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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, out of school 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

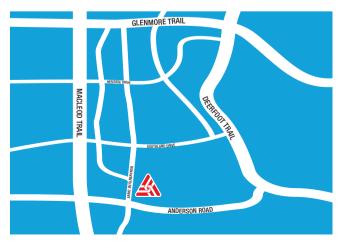
We would love to hear about your Trico Centre experiences. Search "Trico Centre" on Google to leave us a review! Don't forget to tag us in our new Fitness Centre "selfie station"!

CONTACT

11150 Bonaventure Drive SE, Calgary, Alberta T2J 6R9

EMAIL: guestservices@tricocentre.ca

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



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 on every visit.

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 program 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)



More than 65 group fitness classes every week



2-day priority program registration



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



Bring-a-Friend! 25% discount off their admission fee, 50% off on the first Thursday of each month



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 give greater value to your Trico Centre membership.

Visit www.tricocentre.ca/member-benefits for the most up-to-date partner information.

AXE GAMES - 10% off booking!

www.axegames.ca

CALGARY PHILHARMONIC - 15% off online ticket orders! www.calgaryphil.com

CRAFT BEER MARKET - 10% off regular priced items!

Southcentre Mall location only

www.craftbeermarket.ca

DIVA SALON SPA - 10% off all services & products! www.divasalonspa.com

JUBILATIONS DINNER THEATRE - Receive corporate

www.jubilations.ca

GO OIL CALGARY - 11% off all services!

www.gooil.ca

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

www.milestonesrestaurants.com

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

www.macleodspubhouse.com

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

www.newyorkfries.com

NUTMAN - 10% off online and in-store purchases!

Southcentre Mall location only

www.nutman.ca

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



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

PINK DOOR PIZZA - 20% off your order!

www.pinkdoorpizza.com

PROLIFT DOORS CALGARY - 10% off all repairs, AND a \$29 garage door tune-up!

www.proliftdoors.com/calgary

ROCKY MOUNTAIN FLATBREAD - Receive 10% off all

regular priced dine-in food menu items! www.rockymountainflatbread.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.home.tworiversdistillery.com

WEBSTER GALLERIES & AVENIDA FRAMING - 10% off one piece framing orders, 15% off two pieces, and 20% off three

www.webstergalleries.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

DAILY & ARENA ADMISSIONS

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

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

DAILY ADMISSION GST INCLUDED

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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 our pool 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



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.

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, and youth 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

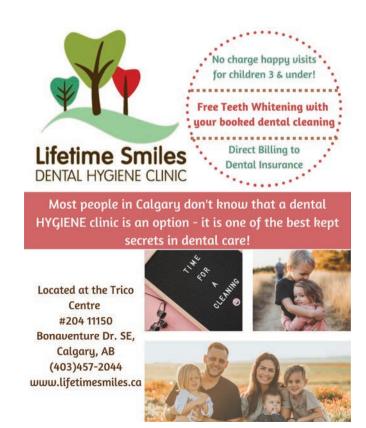
Trico Centre wants its membership options to suit your life - and life can change.

Cancellation: After three full month payments, there are no penalties or fees to cancel. If this is too long of a commitment, try a 10-visit pass or our one-month pass for \$112 (the one-month pass can be applied towards a membership if you decide to stay).

Stop/Restart: After three full month 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 pass 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.





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.

ТҮРЕ	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) *Student ID and timetable required	\$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 2 Adults, children under 18 included	\$50.40	\$115.20	\$12.80
Family: One Adult 1 Adult, children under 18 included	\$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 Calgary

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

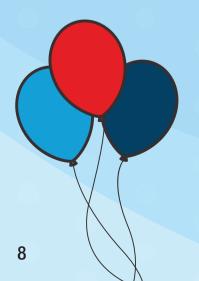


TRICO CENTRE IS TURNING 40!

This year, Trico Centre for Family Wellness will be celebrating its 40th anniversary. Originally called the Family Leisure Centre, the not-for-profit, community-operated health and wellness facility opened on January 27th, 1983. Over the last five decades, we have aspired to be a community hub and leader that encourages healthy minds and bodies through affordable, innovative programming and service excellence. In 2023, Trico Centre will host several anniversary events, including our annual Movie in the Park, a charity golf tournament in June, and major events in May and September. Whether you are or have been a member, drop-in guest, program participant, customer, or spectator, we sincerely appreciate your patronage and support... and we hope to see you all again soon!

