



A NON-PROFIT COMMUNITY HUB FOR ACTIVE KIDS,
HEALTHY FAMILIES, AND VIBRANT SENIORS.



PROGRAM GUIDE

FALL 2023 | WINTER 2024

FALL REGISTRATION

July 25 & 26 (members)
July 27 & ongoing (public)

WINTER REGISTRATION

November 7 & 8 (members)
November 9 & ongoing (public)

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Trico Centre for Family Wellness is a community-owned, not-for-profit charitable facility that works in partnership with over 30 south Calgary communities. Our multi-sport facility includes a fitness centre, two NHL-sized rinks, an aquatics centre, a gymnasium, before and after child care, and ten multi-purpose rooms.

Our facility is also the home of several health and wellness-related businesses. By offering services that enrich physical, emotional, and intellectual wellness, these tenants add significant value to the community and family-wellness mission of Trico Centre.

HOURS OF OPERATION

Monday - Friday	6:00am - 10:00pm
Saturday & Sunday	7:00am - 8:00pm
Holidays	Visit our website.

STAY CONNECTED



@TRICOCENTRE

We would love to hear about your Trico Centre experiences. Search "Trico Centre" on Google to leave us a review!

CONTACT

11150 Bonaventure Drive SE, Calgary, Alberta T2J 6R9

EMAIL: guestservices@tricocentre.ca

PHONE: (403) 278-7542 WWW.TRICOCENTRE.CA



DAILY & ARENA ADMISSIONS

Includes access to the Fitness Centre, Drop-In Group Fitness Classes, the Aquatics Centre (wave pool, steam room, hot tub), and Drop-In Gym activities.

For facility schedules visit www.tricocentre.ca or Guest Services.

DAILY ADMISSION GST INCLUDED

CATEGORIES	DAILY	10X PASS
Infant (under 2 years old)	FREE	FREE
Preschooler (2 - 6 years old)	\$3.50	\$31.50
Child (7 - 11 years old)	\$6.25	\$56.25
Teen (12 - 17 years old)	\$9.25	\$83.25
Adult (18 - 59 years old)	\$16.00	\$144.00
60 Plus (60+ years old)	\$9.00	\$81.00
Family: Two Adults 2 adults, children under 18 included	\$32.00	\$288.00
Family: One Adult 1 adult, children under 18 included	\$23.75	\$213.75
Adult (18 - 59 years old) one month, unlimited, non-refundable	\$112 / one month	

ARENA ADMISSION GST INCLUDED

CATEGORIES	DAILY	10X PASS
Infant (under 2 years old)	FREE	FREE
Preschooler (2 - 6 years old)	\$1.75	N/A
Child/Teen (7 - 17 years old)	\$3.50	\$31.50
Adult (18 - 59 years old)	\$6.25	\$56.25
60 Plus (60+ years old)	\$4.25	\$38.25
Family (1-2 adults, children under 18 included)	\$14.75	\$132.75
Shinny/Stick & Puck - Adult (16+ years old) Figure Skating - Adult (16+ years old)	\$9.00	\$81.00
Shinny/Stick & Puck - Youth (6-15 years old) Figure Skating - Youth (6-15 years old)	\$6.25	\$56.25
Stick & Puck - Preschool	\$3.00	N/A

SPECIAL PRICING GST INCLUDED

CATEGORIES	DAILY	DETAILS
Last Hour Swim	\$5.00	Enjoy a swim one hour prior to closing for \$5.00/person
Parent & Tot Swim (1 adult, up to 2 preschoolers)	\$10.00	Special weekday swim times without waves
Family Swim (2 adults, children under 18 included)	\$15.00	Sunday night swim times for the family
Gym Tot Time (1 adult, up to 2 preschoolers)	\$5.00	Fee per child, caregiver is free



The Access 2 card is for people of all ages and types of permanent disabilities who require the assistance of a support person at hundreds of participating entertainment, cultural and recreational venues across Canada, including Trico Centre. A support person is an adult who accompanies a person with a permanent disability to assist with services that are not ordinarily provided by the employees at the venue, such as assistance with eating, administering medication, communication, and use of the facilities.

To use at Trico Centre:

1. The Access 2 cardholder (the individual with the disability) presents the Access 2 card at Guest Services.
2. The Access 2 cardholder pays regular admission or Wellness Access (if applicable) admission.
Visit page 7 for more information on Wellness Access fees.
3. The Access 2 cardholder receives 1 free admission for their support person.

BECOME A MEMBER TODAY!

At Trico Centre your membership means more than just joining a gym or recreation centre. You become an important, valued member of our community, and you and your family will be welcomed with courtesy and respect during every visit. If you use Trico Centre just twice a week, a monthly membership is the best ways to invest in your health!

CONTINUOUS MEMBERSHIP OPTIONS

Child (Newborn - 11 years old)*	\$19.50
Teen (12 - 17 years old)	\$32.00
Full-time Student (18 - 24 years old)	\$54.00
Adult (18 - 59 years old)	\$73.25
Adult Couple (18 - 59 years old)	\$118.00
60 Plus (60+ years old)	\$53.75
60 Plus Couple (60+ years old)	\$83.25
Family: Two Adults (2 adults, children under 18 included)	\$126.00
Family: One Adult (1 adult, children under 18 included)	\$80.25

*Discounts on registered programs do not apply when using a child membership.

MEMBERSHIP BENEFITS

Trico Centre memberships can help you get fit and healthy - but there's more! Members also receive discounts on most registered programs and personal training, discounts on prime-time facility rentals, two-day priority program registration, daily admission discounted rates for friends, and more!



20% discount on registered programs, and personal training (some exclusions apply)



Access to two NHL-sized rinks for leisure skating, shinny, stick & puck, and lessons



10% off prime time arena and gymnasium rentals for members (some conditions apply)



Up to 75 group fitness classes every week



2-day priority program registration, including Skill Builders Program and Swimming Lessons!



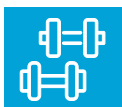
Access to Aquatics Centre with wave pool, hot tub, and steam rooms



Bring-a-Friend! 25% discount off their admission fee, 50% off on Thursdays



Drop-in playtime for kids, and drop-in gym activities for youth, family, and adults



Access to the 13,500 square ft Fitness Centre



Free pass to bring a friend during your birthday month

MEMBER DISCOUNTS

At Trico Centre, we believe that community is an important key to our success. Working with businesses within our community allows us to build partnerships that gives greater value to your Trico Centre membership, courtesy of the great deals and discounts those businesses offer to you.

AXE GAMES - 10% off booking!

www.axegames.ca

CALGARY PHILHARMONIC - 15% off online ticket orders!

www.calgaryphil.com

COLLAB - 20% off your purchase!

Southcentre Mall location only

www.collabyyc.com

CRAFT BEER MARKET - 10% off regular priced items!

Southcentre Mall location only

www.craftbeermarket.ca

DANA DOW JEWELLERS - 10% off goods & services!

Southcentre Mall location only

www.danadowjewellers.ca

DIVA SALON SPA - 10% off all services & products!

Southcentre Mall location only

www.divasalonspa.com

JUBILATIONS DINNER THEATRE - Receive corporate pricing!

www.jubilations.ca

JUGO JUICE - Free Xtra Benefits in your smoothie (Max-Plus, ground flex, hemp heart, chia, kale, spinach, ginger, spirulina)!

Trico Centre location only

www.jugojuice.com

LUNCHBOX THEATRE - 15% off theatre tickets!

www.lunchboxtheatre.com

MACLEODS PUBLIC HOUSE - 10% off your regular priced dine-in order!

www.macleodspubhouse.com

MICHELLE MURPHY INTERIOR DESIGN - 10% off design and staging consultations!

www.michellemurphydesign.com

MILESTONES - Free Spinach & Artichoke dip with a purchase of an entrée! Southcentre location only

www.milestonesrestaurants.com

MOTIVE ART ACADEMY - 10% off all regularly priced items and classes! Southcentre location only

www.motiveartacademy.com

NEW YORK FRIES - 20% off your purchase from any Calgary New York Fries location!

www.newyorkfries.com

NUTRITION HOUSE - 20% off your first purchase (10% discount after)! Southcentre Mall location only

www.calgary.nutritionhouse.com

OAK + TONIC - 10% off your in-store or online purchase!

www.oakandtonic.ca

ODYSSEY AUTO REPAIR & TIRE - 10% off labour costs of any automotive repair or service!

www.odysseyauto.ca

PANTHER SPORTS MEDICINE - \$15 off a 60 minute sport massage! Trico Centre location only

www.panthersportsmedicine.ca

PEANUTS PUBLIC HOUSE - Receive 15% off all regular priced dine-in food menu items!

www.peanutspubhouse.com

PINK DOOR PIZZA - 20% off your order!

www.pinkdoorpizza.com

REGAL BEAGLE PUB - 10% off your regular priced dine-in order!

www.regalbeaglepub.ca

STAGE WEST CALGARY - 15% off evening performances!

www.stagewestcalgary.com

THE LOCKED ROOM - 10% off booking!

www.thelockedroom.ca

TOPS PIZZA - 15% off all pick-up orders and 10% off delivery!

www.topspizzasouth.com

TRIII HARDGEAR - 15% off all team apparel orders!

www.triiihardgear.ca

TWO RIVERS DISTILLERY - 15% off food and drink orders! Does not include bottle purchases.

www.tworiversdistillery.com

VERTIGO THEATRE - Enjoy 15% off tickets! Valid for Tues-Thurs evening performances and Sat-Sun matinees.

www.vertigotheatre.com

VIN GOGH PAINT & SIP - 10% off booking!

www.vingogh.ca

VIVID EYE CARE - 15% off glasses & sunglasses!


www.vivideyecare.ca

VRCORE - 10% off booking! Southcentre Mall location only

www.vrkade.com

WEBSTER GALLERIES & AVENIDA FRAMING - 10% off framing orders!

www.webstergalleries.com

 If you would like to join our partner program, or learn more about the benefits of being a partner, please email marketing@tricocentre.ca

CORPORATE MEMBERSHIPS

If you are a business that employs three or more people, your company is eligible to receive our corporate rate (**20% off**) on adult, senior, teen, and child memberships! This is an excellent way to give your employees an additional “work perk.” By promoting employee health and wellness within your business, you are creating a better workspace. This can help contribute to increased productivity and morale, while potentially reducing turnover and absenteeism - all at zero cost to the company! **Contact marketing@tricocentre.ca to register your company!**

FLEXIBLE MEMBERSHIPS

Trico Centre wants its membership options to suit your life - and life can change.

Cancellation: After three full monthly payments, there are no penalties or fees to cancel. If you received a member discount on program registration but the program has yet to begin - the discount applied will be owing on your account.

Stop/Restart: After three full monthly payments, if you are traveling or are going to be away for an extended time, we have a stop and restart option (maximum of six months) without penalties or fees.

Medical Pause: If you are unable to attend Trico Centre for medical reasons, you can pause your membership without penalties or fees.

Change of membership type: If you would like to change the type of pass you have - for example, from a couple to a family membership or from a single adult to a couple - just let us know! You can do as many “upgrades” as you want in a year, but you can only “downgrade” once a year. All are subject to the three month commitment. Please visit www.tricocentre.ca/memberships for a list of all terms and conditions.

stage west
THEATRE RESTAURANTS
play with your dinner!

2023/24 SEASON

GRAND REUNION OF
LOUPECHE

STEP BY STEP
EVOLUTION OF THE GREATEST
BOY BANDS

CHAPTER TWO
BY NEIL SIMON

Beautiful
The Carole King Musical

A CLOSER WALK
WITH
Patsy Cline
BY DEAN REDAN

BOX OFFICE 403-243-6642
www.stagewestcalgary.com

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Wednesdays, 2 p.m.

As seen on MupoEntertainment
As Heard on QR Radio

DONT GET HACKED

MUPO ENTERTAINMENT

QR CALGARY
1079M 770AM
MORNINGS
With Sue & Andy

TRICO CARES

Trico Centre is dedicated to cultivating a culture of well-being, where patrons are inspired to pursue healthy lifestyles through affordable, innovative programs and service excellence.



FEE ASSISTANCE

Recreation is essential to daily life, and at Trico Centre, we want everyone to have the opportunity to utilize our wonderful facility.

Trico Centre's Wellness Access program offers 60% off memberships and admission fees to anyone who presents a City of Calgary Fee Assistance Card.

COMMUNITY OUTREACH INITIATIVES

Trico Centre is committed to community building through partnering with other non-profit organizations who help Calgarians in need. Some of our ongoing partnerships include:

- Calgary Food Bank
- Calgary Meals on Wheels
- CIBC Run for the Cure
- Canadian Diabetes Association
- Disabled Volunteers Employment Program
- Inn from the Cold
- Jacket Racket
- Seniors Secret Service

WELLNESS ACCESS MEMBERSHIP

WITH VALID CITY OF CALGARY FEE ASSISTANCE CARD. GST INCLUDED.

TYPE	MONTHLY	10X PASS	DAILY
Infant (under 2 years old)	\$7.80	N/A	FREE
Preschooler (2- 6 years old)	\$7.80	\$12.60	\$1.40
Child (7 - 11 years old)	\$7.80	\$22.50	\$2.50
Teen (12 - 17 years old)	\$12.80	\$33.30	\$3.70
Full-time Student (18-24 years old) <small>*Student ID and timetable required</small>	\$21.60	N/A	N/A
Adult (18 - 59 years old)	\$29.30	\$57.60	\$6.40
Adult Couple (18 - 59 years old)	\$47.20	N/A	N/A
Family: Two Adults <small>2 Adults, children under 18 included</small>	\$50.40	\$115.20	\$12.80
Family: One Adult <small>1 Adult, children under 18 included</small>	\$32.10	\$85.50	\$9.50
60 Plus (60+ years old)	\$21.50	\$32.40	\$3.60
60 Plus Couple (60+ years old)	\$33.30	N/A	N/A

PROUD PARTNERSHIPS

We are proud to partner with **KidSport Calgary**, **Canadian Tire Jumpstart**, and **Kids Up Front** for assistance with registered children's programming fees and passes so kids can play! Visit www.tricocentre.ca or contact Guest Services for more information.



KidSport

Visit www.kidsportcanada.ca for more information and to apply online for funding. Registration in a Trico Centre activity is required prior to funding.



Canadian Tire Jumpstart

Visit www.jumpstart.canadiantire.ca for more information. Apply online for funding, along with registering in a Trico Centre program (refund will be applied after funding is received).



Kids Up Front

Visit www.kidsupfrontcalgary.com for more information.



DID YOU KNOW THAT TRICO CENTRE IS A NON-PROFIT REGISTERED CHARITY?



WHAT DOES THAT MEAN?

Trico Centre is an organization that operates exclusively for the benefit to the community rather than creation of profit. We rely on funding from grants, sponsorships, and donations to provide exceptional services to our customers.

HOW CAN YOU SUPPORT US?

There are several ways that you or your company can support our charity and the community we serve. Every dollar has a purpose: whether it is used to buy new toys for our SwimAbilities program, or new dumbbells in the fitness centre, or a new Olympia ice resurfacers for the arenas, it will be appreciated and cherished by Trico Centre members and visitors. You can make a difference with a donation, sponsorship, or simply by becoming a member.



To learn more, visit our website at WWW.TRICOCENTRE.CA/DONATE



PANTHER

Sports Medicine & Rehabilitation Centres

www.panthersportsmedicine.com



Panther Sports Medicine offers you a comprehensive package of core services and specialty services to ensure all aspects of your rehabilitation are addressed.

