



SKILL BUILDER PROGRAM

Trico Centre is the place to reach, teach, and support young people with their mental health and overall physical, emotional, and intellectual development. **Our mission is to offer children and youth:**

- * the opportunity to be heard, build confidence, and feel a sense of belonging
- * exposure to an activity or area of interest
- * support strategies based on individual needs and abilities
- * extra time to develop skills that have been personally challenging
- * guidance to break tasks into smaller, more achievable steps

>> We offer inclusive programming, delivered by trained and qualified facilitators. If your child receives or is eligible for aide support (ie. FSCD), we ask caregivers to notify our Programs Director (jhoward@tricocentre.ca) and schedule aide support for all program dates.

SKILL BUILDER: EXECUTIVE FUNCTIONING

Does your child need help following directions, staying on task, keeping organized, and managing time? This program is aimed at helping strengthen skills through games, activities, and introduction of strategies. Executive Functioning skills can be taught, practiced, and strengthened over time.

6-9 YEARS OLD

7944	Sep 17-Oct 29 No class Oct 8	Sat	11:30-12:30pm	\$120.00	6 Classes
7945	Nov 5-Dec 17 No class Nov 12	Sat	11:30-12:30pm	\$120.00	6 Classes
8602	Jan 14-Mar 18 No class Feb 18	Sat	11:30-12:30pm	\$180.00	9 Classes

10-13 YEARS OLD

7946	Sep 17-Oct 29 No class Oct 8	Sat	12:45-1:45pm	\$120.00	6 Classes
7947	Nov 5-Dec 17 No class Nov 12	Sat	12:45-1:45pm	\$120.00	6 Classes
8601	Jan 14-Mar 18 No class Feb 18	Sat	12:45-1:45pm	\$180.00	9 Classes

SKILL BUILDER: LEADERSHIP (12 - 14 YRS)

Calling all leaders! Come to Trico on Friday nights and meet like-minded people! This fun and interactive group is a great way for you to make new connections, explore interests, practice foundational leadership skills, play co-operative games, and learn how to make a difference in the community.

7999	Sep 16-Oct 28	Fri	7:30-9:00pm	\$154.00	7 Classes
8002	Nov 4-Dec 16 No class Nov 11	Fri	7:30-9:00pm	\$132.00	6 Classes
8609	Jan 20-Mar 17 No class Feb 17	Fri	7:30-9:00pm	\$176.00	8 Classes

SKILL BUILDER: TRI-SPORT (9 - 11 YRS)

Build foundational sport skills in soccer, basketball, and badminton while developing self-confidence and a love of sport!

7991	Sep 12-Oct 31 No class Oct 10	Mon	6:15-7:15pm	\$140.00	7 Classes
7993	Nov 7-Dec 18	Mon	6:15-7:15pm	\$140.00	7 Classes
8622	Jan 16-Mar 20 No class Feb 20	Mon	6:15-7:15pm	\$180.00	9 Classes

SKILL BUILDER: CONNECT (9 - 11 YRS)

Come to Trico Friday nights and meet in our Connect Hub! A great opportunity to connect weekly, make new friends, explore interests, and play a variety of interactive / co-operative games.

7997	Sep 16-Oct 28	Fri	6:00-7:30pm	\$154.00	7 Classes
7998	Nov 4-Dec 16 No class Nov 11	Fri	6:00-7:30pm	\$132.00	6 Classes
8600	Jan 20-Mar 17 No class Feb 17	Fri	6:00-7:30pm	\$176.00	8 Classes

SKILL BUILDER: SELF-REGULATION

A safe welcoming space for children to learn about feelings, body clues, and ways to calm when having big feelings. Tools and strategies will be introduced as each child builds their personalized 'calm-down kit'.

6-9 YEARS OLD

7932	Sep 18-Oct 30 No class Oct 9	Sun	10:15-11:15am	\$120.00	6 Classes
7933	Nov 6-Dec 18 No class Nov 13	Sun	10:15-11:15am	\$120.00	6 Classes
8619	Jan 15-Mar 12 No class Feb 19	Sun	10:15-11:15am	\$160.00	8 Classes

10-13 YEARS OLD

7934	Sep 18-Oct 30 No class Oct 9	Sun	12:45-1:45pm	\$120.00	6 Classes
7935	Nov 6-Dec 18 No class Nov 13	Sun	12:45-1:45pm	\$120.00	6 Classes
8618	Jan 15-Mar 12 No class Feb 19	Sun	12:45-1:45pm	\$160.00	8 Classes

SKILL BUILDER: FINE MOTOR

This targeted program helps build confidence and independence! Giving children extra time to practice using small muscles in their hands, wrists, and fingers. Fine motor practice helps with buttoning, zipping, drawing, tying shoelaces, brushing, and flossing teeth. Children will play with fine motor manipulatives and practice hand strengthening exercises.

5 - 7 YEARS OLD

7940	Sep 17-Oct 29 No class Oct 8	Sat	9:00-10:00am	\$120.00	6 Classes
7941	Nov 5-Dec 17 No class Nov 12	Sat	9:00-10:00am	\$120.00	6 Classes
8922	Jan 14-Mar 18 No class Feb 18	Sat	9:00-10:00am	\$180.00	9 Classes

8 - 10 YEARS OLD

7942	Sep 17-Oct 29 No class Oct 8	Sat	10:15-11:15am	\$120.00	6 Classes
7943	Nov 5-Dec 17 No class Nov 12	Sat	10:15-11:15am	\$120.00	6 Classes
8603	Jan 14-Mar 18 No class Feb 18	Sat	10:15-11:15am	\$180.00	9 Classes

SKILL BUILDER: GROSS MOTOR (6 - 8 YRS)

Using a games approach, this program targets the large muscles including arms, legs, and torso. Games and activities will encourage children to practice whole body movement, balance, and coordination. Gross motor skill development is important for everyday physical activities like walking, running, climbing, throwing, and kicking.

