

Stay & Play Gym Time with SD43

Come be a Birchland Buddy and drop-in for a fun, active open gym experience while learning about Healthy Living. For parents with children aged 0-6.

Drop-in on Tuesdays

Jan. 20 - Mar. 3, 2026

No session on Feb. 10

9:30 AM - 11:00 AM

Birchland Elementary School

1331 Fraser Ave

Port Coquitlam

Enter through gym doors



For questions or more information,
please email family.nav@westcoastfamily.org
or visit westcoastfamily.org/events-calendar