



## YOUTH

### DROP-IN FITNESS (13 – 18 YRS)

*Yoga, Pilates, Dance Mix, Zumba®, Girls-Only Circuit, AquaFit, and more. More than 150 classes available!*

Teens 13 years and up are able to access any of the drop-in fitness classes offered throughout Coquitlam. A full listing of available programs can be found at [coquitlam.ca/dropins](http://coquitlam.ca/dropins). *Teens (13 – 15 yrs) MUST complete a fitness orientation prior to joining a drop-in fitness class or working out in the weight room.*

### FITNESS ORIENTATION (13 – 18 YRS)

Learn everything there is to know about fitness in a weight room from a certified weight trainer. You will learn all the proper techniques on how to train safely and efficiently. Offered at both City Centre Aquatic Complex and Poirier Sport & Leisure Complex. Please call the front desk for available days/times. Preregister in person, online, or over the phone. Cost: \$2.00.

### GIRLS ONLY TONING CLASS (13 – 18 YRS)

During this 1 hour weight room class you will work with one of our certified personal trainers to take you through a full-body program to build your confidence in the weight room. Call 604-927-4386 for available dates/times.

### BADMINTON (11 – 18 YRS)

Join your friends for a game of badminton. Drop-in only for grade 6 – 12 students; arrive early to guarantee a space. Bring your own racquet and birdies.

at Pinetree Community Centre

W	Jul 6 – Aug 31	5:45 – 7:45 p.m.
F	Jul 8 – Sep 2	5:45 – 7:45 p.m.
Sa	Jul 9 – Aug 27	5:45 – 7:45 p.m.

### BASKETBALL (11 – 18 YRS)

Get ready for some basketball action in this casual drop-in. Brush up on your skills, learn new ones or join a game of pick up! Open to students in grades 6 – 12.

at Pinetree Community Centre

M	Jul 4 – Aug 29	5:45 – 7:45 p.m.
F	Jul 8 – Sep 2	8 – 10 p.m.
Sa	Jul 9 – Aug 27	5:45 – 7:45 p.m.
Sa	Jul 9 – Aug 27	8 – 10 p.m.

at Poirier Forum

Tu/Th	Jul 5 – Aug 30	11 a.m. – 3 p.m.
-------	----------------	------------------

### DODGEBALL (11 – 14 YRS)

Do you enjoy a good fast paced game of dodgeball? Bring your friends out for a night of action and fun!

at Pinetree Community Centre

F	Jul 8 – Sep 2	5:45 – 7:45 p.m.
---	---------------	------------------

### SOCCER: INDOOR (13 – 17 YRS)

Join us for an active and fast paced evening of indoor soccer!

at Pinetree Community Centre

Tu	Jul 5 – Aug 30	5:45 – 7:45 p.m.
----	----------------	------------------

### VOLLEYBALL (13 – 17 YRS)

Come on out to practice your bump, set, and spike in this fun and energetic environment.

at Pinetree Community Centre

Th	Jul 7 – Sep 1	5:45 – 7:45 p.m.
----	---------------	------------------



# CHILD & YOUTH Summer Pass

ONLY  
\$20

Unlimited access to all drop-in programs for kids 0 – 18 yrs old

Valid June 17 to September 6, 2016

[coquitlam.ca/summerpass](http://coquitlam.ca/summerpass)

CityofCoquitlam

Coquitlam  
125



## ADULT & CHILD

### GYMNASTICS: PARENT & TOT (12 – 35 MTHS)

Introduce your child to basic physical movement through gymnastics. Help them gain confidence and independence by climbing, rolling, and jumping on the equipment in a safe and fun environment.

at Pinetree Community Centre

F Jul 8 – Aug 26 9:15 a.m. – 12:15 p.m.

### TREE TOTS (1 – 5 YRS)

In addition to providing ample opportunity for spontaneous play, our instructor will dedicate the last 15 minutes of class to more structured activities such as circle time, songs, and stories. This is a great opportunity to prepare your child for preschool, with a focus on sharing and cooperation.

at Pinetree Community Centre

M/W Jul 4 – Aug 31 9:30 – 11:30 a.m.