7990	Sep 12-Oct 31 No class Oct 10	Mon	5:15-6:15pm	\$140.00	7 Classes
7992	Nov 7-Dec 19	Mon	5:15-6:15pm	\$140.00	7 Classes
8604	Jan 16-Mar 20 No class Feb 20	Mon	5:15-6:15pm	\$180.00	9 Classes

SKILL BUILDER: SOCIAL SKILLS

Engaging lessons that support children around building and maintaining friendships. Through activities and role playing, children will explore feelings, coping skills, what it means to be a friend, how to join play, communication skills, and problem solving strategies.

6-9 YEARS OLD

7877	Sep 18-Oct 30 No class Oct 9	Sun	9:00-10:00am	\$120.00	6 Classes
7917	Nov 6-Dec 18 No class Nov 13	Sun	9:00-10:00am	\$120.00	6 Classes
8621	Jan 15-Mar 12 No class Feb 19	Sun	9:00-10:00am	\$160.00	8 Classes

10-13 YEARS OLD

7930	Sep 18-Oct 30 No class Oct 9	Sun	11:30-12:30pm	\$120.00	6 Classes
7931	Nov 6-Dec 18 No class Nov 13	Sun	11:30-12:30pm	\$120.00	6 Classes
8620	Jan 15-Mar 12 No class Feb 19	Sun	11:30-12:30pm	\$160.00	8 Classes

SKILL BUILDER: NON-COMPETITIVE SPORTS

Our recreational sports program supports children physically, mentally, emotionally, and socially. Providing children with the opportunity to be part of a group, learn fundamental movement skills, exercise, build confidence, and have fun!

BASKETBALL: 6-8 YEARS OLD

8192	Sep 15-Oct 27	Thu	4:15-5:15pm	\$140.00	7 Classes
8195	Nov 3-Dec 15	Thu	4:15-5:15pm	\$140.00	7 Classes

BASKETBALL: 9-11 YEARS OLD

8193	Sep 15-Oct 27	Thu	5:15-6:15pm	\$140.00	7 Classes
8196	Nov 3-Dec 15	Thu	5:15-6:15pm	\$140.00	7 Classes

BASKETBALL: 12-14 YEARS OLD

8194	Sep 15-Oct 27	Thu	6:15-7:15pm	\$140.00	7 Classes
8197	Nov 3-Dec 15	Thu	6:15-7:15pm	\$140.00	7 Classes

SOCCER: 6-8 YEARS OLD

8004	Sep 17-Oct 29 No class Oct 8	Sat	9:00-10:00am	\$120.00	6 Classes
8005	Nov 5-Dec 17 No class Nov 12	Sat	9:00-10:00am	\$120.00	6 Classes
8616	Jan 14-Mar 18 No class Feb 18	Sat	9:00-10:00am	\$180.00	9 Classes

SOCCER: 9-11 YEARS OLD

8006	Sep 17-Oct 29 No class Oct 8	Sat	10:15-11:15am	\$120.00	6 Classes
8007	Nov 5-Dec 17 No class Nov 12	Sat	10:15-11:15am	\$120.00	6 Classes
8617	Jan 14-Mar 18 No class Feb 18	Sat	10:15-11:15am	\$180.00	9 Classes

SOCCER: 12-14 YEARS OLD

8198	Sep 17-Oct 29 No class Oct 8	Sat	11:30-12:30pm	\$120.00	6 Classes
8199	Nov 5-Dec 17 No class Nov 12	Sat	11:30-12:30pm	\$120.00	6 Classes
8615	Jan 14-Mar 18 No class Feb 18	Sat	11:30-12:30pm	\$180.00	9 Classes

BADMINTON: 9-11 YEARS OLD

8008	Sep 16-Oct 28	Fri	5:15-6:15pm	\$140.00	7 Classes
8190	Nov 4-Dec 16 No class Nov 11	Fri	5:15-6:15pm	\$120.00	6 Classes
8611	Jan 20-Mar 17 No class Feb 17	Fri	5:15pm-6:15pm	\$160.00	8 Classes

BADMINTON: 12-14 YEARS OLD

8189	Sep 16-Oct 28	Fri	6:15-7:15pm	\$140.00	7 Classes
8191	Nov 4-Dec 16 No class Nov 11	Fri	6:15-7:15pm	\$120.00	6 Classes
8610	Jan 20-Mar 17 No class Feb 17	Fri	6:15-7:15pm	\$160.00	8 Classes

VOLLEYBALL: 6-8 YEARS OLD

8613	Jan 19-Mar 16 No class Feb 16	Thu	4:15-5:15pm	\$160.00	8 Classes
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VOLLEYBALL: 9-11 YEARS OLD

8614	Jan 19-Mar 16 No class Feb 16	Thu	5:15-6:15pm	\$160.00	8 Classes
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VOLLEYBALL: 12-14 YEARS OLD

8612	Jan 19-Mar 16 No class Feb 16	Thu	6:15-7:15pm	\$160.00	8 Classes
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