- **Physiotherapy**
- **Acupuncture/IMS Therapy**
- **Massage Therapy**
- **Vestibular Therapy**
- **Sports Therapy**
- **Knee & Shoulder Clinic**



www.facebook.com/panthersportsmedicine/



[@pantherphysio](https://twitter.com/pantherphysio)

Take the Leap to Good Health

Country Hills

11950 Country Village Link NE **403.226.5733**

Cranston Market

2002, 356 Cranston Road SE **403.455.1888**

Deer Valley

St 102, 83 Deerpoint Rd. SE **403.475-1755**

Marlborough Mall

425 Marlborough Way NE **403.272.4202**

McKenzie Towne

75 High Street SE **403.257.6238**

Oakridge

10003 - 24 Street SW **403.258.2659**

Seton YMCA

4995 Market Street SE **403.764.6337**

South Fish Creek Rec Complex

333 Shawville Blvd SE **403.225.0210**

Trico Centre

11150 Bonaventure Drive SE **403.278.5311**

Walden

130, 19606 Walden Blvd **587.356.4327**

FACILITY RENTALS



ARENAS

Trico Centre has two NHL-sized rinks. Each rental includes two team dressing rooms with showers and washrooms, LED score clock, sound system, referee room, radiant heaters (in winter), spacious player benches, and spectator seating for up to 350 people.

NON-PRIME TIME	PRIME TIME
\$132.61/hour	\$286.60/hour

GYMNASIUM

Trico Centre's gymnasium is ready for your team or event! Book the full 7,185 square ft space or just half of it. We can set it up for volleyball, badminton, floor hockey, pickleball, or basketball. We provide the supplies - you just bring the players!

NON-PRIME TIME	PRIME TIME
FULL \$69/hour HALF \$51.50/hour	FULL \$107/hour HALF \$71/hour



MULTI-PURPOSE ROOMS

Trico Centre has ten different multi-purpose rooms. The rooms range in size from 383-1,200 square ft. Perfect for corporate meetings, birthday parties, team building activities, even dancing; the options are endless. Prices range from \$52-\$83/hour.

FITNESS STUDIOS

Trico Centre has two mirrored, wood sprung hardwood floor studios. Sizes range from 635-2,000 square ft, and prices range from \$50-\$83/hour. Some restrictions apply.



Rental bookings can be made online!

Visit WWW.TRICOCENTRE.CA/RENTALS and complete the CatchCorner booking form.



Trico Centre members receive 10% off prime time arena and gymnasium rentals!

Please complete the Booking Inquiry form and a team member will contact you to apply the discount.

Spot (one-off) bookings only, cannot book more than 30 days in advance. Member discount bookings cannot be booked online.

For additional information, please contact bookings@tricocentre.ca.

BIRTHDAY PARTIES

SPLASH & BASH

Catch the waves and celebrate!
Birthday parties include a 60-90 minute swim followed by usage of a dedicated party room. Parents bring the food, decorations and party activities, and we will provide tables and chairs!

SKATE & CELEBRATE

Call up your party people, go for a skate, then celebrate!
Birthday parties include admission to a designated public leisure skate time for 20 people, followed by usage of a dedicated party room!

FAMILY NERF PARTY

Ready? Aim. Party!
Birthday parties include admission to a designated public family nerf war drop-in time for 20 people, followed by usage of a dedicated party room!

View details and times online at www.tricoentre.ca/birthday-parties



Be *you* again with inspired senior living

LIVE WITH PURPOSE

The tranquil community of Lake Bonavista Village is beautifully situated in a natural oasis. We offer a vibrant lifestyle right at your fingertips: From specially designed senior's programming, fitness amenities, and on-site clubs to keep the mind-body connection strong for a healthy spirit, to a culinary team that is at your service. Our highly skilled registered health care professionals are there when you need them, as are 24/7 care aides. Because living well means living safely, and with purpose!



INSPIRED SENIOR LIVING WITH 

Learn more about the "Verve Difference" at Lake Bonavista: verseniorliving.com



11800 Lake Fraser Drive, South East, Calgary, AB T2J 7G8 | (403) 258-1849

PROGRAM REGISTRATION

Fall Registration: Opens at 6:00am on July 25th for members, and 6:00am on July 27th for non-members.

Winter Registration: Opens at 6:00am on November 7th for members, and 6:00am on November 9th for non-members.

Program registration can be made online at WWW.TRICOCENTRE.CA/REGISTER, in-person, or by calling Guest Services at (403) 278-7542.

Online access: if you've registered for a program, or have been a member over the last two years, just "Sign In" and select "Forgot your password." Follow the reset instructions sent to your inbox. **New to Trico Centre?** Select "Join" to create an account.

REGISTRATION POLICIES

PAYMENT

Full payment must accompany registration.

IN PERSON: Cash, debit, cheque*, Mastercard, Visa, or AMEX

ONLINE/PHONE: Mastercard, Visa, or AMEX

MEMBER REGISTRATION DISCOUNT

Members receive **20% off most program registrations!** If we do not discount a program you'll find "*ND" beside the program fee. Memberships must be in good standing and active when program(s) begins or the 20% discount applied at registration will be marked as owing on your account.

PROGRAM CANCELLATION POLICY

Trico Centre programs may be combined and/or cancelled if registration does not meet minimum participant requirements up to four days prior to the start date. Every effort will be made to transfer affected registrants to a suitable alternate program. If a class is cancelled, a credit will be applied to your Trico Centre account**, or a refund will be processed on request.

MISSED CLASSES

If a participant is unable to attend a class, no make-up class(es), or credit, will be offered. In the event that Trico Centre has to cancel a single class, a credit will be applied to your Trico Centre account**.

PROGRAM WITHDRAWAL

Withdrawals can be processed **6 days or more prior** to the program start date.

The balance will be applied to your Trico Centre account as credit**; refunds may be available upon request.

Please note: a \$30.00 withdrawal fee will be deducted from any credit or refund per enrolled class and/or individual.

Medical withdrawal: Upon providing a doctor's note, a credit will be applied to your Trico Centre account.

PROGRAM TRANSFER

Requests to transfer, a least six days before program start date to another program will be subject to availability (no fees apply). Transfers resulting in a higher fee must be paid at time of transfer. If a transfer results in a lower fee, a credit will be applied to your Trico Centre account**.

*\$30 +GST service fee will be charged on NSF payments. In case of fee discrepancy, online fees are most up-to-date.

**Credits in your Trico Centre account may be used toward any service at Trico Centre, and expire one year after issue date.



Buying or Selling?

Your local Realtor/Designer Team can help!
Check out our **New Right-size for Retirement** events in the Trico Seniors Lounge.

cheryldonnelly.alberta.cirrealty.ca



Cheryl Donnelly - Realtor
Sydney Donnelly - Interior Designer
(403) 616-2242
cdonnelly@cirrealty.ca





FITNESS CENTRE

Our Fitness Centre features cardio and functional equipment, powerlifting racks and platforms, a large free weight area, a three-lane running track, and separate change rooms.

Not sure where to start? Sign up for personal training sessions!

Have questions? We always have knowledgeable fitness monitors who love to help!

FITNESS CENTRE POLICIES

1 RESPECT OTHERS

- Clean equipment before and after use.
- Share equipment.
- Let others “work in between” sets.
- Return equipment to its original location.
- Help others if they need assistance.
- No perfume or cologne.
- Water only, no food or other drinks permitted.

2 RESPECT SPACES

- Follow Olympic platform rules.
- Don't drop free weights.
- Wear proper workout clothing (no jeans).

3 PROTECT YOURSELF

- Clean, closed toed shoes required.
- Bring your own towel.
- Ask a fitness monitor for assistance if required (spotting, advice, exercises).

4 YOUTH SAFETY

- Children under 9 years old are not permitted in the Fitness Centre.
- Youth 9 - 14 years old must complete a Youth Orientation prior to using the Fitness Centre.

YOUTH ORIENTATIONS

Youth Orientations teach pre-teens and teens about the correct etiquette, forms, postures, exercises, and loads to safely and effectively use the Fitness Centre.

YOUTH ORIENTATION 1 (YO¹)

Youth ages 9-11 years old will have access to the Fitness Centre within arm's reach of a parent upon the completion of Youth Orientation 1. Participants learn how to use size-appropriate cardio equipment and perform some strength exercises primarily focused on body weight movements. One parent is required to take the YO¹ with the youth.

YOUTH ORIENTATION 2 (YO²)

Youth ages 12-14 years old will have access to the Fitness Centre upon the completion of Youth Orientation 2. All cardio equipment becomes available, and a basic workout program is introduced focusing on primary movement patterns and foundational strength. Machine weights, light free weights and functional equipment are covered.



NEW - Book your spot in a youth orientation online at www.tricocentre.ca/orientations



PERSONAL TRAINING

This September, we are giving our personal training program a brand-new feel:

- Our new Personal Training will be based on your needs.
- Our new Personal Training will be adaptable.
- Our new Personal Training will be more accessible.
- Our new Personal Training will be PERSONAL!

We are moving to a pay-as-you-go model for Personal Training. After your minimum 3 session commitment, YOU decide how you want to move forward with program. Our main focus is on our clients and their needs, their goals, and their results.

You're the HERO, we're the MENTOR, and the journey starts at TRICO CENTRE!



TRICO CENTRE MEMBERS!

Get 20% off personal training services!

ADAPTED FITNESS SERIES

Introducing our new fitness series, aiming at increasing physical activity levels for those with additional physical, mental, or emotional needs.

ADAPTED STRENGTH

Using the TRX and other implements, safe and supported strength and fitness training is designed for increasing muscle tone and improving balance and function. Get stronger, get more active and get social! Aides are encouraged to assist where and when needed.

11192	Sep 13-Nov 1	W	12:00-12:45pm	\$104.00	8 Classes
11197	Nov 8-Dec 20	W	12:00-12:45pm	\$91.00	7 Classes
11643	Jan 10-Feb 28	W	12:00-12:45pm	\$104.00	8 Classes
11644	Mar 6-Apr 24	W	12:00-12:45pm	\$104.00	8 Classes

ADAPTED ZUMBA

The Adapted Zumba program is aimed at increasing physical activity levels and motor coordination. This class provides a fun and positive atmosphere while focusing on fine motor skills, following directions, and building confidence.

11195	Sep 12-Oct 31	Tu	12:00-12:45pm	\$104.00	8 Classes
11198	Nov 7-Dec 19	Tu	12:00-12:45pm	\$91.00	7 Classes
11647	Jan 9-Feb 27	Tu	12:00-12:45pm	\$104.00	8 Classes
11648	Mar 5-Apr 23	Tu	12:00-12:45pm	\$104.00	8 Classes

ADAPTED YOGA

This specialized class teaches adaptive yoga/stretching. All abilities and ages welcome! Modifications and alternatives are given so that everyone feels success and comfort. Breathing and relaxation provide soothing to delicate nervous systems. Yoga poses and adapted stretching provide grounding, strength and balance improvements. Participants leave with the tools they need to deal with sensory stimulation and changes helping them to be successful in school, work, relationships and life.

11194	Sep 11-Oct 30	M	12:00-1:00pm	\$91.00	7 Classes
11196	Nov 6-Dec 18	M	12:00-1:00pm	\$91.00	7 Classes
11645	Jan 8-Feb 26	M	12:00-1:00pm	\$91.00	7 Classes
11646	Mar 4-Apr 22	M	12:00-1:00pm	\$104.00	8 Classes

Aides are welcome and free of charge.

FITNESS CLASSES

WOMEN ON WEIGHTS (WOW)

These small group sessions create a comfortable environment for women to learn how to lift effectively. Dive into the do's and don'ts of the gym, and de-bunk many fitness, health and wellness myths. Build your foundations of breath, posture and connection; then build muscle/definition, strength, and power. Machine, free weights, cardio, and core are all covered.

11236	Oct 3-Oct 26	Tu/Th	6:00-7:15pm	\$130.00	8 Classes
11237	Nov 7-Nov 30	Tu/Th	6:00-7:15pm	\$130.00	8 Classes
11766	Jan 9-Feb 1	Tu/Th	6:00-7:15pm	\$130.00	8 Classes
11767	Feb 6-Feb 29	Tu/Th	6:00-7:15pm	\$130.00	8 Classes

SNOW SPORT

Whether you ski or board, get ready to hit the slopes with Winter Sport Conditioning. Building your core stability, leg strength and rotational power now will get your season started right and prepare you for those first 'pow' days.

11553	Nov 5-Dec 17	Su	8:00-8:50am	\$91.00	7 Classes
11764	Jan 7-Feb 25	Su	8:00-8:50am	\$91.00	7 Classes

TAP DANCE FOR BEGINNERS

Lace up those tap shoes and come dance with us! This beginner adult tap class introduces fundamental steps, rhythms, and combinations for those who are interested in the art of tap dancing. This class is a wonderful way to get moving, connect with the community, and learn a new skill in an easy-going and welcoming environment!

11532	Sept 11-Oct 30	M	8:00-9:00pm	\$91.00	7 Classes
11535	Nov 6-Dec 18	M	8:00-9:00pm	\$91.00	7 Classes

RUN CLUB

RUN CLUB: WATER RUNNING

Looking to return to, or increase, your training without the extra impact and pounding? Want to enjoy an off-season without losing the endurance and stamina? Join us in the water for some Deep Water Running. Aerobic energy systems, running postures, strength & mobility will be addressed in a new medium.

11878	Jan 7-Feb 25	Su	8:00-9:00am	\$91.00	7 Classes
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AQUA FOR ARTHRITIS

This innovative deep water program uses the warm water to help anyone with joint afflictions: osteoarthritis, rheumatoid arthritis, bursitis, late-stage hip/knee replacement recovery, etc. This is a gentle water workout designed with movements recommended by the **Arthritis Foundation Aquatic Program**. 45 minutes of deep-water exercises are much the same as a regular class but performed more slowly and with a focus on joint health and range of motion and flexibility. 15 minutes for the final stretch and fine motor patterns in the hot tub makes for the perfect finish!

11234	Sep 15-Nov 3	F	10:15-11:15am	\$104.00	8 Classes
11235	Nov 10-Dec 22	F	10:15-11:15am	\$91.00	7 Classes
11649	Jan 12-Feb 23	F	10:15-11:15am	\$91.00	7 Classes
11650	Mar 8-Apr 26	F	10:15-11:15am	\$91.00	7 Classes

BOOTCAMP & BEERS!

Biceps+Beer+Burpees+Brew+Buddies= Bootcamp & Beers! Looking to get back into your gym routine? Or maybe you're looking to try something new. Join us Tuesday Nights for a Trainer-led Strength & Cardio fitness class - followed by a 'sociable' at one of our partner pubs! It's the perfect chance to get your fitness journey back on track and at the same time, meet new friends - or catch up with old friends!

11249	Sep 12-Oct 31	Tu	7:00-7:50pm	\$104.00	8 Classes
11251	Nov 7-Dec 19	Tu	7:00-7:50pm	\$91.00	7 Classes
11665	Jan 9-Feb 27	Tu	7:00-7:50pm	\$104.00	8 Classes



TRICO CENTRE MEMBERS!

Get **20% off** most registered programs!

RUN CLUB: STRENGTH & ROLL

After a week's worth of running, take the time to do the drills and exercises you should but never do on your own. Includes rehab/pre-hab, power, stretching and rolling.

11879	Jan 11-Feb 29	Th	7:00-8:00pm	\$104.00	8 Classes
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No registered fitness classes: October 7-9, November 11, February 17-19, March 29-31

BUILDING BETTER

Building Better is a series of specialized programs designed to increase function and performance.

BETTER BALANCE PROGRAM

Formerly known as “Balance Builders”, this program is based off the AHS Move & Mingle. This program is designed to help you prevent falls, improve balance, stay strong and maintain independence. The exercises focus on core stability, balance and gait, muscle strengthening, and joint range of motion. This program is for adults 65 years of age and over. Please call 403-225-5561 to register.

