**

**121965 M 3:30–5pm Apr 13–Jun 8**

**121966 Sa 1–2:30pm Apr 11–Jun 6**

**FEE: \$138.60**



**LET'S  
DANCE!**

To register for dance  
see page 39





# Arts & Culture

## COMICS AND CARTOONING

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

### Outlet Studio

**121967 F 4–5:30pm Apr 10–May 29**

**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

**121962 W 3:30–5pm Apr 15–Jun 3**

**121963 Th 3:30–5pm Apr 16–Jun 4**

**FEE: \$161.70**

## HAND-DRAWN ANIMATION

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

### Outlet Studio

**121968 F 6–7:30pm Apr 10–May 29**

**FEE: \$138.60**

## MAKE YOUR OWN STUFFIES

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

### Outlet Work Room

**121969 F 3:30–5:30pm Apr 10–Jun 5**

**FEE: \$138.60**

## Adult

## DANCE UNLEASHED! (ADULT)

This dynamic adult class fuses styles from hip-hop, jazz, Latin, and contemporary to keep every session fresh, fun and full of energy. Open to all levels, it's the perfect space to move and express yourself across a variety of rhythms and genres. **Age: 19+**

### PCCC Fitness Studio

**121972 F 12:30–1:15pm Apr 10–May 29**

**FEE: \$115.00**

## DANCE UNLEASHED! (ADULT & YOUTH)

This dynamic, intergenerational class fuses styles from hip-hop, jazz, Latin, and contemporary to keep every session fresh, fun and full of energy. Open to all levels, it's the perfect space to move and express yourself across a variety of rhythms and genres. **Age: 12+**

### PCCC Fitness Studio

**121973 F 4:30–5:15pm Apr 10–May 29**

**FEE: \$115.00**

## THE ART OF YOGA: A CONTEMPLATIVE PRACTICE OF AWARENESS

This traditional philosophy-rooted yoga series is curated by Nina Buddhdev as an artistic and contemplative practice to nourish mind, body, and spirit. The program weaves breath mapping, chakra visualization, movement, elemental and auditory awareness, life-cycle reflection, and subtle perception into a cohesive meditative experience. The series invites participants into deep listening, self-connectivity, and refined awareness, using yogic principles as living, embodied knowledge. Movement is approached as expression, breath as guide, and attention as the primary medium of practice. Accessible to all bodies and backgrounds. No prior yoga experience required. **Age: 19+**

### Gathering Place

**124702 T 9:30am–12pm Feb 10–Mar 10**

**FEE: \$150.00**

**EXPLORE  
THE VISUAL  
LANGUAGE OF  
COMICS!**



## 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

**121977 W 1-2:30pm Apr 8 & 15**  
**121978 W 1-2:30pm May 6 & 13**  
**121979 W 1-2:30pm Jun 10 & 17**

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

## CLAYWARE 101

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

### Outlet Work Room

**121982 T 7-8:30pm Apr 14 & 21**  
**121983 F 7-8:30pm May 8 & 15**  
**121984 F 7-8:30pm Jun 19 & 26**

**FEE: \$52.00**

## QUEERLY CRAFTED

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

### Outlet Studio

**124083 T 6-8pm May 5-26**

**FEE: \$125.00**

## TRICITIES ROCK!

Do you love singing along to your favourite classic rock songs in the car or shower? Join us to sing great songs with a group!

**Tri Cities Rock!** is a classic rock choir that rehearses and performs in and around the Tri Cities. This spring, we'll be meeting in Port Coquitlam. Our fun and welcoming group includes singers at all levels.

We focus on groove, feel, connection with each other, our audiences, and the songs. And FUN! (See on-line program description for more details.)