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	MONDAY, FEBRUARY 13 [™]	40-DAY FITNESS CHALLENGE (02/13-03/24)
		Our popular fitness challenge is blasting to the past with a 80's themed challenge.
_	MONDAY, FEBRUARY 20 TH	MEMBER APPRECIATION
		Members - share your love of Trico Centre with a friend! Free admission for friends/family of members! Member must be present (maximum 4 guests).
	SATURDAY, JUNE 3rd	SUMMER KICK-OFF
		Trico Centre will transform into party central, with food trucks, balloon artists, bouncy houses, games, goat yoga and more! Partnering with Hull Services, an organization providing leading edge child, youth, and family mental health services, donations will be encouraged.
	WEDNESDAY, JUNE 21 ST	PARENT & TOT BUNNY YOGA
	THURSDAY, JUNE 29 [™]	TRICO CENTRE CHARITY GOLF CLASSIC
		Held at Blue Devil Golf Course, Trico Centre is hosting a fundraising golf tournament for 72 golfers, with a silent auction, mulligan bags, and luncheon.
	SATURDAY, JULY 22 ND	GOAT YOGA
	SATURDAY, JULY 22 ND SATURDAY, AUGUST 12 TH	GOAT YOGA PARENT & KID BUNNY YOGA
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	SATURDAY, AUGUST 12 TH	PARENT & KID BUNNY YOGA
	SATURDAY, AUGUST 12 TH	PARENT & KID BUNNY YOGA MOVIE IN THE PARK Our 3rd annual movie night will expand to include a pre-event with vendor and sponsor booths, along with a
	SATURDAY, AUGUST 12 TH SUNDAY, AUGUST 27 TH	PARENT & KID BUNNY YOGA MOVIE IN THE PARK Our 3rd annual movie night will expand to include a pre-event with vendor and sponsor booths, along with a youth group exercise class in the field.
	SATURDAY, AUGUST 12 TH SUNDAY, AUGUST 27 TH	PARENT & KID BUNNY YOGA MOVIE IN THE PARK Our 3rd annual movie night will expand to include a pre-event with vendor and sponsor booths, along with a youth group exercise class in the field. TRICO CENTRE SHOWCASE Collect your stamps! Each Trico Centre department leaders will be on-site promoting their programs, drop-in
	SATURDAY, AUGUST 12 TH SUNDAY, AUGUST 27 TH SATURDAY, SEPTEMBER 9 TH	PARENT & KID BUNNY YOGA MOVIE IN THE PARK Our 3rd annual movie night will expand to include a pre-event with vendor and sponsor booths, along with a youth group exercise class in the field. TRICO CENTRE SHOWCASE Collect your stamps! Each Trico Centre department leaders will be on-site promoting their programs, drop-in classes and registered programs.
	SATURDAY, AUGUST 12 TH SUNDAY, AUGUST 27 TH SATURDAY, SEPTEMBER 9 TH	PARENT & KID BUNNY YOGA MOVIE IN THE PARK Our 3rd annual movie night will expand to include a pre-event with vendor and sponsor booths, along with a youth group exercise class in the field. TRICO CENTRE SHOWCASE Collect your stamps! Each Trico Centre department leaders will be on-site promoting their programs, drop-in classes and registered programs. PRESCHOOL HALLOWEEN CELEBRATION The Trico Centre gymnasium will transform into a Halloween carnival with games, cookie decorating, and





Thursday, June 29th, 2023

#SUPPORTLOCAL!

Join us at Blue Devil Golf Course for a great day of golf as a participant, sponsor, or donor.



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, spacious player benches, and spectator seating for up to 350 people.

NON-PRIME TIME	PRIME TIME
\$128.75/hour	\$278.25/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 \$68/hour HALF \$50/hour	FULL \$103/hour HALF \$67/hour		





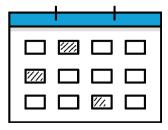
MULTI-PURPOSE ROOMS

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-\$80/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-\$60/hour. Some restrictions apply.





Rental bookings can now 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.

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

PROGRAM REGISTRATION



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.

Visit WWW.TRICOCENTRE.CA/REGISTER to register for all programs and special events, and purchase personal training sessions.

REGISTRATION POLICIES

PAYMENT

Full payment must accompany registration.

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

ONLINE/PHONE: Mastercard, Visa, or AMEX

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

MEMBER REGISTRATION DISCOUNT

Members receive **20% off most program registrations!** If we do not discount a program you'll find "*ND" beside the listed program fee.

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 \$10.00 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**.

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



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!



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



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





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

RESPECT OTHERS

Clean equipment before and after use.

Share equipment - let others work in between sets.

Sign up for designated cardio equipment.

Return equipment to its original location.

Help others if they need assistance.

No perfume or cologne.

No pictures or videos permitted

(exception: selfie station).

2 RESPECT SPACES

Follow Olympic platform rules.

Don't drop free weights.

Wear proper workout clothing (no jeans).

Wear indoor shoes only.

PROTECT YOURSELF

Wear proper shoes.

Bring your own towel.

Ask a fitness monitor for assistance if required (spotting, advice, exercises).

YOUTH SAFETY

Children under 9 years old are not permitted in the Fitness Centre.

Youth 9 - 14 years old must complete the Youth Access Program with an orientation (more information on page 14).







YOUTH ACCESS PROGRAM

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.



Contact our Fitness Desk to book a youth orientation course



403.225.5562 | fitnessteam@tricocentre.ca

PERSONAL TRAINING

Trico Centre's experienced trainers are either Kinesiologist or Personal Training Diploma Certified. They have experience with older adults, post-physio exercise, athletic training, weight loss, and healthy lifestyle coaching.

- All Individual and Semi-Private Training packages include personalized programs.
- Monthly payment plans are available for 6, 12, or 24 sessions.

INDIVIDUAL TRAINING					
SESSIONS	FEE				
3	\$252.00				
6	\$488.00				
12	\$930.00				
24	\$1,800.00				

SEMI-PRIVATE TRAINING (2 PEOPLE)						
FEE						
\$177.00/person						
\$336.00/person						
\$636.00/person						
\$1,200.00/person						

CUSTOM PROGRAM DEVELOPMENT

Get started, get motivated, stay accountable! Let our team of professionals design a custom program to help you attain your fitness goals. An initial half-hour consultation is followed by a one-hour session for \$132.50.



TRICO CENTRE MEMBERS!

Get 20% off personal training packages!



Purchase your training package or custom program online at www.tricocentre.ca/register

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.

9765	May 3-Jun 21	W	1:00-1:45pm	\$104.00	8 Classes
9766	Jul 12-Aug 23	W	1:00-1:45pm	\$91.00	7 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.

9769	May 2-Jun 20	Tu	1:00-1:45pm	\$104.00	8 Classes
9770	Jul 11-Aug 22	Tu	1:00-1:45pm	\$91.00	7 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.

9767	May 1-Jun 19 No class May 22	М	1:30-2:30pm	\$91.00	7 Classes
9768	Jul 10-Aug 21 No class Aug 7	М	1:30-2:30pm	\$84.00	6 Classes

Aides are welcome and free of charge.

OLDER ADULTS

BALANCE BUILDERS

In partnership with Alberta Health Services, 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, flexibility, and endurance. This program is for adults 65 years of age and over. Participants are assessed and monitored. Participants must attend at least 75% or six out of eight classes per month. Please call 403-225-5561 to register.