11291	Sept 5-Nov 2	Tu/Th	1:00-1:50pm	\$121.50*ND	18 Classes
11295	Sept 5-Nov 2	Tu/Th	2:00-2:50pm	\$121.50*ND	18 Classes
11762	Nov 7-Dec 21	Tu/Th	1:00-1:50pm	\$94.50*ND	14 Classes
11763	Nov 7-Dec 21	Tu/Th	2:00-2:50pm	\$94.50*ND	14 Classes
11752	Jan 2-Feb 29	Tu/Th	1:00-1:50pm	\$121.50*ND	18 Classes
11753	Jan 2-Feb 29	Tu/Th	2:00-2:50pm	\$121.50*ND	18 Classes
11760	Mar 5-Apr 25	Tu/Th	1:00-1:50pm	\$108.00*ND	16 Classes
11761	Mar 5-Apr 25	Tu/Th	2:00-1:50pm	\$108.00*ND	16 Classes

BETTER 'BETES PROGRAM

Exercise is a key factor to managing diabetes (Type I, Type II, or pre-diabetes) and regulating your blood sugars. Based on the most up-to-date research from Diabetes Canada, cardio and weight training is combined in this class to facilitate 120 minutes of moderate activity a week, led by our professional trainers.

11292	Sep 11-Nov 1	M/W	7:00-7:50pm	\$195.00	15 Classes
11742	Nov 6-Dec 20	M/W	7:00-7:50pm	\$182.00	14 Classes
11748	Jan 8-Feb 28	M/W	7:00-7:50pm	\$195.00	15 Classes
11749	Mar 4-Apr 24	M/W	7:00-7:50pm	\$208.00	16 Classes

BETTER BONER PROGRAM

We “erected” this program with the root goal to address Pelvic Floor rehab and function in men. About 1/4 men will have some dysfunction in life, at any time about 1/8 already do, but on average it takes 6 YEARS to diagnose. Learn proper contraction, relaxation and coordination of the pelvic floor and associated structures in the area. Proper function may result in improved performance in life, in sport; and of course, in bed. The stigma around men’s pelvic floors is “stiff”: demystify and destigmatize. “Get up” for this class, I know I “wood”!

11289	Sep 10-Oct 29	Su	11:45-12:45pm	\$91.00	7 Classes
11744	Nov 5-Dec 17	Su	11:45-12:45pm	\$91.00	7 Classes
11754	Jan 7-Feb 25	Su	11:45-12:45pm	\$91.00	7 Classes
11755	Mar 3-Apr 21	Su	11:45-12:45pm	\$91.00	7 Classes

BETTER BOOMERS

Formerly known as “Balance & Bones”. Move through life with spontaneity and confidence! Focused on maintaining functional independence, creating strength and power, and minimizing your risk of falling. This class includes ground-to-stand training and makes our seniors strong!

11300	Sep 11-Oct 30	M	1:00-1:50pm	\$91.00	7 Classes
11302	Sep 13-Nov 1	W	1:00-1:50pm	\$104.00	8 Classes
12200	Nov 6-Dec 18	M	1:00-1:50pm	\$91.00	7 Classes
12201	Nov 8-Dec 20	W	1:00-1:50pm	\$91.00	7 Classes
11746	Jan 8-Feb 26	M	1:00-1:50pm	\$91.00	7 Classes
11747	Jan 10-Feb 28	W	1:00-1:50pm	\$104.00	8 Classes
12202	Mar 4-Apr 22	M	1:00-1:50pm	\$91.00	7 Classes
12203	Mar 6-Apr 24	W	1:00-1:50pm	\$91.00	7 Classes

BONE BUILDERS

Focused on maintaining bone health. Learn techniques and exercises to improve balance and safely build dense, strong bones - particularly around the wrists, hips and spine - even if you’ve already been diagnosed with osteopenia/osteoporosis.

11298	Sep 8-Oct 27	F	1:00-1:50pm	\$104.00	8 Classes
11743	Nov 3-Dec 22	F	1:00-1:50pm	\$104.00	8 Classes
11756	Jan 12-Mar 1	F	1:00-1:50pm	\$104.00	8 Classes
11757	Mar 8-Apr 26	F	1:00-1:50pm	\$91.00	7 Classes

BETTER BACKS PROGRAM

Strengthen back muscles and alleviate low back pain. In this 8-week series we look to release muscular tension and decompress the spine, while building functional strength through extension and rotation.

11290	Sep 10-Oct 29	Su	1:00-2:00pm	\$91.00	7 Classes
11741	Nov 5-Dec 17	Su	1:00-2:00pm	\$91.00	7 Classes
11750	Jan 7-Feb 25	Su	1:00-2:00pm	\$91.00	7 Classes
11751	Mar 3-Apr 21	Su	1:00-2:00pm	\$91.00	7 Classes

PILATES FOR THE PELVIC FLOOR

A lack of pelvic floor awareness in all genders and ages results in weakness that impacts musculoskeletal, urinary, reproductive and digestive health. It can contribute to back pain and sacroiliac/hip instability and can affect anybody from the young and active to the older adult. Gain awareness and re-learn how to properly utilize this often neglected musculature.

11305	Sept 10-Oct 29	Su	9:30-10:15am	\$91.00	7 Classes
11307	Nov 5-Dec 17	Su	9:30-10:15am	\$91.00	7 Classes
11754	Jan 7-Feb 25	Su	9:30-10:15am	\$91.00	7 Classes
11759	Mar 3-Apr 21	Su	9:30-10:15am	\$91.00	7 Classes

MIND/BODY CLASSES

CHAIR YOGA

Have you hesitated to try yoga because it's challenging to get down onto the floor? In this class, a chair becomes your mat. Almost any pose that can be done standing, sitting, or lying on a mat can be adapted to sitting on a chair. The class includes breathing, meditation, stretching, strengthening, and lots of fun.

11231	Sep 13-Nov 1	W	1:00-2:00pm	\$104.00	8 Classes
11232	Nov 8-Dec 20	W	1:00-2:00pm	\$91.00	7 Classes
11768	Jan 10-Feb 28	W	1:00-2:00pm	\$91.00	7 Classes
11769	Mar 6-Apr 24	W	1:00-2:00pm	\$104.00	8 Classes

TAI CHI / QI GONG

This is an effective and enjoyable way to improve flexibility, balance, coordination and relaxation. Qi Gong means "Energy work". The Dharma Qi Gong forms help muscles and tendons become stronger, more relaxed and more flexible. Qi Gong and Tai Chi are gentle ancient Chinese exercise for modern people, and can be practiced by people of all ages.

11379	Sep 11-Dec 4	M	9:15-10:15am	\$156.00	12 Classes
11947	Sept 14-Nov 30	Th	10:00-11:00am	\$156.00	12 Classes
11765	Jan 8-Apr 1	M	9:15-10:15am	\$156.00	12 Classes
11948	Jan 11-Mar 28	Th	10:00-11:00am	\$156.00	12 Classes

PRENATAL YOGA

Our prenatal yoga classes go well beyond simply modifying yoga poses. We celebrate community and strive to make your pregnancy as comfortable as possible. Addressing any aches or pains in your body, expressing anxiety you may be experiencing and connecting with others in a safe space, all with the goal of making you feel more comfortable. Stretch, strengthen and balance the pelvis, pelvic floor and all associated structures with the intention of encouraging your baby into a more optimal birthing position so you may have a more functional, less complicated birth and help quicken postpartum recovery. Safe for all trimesters and modifications are offered. Gentle targeted stretches, breathing, visualization and relaxation that make the birth experience easier and more joyful. It will get you ready physically, mentally and emotionally for the birth of your baby.

11227	Sep 9-Nov 4	Sa	11:45-1:00pm	\$130.00	8 Classes
11228	Nov 18-Dec 23	Sa	11:45-1:00pm	\$97.50	6 Classes
11662	Jan 13-Mar 2	Sa	11:45-1:00pm	\$113.75	7 Classes
11663	Mar 9-Apr 27	Sa	11:45-1:00pm	\$113.75	7 Classes



TRICO CENTRE MEMBERS!

Get **20% off** most registered programs!

MIND/BODY WORKSHOPS

MIND/BODY AT CRAFT BEER MARKET

Join us at Craft Beer Market in Southcentre for a mind/body class, followed by a delicious brunch! Not eligible for member discount.

\$35 ticket - includes one brunch item and a non-alcoholic beverage (coffee, tea or juice)



AVOCADO TOAST: two poached farm fresh eggs, rosemary focaccia, guacamole, pickled red onion, cherry tomatoes, herb vinaigrette, feta, hemp hearts, crispy hashbrowns

BENNY BOWL: two poached farm fresh eggs, cheese curds, bacon, green onions, crispy hashbrowns, hollandaise

FARMHOUSE BENNIES: two poached farm fresh eggs, buttermilk biscuit, hollandaise, crispy hashbrowns **CHOOSE** peameal bacon / avocado & white cheddar

CALI BOWL: kale, grilled avocado, spiralized beets, cucumber, tarragon, radish, chickpeas, green beans, jasmine rice, lemon soy-sriracha dressing

Add a Beermosa, Mimosa or Caesar for an extra \$10.
(all pricing includes taxes and gratuities)

ZUMBA & BRUNCH

Zumba + Brunch

11593	Sept 24	Su	10:00-12:00pm	\$35.00
11605	Feb 25	Su	10:00-12:00pm	\$35.00

BEND & BRUNCH

Yoga + Brunch

11596	Oct 29	Su	10:00-12:00pm	\$35.00
11606	Mar 24	Su	10:00-12:00pm	\$35.00

BARRE & BRUNCH

Barre + Brunch

11595	Nov 26	Su	10:00-12:00pm	\$35.00
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MUSCLES & MIMOSAS

Pilates + Brunch

11604	Jan 28	Su	10:00-12:00pm	\$35.00
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YOGA NIDRA AND RESTORATIVE WORKSHOP

First, restorative poses prepare the body and breath work calms the mind. Then you enter Yoga Nidra, or as it is commonly known, yogic sleep. This is an immensely powerful meditation technique, and one of the easiest yoga practices to develop and maintain. While you rest comfortably, you are guided through a systematic meditation, leaving you with a sense of wholeness.

Members receive 20% off workshop fee.

11590	Sept 15	F	5:30-6:45pm	\$20.00
11591	Oct 13	F	5:30-6:45pm	\$20.00
11592	Nov 17	F	5:30-6:45pm	\$20.00
11611	Jan 12	F	5:30-6:45pm	\$20.00
11612	Feb 9	F	5:30-6:45pm	\$20.00
11613	Mar 15	F	5:30-6:45pm	\$20.00

YOGA & SOUNDHEALING WORKSHOPS: THE 3RD-7TH CHAKRA WORKSHOPS



Guided meditation, mantra, sound healing and restorative yoga will be part of these experiences. Practice of the asanas pertaining to the 5 chakras. Not eligible for member discount.



THE 3RD CHAKRA (SOLAR PLEXUS)

Our Solar Plexus is the centre of our personal identity. It is connected to our ego, self-esteem, self-worth and inner-strength. Healing and balancing our Manipura Chakra through the yoga poses pertaining to this specific chakra.

#11587
Saturday, Sept. 30
4:00-6:30pm
\$60.00



THE 4TH CHAKRA (HEART)

Our heart is the center of the human energy system. Centering our Heart Chakra in love gives our life purpose and meaning. Healing and unblocking our Heart Chakra through the yoga poses pertaining to this specific chakra.

#11588
Saturday, Oct. 28
4:00-6:30pm
\$60.00



THE 5TH CHAKRA (THROAT)

This chakra is the bridge between the lower and higher chakras. It governs our internal communication with our true self. Healing and unblocking our Throat Chakra through the yoga poses pertaining to this specific chakra.

#11589
Saturday, Dec. 2
4:00-6:30pm
\$60.00



THE 6TH CHAKRA (EYE)

A well balanced Third Eye Chakra will help cultivate a strong and independent mind. It is an instrument to perceive the more subtle qualities of reality. Healing and opening our Third Eye Chakra through the yoga poses pertaining to this specific chakra.

#11608
Saturday, Feb. 24
4:00-6:30pm
\$60.00



THE 7TH CHAKRA (CROWN)

This chakra forms the top of the chakra ladder of love, spirituality and healing, connecting us with our indelible and permanent divinity. Healing and opening our Crown Chakra through the yoga poses pertaining to this specific chakra.

#11609
Saturday, Mar. 23
4:00-6:30pm
\$60.00

YOGA WORKSHOP: CACAO CEREMONY & WINTER CELEBRATION

Cacao has been used for a millennium in healing and spiritual ceremonies. Benefits include opening the heart, enhancing creativity, boosting energy and improving mental clarity. The warm notes from live guitar will accompany this special workshop. Stimulating many senses, reducing anxiety and stress, while combining the unique benefits of a traditional Mayan Cacao Ceremony. We will use aromatherapy and hands-on adjustments. Not eligible for member discount.

11607	Jan 27	Sa	4:00-7:00pm	\$75.00
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BABY & YOU CLASSES

PRENATAL YOGA

Our prenatal yoga classes go well beyond simply modifying yoga poses. We celebrate community and strive to make your pregnancy as comfortable as possible. Addressing any aches or pains in your body, expressing anxiety you may be experiencing and connecting with others in a safe space, all with the goal of making you feel more comfortable. Stretch, strengthen and balance the pelvis, pelvic floor and all associated structures with the intention of encouraging your baby into a more optimal birthing position so you may have a more functional, less complicated birth and help quicken postpartum recovery. Safe for all trimesters and modifications are offered. Gentle targeted stretches, breathing, visualization and relaxation that make the birth experience easier and more joyful. It will get you ready physically, mentally and emotionally for the birth of your baby.

11227	Sep 9-Nov 4	Sa	11:45-1:00pm	\$130.00	8 Classes
11228	Nov 18-Dec 23	Sa	11:45-1:00pm	\$97.50	6 Classes
11662	Jan 13-Mar 2	Sa	11:45-1:00pm	\$113.75	7 Classes
11663	Mar 9-Apr 27	Sa	11:45-1:00pm	\$113.75	7 Classes

STROLLERFIT

Meet new moms, enjoy the fresh air, and get fit! Enjoy a cardio and full body workout including hips, thighs, gluteals, core and some upper body. In poor weather, classes may move indoors to the Trico Centre gymnasium. Please bring a blanket.

11226	Sep 12-Oct 17	Tu	10:00-10:45am	\$78.00	6 Classes
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BABY & YOU YOGA

Targeted, gentle poses designed for the changing needs of your body and mind. This supportive class helps rebuild core strength, improve posture, increase energy levels, and reduce symptoms of postpartum depression. Help your body heal! Pre-mobile babies recommended.

11223	Sep 11-Oct 30	M	9:00-10:00am	\$91.00	7 Classes
11224	Nov 6-Dec 18	M	9:00-10:00am	\$91.00	7 Classes
11660	Jan 8-Feb 26	M	9:00-10:00am	\$91.00	7 Classes
11661	Mar 4-Apr 22	M	9:00-10:00am	\$104.00	8 Classes



TRICO CENTRE MEMBERS!

Get 20% off most registered programs!

No registered fitness classes: October 7-9, November 11, February 17-19, March 29-31

BABY & YOU BARRE

This class focuses on posture, core strength and flexibility, and is inspired by a blend of dance, strength training and yoga. This class uses the barre, along with resistance bands, light weights, and bender balls. The results? A long, lean, strong body. Pre-mobile babies recommended. Please bring blankets and carriers.

11221	Sep 13-Nov 1	W	9:00-10:00am	\$104.00	8 Classes
11222	Nov 8-Dec 20	W	9:00-10:00am	\$91.00	7 Classes
11657	Jan 10-Feb 28	W	9:00-10:00am	\$104.00	8 Classes
11658	Mar 6-Apr 24	W	9:00-10:00am	\$104.00	8 Classes

BABY & YOU STRONG

Gentle stretches, range of motion, core strengthening and general strength is addressed, all designed and appropriate for newer moms. Pre-mobile babies recommended.