Instructor: Scott Gould Age: 19+

### Gathering Place

**124877 T 7-8:30pm Apr 21-Jun 16**

**FEE: \$250.00**

## 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

**122535 W 9:45am-12:15pm Apr 8-Jun 24**

**FEE: WILSON MEMBER: \$136.11**  
**NON-MEMBER: \$209.40**

## 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 set, brushes, small water container, one 2B pencil, and one ultra-fine Sharpie pen. Age: 19+

### Outlet Work Room

**123776 W 1-3pm Apr 8-29**

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

## SENIORS GUIDED PAINTING CLASS

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

### Outlet Workroom

**123059 Th 1-2:30pm Apr 16**  
**123060 Th 1-2:30pm May 21**  
**123061 Th 1-2:30pm June 18**

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







## CONTEMPORARY UKRAINIAN EASTER EGG DECORATING

Join a creative pysanka painting workshop in a modern, contemporary style! Forget the rules – bold colours, abstract forms, and modern techniques will allow you to craft a true work of art. Participants will have the opportunity to use unconventional materials and tools, bringing their unique artistic visions to life. It's a perfect chance to unleash your creativity and design a one-of-a-kind decorative element for your home or a thoughtful gift for friends.

**Instructor:** Tanya Znak. **Age:** 15+

**GP Community Room**

**123803 T 7–9pm**

**Mar 17**

**FEE:**

**\$42.00**

## TRADITIONAL UKRAINIAN EASTER EGG DECORATING

Immerse yourself in the authentic world of Ukrainian art at a traditional pysanka painting workshop. Participants will learn about the symbolism of ornaments and colours, master the use of the “pysachok” (stylus), and practice the wax-resist technique. Guided by an experienced instructor, everyone will create a unique pysanka featuring classic Ukrainian motifs. This workshop offers a chance to connect with centuries-old traditions and create a family keepsake with your own hands.

**Instructor:** Tanya Znak. **Age:** 15+

**GP Community Room**

**123802 Sa 10:30am–12:30pm**

**Mar 28**

**FEE:**

**\$42.00**

## VYTYNANKA – UKRAINIAN PAPER CUTTING

Explore traditional Ukrainian “Vytynanka” paper cutting in this 4-session workshop. Learn cutting techniques, and create holiday-themed designs. A perfect way to celebrate Ukrainian cultural traditions.

**Instructor:** Tanya Znak. **Age:** 15+

**Outlet Studio**

**123804 T 6–8pm**

**Apr 7–28**

**FEE:**

**\$120.00**



## ADULT ARTS COMMUNITY PARTNERSHIP PROGRAMS

### POCO ARTS COUNCIL

#### POCO ARTS COUNCIL ANNUAL MEMBERSHIP IS AVAILABLE FOR \$10 AT:

[portcoquitlam.ca/register](http://portcoquitlam.ca/register)

For more information about the PoCo Arts Council, go to [pocoarts.ca](http://pocoarts.ca), @pocoarts on Facebook, or contact them by email at [pocoarts@gmail.com](mailto:pocoarts@gmail.com)

#### ARTIST OPEN STUDIO

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

#### Outlet Workroom

Tuesdays, 10am–3pm

#### PORT COQUITLAM WRITERS GROUP

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

Visit [portcoquitlam.ca/register](http://portcoquitlam.ca/register) to purchase your membership. For more information visit [pocoarts.ca](http://pocoarts.ca) Age: 16+

#### The Gathering Place

Wednesdays 6:30–8:30pm  
Apr 8 & 22 | May 13 & 27  
June 10 & 24

#### POCO SONG WRITERS CLUB

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

#### The Gathering Place

Wednesdays 7–9pm  
Apr 1 | May 6 | Jun 3

### POCO OPEN MIC NIGHTS

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

#### The Gathering Place

Wednesdays 7–9pm  
Apr 29 | May 13 | Jun 10

#### WILSON CENTRE ADULT ART DROP IN – OPEN STUDIO

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

#### Outlet Workroom

Saturdays, 10am–1pm

### ART FOCUS ARTISTS ASSOCIATION

#### ART FOCUS ART SALON

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

#### Michael Wright Art Gallery

Wednesdays, 1–4pm,  
April 15 | May 20 | June 17

### ART FOCUS ARTIST DEMO NIGHTS

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

#### The Outlet

Wednesdays, 7–9pm  
Apr 22 | May 27 | June 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. Please call 604 789 3456 for dates and times.