9696	May 2-Jun 29	Tu/Th	1:30-2:15pm	\$108.00*ND	16 Classes
9698	May 2-Jun 29	Tu/Th	2:30-3:15pm	\$108.00*ND	16 Classes
9697	Jul 4-Aug 31	Tu/Th	1:30-2:15pm	\$121.50*ND	18 Classes
9699	Jul 4-Aug 31	Tu/Th	2:30-3:15pm	\$121.50*ND	18 Classes

BONE BUILDERS

Focused on maintaining bone health, creating strength and power, and minimizing your risk of falling. This weight room based class makes our seniors strong!

9700	Apr 14-Jun 23	F	1:30-2:30pm	\$143.00	11 Classes
Mon	Tues	lod.	Thurs	Fri Sa	at ■ Sun

BALANCE & BONES

Move through life with spontaneity and confidence! 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.

9701	Apr 3-Jun 19 No class May 22	М	1:30-2:30pm	\$143.00	11 Classes
9703	Apr 5-Jun 21	W	1:30-2:30pm	\$156.00	12 Classes

CHAIR YOGA

Have you hesitated to try yoga because it's challenging to get down onto the floor? Now a chair becomes your mat. Just about 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.

9733	Apr 5-Jun 21	W	1:00-2:00pm	\$156.00	12 Classes
10470	Jul 12-Aug 16	W	1:00-2:00pm	\$78.00	6 Classes

BABY & YOU

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.

9713	May 2-Jun 20	Tu	9:15-10:00am	\$104.00	8 Classes
9712	May 4-Jun 22	Th	9:15-10:00am	\$104.00	8 Classes
9772	Jul 9-Aug 20 No class Aug 6	Su	9:30-10:15am	\$91.00	7 Classes

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.

STROLLER FIT

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, spring classes may move indoors to the Trico Centre gymnasium. Please bring a blanket.

9724	May 2-Jun 20	Tu	9:45-10:45am	\$104.00	8 Classes
9728	Jul 4-Aug 22*	Tu	9:45-10:45am	\$104.00	8 Classes

^{*}Summer location is off-site in Fish Creek Provincial Park. Participants will be contacted prior to start of class to confirm location.

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! Premobile babies recommended.

9719	May 1-Jun 19 No class May 22	М	9:15-10:15am	\$91.00	7 Classes
9722	May 5-Jun 23	F	9:15-10:15am	\$104.00	8 Classes



PRENATAL YOGA

Our prenatal yoga class goes well beyond simply modifying yoga poses. 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.

Safe for all trimesters and modifications are offered. Targeted stretches, breathing, visualization, and relaxation that help the birth experience. It will help you prepare physically, mentally, and emotionally for the birth of your baby.

9865	Mar 11-Apr 29 No class Apr 8	Sa	11:45-1:00pm	\$115.00	7 Classes
9732	May 6-Jun 24 No class May 20	Sa	11:45-1:00pm	\$115.00	7 Classes
10471	Jul 15-Aug 16 No class Aug 5	Sa	11:45-1:00pm	\$97.50	6 Classes

MIND/BODY

PILATES FOR THE PELVIC FLOOR

Mon

Give your pelvic floor the attention it deserves! A lack of pelvic floor awareness 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. In this class you'll gain awareness and re-learn how to properly utilize this often neglected musculature. All genders and ages welcome!

	9734	Apr 30-Jun 18 No class May 20	Su	9:30-1	0:15am	\$91.00	7 Classes
Tues	s We	ed Thurs	Fri	Sat	Sun	*ND = NO MEN	MBER DISCOUNT

FITNESS

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.

9708 May 4-Jun 8 Th 6:00-7:15pm \$104.00 6 classes

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!

9704	May 5-Jun 23	F	10:15-11:15am	\$104.00	8 Classes
9741	Jul 8-Aug 26 No class Aug 5	Sa	9:30-10:30am	\$91.00	7 Classes

TRICO FITNESS SOCIAL CLUB

Looking to get back into your gym routine? Or maybe you're looking to try something new.

Join us Tuesday Nights for our month-long series featuring 60 minutes of trainer-led strength and cardio fitness - followed by a 'sociable' at TOPS PIZZA! 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!

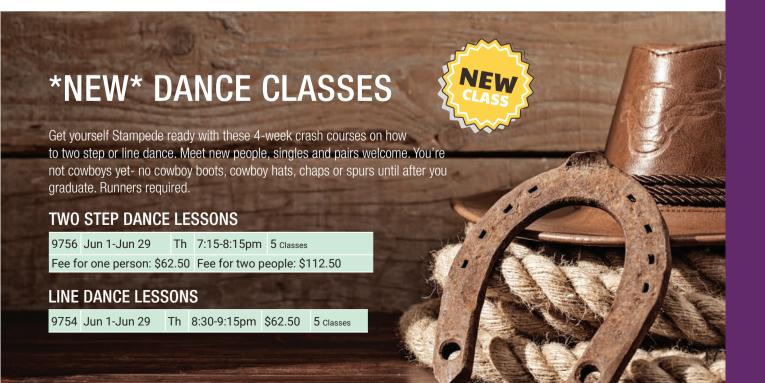
9747 May 2-Jun 20 Tu 7:15-8:15pm \$104.00 8 classes



GOLF CONDITIONING

Get the most out of your efforts on the green! For golfers of all levels, this functional training program is designed to improve the quality of your swing and your overall fitness while minimizing your risk of injury.

9706 Apr 30-Jun 18 Su 8:00-9:00am \$91.00 7 classes





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



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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





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

Bonaventure 11150 Bonaventure Dr. SF www.GreenDoorSchool.ca

TRICO CENTRE

OUT OF SCHOOL CARE

REGISTRATION FOR FALL 2023/2024 BEGINS IN MARCH













Skating Pays

Swimming Pays













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 activites!

FOR MORE INFORMATION ABOUT FEES AND POLICIES, PLEASE VISIT WWW.TRICOCENTRE.CA, PHONE (403) 225-5553, OR EMAIL OUTOFSCHOOLCARE@TRICOCENTRE.CA





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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 (16 MONTHS TO 4 YEARS)

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.