11229	Nov 10-Dec 22	F	9:00-9:45am	\$91.00	7 Classes
11659	Jan 12-Mar 1	F	9:00-9:45am	\$104.00	8 Classes

BABY & YOU AQUAFIT

Ease back into fitness and introduce your baby to water! This program is designed for caregivers and babies from 6 months to 2 years. Seated in a Dolphin Floater, an approved floatation device, your little one will be safely tethered to your side while you jog, strengthen, and stretch in the water. Swim diapers with a plastic pant over top are required. Note: This class may include one session with waves.

11217	Sep 19-Oct 31	Tu	9:15-10:00am	\$91.00	7 Classes
11206	Sep 21-Nov 2	Th	9:15-10:00am	\$91.00	7 Classes
11218	Nov 7-Dec 19	Tu	9:15-10:00am	\$91.00	7 Classes
11220	Nov 9-Dec 21	Th	9:15-10:00am	\$91.00	7 Classes
11654	Jan 9-Feb 27	Tu	9:15-10:00am	\$104.00	8 Classes
11653	Jan 11-Feb 29	Th	9:15-10:00am	\$104.00	8 Classes
11655	Mar 5-Apr 23	Tu	9:15-10:00am	\$104.00	8 Classes
11656	Mar 7-Apr 25	Th	9:15-10:00am	\$104.00	8 Classes



TRICO CENTRE

OUT OF SCHOOL CARE

FULL FOR 2023/2024. SIGN UP FOR THE 2024/2025 WAITLIST!



We offer a licensed Out of School Care program for Grades 1 - 6, with **transportation** to/from:

- David Thompson
- FFCA Southeast Middle School
- FFCA Southeast Elementary
- Maple Ridge
- RT Alderman
- Sam Livingston
- Willow Park

Program fees starting from **\$450** (morning OR afternoon) to **\$540** (morning AND afternoon).

Subsidy available.

Full use of recreation centre, which means we often include swimming, skating, and various gym activities!

TO SIGN UP FOR THE 2024/2025 WAITLIST, OR FOR MORE INFORMATION ON POLICIES, PLEASE VISIT WWW.TRICOCENTRE.CA, PHONE (403) 225-5553, OR EMAIL OUTOFSCHOOLCARE@TRICOCENTRE.CA



DAD IS LIVING WELL

in an assisted
living community
where he feels
truly at home

LOVE YOUR DAYS™

Care, community and comfort
all under one roof – that's LivingWell.

At Trico LivingWell, our caring staff are here to offer 24-hour assistance with daily living – personal care, medication support and more – so that you can enjoy the retirement you've earned. Plus, you'll be part of our welcoming community, with delicious dining, fun outings, and wonderful new friends. We can't wait to welcome you.

PERSONALIZED CARE
SERVICES INCLUDED

Ask us how we can help with **morning and night care, medication administration, shower assistance, night checks & more!**

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CHOOSE FROM Stylish new studio,
1 bedroom,
1 bedroom + den
2 bedroom suites

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403.281.2802

 Trico
LivingWell
Retirement Community

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

CHILD & YOUTH

Trico Centre programs foster a sense of belonging, connection, independence, and fun! We recognize each child is special and unique. Our creative and purposeful programming supports physical, social, emotional, and cognitive development. Qualified instructors adopt a whole-child approach.

PARENT & TOT (2 - 4 YEARS OLD)

A wonderful opportunity for parents and caregivers to offer support and encouragement as their child explores, practices new skills, and spends time interacting with other children.

PRESCHOOL (2.5 - 6 YEARS OLD)

Early Childhood Instructors support and engage children as they explore free play opportunities, circle time, songs, crafts, snack time, transitions, and age-appropriate games. Children must be fully potty-trained (exception: First Steps program).

CHILD/YOUTH (6 - 14 YEARS OLD)

Fun and engaging programs offer young people the opportunity to explore interests, make connections, develop skills, build confidence, and participate in recreational sports and activities.

DANCE (3 - 12 YEARS OLD)

Children will discover the magical world of dance with engaging children's dance programs - including ballet, jazz, hip hop and more!

SKILL BUILDER (4 - 12 YEARS OLD)

An inclusive program series that supports the mental, social, emotional, and physical development of children and youth.



GreenDoor
PRESCHOOL

Midnapore
231, 153 Ave. SE
☎ (403) 870-7367

Bonaventure
11150 Bonaventure Dr. SE
☁ www.GreenDoorSchool.ca

PARENT & TOT (2 TO 4 YEARS)

MINI-MOVERS (2 - 3 YRS)

This active program will encourage running, jumping, throwing, and kicking through games, sports, and open play. The perfect class for busy toddlers!

10856	Sep 15-Oct 27	F	10:00-10:45am	\$122.50	7 Classes
10857	Nov 3-Dec 22	F	10:00-10:45am	\$140.00	8 Classes
10858	Jan 12-Mar 22	F	10:00-10:45am	\$175.00	10 Classes

EXPLORERS (2 - 3 YRS)

Our Children's Program Facilitator will lead you and your little one through stories, songs, interactive games, and play centers! This introductory program supports development of social skills, body awareness, and fine and gross motor skills. A great introduction to Trico Centre programs.

10853	Sep 15-Oct 27	F	9:00-9:45am	\$122.50	7 Classes
10854	Nov 3-Dec 22	F	9:00-9:45am	\$140.00	8 Classes
10855	Jan 12-Mar 22	F	9:00-9:45am	\$175.00	10 Classes

SPORTBALL MULTI-SPORT (2 - 3 YRS)

Sportball Parent & Child programs help preschoolers to refine their motor skills, such as balance and coordination, as well as developing their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

10864	Sep 16-Oct 28	Sa	9:00-9:40am	\$142.50*ND	6 Classes
10865	Sep 17-Oct 29	Su	9:00-9:40am	\$142.50*ND	6 Classes
10866	Nov 4-Dec 16	Sa	9:00-9:40am	\$166.25*ND	7 Classes
10867	Nov 5-Dec 17	Su	9:00-9:40am	\$166.25*ND	7 Classes
10868	Jan 13-Mar 16	Sa	9:00-9:40am	\$213.75*ND	9 Classes
10869	Jan 14-Mar 17	Su	9:00-9:40am	\$213.75*ND	9 Classes

MUSIC AND MOVEMENT (2 - 4 YRS)

This parented class is an amazing way to introduce your child to music, movement, and the classroom environment! Parents accompany their little ones which makes this class the perfect opportunity to develop skills comfortably and confidently alongside their caregiver.

2-3 YEARS OLD

10859	Sep 15-Oct 27	F	9:15-10:00am	\$122.50	7 Classes
10862	Nov 3-Dec 22	F	9:15-10:00am	\$140.00	8 Classes
10863	Jan 12-Mar 22	F	9:15-10:00am	\$175.00	10 Classes

3-4 YEARS OLD

10860	Sep 15-Oct 27	F	10:15-11:00am	\$122.50	7 Classes
10861	Nov 3-Dec 22	F	10:15-11:00am	\$140.00	8 Classes
10913	Jan 12-Mar 22	F	10:15-11:00am	\$175.00	10 Classes

MESSY HANDS (3 - 4 YRS)

With caregiver support, little ones will engage in hands-on fun through exploration and play. Arts, crafts, and tactile sensory experiences will ignite their creative expression and curiosity.

10911	Sep 11-Oct 23	M	10:15-11:00am	\$105.00	6 Classes
10912	Oct 30-Dec 18	M	10:15-11:00am	\$140.00	8 Classes
12027	Jan 8-Mar 18	M	10:15-11:00am	\$175.00	10 Classes

FINE MOTOR FUN (3 - 4 YRS)

With facilitator guidance, child and caregiver play with fine motor manipulatives and practice hand strengthening exercises. Fine motor practice helps with buttoning, zipping, drawing, and brushing teeth. This targeted program helps build confidence and independence!

10909	Sep 11-Oct 23	M	9:00-9:45am	\$105.00	6 Classes
10910	Oct 30-Dec 18	M	9:00-9:45am	\$140.00	8 Classes
12026	Jan 8-Mar 18	M	9:00-9:45am	\$175.00	10 Classes



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PRESCHOOL (2.5 TO 5 YEARS)

FIRST STEPS (2.5 - 3 YRS)

Give your child the "First Steps" in preparing for preschool through stories, crafts, and active games. Children grow by leaps and bounds - talking, laughing, singing, helping, and gaining new life experiences every day. Instructors will teach and support development of early life skills such as hand washing, picking up toys, sharing, and social skills.

10818	Sep 12-Oct 24	Tu	9:00-11:00am	\$136.50	7 Classes
10819	Sep 14-Oct 26	Th	9:00-11:00am	\$136.50	7 Classes
10820	Oct 31-Dec 19	Tu	9:00-11:00am	\$156.00	8 Classes
10821	Nov 2-Dec 21	Th	9:00-11:00am	\$156.00	8 Classes
10822	Jan 16-Mar 19	Tu	9:00-11:00am	\$195.00	10 Classes
10823	Jan 18-Mar 21	Th	9:00-11:00am	\$195.00	10 Classes

KANGAROOS & KROCODILES (3 - 5 YRS)

We start out with sports and games in the gym and then finish with a swim lesson geared toward Preschool Swim Levels 1-3. Parents must stay on the pool deck during their child's swim times (last half hour of the program).

10824	Sep 19-Oct 24	Tu	4:30-6:00pm	\$114.00	6 Classes
10825	Sep 20-Oct 25	W	4:30-6:00pm	\$114.00	6 Classes
10826	Sep 21-Oct 26	Th	9:00-10:30am	\$114.00	6 Classes
10828	Nov 1-Dec 13	W	4:30-6:00pm	\$133.00	7 Classes
10829	Nov 2-Dec 14	Th	9:00-10:30am	\$133.00	7 Classes
10827	Nov 7-Dec 19	Tu	4:30-6:00pm	\$133.00	7 Classes
10830	Jan 16-Mar 19	Tu	4:30-6:00pm	\$190.00	10 Classes
10831	Jan 17-Mar 20	W	4:30-6:00pm	\$190.00	10 Classes
10832	Jan 18-Mar 21	Th	9:00-10:30am	\$190.00	10 Classes

TRICO - KIDS KLUB (3 - 4 YRS)

This action-packed program transitions children through circle time, play-based learning activities, snack, crafts, and active games. A wonderful opportunity to explore, be curious, and develop age-appropriate skills.

10802	Sep 11-Oct 23	M	9:00-11:00am	\$117.00	6 Classes
10803	Sep 11-Oct 23	M	1:00-3:00pm	\$117.00	6 Classes
10804	Sep 13-Oct 25	W	9:00-11:00am	\$136.50	7 Classes
10805	Sep 13-Oct 25	W	1:00-3:00pm	\$136.50	7 Classes
10806	Oct 30-Dec 18	M	9:00-11:00am	\$156.00	8 Classes
10807	Oct 30-Dec 18	M	1:00-3:00pm	\$156.00	8 Classes
10808	Nov 1-Dec 20	W	9:00-11:00am	\$156.00	8 Classes
10809	Nov 1-Dec 20	W	1:00-3:00pm	\$156.00	8 Classes
10810	Jan 15-Mar 18	M	9:00-11:00am	\$175.50	9 Classes
10811	Jan 15-Mar 18	M	1:00-3:00pm	\$175.50	9 Classes
10812	Jan 17-Mar 20	W	9:00-11:00am	\$195.00	10 Classes
10813	Jan 17-Mar 20	W	1:00-3:00pm	\$195.00	10 Classes

Mon Tues Wed Thurs Fri Sat Sun



INTRO TO DANCE, BALLET, AND JAZZ

can be found on page 25

- ✿ **CHECK OUT OUR SKILL BUILDER PROGRAM**
- ✿ Fine Motor Skills program for ages 4 and up!
- ✿ See page 26 for more information.

SPORTARAMA (3 - 5 YRS)

This fun-filled, high energy program introduces children to fundamental movement skills, sport specific games, and activities.

10885	Sep 14-Oct 26	Th	10:30-11:15am	\$122.50	7 Classes
10886	Nov 2-Dec 14	Th	10:30-11:15am	\$122.50	7 Classes
10887	Jan 18-Mar 21	Th	10:30-11:15am	\$175.00	10 Classes

SPORTBALL MULTI-SPORT (3 - 5 YRS)

Sportball Multi-Sport exposes children to a new sport each class. Children learn the basics of popular sports - hockey, golf, soccer, football, baseball, basketball, volleyball, and tennis. They learn teamwork, independence, and playing for the love of the game.

10870	Sep 16-Oct 28	Sa	9:45-10:40am	\$142.50*ND	6 Classes
10871	Sep 17-Oct 29	Su	9:45-10:40am	\$142.50*ND	6 Classes
10872	Nov 4-Dec 16	Sa	9:45-10:40am	\$166.25*ND	7 Classes
10873	Nov 5-Dec 17	Su	9:45-10:40am	\$166.25*ND	7 Classes
10874	Jan 13-Mar 16	Sa	9:45-10:40am	\$213.75*ND	9 Classes
10875	Jan 14-Mar 17	Su	9:45-10:40am	\$213.75*ND	9 Classes

SPORTBALL BALL HOCKEY (3 - 5 YRS)

Sportball Ball Hockey introduces children to basic concepts and skills required to play with confidence in a supportive, non-competitive environment. Children focus on passing, shooting, positional play, stick handling, goaltending and more. Trained, certified Sportball Coaches apply their dedicated instruction in fun, exciting, skill-focused games.

10876	Sep 14-Oct 26	Th	5:15-6:10pm	\$166.25*ND	7 Classes
10877	Nov 2-Dec 14	Th	5:15-6:10pm	\$166.25*ND	7 Classes
10878	Jan 18-Mar 14	Th	5:15-6:10pm	\$213.75*ND	9 Classes

YOUNG REMBRANDTS (4 - 5 YRS)

Young Rembrandts classes will challenge and excite your artist and prepare them as a lifelong learner. Students will love the adorable llama drawing. The acorn and apple tree drawing will strengthen your child's compositional skills and use of colors. Basic facial and figure drawing will also be addressed as our students learn to draw a funny clown and a scarecrow.

10839	Sep 14-Oct 26	Th	5:30-6:15pm	\$133.00*ND	7 Classes
10842	Nov 2-Dec 14	Th	5:30-6:15pm	\$133.00*ND	7 Classes
10845	Jan 18-Mar 21	Th	5:30-6:15pm	\$190.00*ND	10 Classes

*ND = NO MEMBER DISCOUNT

CHILD & YOUTH (6 TO 14 YEARS)

SPORTBALL MULTI-SPORT (6 - 8 YRS)

Sportball Multi-Sport exposes children to a different sport each class. Under the guidance of trained, certified coaches, children learn the basics of eight popular sports - hockey, soccer, football, baseball, basketball, volleyball, golf, and tennis. They learn values such as teamwork, independence, and playing for the love of the game.

10879	Sep 16-Oct 28	Sa	10:45-11:40am	\$142.50*ND	6 Classes
10880	Nov 4-Dec 16	Sa	10:45-11:40am	\$166.25*ND	7 Classes
10881	Jan 13-Mar 16	Sa	10:45-11:40am	\$213.75*ND	9 Classes

FEET & FINS (6 - 9 YRS)

We start out with sports and games in the gym and finish with a swim lesson geared towards Swimmer Levels 1-3. Parents are asked to meet on the pool deck 5 minutes prior to the end of class. Swim lesson 7:00-7:30pm.