### FELICE WOMEN'S CHOIR

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

#### GP Michael Wright Art Gallery

Thursdays, 10am–12pm

### CROSSROADS COFFEE HOUSE

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

[CrossroadsHospiceCoffeehouse](#)

#### Gathering Place

Fridays, 7–10pm  
Apr 10 & 24 | May 8 & 22 | June 12 & 26





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

## Exhibition Opening Reception

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

## Imaginations VIII: A Collection of Port Coquitlam Student Artwork

April 9, 2026 – June 11, 2026

The City of Port Coquitlam is proud to present **Imaginations VIII: A Collection of Port Coquitlam Student Artwork**, showcasing submissions from local students at Terry Fox Secondary, École Riverside, École des Pionniers, and Archbishop Carney Regional Secondary School.

In this group exhibition, our local youth share their diverse perspectives and creative journeys. Each artwork tells a unique story, shaped by their individual experiences, backgrounds, and imaginations. The collection highlights their growth as artists, from exploring new techniques to discovering the power of art as a means of expression. This exhibition celebrates creativity, collaboration, and the joy of learning.



Artist: Maral Rezaei



Artist: Mikah Locsin



Artist: Oonah Barnes



Artist: Ariel Friday



Artist: Addy Kim



Artist: Lucy Lee

We're  
celebrating  
**103 years of  
May Days!**

CITY OF PORT COQUITLAM

PoCo's Spring Festival

# may days

May 3 & 9

**Join us for  
a week-long  
community  
celebration.**

**OPENING CEREMONIES**  
SUN, MAY 3 | 3-4:30pm

**MAY DAYS KIDS' BIKE  
RACE**  
SAT, MAY 9 | 10am

**MAY DAY PARADE**  
SAT, MAY 9 | 11am

**PARTY IN THE SQUARE**  
SAT, MAY 9 | 1-8:30pm



[portcoquitlam.ca/maydays](http://portcoquitlam.ca/maydays)





# Terry Fox Library

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

**2150 Wilson Ave**  
**604 927 7999**

Visit **[fvrl.ca](http://fvrl.ca)** for all  
of our **spring break**  
activities.

## Everyone

### FREE COMIC BOOK DAY

Calling comic book lovers and readers of all ages! Visit the library and get a free comic book to take home. First come, first served, while supplies last. **FREE**

**Sa 10am May 2**

## Kids

### 1000 STORIES BEFORE KINDERGARTEN

Help your child learn the early literacy skills needed for success in school. Visit **1000 Stories Before Kindergarten** or drop by Terry Fox Library for more information and to join.

### BABYTIME

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

**Drop in. Max 52. FREE**

**W,F 11–11:30am Apr 1–Jun 26**  
**No Babytime Apr 3**

### 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 Apr 7–Jun 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 after school! **Drop in. FREE**

**M/W 3–4pm Apr 15, May 4, 20, Jun 1, 17**

### 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 Apr 1, Jun 3**

### 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 Apr 27, May 25, Jun 22**

### KID'S UKE PLAY ALONG

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

**Online registration** opens 4 weeks prior to each date.

**M 6–7pm Apr 13, May 11, Jun 8**

## TEEN ADVISORY GROUP

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

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

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



## Adults

### ADULT CRAFT NIGHT

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

Th 6-7:30pm Apr 2, May 7, June 4

### ENGLISH PRACTICE GROUP

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

Th 3-4:30pm Apr 2-Jun 25

### ENERGY SAVINGS REBATES WORKSHOP

Learn how to make your home more energy-efficient and comfortable – while saving money on your bills. Drop in. **FREE**

F 1-2pm Apr 10

### TRI-CITY WORDSMITHS

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

Sa 1:30-4pm Apr 11, Jun 6

### 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 Apr 13-Jun 29. (No Club Apr 6 or May 18)

### NIGHT STITCHES

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

Th 6-7pm Apr 16, May 21, Jun 18



## Dive Under the Sea with this year's Summer Reading Club.

There's a club for everyone. Sign up starts in June!  
Visit [fvrl.ca](http://fvrl.ca) for information.

## YOU HAVE QUESTIONS, WE HAVE ANSWERS!

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

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

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



**BOOK A  
LIBRARIAN**