SPORTBALL PARENT & TOT (16 MOS - 3 YRS)

Professional instructors provide children with the knowledge and ability to play sports with confidence. The first half of each class is dedicated to skill development and the second half puts those lessons to work in an exciting, non-competitive game. Indoor/Outdoor classes meet in multi-purpose room 7/8, outdoor classes meet on the soccer field each week.

OUTDOOR MULTI-SPORT | 16 MOS - 2 YRS

INDOOR/OUTDOOR SOCCER | 2-3 YRS

9297	Apr 15-Jun 24 No class May 20	Sa	9:00-9:45am	\$252.50*ND	10 Classes
9298	Apr 15-Jun 24 No class May 20	Sa	9:45-10:30am	\$252.50*ND	10 Classes

INDOOR/OUTDOOR SOCCER/T-BALL | 2-3 YRS

OUTDOOR SOCCER | 2-3 YRS

9300	May 25-Jun 29	Th	6:00-6:45pm	\$161.50*ND	6 Classes
9325	Jul 6-Aug 24	Th	6:00-6:45pm	\$207.00*ND	8 Classes
9311	Jul 8-Aug 26 No class Aug 5	Sa	9:00-9:45am	\$184.25*ND	7 Classes
9312	Jul 8-Aug 26 No class Aug 5	Sa	9:45-10:30am	\$184.25*ND	7 Classes

OUTDOOR MULTI-SPORT | 2-3 YRS

9310 Jul 5-Aug 23 W 10:00-10:45am \$182.00*ND 8 Classes

OUTDOOR SOCCER/T-BALL | 2-3 YRS

Tues Wed

Mon

Thurs Fri

Sat

Sun

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!

9296 Apr 14-Jun 16 No class May 19	F	10:00-10:45am	\$157.50	9 Classes
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EXPLORERS (2 - 3 YRS)

Our facilitator will lead you and your little one through stories, active games, and songs! This introductory program supports children's development of social skills, body awareness, fine and gross motor skills.

9295 Apr 14-Jun 16 No class May 19	F	9:00-9:45am	\$157.50	9 Classes
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PRESCHOOL (2.5 TO 6 YEARS)

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).

NEW PRESCHOOL SKILL BUILDER FINE MOTOR CLASS. Learn more about our Skill Builder programs on page 25.

FIRST STEPS (2.5 - 3 YRS)

Prepare your child for preschool through stories, crafts, and games. Children grow by leaps and bounds - talking, laughing, singing, helping, and gaining new life experiences. Instructors will teach and support development of early life skills such as hand washing, picking up toys, sharing, and social skills.

9278	Apr 4-May 9	Tu	9:00-11:00am	\$117.00	6 Classes
9277	Apr 6-May 11	Th	9:00-11:00am	\$117.00	6 Classes
9893	May 16-Jun 20	Tu	9:00-11:00am	\$117.00	6 Classes
9892	May 18-Jun 22	Th	9:00-11:00am	\$117.00	6 Classes

TRICO KIDS KLUB (3 - 4 YBS)

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.

•	9890	Apr 5-May 10	W	9:00-11:00am	\$117.00	6 Classes
•	9287	Apr 5-May 10	W	1:00-3:00pm	\$117.00	6 Classes
•	9284	Apr 17-Jun 19	М	9:00-11:00am	\$175.50	9 Classes
•	9286	Apr 17-Jun 19	М	1:00-3:00pm	\$175.50	9 Classes
•	9889	May 17-Jun 21	W	9:00-11:00am	\$117.00	6 Classes
•	9888	May 17-Jun 21	W	1:00-3:00pm	\$117.00	6 Classes

SPORTBALL (3 - 5 YRS)

Children learn the knowledge and ability to play sports with confidence. The first half of each class is dedicated to skill development and the second half puts those lessons to work in an exciting, non-competitive game. Indoor/Outdoor classes meet in multi-purpose room 7/8, outdoor classes meet on the soccer field.

INDOOR/OUTDOOR SOCCER

OUTDOOR SOCCER/T-BALL Jul 9-Aug 27

No class Aug 6

IIIDOO	11/00120011 0001	OLIT						
9313	Apr 15-Jun 24 No class May 20	Sa	10:30-11:30am	\$252.50*ND	10 Classes			
IND00	R/OUTDOOR SOC	CER/	T-BALL					
9314	Apr 16-Jun 25	Su	10:00-11:00am	\$252.50*ND	10 Classes			
OUTDO	OR SOCCER							
9315	May 25-Jun 29	Th	5:00-6:00pm	\$161.50*ND	6 Classes			
9316	Jul 6-Aug 24	Th	5:00-6:00pm	\$207.00*ND	8 Classes			
9317	Jul 8-Aug 26 No class Aug 5	Sa	10:30-11:30am	\$184.25*ND	7 Classes			
OUTDOOR MULTI-SPORT								
9318	Jul 5-Aug 23	W	10:45-11:45am	\$182.00*ND	8 Classes			

KANGAROOS & KROCODILES (3 - 5 YRS)

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

9289	Apr 4-May 16	Tu	4:30-6:00pm	\$122.50	7 Classes
9290	Apr 5-May 17	W	4:30-6:00pm	\$122.50	7 Classes
9291	Apr 6-May 18	Th	9:00-10:30am	\$122.50	7 Classes
9292	May 23-Jun 27	Tu	4:30-6:00pm	\$105.00	6 Classes
9293	May 24-Jun 28	W	4:30-6:00pm	\$105.00	6 Classes
9294	May 25-Jun 29	Th	9:00-10:30am	\$105.00	6 Classes

SPORTARAMA (3 - 5 YRS)

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

9283	Apr 6-May 18	Th	10:30-11:15am	\$122.50	7 Classes
9999	May 25-Jun 29	Th	10:30-11:15am	\$105.00	6 Classes

INTRO TO DANCE (3 - 6 YRS)

This introductory dance class will explore movement and music in a fun and creative way!