10833	Sep 19-Oct 24	Tu	6:00-7:30pm	\$126.00	6 Classes
10834	Sep 20-Oct 25	W	6:00-7:30pm	\$126.00	6 Classes
10836	Nov 1-Dec 13	W	6:00-7:30pm	\$147.00	7 Classes
10835	Nov 7-Dec 19	Tu	6:00-7:30pm	\$147.00	7 Classes
10837	Jan 16-Mar 19	Tu	6:00-7:30pm	\$210.00	10 Classes
10838	Jan 17-Mar 20	W	6:00-7:30pm	\$210.00	10 Classes

YOUNG REMBRANDTS: CARTOONING (8 - 12 YRS)

Does your child have a great sense of humor? Our students will jump headfirst into the world of cartooning by first learning expressions - our students will learn a variety of skills as their original characters seemingly move and breathe. Students will learn to personify inanimate kitchen objects, tell a joke through pictures and learn to add motion and attitude all session long. Give your child the gift of cartooning.

10841	Sept 14-Oct 26	Th	7:15-8:15pm	\$133.00*ND	7 Classes
10844	Nov 2-Dec 14	Th	7:15-8:15pm	\$133.00*ND	7 Classes
10847	Jan 18-Mar 21	Th	7:15-8:15pm	\$190.00*ND	10 Classes

SPORTBALL BALL HOCKEY (6 - 9 YRS)

Sportball Ball Hockey introduces children to basic concepts and skills required to play with confidence in a supportive, non-competitive environment. Children focus on passing, shooting, positional play, stick handling, goaltending and more. Trained, certified Sportball Coaches apply their dedicated instruction in fun, exciting, skill-focused games.

10882	Sep 14-Oct 26	Th	6:15-7:10pm	\$166.25*ND	7 Classes
10883	Nov 2-Dec 14	Th	6:15-7:10pm	\$166.25*ND	7 Classes
10884	Jan 18-Mar 14	Th	6:15-7:10pm	\$213.75*ND	9 Classes

YOUNG REMBRANDTS (6 - 12 YRS)

We are back to school and back to drawing. This session of drawings introduces our students to a fascinating world of color, pattern, and design. We say goodbye to our favourite summer memory in our detailed still life drawing of a beach. We explore color usage and composition in our silly monster and fire truck drawings. You will be MOOOOved with our stylized patterned cow drawing that not only challenges our technique but also our color scheme. Our students will learn cultural themes as they draw and color Kawaii art.

10840	Sept 14-Oct 26	Th	6:15-7:15pm	\$133.00*ND	7 Classes
10843	Nov 2-Dec 14	Th	6:15-7:15pm	\$133.00*ND	7 Classes
10846	Jan 18-Mar 21	Th	6:15-7:15pm	\$190.00*ND	10 Classes



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DANCE (3 TO 12 YEARS)

INTRO TO DANCE (3 - 6 YRS)

This introductory dance class will explore movement and music in a fun and creative way! It is the perfect opportunity to introduce your child to dance and the classroom environment.

3-4 YEARS OLD

10914	Sep 16-Oct 28	Sa	9:00-9:30am	\$81.00	6 Classes
10933	Sep 17-Oct 29	Su	9:00-9:30am	\$81.00	6 Classes
10922	Nov 4-Dec 16	Sa	9:00-9:30am	\$94.50	7 Classes
10938	Nov 5-Dec 17	Su	9:00-9:30am	\$94.50	7 Classes
11886	Jan 13-Mar 23	Sa	9:00-9:30am	\$135.00	10 Classes
11887	Jan 14-Mar 24	Su	9:00-9:30am	\$135.00	10 Classes

5-6 YEARS OLD

10915	Sep 16-Oct 28	Sa	9:30-10:00am	\$81.00	6 Classes
10934	Sep 17-Oct 29	Su	9:30-10:00am	\$81.00	6 Classes
10923	Nov 4-Dec 16	Sa	9:30-10:00am	\$94.50	7 Classes
10939	Nov 5-Dec 17	Su	9:30-10:00am	\$94.50	7 Classes
11888	Jan 13-Mar 23	Sa	9:30-10:00am	\$135.00	10 Classes
11889	Jan 14-Mar 24	Su	9:30-10:00am	\$135.00	10 Classes

BALLET AND JAZZ (5 - 9 YRS)

This combination class introduces dancers to both the classical style of ballet and the fun and funky style of jazz. It is the best of both worlds! Dancers will develop coordination, confidence, flexibility, and musicality in a fun-filled environment that is sure to spark their inner superstar!

5-7 YEARS OLD

10916	Sept 16-Oct 28	Sa	10:15-11:00am	\$90.00	6 Classes
10931	Sept 17-Oct 29	Su	10:15-11:00am	\$90.00	6 Classes
10920	Nov 4-Dec 16	Sa	10:15-11:00am	\$105.00	7 Classes
10936	Nov 5-Dec 17	Su	10:15-11:00am	\$105.00	7 Classes
11890	Jan 13-Mar 23	Sa	10:15-11:00am	\$150.00	10 Classes
11891	Jan 14-Mar 24	Su	10:15-11:00am	\$150.00	10 Classes

7-9 YEARS OLD

10926	Sept 15-Oct 27	F	3:15-4:00pm	\$105.00	7 Classes
11902	Nov 3-Dec 15	F	3:15-4:00pm	\$105.00	7 Classes
11892	Jan 12-Mar 22	F	3:15-4:00pm	\$150.00	10 Classes



Mon Tues Wed Thurs Fri Sat Sun

HIP HOP (5 - 12 YRS)

This fun, upbeat class explores traditional hip-hop styles and popular music in a creative way for the dancer who loves to move and groove!

5-7 YEARS OLD

10928	Sept 16-Oct 28	Sa	9:00-9:45am	\$90.00	6 Classes
10942	Nov 4-Dec 16	Sa	9:00-9:45am	\$105.00	7 Classes
11897	Jan 13-Mar 23	Sa	9:00-9:45am	\$150.00	10 Classes

8-9 YEARS OLD

10929	Sept 16-Oct 28	Sa	10:00-10:45am	\$90.00	6 Classes
10943	Nov 4-Dec 16	Sa	10:00-10:45am	\$105.00	7 Classes
11898	Jan 13-Mar 23	Sa	10:00-10:45am	\$150.00	10 Classes

10-12 YEARS OLD

10930	Sept 16-Oct 28	Sa	11:00-11:45am	\$90.00	6 Classes
10941	Nov 4-Dec 16	Sa	11:00-11:45am	\$105.00	7 Classes
11896	Jan 13-Mar 23	Sa	11:00-11:45am	\$150.00	10 Classes

BALLET AND STRETCH (5 - 7 YRS)

Exploring Classical Ballet through basic fundamentals, body awareness, and creative movement. This class will include traditional ballet techniques including barre, center exercises, and variations. Come to dance and have fun!

10925	Sept 15-Oct 27	F	2:15-3:00pm	\$105.00	7 Classes
10917	Sept 16-Oct 28	Sa	11:15-12:00pm	\$90.00	6 Classes
10932	Sept 17-Oct 29	Su	11:15-12:00pm	\$90.00	6 Classes
11903	Nov 3-Dec 15	F	2:15-3:00pm	\$105.00	7 Classes
10921	Nov 4-Dec 16	Sa	11:15-12:00pm	\$105.00	7 Classes
10937	Nov 5-Dec 17	Su	11:15-12:00pm	\$105.00	7 Classes
11894	Jan 12-Mar 22	F	2:15-3:00pm	\$150.00	10 Classes
11893	Jan 13-Mar 23	Sa	11:15-12:00pm	\$150.00	10 Classes
11895	Jan 14-Mar 24	Su	11:15-12:00pm	\$150.00	10 Classes

LYRICAL DANCE (8 - 10 YRS)

Combination of Ballet technique with Jazz and Modern style. Creative movement connects mind to their body through fluid dance movements. This style of dance improves coordination and rhythm.

10927	Sept 15-Oct 27	F	4:00-4:45pm	\$105.00	7 Classes
10919	Sept 16-Oct 28	Sa	12:15-1:00pm	\$90.00	6 Classes
10935	Sept 17-Oct 29	Su	12:15-1:00pm	\$90.00	6 Classes
11904	Nov 3-Dec 15	F	4:00-4:45pm	\$105.00	7 Classes
10924	Nov 4-Dec 16	Sa	12:15-1:00pm	\$105.00	7 Classes
10940	Nov 5-Dec 17	Su	12:15-1:00pm	\$105.00	7 Classes
11900	Jan 12-Mar 22	F	4:00-4:45pm	\$150.00	10 Classes
11899	Jan 13-Mar 23	Sa	12:15-1:00pm	\$150.00	10 Classes
11901	Jan 14-Mar 24	Su	12:15-1:00pm	\$150.00	10 Classes

*ND = NO MEMBER DISCOUNT

SKILL BUILDER PROGRAM

SKILL BUILDER is an inclusive program series that supports the mental, social, emotional, and physical development of children and youth.

- * Help build confidence and foster a sense of belonging.
- * Offer extra time to learn and develop skills in a small group setting.
- * Introduce support strategies based on individual needs and abilities.

➤➤ Would your child experience even more success with individual support? If so, we encourage caregivers to arrange aide support or attend the program with their child.

Questions? Contact Jennifer Howard (Child and Youth Director) at 587-393-9487 or jhoward@tricocentre.ca.

FINE MOTOR SKILL DEVELOPMENT

SOCIAL SKILLS

ANXIETY AND SELF-CARE

SELF-ESTEEM AND CONFIDENCE

FEELINGS AND SELF-REGULATION

INTERNET SAFETY AND HEALTHY HABITS

LISTENING SKILLS AND FOLLOWING DIRECTIONS

NON-COMPETITIVE SPORTS ENVIRONMENT

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.

4-5 YEARS OLD

11938	Sept 16-Oct 28	Sa	9:00-10:00am	\$120.00	6 Classes
11964	Nov 4-Dec 22	Sa	9:00-10:00am	\$160.00	8 Classes
12025	Jan 13-Mar 23	Sa	9:00-10:00am	\$200.00	10 Classes

6-7 YEARS OLD

11939	Sep 16-Oct 28	Sa	10:15-11:15am	\$120.00	6 Classes
11965	Nov 4-Dec 23	Sa	10:15-11:15am	\$160.00	8 Classes
12005	Jan 13-Mar 23	Sa	10:15-11:15am	\$200.00	10 Classes

8-10 YEARS OLD

11940	Sep 16-Oct 28	Sa	11:30-12:30pm	\$120.00	6 Classes
11966	Nov 4-Dec 23	Sa	11:30-12:30pm	\$160.00	8 Classes
12006	Jan 13-Mar 23	Sa	11:30-12:30pm	\$200.00	10 Classes

SKILL BUILDER: DIRECTION DETECTIVES

In a small group setting, this program teaches active listening skills and effective strategies to follow directions. Through engaging discussion and activities, we will explore helpful strategies such as checklists, visuals, timers, social stories, task breakdowns, and ways to eliminate distractions.

6-7 YEARS OLD

11943	Sept 17-Oct 29	Su	11:45-12:45pm	\$120.00	6 Classes
11961	Nov 5-Dec 17	Su	11:45-12:45pm	\$140.00	7 Classes
12001	Jan 14-Mar 24	Su	11:45-12:45pm	\$200.00	10 Classes

8-10 YEARS OLD

10895	Sep 14-Oct 26	Th	4:30-5:30pm	\$140.00	7 Classes
11944	Sept 17-Oct 29	Su	1:00-2:00pm	\$120.00	6 Classes
11963	Nov 2-Dec 21	Th	4:30-5:30pm	\$160.00	8 Classes
11962	Nov 5-Dec 17	Su	1:00-2:00pm	\$140.00	7 Classes
12002	Jan 14-Mar 24	Su	1:00-2:00pm	\$200.00	10 Classes
12004	Jan 18-Mar 21	Th	4:30-5:30pm	\$200.00	10 Classes

11-13 YEARS OLD

10896	Sep 14-Oct 26	Th	6:00-7:00pm	\$140.00	7 Classes
11960	Nov 2-Dec 21	Th	6:00-7:00pm	\$160.00	8 Classes
12000	Jan 18-Mar 21	Th	6:00-7:00pm	\$200.00	10 Classes

SKILL BUILDER: FRIENDSHIP FOUNDATIONS

Learn how to build and maintain friendships through engaging activities, games, and discussions. We'll explore essential skills such as active listening, effective communication, understanding social cues, empathy, problem solving strategies, emotional regulation, co-operation, sharing and taking turns.

6-7 YEARS OLD

11941	Sep 16-Oct 28	Sa	1:00-2:00pm	\$120.00	6 Classes
11968	Nov 4-Dec 23	Sa	1:00-2:00pm	\$160.00	8 Classes
12008	Jan 13-Mar 23	Sa	1:00-2:00pm	\$200.00	10 Classes

8-10 YEARS OLD

11942	Sep 16-Oct 28	Sa	2:15-3:15pm	\$120.00	6 Classes
10891	Sep 12-Oct 24	Tu	4:30-5:30pm	\$140.00	7 Classes
11969	Oct 31-Dec 19	Tu	4:30-5:30pm	\$160.00	8 Classes
11970	Nov 4-Dec 23	Sa	2:15-3:15pm	\$160.00	8 Classes
12010	Jan 13-Mar 23	Sa	2:15-3:15pm	\$200.00	10 Classes
12009	Jan 16-Mar 19	Tu	4:30-5:30pm	\$200.00	10 Classes

11-13 YEARS OLD

10892	Sep 12-Oct 24	Tu	6:00-7:00pm	\$140.00	7 Classes
11967	Oct 31-Dec 19	Tu	6:00-7:00pm	\$160.00	8 Classes
12007	Jan 16-Mar 19	Tu	6:00-7:00pm	\$200.00	10 Classes

SKILL BUILDER: WELLNESS WARRIORS

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 own personalized 'calm-down box'.

6-7 YEARS OLD

11936	Sept 17-Oct 29	Su	9:00-10:00am	\$120.00	6 Classes
11986	Nov 5-Dec 17	Su	9:00-10:00am	\$140.00	7 Classes
12021	Jan 14-Mar 24	Su	9:00-10:00am	\$200.00	10 Classes

8-10 YEARS OLD

11937	Sept 17-Oct 29	Su	10:15-11:15am	\$120.00	6 Classes
11987	Nov 5-Dec 17	Su	10:15-11:15am	\$140.00	7 Classes
12022	Jan 14-Mar 24	Su	10:15-11:15am	\$200.00	10 Classes

SKILL BUILDER: ANXIETY EXPLORERS

This engaging and interactive program fosters resilience, promotes self-care, and empowers young people to navigate anxiety with confidence. In a small group setting they learn about anxiety symptoms, understand triggers, and explore effective coping strategies.

8-10 YEARS OLD

10897	Sept 15-Oct 27	F	4:30-5:30pm	\$140.00	7 Classes
11956	Nov 3-Dec 22	F	4:30-5:30pm	\$160.00	8 Classes
11992	Jan 12-Mar 22	F	4:30-5:30pm	\$200.00	10 Classes

11-13 YEARS OLD

10898	Sept 15-Oct 27	F	6:00-7:00pm	\$140.00	7 Classes
11955	Nov 3-Dec 22	F	6:00-7:00pm	\$160.00	8 Classes
11990	Jan 12-Mar 22	F	6:00-7:00pm	\$200.00	10 Classes

SKILL BUILDER: CONFIDENCE QUEST

"Confidence Quest" is a fun and interactive program that helps kids boost their self-esteem and build confidence. Through engaging activities and games, children will learn valuable skills such as positive self-talk, embracing their unique qualities, and overcoming challenges with courage. Join us on this exciting journey of self-discovery and empowerment, where every child becomes a confident hero in their own story.

