



# 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

Apr. 21 - May 19, 2026

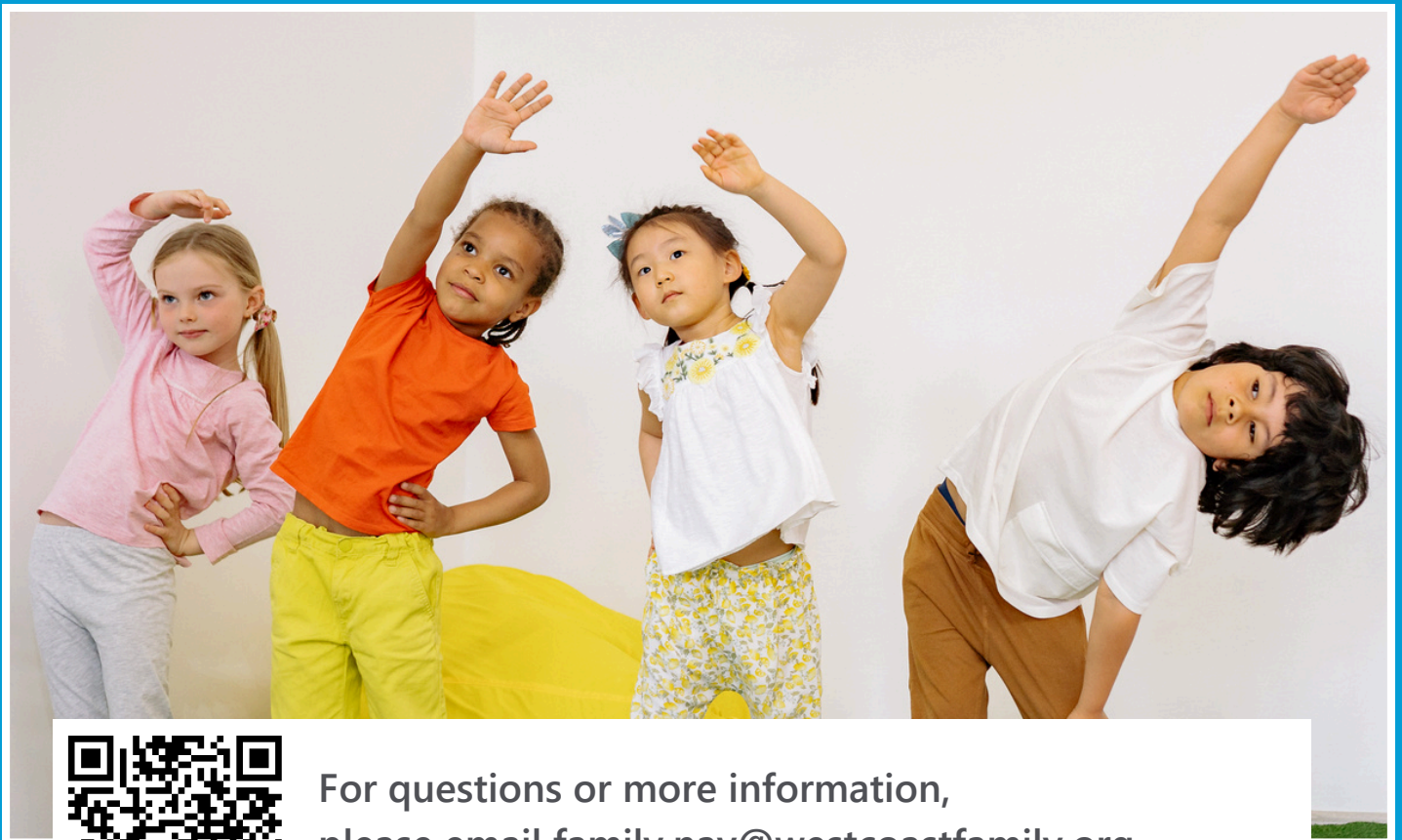
No session on May 12

9:30 AM - 11:00 AM

## Birchland Elementary School - Gym

1331 Fraser Ave

Port Coquitlam



For questions or more information,  
please email [family.nav@westcoastfamily.org](mailto:family.nav@westcoastfamily.org)  
or visit [westcoastfamily.org/events-calendar](http://westcoastfamily.org/events-calendar)