3-4 YEARS OLD

9919 May 27-Jun 24 Sa 9:00-9:30am \$75.00 5 classe	9279	Apr 15-May 13 No class May 20	Sa	9:00-9:30am	\$75.00	5 Classes
	9280	Apr 16-May 14 No class May 21	Su	9:00-9:30am	\$75.00	5 Classes
	9919	May 27-Jun 24	Sa	9:00-9:30am	\$75.00	5 Classes
9922 May 28-Jun 25 Su 9:00-9:30am \$75.00 5 classed	9922	May 28-Jun 25	Su	9:00-9:30am	\$75.00	5 Classes

5-6 YEARS OLD

9281	Apr 15-May 13 No class May 20	Sa	9:30-10:00am	\$75.00	5 Classes
9282	Apr 16-May 14 No class May 21	Su	9:30-10:00am	\$75.00	5 Classes
9920	May 27-Jun 24	Sa	9:30-10:00am	\$75.00	5 Classes
9923	May 28-Jun 25	Su	9:30-10:00am	\$75.00	5 Classes

YOUNG REMBRANDTS (3.5 - 5 YRS)

Springtime is the right time for signing up your preschooler for a Young Rembrandts class! April will roar with excitement as we draw a wonderful dinosaur and then we'll fly away as they draw the most beautiful butterfly. To close out the session, we are going to draw something all moms love, a mom's face.

	9326 Ap	or 6-Jun 8	Th	5:30-6:15pm	\$180.00*ND	10 Classes
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Su 10:00-11:00am \$184.25*ND 7 Classes

*ND = NO MEMBER DISCOUNT

CHILD & YOUTH (5 TO 12 YEARS)

INTRO TO JAZZ (5 - 8 YRS)

This class is an exploration of rooted Jazz, including styles of Swing, Latin, Funk, Tap and more! Introducing Jazz music that brings out your child's inner groove and style.

9912	Apr 14-Jun 23 No class May 19	F	2:30-3:15pm	\$150.00	10 Classes
9910	Apr 15-Jun 24 No class May 20	Sa	10:00-10:45am	\$150.00	10 Classes
10002	Apr 16-Jun 25 No class May 21	Su	10:00-10:45am	\$150.00	10 Classes

BALLET AND STRETCH (5 - 8 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!

10000	Apr 14-Jun 23 No class May 19	F	3:15-4:00pm	\$150.00	10 Classes
9915	Apr 15-Jun 24 No class May 20	Sa	10:45-11:30am	\$150.00	10 Classes
9914	Apr 16-Jun 25 No class May 21	Su	10:45-11:30am	\$150.00	10 Classes

SPORTBALL (6 - 8 YRS)

Children learn the knowledge and ability to play sports with confidence. The first half of each class is dedicated to skill development and the second half puts those lessons to work in an exciting, non-competitive game. Indoor/Outdoor classes meet in multi-purpose room 7/8, outdoor classes meet on the soccer field.

INDOOR/OUTDOOR SOCCER/T-BALL

9320	Apr 15-Jun 24 No class May 20	Sa	11:30-12:30pm	\$252.50*ND	10 Classes
9319	Apr 16-Jun 25 No class May 21	Su	11:00-12:00pm	\$252.50*ND	10 Classes

OUTDOOR SOCCER

9321	May 25-Jun 29	Th	6:45-7:45pm	\$161.50*ND	6 Classes
9322	Jul 6-Aug 24	Th	6:45-7:45pm	\$207.00*ND	8 Classes
9323	Jul 8-Aug 26 No class Aug 5	Sa	11:30-12:30pm	\$184.25*ND	7 Classes

OUTDOOR SOCCER/T-BALL

9673 Jul 9-A No class	Aug 27 Aug 6	11:00-12:00pm	\$184.25*ND	7 Classes	
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OUR SKILL BUILDER PROGRAM, is dedicated to supporting young people with their mental health and overall physical, emotional, and intellectual development. See page 25 for more information.

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 meet on the pool deck 5 minutes prior to the end of class.

9894	Apr 4-May 16	Tu	6:00-7:30pm	\$122.50	7 Classes
9896	Apr 5-May 17	W	6:00-7:30pm	\$122.50	7 Classes
9895	May 23-Jun 27	Tu	6:00-7:30pm	\$105.00	6 Classes
9897	May 24-Jun 28	W	6:00-7:30pm	\$105.00	6 Classes

KIDS LYRICAL DANCE (7 - 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.

10001	Apr 14-Jun 23 No class May 19	F	4:00-4:45pm	\$150.00	10 Classes
9918	Apr 15-Jun 24 No class May 20	Sa	11:30-12:15pm	\$150.00	10 Classes
9909	Apr 16-Jun 25 No class May 21	Su	11:30-12:15pm	\$150.00	10 Classes

YOUNG REMBRANDTS (6 - 12 YRS)

Developing and applying patterns is the focus as our artists create an intricate zebra drawing. Learn about cool and warm colors with patterned flowers and realism with the tower bridge and art history focusing on Gustav Klimt. Of course, it wouldn't be spring without a drawing of new baby bunnies and a fawn.

9327 Apr 6-Jun 8 Th 6:15-7:15pm \$180.00*ND 10 Classes

YOUNG REMBRANDTS: CARTOONING (6 - 12 YRS)

Hop into the month of April drawing funny frogs, baby animals, and waiting dogs sequences. We will be drawing up ice cream characters and lively lunches. Our lively cartoon class is packed with hilarious and silly characters and scenes your cartoonist won't want to miss!

9328 Apr 6-Jun 8 Th 7:15-8:15pm \$180.00*ND 10 Classes

YOGA: YOUTH (6 - 11 YRS)

The physical benefits of yoga are many, but yoga for kids also helps teach life-long skills in stress management, self-esteem and body image, increased concentration and focus, and introduces holistic wellness.