8-10 YEARS OLD

10889	Sept 11-Oct 23	M	4:30-5:30pm	\$120.00	6 Classes
11988	Sept 15-Oct 27	F	1:30-2:30pm	\$140.00	7 Classes
11958	Oct 30-Dec 18	M	4:30-5:30pm	\$160.00	8 Classes
11989	Nov 3-Dec 22	F	1:30-2:30pm	\$160.00	8 Classes
11999	Jan 12-Mar 22	F	1:30-2:30pm	\$200.00	10 Classes
11998	Jan 15-Mar 18	M	4:30-5:30pm	\$180.00	9 Classes

11-13 YEARS OLD

10890	Sept 11-Oct 23	M	6:00-7:00pm	\$120.00	6 Classes
11945	Sept 15-Oct 27	F	3:00-4:00pm	\$140.00	7 Classes
11957	Oct 30-Dec 18	M	6:00-7:00pm	\$160.00	8 Classes
11959	Nov 3-Dec 22	F	3:00-4:00pm	\$160.00	8 Classes
11996	Jan 12-Mar 22	F	3:00-4:00pm	\$200.00	10 Classes
11994	Jan 15-Mar 18	M	6:00-7:00pm	\$180.00	9 Classes

“The Trico Skill Builder classes fill a major gap in our education system. Skills like emotional regulation and executive function are so important to our daily life and relationships at school, work, in our communities, and in our families. Yet, we all take for granted that these skills will just develop like magic through osmosis. Those of us with special needs kiddos know well that we have to be very intentional about teaching these skills, but the school system just doesn't. Parents often struggle with these skills in our own rights, so how will we know how to teach them? Even the most neurotypical child (and adult!) will benefit from these classes too, though. These are skills that every single human being needs. - SKILL BUILDER PARENT



All Skill Builder programs are delivered by **trained and qualified facilitators.**



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SKILL BUILDER: SURF SMART / INTERNET SAFETY

This program is designed to teach kids about internet safety, healthy screen time habits, and how to ask for help. We will cover important topics such as online privacy, cyberbullying, and digital citizenship. We'll also discuss the benefits of limited screen time and how to balance it with other activities.

8-10 YEARS OLD

10893	Sept 13-Oct 25	W	4:30-5:30pm	\$140.00	7 Classes
11981	Nov 1-Dec 20	W	4:30-5:30pm	\$160.00	8 Classes
12017	Jan 17-Feb 14	W	4:30-5:30pm	\$100.00	5 Classes
12024	Feb 21-Mar 20	W	4:30-5:30pm	\$100.00	5 Classes

11-13 YEARS OLD

10894	Sept 13-Oct 25	W	6:00-7:00pm	\$140.00	7 Classes
11979	Nov 1-Dec 20	W	6:00-7:00pm	\$160.00	8 Classes
12016	Jan 17-Feb 14	W	6:00-7:00pm	\$100.00	5 Classes
12023	Feb 21-Mar 20	W	6:00-7:00pm	\$100.00	5 Classes



SKILL BUILDER: TRI-SPORT

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

6-8 YEARS OLD

11919	Sept 16-Oct 28	Sa	11:15-12:15pm	\$120.00	6 Classes
11922	Sept 17-Oct 29	Su	2:15-3:15pm	\$120.00	6 Classes
11983	Nov 4-Dec 23	Sa	11:15-12:15pm	\$160.00	8 Classes
11984	Nov 5-Dec 17	Su	2:15-3:15pm	\$140.00	7 Classes
12018	Jan 13-Mar 23	Sa	11:15-12:15pm	\$200.00	10 Classes
12019	Jan 14-Mar 24	Su	2:15-3:15pm	\$200.00	10 Classes

9-11 YEARS OLD

11923	Sept 17-Oct 29	Su	3:30-4:30pm	\$120.00	6 Classes
11985	Nov 5-Dec 17	Su	3:30-4:30pm	\$140.00	7 Classes
12020	Jan 14-Mar 24	Su	3:30-4:30pm	\$200.00	10 Classes

■ Mon
 ■ Tues
 ■ Wed
 ■ Thurs
 ■ Fri
 ■ Sat
 ■ Sun

SKILL BUILDER: NON-COMPETITIVE SPORTS

Our recreational sports program supports children physically, mentally, emotionally, and socially. It provides 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

11905	Sep 14-Oct 26	Th	4:15-5:15pm	\$140.00	7 Classes
11920	Sep 17-Oct 29	Su	1:00-2:00pm	\$120.00	6 Classes
11974	Nov 2-Dec 21	Th	4:15-5:15pm	\$160.00	8 Classes
11975	Nov 5-Dec 17	Su	1:00-2:00pm	\$140.00	7 Classes
12013	Jan 14-Mar 24	Su	1:00-2:00pm	\$200.00	10 Classes

BASKETBALL: 9-11 YEARS OLD

11906	Sep 14-Oct 26	Th	5:15-6:15pm	\$140.00	7 Classes
11976	Nov 2-Dec 21	Th	5:15-6:15pm	\$160.00	8 Classes

BASKETBALL: 12-14 YEARS OLD

11908	Sep 14-Oct 26	Th	6:15-7:15pm	\$140.00	7 Classes
11973	Nov 2-Dec 21	Th	6:15-7:15pm	\$160.00	8 Classes



SOCCER: 6-8 YEARS OLD

11915	Sep 16-Oct 28	Sa	8:45-9:45am	\$120.00	6 Classes
11977	Nov 4-Dec 23	Sa	8:45-9:45am	\$160.00	8 Classes
12014	Jan 13-Mar 23	Sa	8:45-9:45am	\$200.00	10 Classes

SOCCER: 9-12 YEARS OLD

11918	Sep 16-Oct 28	Sa	10:00-11:00am	\$120.00	6 Classes
11978	Nov 4-Dec 23	Sa	10:00-11:00am	\$160.00	8 Classes
12015	Jan 13-Mar 23	Sa	10:00-11:00am	\$200.00	10 Classes



BADMINTON: 9-11 YEARS OLD

11924	Sep 15-Oct 27	F	5:15-6:15pm	\$140.00	7 Classes
11972	Nov 3-Dec 22	F	5:15-6:15pm	\$160.00	8 Classes
12012	Jan 12-Mar 22	F	5:15-6:15pm	\$200.00	10 Classes

BADMINTON: 12-14 YEARS OLD

11925	Sep 15-Oct 27	F	6:15-7:15pm	\$140.00	7 Classes
11971	Nov 3-Dec 22	F	6:15-7:15pm	\$160.00	8 Classes
12011	Jan 12-Mar 22	F	6:15-7:15pm	\$200.00	10 Classes



VOLLEYBALL: 6-8 YEARS OLD

11912	Jan 18-Mar 21	Th	4:15-5:15pm	\$200.00	10 Classes
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VOLLEYBALL: 9-11 YEARS OLD

11913	Jan 18-Mar 21	Th	5:15-6:15pm	\$200.00	10 Classes
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VOLLEYBALL: 12-14 YEARS OLD

11914	Jan 18-Mar 21	Th	6:15-7:15pm	\$200.00	10 Classes
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No registered child & youth classes: October 7-9, February 17-19

AQUATICS

Trico Centre's Aquatics Facility features one of the warmest wave pools in Calgary, a large hot tub, and steam rooms. The Aquatics centre includes a soft-walk cushioned Myrtha pool liner, acoustic ceiling clouds, energy-efficient LED lighting, and an updated sound system.

View our drop-in schedule online at www.tricocentre.ca/facilities-schedule for open swim times.

SWIMMING LESSONS



Trico Centre swim lessons follow the internationally acclaimed Lifesaving Society Swim for Life Program. The program starts by teaching fundamental swimming skills that encourage students to make safe choices in and around water, and continually challenges swimmers to learn more.

? TRANSITION: If you are transitioning from another program or you're unsure of your child's level placement, please call Trico Centre Aquatics at 403.225.5564 to book a complimentary swim assessment. Prerequisite tracking and checking is in effect to ensure safety.

LEARN TO SWIM REGISTRATION FEES

LEVEL	LENGTH	6 CLASSES	7 CLASSES	9 CLASSES	10 CLASSES
PARENT & TOT AND PRESCHOOL	30 MIN	\$87.00	\$101.50	\$130.50	\$145.50
SWIMMER 1	30 MIN	\$102.00	\$119.00	\$153.00	\$170.00
SWIMMER 2-4 & SWIMABILITIES®	45 MIN	\$117.00	\$136.50	\$172.50	\$195.00
SWIMMER 5/6 AND ADULT	60 MIN	\$123.00	\$143.50	\$184.50	\$205.00
SWIM PATROL	90 MIN	\$138.00	\$161.00	\$207.00	\$230.00
PRIVATE	30 MIN	\$210.00*ND	\$245.00*ND	\$315.00*ND	\$350.00*ND

SWIMABILITIES® (3-16 yrs)

SwimAbilities® is a program geared for children age 3-16 with special needs who need additional support to achieve their beginner swim goals and increase their safety awareness. This class helps to build independence and enjoyment in and around the water. Classes are 45 minutes long with 30 minutes of class time and 15 minutes for transitions from the pool and play.

SwimAbilities® 1: The child has never taken swimming lessons and cannot put their face in the water. This is an introductory level to swimming.

SwimAbilities® 2: The child can put their face in the water and are comfortable on their front and back with assistance.

SwimAbilities® 3: The child can float independently on their front and back.

SwimAbilities® 4: The child can swim 5 metres on their front and back and can perform a rollover in the water WITHOUT assistance.

*Each swimmer MUST have an aide in the water at all times to work with them throughout the lesson.

LEARN TO SWIM LEVELS

ADULT LEVELS (16+ YRS)

ADULT BEGINNER: Work at your own pace as you become comfortable in the water, explore basic swimming skills, and learn about water safety.

ADULT INTERMEDIATE: Set your own goals as you refine your swimming strokes and continue to understand water safety.

PARENT & TOT (4 MOS - 3 YRS PARENTED)

For children three years or younger, Parent & Tot focuses on playful interactions between child, parent, and the water. This is a non-skill-based program.

PARENT & TOT 1: 4 - 12 months |

PARENT & TOT 2: 1 - 2 years | **PARENT & TOT 3:** 2 - 3 years

PRESCHOOL (3 - 5 YRS)

For children 3-5 years old who are ready to learn in a non-parented class. Each level is a prerequisite for the next.

PRESCHOOL 1: Children learn to put their face in the water blowing bubbles. They practice front/back floats and glides with assistance.

PRESCHOOL 2: Preschoolers learn to submerge and exhale under water. They are introduced to lateral rolls and flutter-kicking with PFDs.

PRESCHOOL 3: Children introduced to side roll entries and master independent floats, glides, and kicking.

PRESCHOOL 4: Children master flutter-kicking. Front crawl and treading water with PFDs without assistance are introduced.

PRESCHOOL 5: Children master front crawl and treading water without assistance or flotation device. Back crawl and forward rolls are introduced.

SWIMMER (6+ YRS)

Aimed at children aged six years and older. Each level is a prerequisite for the next.

Swimmer 1: This level includes skills to develop a strong swimming foundation. Participants practice submerging, front/back floats, glides, flutter-kicking, and the fundamentals of front crawl in a PFD.

Swimmer 2: Introduction to back crawl and interval training. Participants also master their flutter-kick and the ability to support themselves above the water.

Swimmer 3: Swimmers master front/back crawl. Body orientation skills are introduced such as handstands and somersaults.

Swimmer 4: Greater swimming distances of 25 metres are set for both front/back crawl, and breast stroke is introduced. Successful participants will have achieved the Canadian Swim to Survive Standard, which are essential skills to survive an unexpected fall into the water.

Swimmer 5: Swimmers master stationary egg beater, head up front crawl, and breast stroke. There are also interval training and sprints as fitness components.

Swimmer 6: Swimmers tread water with legs only using a lifesaving kick. There is a 300 metre workout as a fitness component. Graduates will be well prepared for success in the Canadian Swim Patrol levels.

CANADIAN SWIM PATROL (9+ YRS)



ROOKIE, RANGER & STAR (SWIM PATROL)

This three-level program develops swimming strength with emphasis on personal responsibility. Students will be introduced to four elements: water proficiency, emergency recognition, rescue, and first aid. **Prerequisite:** Swimmer 6

BRONZE MEDALLION

This course challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue that form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.

Prerequisite(s): Bronze Star (does not need to be current) or minimum of 13 years of age at the time of the course, and current Alberta workplace approved Standard First Aid and CPR level C.

*Please note that anyone under the age of 13 who wishes to enter the course must have the Bronze Star certification and directly contact the Aquatics office for registration.

Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

BRONZE CROSS ASSISTANT LIFEGUARD

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite(s): Bronze Medallion (does not need to be current), and current Alberta workplace approved Standard First Aid and CPR level C.