## FAMILY

### BADMINTON: ALL WELCOME (7 YRS +)

Bring your friends and family together for a great time to exercise, have fun, and socialize. Limited racquets and birdies are available if needed. Participants with a valid and current membership can reserve a spot in the drop-in starting the morning of the drop-in at 8:30 a.m.

at Pinetree Community Centre

W Jul 6 – Aug 31 8 – 10 p.m.  
Sa Jul 9 – Aug 27 3:30 – 5:30 p.m.

### FAMILY OPEN GYM (6 YRS +)

The program is a parent-led drop-in and parent participation is mandatory. \$1 per family member. Sports and games equipment is provided.

at Pinetree Community Centre

Sa Jul 9 – Aug 27 1 – 3 p.m.

### TABLE TENNIS: ALL WELCOME (7 YRS +)

Looking for a friendly place to play table tennis? Limited paddles and balls available, participants are recommended to supply their own when possible. Limited space available each session. Participants with a valid and current membership can reserve a spot in the drop-in starting the morning of the drop-in at 8:30 a.m.

at Pinetree Community Centre

Th Jul 7 – Sep 1 7:30 – 9:30 p.m.

### TOONIE SKATE

A steal of a deal! The entire ice is devoted to lap skating. Admission is \$2.00 and equipment rental is free. Limit of 200 people admitted on the ice surface.

at Poirier Sport & Leisure Complex

Su Jul 3 – Aug 14 11:45 a.m. – 2:45 p.m.

## SWIMMING

Drop-in swimming at all of Coquitlam's facilities is included! Find up to date schedule information online.

### INDOOR POOLS

<b>City Centre Aquatic Complex</b>	<b>Poirier Sport &amp; Leisure Complex</b>
1210 Pinetree Way	633 Poirier Street
<a href="http://coquitlam.ca/ccac">coquitlam.ca/ccac</a>	<a href="http://coquitlam.ca/pslc">coquitlam.ca/pslc</a>

### OUTDOOR POOLS [coquitlam.ca/outdoorpools](http://coquitlam.ca/outdoorpools)

<b>Eagle Ridge Outdoor Pool</b>	<b>Spani Outdoor Pool</b>
2689 Guildford Way	655 Hillcrest Street (in Mundy Park)

\* One free adult admission is included for every 3 children under 7 with a Child & Youth Summer Pass.

## CHILD

### DROP-IN SPORTS (6 – 12 YEARS)

Join our leaders for an afternoon of sport's and all out wacky fun!

at Pinetree Community Centre

M – F Jul 4 – Sep 2 3:30 – 5:30 p.m.

at Summit Community Centre

M – F Jul 4 – Aug 26 1 – 3 p.m.

# park PLAY

1 – 6 yrs

Join us in Coquitlam's parks for games, sports, crafts, and storytelling!

All activities are weather dependent. This is a drop-in service and children are free to come and go as they wish. Leaders are not responsible for children once they leave the playground area. *Parent participation recommended.*

### MONDAYS • Jul 4 – Aug 22

9:30 – 11:30 a.m. at Cottonwood Park  
1 – 3 p.m. at Mundy Park Playground

### TUESDAYS • Jul 5 – Aug 23

12:30 – 2:30 p.m. at Panorama Park

### WEDNESDAY • Jul 6 – Aug 24

9:30 – 11:30 a.m. | 📖 11 a.m. – 12 p.m.  
at Galloway Park

1 – 3 p.m. | 📖 3 – 4 p.m.

at Town Centre Park Playground

### THURSDAY • Jul 23 – Sep 8

### Neighbourhood Nights!

See [coquitlam125.ca/neighbourhoodnights](http://coquitlam125.ca/neighbourhoodnights) for details.

### FRIDAYS • Jul 8 – Aug 26

12:30 – 2:30 p.m. at Cottonwood Park



Stories Galore & More! with the Tri-Cities Literacy Group (Jul 13 – Aug 17)