6-8 YEARS OLD

0 0 TEATIO OLD										
9737	May 6-Jun 24	Sa	1:00-1:45pm	\$91.00	7 Classes					
9-11 YEARS OLD										
9740	May 6-Jun 24	Sa	2:00-2:45pm	\$91.00	7 Classes					



BABYSITTER COURSE (10+ YRS)

Child Safe Canada: A course for responsible youth at least 10 years of age who want to become a babysitter or may already be one. The babysitter course covers the responsibilities of a babysitter, safety tips for children of all ages, mealtimes, stages of play and development, diapering babies, basic childcare skills, and what to do in case of an emergency. Also covers creating a resume and finding jobs the safe way. Each student will receive a full colour Child Safe Canada Babysitter Handbook and completion card. Participants are required to bring a doll or teddy bear (about the size of a baby), nut free snacks, and lunch.

9820	May 6	Sa	10:00-5:00pm	\$85.00	1 Course	10003	July 17	М	9:00-4:00pm	\$85.00	1 Course
9821	June 3	Sa	10:00-5:00pm	\$85.00	1 Course	10004	August 14	М	9:00-4:00pm	\$85.00	1 Course

YOUTH VOLUNTEERING (13+ YEARS)

SUMMER DAY CAMP VOLUNTEER PROGRAM

If you enjoy working with children, want to develop your leadership skills, gain valuable work experience, and make new friends, then this is the program for you.

June 25 training session is mandatory. See page 35 for registration and requirements.

AQUATICS VOLUNTEER PROGRAM

If you have completed your Bronze Star or higher, enjoy being in the water, and like to make new friends, consider becoming a part of the Aquatics team. If you volunteer at least once a week, you can receive an individual Trico Centre membership! Volunteers also get priority hiring status when a paid position becomes available. For more information, visit

www.tricocentre.ca/aquatics-volunteer



SKILL BUILDER PROGRAM

A program series dedicated in supporting young people with their mental health and overall physical, emotional, and intellectual development.



Our mission is to offer children and youth:

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

We offer inclusive programming. If your child would benefit from one-on-one support and/or is eligible for aide support (i.e. FSCD), we ask caregivers to make arrangements and notify our Programs Director (jhoward@tricocentre.ca) in advance.

FINE MOTOR

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

4-5 YEARS OLD

9948	Apr 15-May 13	Sa	9:00-10:00am	\$100.00	5 Classes
10397	May 27-Jun 24	Sa	9:00-10:00am	\$100.00	5 Classes

6-8 YEARS OLD

9949	Apr 15-May 13	Sa	10:15-11:15am	\$100.00	5 Classes
10398	May 27-Jun 24	Sa	10:15-11:15am	\$100.00	5 Classes

EXECUTIVE FUNCTIONING

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

6-7 YEARS OLD

9947	Apr 15-May 13	Sa	11:30-12:30pm	\$100.00	5 Classes
10395	May 27-Jun 24	Sa	11:30-12:30pm	\$100.00	5 Classes

8-10 YEARS OLD

9946	Apr 15-May 13	Sa	12:45-1:45pm	\$100.00	5 Classes
10396	May 27-Jun 24	Sa	12:45-1:45pm	\$100.00	5 Classes

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





SELF-REGULATION STRATEGIES

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 starts to build their personalized 'calm-down kit'.

6-7 YEARS OLD

9959	Apr 16-May 14	Su	11:30-12:30pm	\$100.00	5 Classes
10399	May 28-Jun 25	Su	11:30-12:30pm	\$100.00	5 Classes

8-10 YEARS OLD

9958	Apr 16-May 14	Su	12:45-1:45pm	\$100.00	5 Classes
10400	May 28-Jun 25	Su	12:45-1:45pm	\$100.00	5 Classes

SOCIAL SKILLS

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

6-7 YEARS OLD

10394	Apr 16-May 14	Su	9:00-10:00am	\$100.00	5 Classes
10401	May 28-Jun 25	Su	9:00-10:00am	\$100.00	5 Classes

8-10 YEARS OLD

9960	Apr 16-May 14	Su	10:15-11:15am	\$100.00	5 Classes
10402	May 28-Jun 25	Su	10:15-11:15am	\$100.00	5 Classes

CONNECT/INTERACTIVE BOARD GAMES

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

8-10 YEARS OLD

10393	Apr 14-May 12	F	6:00-7:00pm	\$100.00	5 Classes
10405	May 26-Jun 23	F	6:00-7:00pm	\$100.00	5 Classes

9-12 YEARS OLD

9945	Apr 14-May 12	F	7:00-8:30pm	\$110.00	5 Classes
10406	May 26-Jun 23	F	7:00-8:30pm	\$110.00	5 Classes



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

NON-COMPETITIVE SPORTS

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



BADMINTON: 9-11 YEARS OLD

9951	Apr 14-May 12	F	5:15-6:15pm	\$100.00	5 Classes
10438	Apr 16-Jun 25 No class May 21	Su	3:15-4:15pm	\$200.00	10 Classes

BADMINTON: 12-14 YEARS OLD

99	50	Apr 14-May 12	F	6:15-7:15pm	\$100.00	5 Classes
10	439	Apr 16-Jun 25 No class May 21	Su	4:15-5:15pm	\$200.00	10 Classes



SOCCER: 6-8 YEARS OLD

9953	Apr 15-May 13	Sa	9:00-10:00am	\$100.00	5 Classes
10440	Apr 16-Jun 25 No class May 21	Su	1:00-2:00pm	\$200.00	10 Classes

SOCCER: 9-12 YEARS OLD

9954	Apr 15-May 13	Sa	10:00-11:00am	\$100.00	5 Classes
10441	Apr 16-Jun 25 No class May 21	Su	2:00-3:00pm	\$200.00	10 Classes



VOLLEYBALL: 6-8 YEARS OLD

9956	Apr 6-May 11	Th	4:15-5:15pm	\$120.00	6 Classes
10408	May 18-Jun 22	Th	4:15-5:15pm	\$120.00	6 Classes
VOLLEYE	BALL: 9-11 YEARS (OLD			
9957	Apr 6-May 11	Th	5:15-6:15pm	\$120.00	6 Classes
10409	May 18-Jun 22	Th	5:15-6:15pm	\$120.00	6 Classes
VOLLEYE	BALL: 12-14 YEARS	OLD)		
9955	Apr 6-May 11	Th	6:15-7:15pm	\$120.00	6 Classes
10407	May 18-Jun 22	Th	6:15-7:15pm	\$120.00	6 Classes