To be alerted of future class times, please sign up at WWW.TRICOCENTRE.CA/BRONZE

LEARN TO SWIM FALL #1 SCHEDULE

	MONDAYS SEP 18-OCT 30 (6) NO CLASS OCT 9	TUESDAYS SEP 19-OCT 24 (6)	WEDNESDAYS SEP 20-OCT 25 (6)	THURSDAYS SEP 21-OCT 26 (6)	SATURDAYS SEP 16-OCT 28 (6) NO CLASS OCT 7	SUNDAYS SEP 17-OCT 29 (6) NO CLASS OCT 8
PARENT & TOT 1/2	1:00-1:30pm (10588) 5:00-5:30pm (10589)	10:00-10:30am (10590)	1:00-1:30pm (10591) 5:00-5:30pm (10592)	9:30-10:00am (10593)	9:00-9:30am (10584)	9:30-10:00am (10585) 11:15-11:45am (10586)
PARENT & TOT 2/3	5:30-6:00pm (10669)	9:30-10:00am (10670) 5:30-6:00pm (10671)	2:00-2:30pm (10702) 6:00-6:30pm (10703)	10:30-11:00am (10704) 5:30-6:00pm (10705)	10:00-10:30am (10595)	10:30-11:00am (10668)
PRESCHOOL 1	12:30-1:00pm (10715) 1:00-1:30pm (10716) 4:30-5:00pm (10717) 5:30-6:00pm (10718) 6:00-6:30pm (10719)	9:00-9:30am (10720) 5:00-5:30pm (10721) 5:45-6:15pm (10722) 6:30-7:00pm (10723)	1:00-1:30pm (10724) 1:30-2:00pm (10725) 4:30-5:00pm (10726) 5:45-6:15pm (10727)	9:00-9:30 (10728) 5:00-5:30pm (10729) 5:45-6:15pm (10730) 6:30-7:00pm (10731)	8:30-9:00am (10597) 9:30-10:00am (10706) 10:15-10:45am (10707) 11:30-12:00pm (10708) 12:30-1:00pm (10709)	9:00-9:30am (10710) 10:00-10:30am (10711) 11:15-11:45am (10712) 12:15-12:45pm (10713) 12:45-1:15pm (10714)
PRESCHOOL 2	12:30-1:00pm (10740) 2:00-2:30pm (10741) 5:00-5:30pm (10742) 6:00-6:30pm (10743) 6:30-7:00pm (10744)	9:00-9:30am (10745) 10:00-10:30am (10746) 5:00-5:30pm (10747) 6:00-6:30pm (10748)	12:30-1:00pm (10749) 6:00-6:30pm (10750) 6:30-7:00pm (10751)	9:00-9:30am (10752) 5:30-6:00pm (10753) 6:00-6:30pm (10754)	8:30-9:00am (10599) 9:45-10:15am (10732) 10:45-11:15am (10733) 11:30-12:00pm (10734) 12:00-12:30pm (10735)	9:00-9:30am (10736) 9:30-10:00am (10737) 11:15-11:45am (10738) 12:15-12:45pm (10739)
PRESCHOOL 3	1:30-2:00pm (10760) 5:15-5:45pm (10761) 6:15-6:45pm (10762)	10:30-11:00am (10763) 6:15-6:45pm (10764)	5:00-5:30pm (10765) 6:30-7:00pm (10766)	9:30-10:00am (10767) 5:30-6:00pm (10768) 6:15-6:45pm (10769)	8:30-9:00am (10601) 9:15-9:45am (10755) 11:00-11:30am (10756) 12:30-1:00pm (10757)	10:00-10:30am (10758) 12:45-1:15pm (10759)
PRESCHOOL 4/5	4:30-5:00pm (10773) 6:30-7:00pm (10774)	6:00-6:30pm (10775)	6:15-6:45pm (10776)	6:00-6:30pm (10777)	10:00-10:30am (10604) 12:30-1:00pm (10770)	9:30-10:00am (10771) 12:45-1:15pm (10772)
SWIMMER 1	5:00-5:30pm (10786) 6:00-6:30pm (10787) 6:30-7:00pm (10788) 7:00-7:30pm (10789)	5:30-6:00pm (10790) 6:00-6:30pm (10791) 6:30-7:00pm (10792) 7:30-8:00pm (10793)	4:30-5:00pm (10794) 5:00-5:30pm (10795) 6:00-6:30pm (10796) 6:30-7:00pm (10797)	5:30-6:00pm (10798) 6:30-7:00pm (10799) 7:00-7:30pm (10800) 7:30-8:00pm (10801)	9:00-9:30am (10606) 9:30-10:00am (10778) 10:15-10:45am (10779) 11:00-11:30am (10780) 12:00-12:30pm (10781)	9:00-9:30am (10782) 11:15-11:45am (10783) 11:45-12:15pm (10784) 12:15-12:45pm (10785)
SWIMMER 2	4:30-5:15pm (10968) 6:15-7:00pm (10969)	5:15-6:00pm (10970) 6:00-6:45pm (10971) 6:45-7:30pm (10972)	4:30-5:15pm (10973) 6:15-7:00pm (10974)	5:15-6:00pm (10975) 6:00-6:45pm (10976) 6:45-7:30pm (10977)	8:30-9:15am (10608) 9:45-10:30am (10944) 10:45-11:30am (10945) 11:30-12:15pm (10946) 12:15-1:00pm (10947)	9:30-10:15am (10965) 11:30-12:15am (10966) 12:30-1:15pm (10967)
SWIMMER 3	5:00-5:45pm (10984) 5:45-6:30pm (10985)	4:30-5:15pm (12037) 6:00-6:45pm (10986) 7:15-8:00pm (10987)	5:00-5:45pm (10988) 6:15-7:00pm (10989)	6:00-6:45pm (10990) 7:15-8:00pm (10991)	8:30-9:15am (10611) 10:00-10:45am (10978) 11:15-12:00pm (10979) 12:15-1:00pm (10980)	9:00-9:45am (10981) 10:15-11:00am (10982) 11:30-12:15pm (10983)
SWIMMER 4	5:00-5:45pm (10996) 6:45-7:30pm (10997)	5:00-5:45pm (10998) 7:15-8:00pm (10999)	5:00-5:45pm (11000) 6:45-7:30pm (11001)	5:00-5:45pm (11002) 7:15-8:00pm (11003)	8:30-9:15am (10613) 10:45-11:30am (10992) 11:30-12:15pm (10993)	10:00-10:45am (10994) 11:45-12:30pm (10995)
SWIMMER 5/6	6:30-7:30pm (11005)	7:00-8:00pm (11006)	5:15-6:15pm (11007)	4:30-5:30pm (11008)	9:15-10:15am (10615)	10:15-11:15am (11004)
ADULT BEGINNER						9:00-10:00am (10581)
ADULT INTERMEDIATE						10:00-11:00am (10582)
SWIM PATROL				6:30-8:00pm (11010)	11:30-1:00pm (10617)	11:45-1:15pm (11009)
SWIMABILITIES				4:30-5:15pm (11876) 4:45-5:30pm (11877)		

LEARN TO SWIM FALL #2 SCHEDULE

	MONDAYS NOV 6-DEC 18 (7)	TUESDAYS NOV 7-DEC 19 (7)	WEDNESDAYS NOV 1-DEC 13 (7)	THURSDAYS NOV 2-DEC 14 (7)	SATURDAYS NOV 4-DEC 16 (7)	SUNDAYS NOV 5-DEC 17 (7)
PARENT & TOT 1/2	1:00-1:30pm (10657) 5:00-5:30pm (10658)	10:00-10:30am (10659)	1:00-1:30pm (10625) 5:00-5:30pm (10652)	9:30-10:00am (10653)	9:00-9:30am (10654)	9:30-10:00am (10655) 11:15-11:45am (10656)
PARENT & TOT 2/3	5:30-6:00pm (10665)	9:30-10:00am (10666) 5:30-6:00pm (10667)	2:00-2:30pm (10628) 6:00-6:30pm (10660)	10:30-11:00am (10661) 5:30-6:00pm (10662)	10:00-10:30am (10663)	10:30-11:00am (10664)
PRESCHOOL 1	12:30-1:00pm (11076) 1:00-1:30pm (11077) 4:30-5:00pm (11078) 5:30-6:00pm (11079) 6:00-6:30pm (11080)	9:00-9:30am (11081) 5:00-5:30pm (11082) 5:45-6:15pm (11083) 6:30-7:00pm (11084)	1:00-1:30pm (10630) 1:30-2:00pm (11059) 4:30-5:00pm (11060) 5:45-6:15pm (11061)	9:00-9:30 (11062) 5:00-5:30pm (11063) 5:45-6:15pm (11064) 6:30-7:00pm (11065)	8:30-9:00am (11066) 9:30-10:00am (11067) 10:15-10:45am (11068) 11:30-12:00pm (11069) 12:30-1:00pm (11070)	9:00-9:30am (11071) 10:00-10:30am (11072) 11:15-11:45am (11073) 12:15-12:45pm (11074) 12:45-1:15pm (11075)
PRESCHOOL 2	12:30-1:00pm (11099) 2:00-2:30pm (11100) 5:00-5:30pm (11101) 6:00-6:30pm (11102) 6:30-7:00pm (11103)	9:00-9:30am (11104) 10:00-10:30am (11105) 5:00-5:30pm (11106) 6:00-6:30pm (11107)	12:30-1:00pm (10632) 6:00-6:30pm (11085) 6:30-7:00pm (11086)	9:00-9:30am (11087) 5:30-6:00pm (11088) 6:00-6:30pm (11089)	8:30-9:00am (11090) 9:45-10:15am (11091) 10:45-11:15am (11092) 11:30-12:00pm (11093) 12:00-12:30pm (11094)	9:00-9:30am (11095) 9:30-10:00am (11096) 11:15-11:45am (11097) 12:15-12:45pm (11098)
PRESCHOOL 3	1:30-2:00pm (11118) 5:15-5:45pm (11119) 6:15-6:45pm (11120)	10:30-11:00am (11121) 6:15-6:45pm (11122)	5:00-5:30pm (10634) 6:30-7:00pm (11108)	9:30-10:00am (11109) 5:30-6:00pm (11110) 6:15-6:45pm (11111)	8:30-9:00am (11112) 9:15-9:45am (11113) 11:00-11:30am (11114) 12:30-1:00pm (11115)	10:00-10:30am (11116) 12:45-1:15pm (11117)
PRESCHOOL 4/5	4:30-5:00pm (11128) 6:30-7:00pm (11129)	6:00-6:30pm (11130)	6:15-6:45pm (10636)	6:00-6:30pm (11123)	10:00-10:30am (11124) 12:30-1:00pm (11125)	9:30-10:00am (11126) 12:45-1:15pm (11127)
SWIMMER 1	5:00-5:30pm (11436) 6:00-6:30pm (11437) 6:30-7:00pm (11438) 7:00-7:30pm (11439)	5:30-6:00pm (11440) 6:00-6:30pm (11441) 6:30-7:00pm (11442) 7:30-8:00pm (11443)	4:30-5:00pm (10638) 5:00-5:30pm (11169) 6:00-6:30pm (11170) 6:30-7:00pm (11171)	5:30-6:00pm (11172) 6:30-7:00pm (11173) 7:00-7:30pm (11174) 7:30-8:00pm (11175)	9:00-9:30am (11427) 9:30-10:00am (11428) 10:15-10:45am (11429) 11:00-11:30am (11430) 12:00-12:30pm (11431)	9:00-9:30am (11432) 11:15-11:45am (11433) 11:45-12:15pm (11434) 12:15-12:45pm (11435)
SWIMMER 2	4:30-5:15pm (11455) 6:15-7:00pm (11456)	5:15-6:00pm (11457) 6:00-6:45pm (11458) 6:45-7:30pm (11459)	4:30-5:15pm (10640) 6:15-7:00pm (11444)	5:15-6:00pm (11445) 6:00-6:45pm (11446) 6:45-7:30pm (11447)	8:30-9:15am (11448) 9:45-10:30am (11449) 10:45-11:30am (11450) 11:30-12:15pm (11451) 12:15-1:00pm (12038)	9:30-10:15am (11452) 11:30-12:15am (11453) 12:30-1:15pm (11454)
SWIMMER 3	5:00-5:45pm (11470) 5:45-6:30pm (11471)	4:30-5:15pm (12039) 6:00-6:45pm (11472) 7:15-8:00pm (11473)	5:00-5:45pm (10642) 6:15-7:00pm (11460)	6:00-6:45pm (11461) 7:15-8:00pm (11462)	8:30-9:15am (11463) 10:00-10:45am (11464) 11:15-12:00pm (11465) 12:15-1:00pm (11466)	9:00-9:45am (11467) 10:15-11:00am (11468) 11:30-12:15pm (11469)
SWIMMER 4	5:00-5:45pm (11482) 6:45-7:30pm (11483)	5:00-5:45pm (11484) 7:15-8:00pm (11485)	5:00-5:45pm (10644) 6:45-7:30pm (11474)	5:00-5:45pm (11475) 7:15-8:00pm (11476)	8:30-9:15am (11477) 10:45-11:30am (11478) 11:30-12:15pm (11479)	10:00-10:45am (11480) 11:45-12:30pm (11481)
SWIMMER 5/6	6:30-7:30pm (11489)	7:00-8:00pm (11490)	5:15-6:15pm (10646)	4:30-5:30pm (11486)	9:15-10:15am (11487)	10:15-11:15am (11488)
ADULT BEGINNER						9:00-10:00am (10622)
ADULT INTERMEDIATE						10:00-11:00am (10623)
SWIM PATROL				6:30-8:00pm (10650)	11:30-1:00pm (11491)	11:45-1:15pm (11492)
SWIMABILITIES				4:30-5:15pm (11881) 4:45-5:30pm (11882)		



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LEARN TO SWIM WINTER SESSION

	MONDAYS JAN 15-MAR 18 (9) NO CLASS FEB 19	TUESDAYS JAN 16-MAR 19 (10)	WEDNESDAYS JAN 17-MAR 20 (10)	THURSDAYS JAN 18-MAR 21 (10)	SATURDAYS JAN 13-MAR 23 (10) NO CLASS FEB 17	SUNDAYS JAN 14-MAR 24 (10) NO CLASS FEB 18
PARENT & TOT 1/2	1:00-1:30pm (10951)	9:30-10:00am (10952) 5:00-5:30pm (10953)	1:00-1:30pm (10954)	9:00-9:30am (10955)	9:30-10:00am (10673) 11:15-11:45am (10949)	9:30-10:00am (10950)
PARENT & TOT 2/3	4:30-5:00pm (10958)	10:30-11:00am (10959) 6:15-6:45pm (10960)	1:30-2:00pm (10961) 6:00-6:30pm (10962)	9:30-10:00am (10963) 5:15-5:45pm (10964)	10:00-10:30am (10675)	10:15-10:45am (10956) 11:15-11:45am (10957)
PRESCHOOL 1	12:30-1:00pm (11378) 1:00-1:30pm (11380) 4:00-4:30pm (11381) 5:00-5:30pm (11382)	9:00-9:30am (11384) 10:30-11:00am (11386) 5:00-5:30pm (11394) 6:00-6:30pm (11396) 6:30-7:00pm (11397)	1:00-1:30pm (11398) 2:00-2:30pm (11399) 5:00-5:30pm (11400) 5:45-6:15pm (11401) 6:30-7:00pm (11402)	10:30-11:00am (11403) 5:00-5:30pm (11404) 6:30-7:00pm (11405)	8:30-9:00am (10677) 9:30-10:00am (11370) 10:45-11:15am (11371) 12:15-12:45pm (11372) 12:45-1:15pm (11373)	9:00-9:30am (11374) 10:15-10:45am (11375) 11:15-11:45am (11376) 12:45-1:15pm (11377)
PRESCHOOL 2	12:30-1:00pm (11415) 2:00-2:30pm (11416) 6:30-7:00pm (11417)	9:00-9:30am (11418) 10:00-10:30am (11419) 6:45-7:15pm (11420)	12:30-1:00pm (11421) 6:00-6:30pm (11422) 6:30-7:00pm (11423)	9:00-9:30am (11424) 5:30-6:00pm (11425) 6:00-6:30pm (11426)	8:30-9:00am (10679) 9:00-9:30am (11406) 10:45-11:15am (11407) 11:45-12:15pm (11408) 12:15-12:45pm (11409)	9:30-10:00am (11410) 10:30-11:00am (11411) 11:45-12:15pm (11412) 12:45-1:15pm (11414)
PRESCHOOL 3	1:30-2:00pm (11512) 5:15-5:45pm (11513) 6:00-6:30pm (11514)	5:45-6:15pm (11515) 7:00-7:30pm (11516)	4:30-5:00pm (11517) 5:30-6:00pm (11518)	9:30-10:00am (11519) 5:30-6:00pm (11520) 7:00-7:30pm (11521)	8:30-9:00am (10681) 10:00-10:30am (11507) 11:30-12:00pm (11508) 12:15-12:45pm (11509)	9:45-10:15am (11510)
PRESCHOOL 4/5	5:00-5:30pm (11525) 6:30-7:00pm (11526)	6:00-6:30pm (11527)	4:30-5:00pm (11528)	6:45-7:15pm (11529)	10:00-10:30am (10683) 11:15-11:45am (11522)	9:45-10:15am (11523) 11:00-11:30am (11524)
SWIMMER 1	4:00-4:30pm (11544) 4:30-5:00pm (11545) 6:00-6:30pm (11546) 6:15-6:45pm (11548) 6:30-7:00pm (11547)	5:00-5:30pm (11549) 6:30-7:00pm (11550) 7:30-8:00pm (11551)	5:00-5:30pm (11552) 5:30-6:00pm (11554) 6:00-6:30pm (11555) 6:30-7:00pm (11556)	5:00-5:30pm (11557) 5:30-6:00pm (11558) 6:00-6:30pm (11559) 6:30-7:00pm (11560) 7:00-7:30pm (11561) 7:30-8:00pm (11562)	8:30-9:30am (10685) 9:00-9:30am (11530) 11:15-11:45am (11536) 12:15-12:45pm (11537) 12:45-1:15pm (11538)	9:00-9:30am (11539) 11:15-11:45am (11540) 11:45-12:15pm (11541) 12:15-12:45pm (11542) 12:45-1:15pm (11543)
SWIMMER 2	4:30-5:15pm (11570) 5:30-6:15pm (11571)	5:00-5:45pm (11572) 6:00-6:45pm (11573) 6:45-7:30pm (11574)	4:00-4:45pm (11575) 6:15-7:00pm (11576)	5:15-6:00pm (11577) 6:00-6:45pm (11578) 7:15-8:00pm (11579)	9:00-9:45am (10687) 9:45-10:30am (11563) 10:45-11:30am (11564) 11:30-12:15pm (11565)	9:00-9:45am (11566) 11:00-11:45am (11567) 12:00-12:45pm (11568) 12:30-1:15pm (11569)
SWIMMER 3	4:30-5:15pm (11776) 5:15-6:00pm (11777) 6:45-7:30pm (11778)	5:30-6:15pm (11779) 7:15-8:00pm (11780)	4:45-5:30pm (11781) 6:45-7:30pm (11782)	5:45-6:30pm (11783) 7:15-8:00pm (11784)	9:00-9:45am (10689) 10:45-11:30am (11770) 11:30-12:15pm (11771) 12:30-1:15pm (11772)	9:30-10:15am (11773) 10:15-11:00am (11774) 11:30-12:15pm (11775)
SWIMMER 4	5:45-6:30pm (11789)	6:15-7:00pm (11790)	5:00-5:45pm (11791)	6:00-6:45pm (11792)	9:45-10:30am (10691) 10:45-11:30am (11785)	9:00-9:45am (11786) 10:00-10:45am (11787) 11:45-12:30pm (11788)
SWIMMER 5/6	5:00-6:00pm (11794) 6:30-7:30pm (11857)	5:30-6:30pm (11795) 7:00-8:00pm (11796)	4:30-5:30pm (11797)	5:00-6:00pm (11798)	12:15-1:15pm (10693)	11:00-12:00pm (11793)
ADULT BEGINNER						9:00-10:00am (10699)
ADULT INTERMEDIATE						10:00-11:00am (10700)
SWIM PATROL				6:30-8:00pm (11800)	9:00-10:30am (10695)	11:45-1:15pm (11799)
SWIM ABILITIES				4:30-5:15pm (11884) 4:30-5:15pm (11885)		