TRI-SPORT

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

10403 Apr 15-May 13 Sa 11:15-12:15pm \$100.00 5 classes

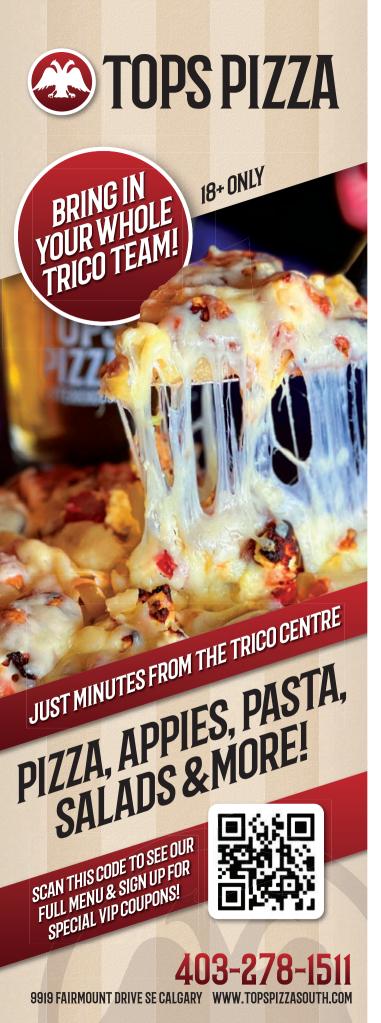
6-8 YEARS OLD

10-100	Apr 10 May 10	Ou	11.10 12.10piii	ψ100.00	O Classes		
10436	Apr 16-Jun 25 No class May 21	Su	1:00-2:00pm	\$200.00	10 Classes		
9-11 YEARS OLD							
10404	Apr 15-May 13	Sa	12:15-1:15pm	\$100.00	5 Classes		
	Apr 16- Jun 25						

Su 2:00-3:00pm

No class May 21

\$200.00 10 Classes



SPECIALTY SKATING

Provided by Golden Edge Skating Academy, a Skate Canada sanctioned skating school delivering high quality and accessible programs. To learn more, visit www.goldenedgeskatingacademy.ca

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 those registered in the program are permitted on the ice during lesson time.
- All skaters must enter and exit through the dressing room entrances.
- Helmets are required for each program. Please see descriptions below for specific instructions.

PRE-POWER SKATE (3-7 YRS)

For skaters 3-7 years old who are new to hockey and wanting to learn the basics of power skating. This class requires hockey skates and full equipment including sticks and a CSA approved hockey helmet with a face cage.

10476	Apr 14-Jun 23 No class May 19	F	5:00-6:00pm	\$300.00	10 Classes
10477	Apr 15-Jun 24 No class May 20	Sa	9:00-10:00am	\$300.00	10 Classes

POWER SKATE (8-17 YRS)

For skaters 8-17 years old who have a background in hockey and power skating that want to improve their skills. This class requires hockey skates and full equipment including sticks and a CSA approved hockey helmet with a face cage.

10478	Apr 14-Jun 23 No class May 19	F	5:00-6:00pm	\$300.00	10 Classes
10479	Apr 15-Jun 24 No class May 20	Sa	9:00-10:00am	\$300.00	10 Classes

LEARN TO FIGURE SKATE (5-17 YRS)

Learn to Figure Skate is for skaters with strong basic skills who are interested in figure skating. To participate in this class, you must be able to glide on one foot, skate backwards, and stop with speed. This class requires figure skates and either a SCA approved hockey helmet or a snowboarding helmet.

3								
10472	Apr 14-Jun 23 No class May 19	F	4:00-5:00pm	\$300.00	10 Classes			
10474	Apr 15-Jun 24 No class May 20	Sa	10:15-11:15am	\$300.00	10 Classes			
18+ YEA	RS OLD							
10473	Apr 14-Jun 23 No class May 19	F	4:00-5:00pm	\$300.00	10 Classes			
10475	Apr 15-Jun 24 No class May 20	Sa	10:15-11:15am	\$300.00	10 Classes			

AQUATICS

Trico Centre's Aquatics Facility features one of the warmest wave pools in Calgary, a massive waterslide, 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	5 CLASSES	6 CLASSES	7 CLASSES	8 CLASSES
PARENT & TOT AND PRESCHOOL	30 MIN	\$72.50	\$87.00	\$101.50	\$116.00
SWIMMER 1	30 MIN	\$85.00	\$102.00	\$119.00	\$136.00
SWIMMER 2-4 & SWIMABILITIES®	45 MIN	\$97.50	\$117.00	\$136.50	\$156.00
SWIMMER 5/6 AND ADULT	60 MIN	\$102.50	\$123.00	\$143.50	\$164.00
SWIM PATROL	90 MIN	\$115.00	\$138.00	\$161.00	\$184.00
PRIVATE	30 MIN	\$175.00*ND	\$210.00*ND	\$245.00*ND	\$280.00*ND

SWIMABILITIES® (3-16 yrs)

SwimAbilities® is a program geared for children ages 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 problemsolving 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.