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LEARN TO SKATE

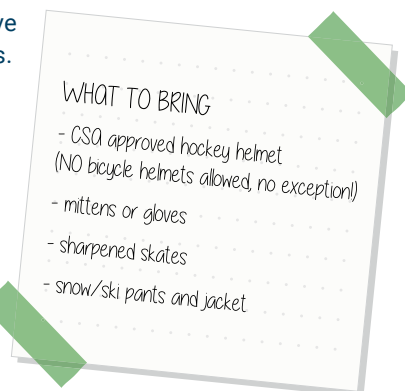
Trico Centre offers a progressive learn to skate program, starting at 2.5 years old. Our program focuses on teaching and mastering the basic skills to prepare skaters for all types of ice sports: recreational skating, figure skating, hockey, and ringette.

Please register your child in the appropriate skate level for their abilities. It is important for your child's success that they are registered correctly. We reserve the option to move skaters to the level most suited to their skills which may be on different days and times.

SAFETY

Safety is extremely important to us. We ask that you abide by the following guidelines for the safety of the children and our coaches:

- Only children registered in the program are permitted on the ice during lesson time.
- Only Parent & Tot adults are permitted on the ice (unless requested by the coach).
- All skaters must enter and exit through the dressing room entrances only.



LESSON AGE GROUPS

Parent & Tot	2.5 - 4 years
Preschool	4 - 5 years
Youth	6 - 12 years
Teen & Adult	12 years+

LEARN TO SKATE FEES

DURATION	6 CLASSES	7 CLASSES	9 CLASSES
30 MIN	\$96.00	\$112.00	\$135.00
45 MIN	\$108.00	\$126.00	\$162.00
60 MIN	\$132.00	\$154.00	\$198.00

PARENT & TOT 1 | 30 MIN

For children who have never skated and are unable to stand on the ice unattended. Full parent participation is required. We will learn how to stand on our own and march across the ice through games and songs.

PARENT & TOT 2 | 30 MIN

For children who can stand on their own and march across the ice. Through games and songs, children learn how to glide, make snow, jump and more! Full parent participation is required.

LEVEL 1 | PRESCHOOL & YOUTH 30 MIN

For first-time skaters who are unable to stand on the ice unassisted. Please come prepared to be on the ice for the first three classes. After the third class, the expectation is that participants will be on the ice independently (unless specifically requested by the instructor).

LEVEL 2 | PRESCHOOL 30 MIN & YOUTH 45 MIN

For participants who can stand unassisted, march, and glide. Some of the skills learned in level 2 include: transfer of weight, L push, 2-foot jump/glide, scraping left/right, and backward march.

LEVEL 3 | PRESCHOOL 30 MIN & YOUTH 45 MIN

For participants who can L push, 2-foot jump/glide, scrape left/right, and backward march. Some of the skills learned in level 3 include: snowplow stop, alternating V push, forward 1-foot glide, backward 2-foot glide, and walking crossovers.

LEVEL 4 | PRESCHOOL 30 MIN & YOUTH 45 MIN

For participants who can snowplow stop, alternating V push, forward 1-foot glide, backward 2-foot glide, and walking crossovers. Some of the skills learned in level 4 include: intro to 2-foot side stop, intro to crossovers, 2-foot turns and jumps..

LEVEL 5 | YOUTH 45 MIN

For participants who can L push, 2-foot jump/glide, scrape left/right, and backward march. Some of the skills learned in level 5 include: improve forward crossovers, introduce backward crossovers, learn three turns and forward inside/outside edges.

LEVEL 6 | YOUTH 45 MIN

For participants who can L push, 2-foot jump/glide, scrape left/right, forward/backward crossovers, three turns and forward inside/outside edges. Some of the skills learned in level 6 include: mohawks, 1-foot side stops, and forward-powered x-cuts.

TEEN & ADULT | 1 HOUR

For those teens (12+) and adults who have always wanted to skate, or just improve their skills. Helmets are mandatory.



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LEARN TO SKATE - FALL SESSION #1

	TUES & THURS SEPT 19-OCT 5 (6)	TUES & THURS OCT 10-OCT 26 (6)	WED SEPT 20-OCT 25 (6)	THURS SEPT 21-OCT 26 (6)	FRI SEPT 15-OCT 27 (7)	SAT SEPT 16-OCT 28 (6) NO CLASS OCT 7	SUN SEPT 17-OCT 29 (6) NO CLASS OCT 8
PARENT & TOT 1	9:15-9:45am (11693)	9:15-9:45am (11694)	12:45-1:15pm (11695)		4:00-4:30pm (11177) 5:00-5:30pm (11178)	9:00-9:30am (11238) 10:00-10:30am (11239)	9:00-9:30am (11240) 10:00-10:30am (11241)
PARENT & TOT 2					4:30-5:00pm (11180)	9:30-10:00am (11242)	9:30-10:00am (11243)
PRE 1	9:45-10:15am (11687)	9:45-10:15am (11688)	1:15-1:45pm (11691)	4:00-4:30pm (11867)	4:00-4:30pm (11183) 4:30-5:00pm (11184) 5:15-5:45pm (11225) 5:30-6:00pm (11182) 5:45-6:15pm (11185)	9:00-9:30am (11246) 9:30-10:00am (11248) 10:15-10:45am (11254) 10:30-11:00am (11244) 10:45-11:15am (11252)	9:00-9:30am (11247) 9:30-10:00am (11250) 10:15-10:45am (11255) 10:30-11:00am (11245) 10:45-11:15am (11253)
PRE 2			1:45-2:15pm (11697)		4:00-4:30pm (11187) 4:30-5:00pm (11188) 5:00-5:30pm (11189)	9:00-9:30am (11256) 9:30-10:00am (11258) 10:00-10:30am (11260)	9:00-9:30am (11257) 9:30-10:00am (11259) 10:00-10:30am (11261)
PRE 3			2:15-2:45pm (11699)		4:45-5:15pm (11230) 5:45-6:15pm (11193)	9:45-10:15 (11262) 10:45-11:15 (11264)	9:45-10:15am (11263) 10:45-11:15 (11265)
YOUTH 1				4:30-5:00pm (11869)	4:00-4:30pm (11200) 4:30-5:00pm (11201) 5:45-6:15pm (11202)	9:00-9:30am (11266) 9:30-10:00am (11268) 10:45-11:15am (11270)	9:00-9:30am (11267) 9:30-10:00am (11269) 10:45-11:15am (11271)
YOUTH 2					4:00-4:45pm (11205) 5:00-5:45pm (11207) 5:30-6:15pm (11208)	9:00-9:45am (11272) 10:00-10:45am (11274) 10:30-11:15am (11276)	9:00-9:45am (11273) 10:00-10:45am (11275) 10:30-11:15am (11277)
YOUTH 3					4:00-4:45pm (11212) 5:00-5:45pm (11213)	9:00-9:45am (11278) 10:00-10:45am (11280)	9:00-9:45am (11279) 10:00-10:45am (11281)
YOUTH 4					4:45-5:30pm (11215)	9:45-10:30am (11282)	9:45-10:30am (11283)
YOUTH 5/6					5:30-6:15pm (11219)	10:30-11:15am (11284)	10:30-11:15am (11285)
TEEN/ADULT				5:00-6:00pm (11872)	7:30-8:30am (11863)		

LEARN TO SKATE - FALL SESSION #2

	TUES & THURS NOV 2-NOV 23 (7)	TUES & THURS NOV 28-DEC 14 (6)	WED NOV 1-DEC 13 (7)	THURS NOV 2-DEC 14 (7)	FRI NOV 3-DEC 15 (7)	SAT NOV 4-DEC 16 (7)	SUN NOV 5-DEC 17 (7)
PARENT & TOT 1	9:15-9:45am (11848)	9:15-9:45am (11849)	12:45-1:15pm (11696)		4:00-4:30pm (11309) 5:00-5:30pm (11310)	9:00-9:30am (11311) 10:00-10:30am (11312)	9:00-9:30am (11313) 10:00-10:30am (11314)
PARENT & TOT 2					4:30-5:00pm (11315)	9:30-10:00am (11316)	9:30-10:00am (11317)
PRE 1	9:45-10:15am (11689)	9:45-10:15am (11690)	1:15-1:45pm (11692)	4:00-4:30pm (11868)	4:00-4:30pm (11319) 4:30-5:00pm (11320) 5:15-5:45pm (11322) 5:30-6:00pm (11318) 5:45-6:15pm (11321)	9:00-9:30am (11326) 9:30-10:00am (11328) 10:15-10:45am (11332) 10:30-11:00am (11323) 10:45-11:15am (11330)	9:00-9:30am (11327) 9:30-10:00am (11329) 10:15-10:45am (11333) 10:30-11:00am (11325) 10:45-11:15am (11331)
PRE 2			1:45-2:15pm (11698)		4:00-4:30pm (11361) 4:30-5:00pm (11362) 5:00-5:30pm (11363)	9:00-9:30am (11364) 9:30-10:00am (11366) 10:00-10:30am (11368)	9:00-9:30am (11365) 9:30-10:00am (11367) 10:00-10:30am (11369)
PRE 3			2:15-2:45pm (11700)		4:45-5:15pm (11356) 5:45-6:15pm (11355)	9:45-10:15 (11357) 10:45-11:15 (11359)	9:45-10:15am (11358) 10:45-11:15 (11360)
YOUTH 1				4:30-5:00pm (11870)	4:00-4:30pm (11293) 4:30-5:00pm (11294) 5:45-6:15pm (11296)	9:00-9:30am (11297) 9:30-10:00am (11303) 10:45-11:15am (11306)	9:00-9:30am (11299) 9:30-10:00am (11304) 10:45-11:15am (11308)
YOUTH 2					4:00-4:45pm (11334) 5:00-5:45pm (11335) 5:30-6:15pm (11336)	9:00-9:45am (11337) 10:00-10:45am (11339) 10:30-11:15am (11341)	9:00-9:45am (11338) 10:00-10:45am (11340) 10:30-11:15am (11342)
YOUTH 3					4:00-4:45pm (11343) 5:00-5:45pm (11344)	9:00-9:45am (11345) 10:00-10:45am (11347)	9:00-9:45am (11346) 10:00-10:45am (11348)
YOUTH 4					4:45-5:30pm (11349)	9:45-10:30am (11350)	9:45-10:30am (11351)
YOUTH 5/6					5:30-6:15pm (11352)	10:30-11:15am (11353)	10:30-11:15am (11354)
TEEN/ADULT				5:00-6:00pm (11871)	7:30-8:30am (11864)		

LEARN TO SKATE - WINTER SESSION

	TUES & THURS JAN 16- FEB 1 (6)	TUES & THURS FEB 6- FEB 27 (6)	TUES & THURS FEB 27- MAR 14 (6)	WED JAN 17- MAR 13 (9)	THURS JAN 18- MAR 14 (9)	FRI JAN 12-MAR 15 (9) NO CLASS FEB 16	SAT JAN 13-MAR 16 (9) NO CLASS FEB 17	SUN JAN 14-MAR 17 (9) NO CLASS FEB 18
PARENT & TOT 1	9:15-9:45am (11850)	9:15-9:45am (11851)	9:15-9:45am (11852)	12:45-1:15pm (11853)		4:00-4:30pm (11501) 5:00-5:30pm (11502)	9:00-9:30am (11503) 10:00-10:30am (11504)	9:00-9:30am (11505) 10:00-10:30am (11506)
PARENT & TOT 2						4:30-5:00pm (11531)	9:30-10:00am (11533)	9:30-10:00am (11534)
PRE 1	9:45-10:15am (11854)	9:45-10:15am (11855)	9:45-10:15am (11856)	1:15-1:45pm (11858)	4:00-4:30pm (11873)	4:00-4:30pm (11581) 4:30-5:00pm (11582) 5:15-5:45pm (11584) 5:30-6:00pm (11580) 5:45-6:15pm (11583)	9:00-9:30am (11598) 9:30-10:00am (11600) 10:15-10:45am (11610) 10:30-11:00am (11585)	9:00-9:30am (11599) 9:30-10:00am (11601) 10:15-10:45am (11614) 10:30-11:00am (11586)
PRE 2				1:45-2:15pm (115859)		4:00-4:30pm (11618) 4:30-5:00pm (11619) 5:00-5:30pm (11620)	9:00-9:30am (11621) 9:30-10:00am (11623) 10:00-10:30am (11625)	9:00-9:30am (11622) 9:30-10:00am (11624) 10:00-10:30am (11626)
PRE 3				2:15-2:45pm (11860)		4:45-5:15pm (11628) 5:45-6:15pm (11627)	9:45-10:15 (11629) 10:45-11:15 (11631)	9:45-10:15am (11630) 10:45-11:15 (11632)
PRE 4							10:45-11:15 (11616)	10:45-11:15 (11617)
YOUTH 1					4:30-5:00pm (11874)	4:00-4:30pm (11633) 4:30-5:00pm (11634) 5:45-6:15pm (11635)	9:00-9:30am (11636) 9:30-10:00am (11638) 10:45-11:15am (11640)	9:00-9:30am (11637) 9:30-10:00am (11639) 10:45-11:15am (11641)
YOUTH 2						4:00-4:45pm (11666) 5:00-5:45pm (11667) 5:30-6:15pm (11668)	9:00-9:45am (11669) 10:00-10:45am (11671) 10:30-11:15am (11673)	9:00-9:45am (11670) 10:00-10:45am (11672) 10:30-11:15am (11674)
YOUTH 3						4:00-4:45pm (11675) 5:00-5:45pm (11676)	9:00-9:45am (11677) 10:00-10:45am (11679)	9:00-9:45am (11678) 10:00-10:45am (11680)
YOUTH 4						4:45-5:30pm (11681)	9:45-10:30am (11682)	9:45-10:30am (11683)
YOUTH 5/6						5:30-6:15pm (11684)	10:30-11:15am (11685)	10:30-11:15am (11686)
TEEN/ADULT					5:00-6:00pm (11875)	7:30-8:30am (11866)		


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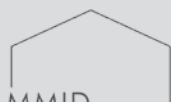



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