Bronze courses will be back this summer! To be alerted of future class times, please sign up at **WWW.TRICOCENTRE.CA/BRONZE**

LEARN TO SWIM SPRING 1 SCHEDULE

	MONDAYS APR 3-MAY 15 (7)	TUESDAYS APR 4-MAY 16 (7)	WEDNESDAYS APR 5-MAY 17 (7)	THURSDAYS APR 6-MAY 18 (7)	SATURDAYS APR 1-MAY 13 (6) NO CLASS APR 8	SUNDAYS APR 2-MAY 14 (6) NO CLASS APR 9
PARENT & TOT 1/2	1:00-1:30pm (9364) 5:00-5:30pm (9365)	10:00-10:30am (9366)	1:00-1:30pm (9367) 5:00-5:30pm (9368)	9:30-10:00am (9369)	9:00-9:30am (9341)	9:30-10:00am (9362) 11:15-11:45am (9363)
PARENT & TOT 2/3	5:30-6:00pm (9371)	9:30-10:00am (9372) 5:30-6:00pm (9373)	2:00-2:30pm (9374) 6:00-6:30pm (9375)	10:30-11:00am (9376) 5:30-6:00pm (9377)	10:00-10:30am (9342)	10:30-11:00am (9370)
PRESCHOOL 1	12:30-1:00pm (9390) 1:00-1:30pm (9391) 4:30-5:00pm (9392) 5:30-6:00pm (9393) 6:00-6:30pm (9394)	9:00-9:30am (9395) 5:00-5:30pm (9396) 5:45-6:15pm (9397) 6:30-7:00pm (9398)	1:00-1:30pm (9399) 1:30-2:00pm (9400) 4:30-5:00pm (9401) 5:45-6:15pm (9402)	10:00-10:30 (9403) 5:00-5:30pm (9405) 5:45-6:15pm (9404) 6:30-7:00pm (9406)	` '	9:00-9:30am (9385) 10:00-10:30am (9386) 11:15-11:45am (9387) 12:15-12:45pm (9388) 12:45-1:15pm (9389)
PRESCHOOL 2	12:30-1:00pm (9415) 2:00-2:30pm (9416) 5:00-5:30pm (9417) 6:00-6:30pm (9418) 6:30-7:00pm (9419)		12:30-1:00pm (9424) 6:00-6:30pm (9425) 6:30-7:00pm (9426)	10:00-10:30am (9427) 5:30-6:00pm (9428) 6:00-6:30pm (9429)	8:30-9:00am (9344) 9:45-10:15am (9407) 10:45-11:15am (9408) 11:30-12:00pm (9409) 12:00-12:30pm (9410)	9:00-9:30am (9411) 9:30-10:00am (9412) 11:15-11:45am (9413) 12:15-12:45pm (9414)
PRESCHOOL 3	1:30-2:00pm (9435) 5:15-5:45pm (9436) 6:15-6:45pm (9437)	10:30-11:00am (9439) 6:15-6:45pm (9438)	5:00-5:30pm (9440) 6:30-7:00pm (9441)	9:30-10:00am (9442) 5:30-6:00pm (9443) 6:15-6:45pm (9444)	8:30-9:00am (9345) 9:15-9:45am (9430) 11:00-11:30am (9431) 12:30-1:00pm (9432)	10:00-10:30am (9433) 12:45-1:15pm (9434)
PRESCHOOL 4/5	4:30-5:00pm (9448) 6:30-7:00pm (9449)	6:00-6:30pm (9450)	6:15-6:45pm (9451)	6:00-6:30pm (9452)	10:00-10:30am (9346) 12:30-1:00pm (9445)	9:30-10:00am (9446) 12:45-1:15pm (9447)
SWIMMER 1	5:00-5:30pm (9461) 6:00-6:30pm (9462) 6:30-7:00pm (9463) 7:00-7:30pm (9464)	5:30-6:00pm (9465) 6:00-6:30pm (9466) 6:30-7:00pm (9467) 7:30-8:00pm (9468)	4:30-5:00pm (9469) 5:00-5:30pm (9470) 6:00-6:30pm (9471) 6:30-7:00pm (9472)	5:30-6:00pm (9473) 6:30-7:00pm (9474) 7:00-7:00pm (9475) 7:30-8:00pm (9476)	9:00-9:30am (9350) 9:30-10:00am (9453) 10:15-10:45am (9454) 11:00-11:30am (9455) 12:00-12:30pm (9456)	9:00-9:30am (9457) 11:15-11:45am (9458) 11:45-12:15pm (9459) 12:15-12:45pm (9460)
SWIMMER 2	4:30-5:15pm (9484) 6:15-7:00pm (9485)	5:15-6:00pm (9486) 6:00-6:45pm (9487) 6:45-7:30pm (9488)	4:30-5:15pm (9489) 6:15-7:00pm (9490)	5:15-6:00pm (9491) 6:00-6:45pm (9492) 6:45-7:30pm (9493)	8:30-9:15am (9352) 9:45-10:30am (9477) 10:45-11:30am (9478) 11:30-12:15pm (9479) 12:15-1:00pm (9480)	9:30-10:15am (9481) 11:30-12:15pm (9482) 12:30-1:15pm (9483)
SWIMMER 3	5:00-5:45pm (9500) 5:45-6:30pm (9501)	6:00-6:45pm (9502) 7:15-8:00pm (9503)	5:00-5:45pm (9504) 6:15-7:00pm (9505)	6:00-6:45pm (10442) 7:15-8:00pm (10443)	8:30-9:15am (9355) 10:00-10:45am (9494) 11:15-12:00pm (9495) 12:15-1:00pm (9496)	9:00-9:45am (9497) 10:15-11:00am (9498) 11:30-12:15pm (9499)
SWIMMER 4	5:00-5:45pm (9510) 6:45-7:30pm (9511)	5:00-5:45pm (9512) 7:15-8:00pm (9513)	5:00-5:45pm (9514) 6:45-7:30pm (9515)	5:00-5:45pm (9516) 7:15-8:00pm (9517)	8:30-9:15am (9357) 10:45-11:30am (9506) 11:30-12:15pm (9507)	10:00-10:45am (9508) 11:45-12:30pm (9509)
SWIMMER 5/6	6:30-7:30pm (9519)	7:00-8:00pm (9520)	5:15-6:15pm (9521)	4:30-5:30pm (9522)	9:15-10:15am (9359)	10:15-11:15am (9518)
ADULT BEGINNER						9:00-10:00am (9581)
ADULT INTERMEDIATE						10:00-11:00am (9582)
SWIMABILITIES 1/2				4:30-5:15pm (9578)		
SWIMABILITIES 3/4		4:30-5:15pm (9579)				
SWIM PATROL				6:30-8:00pm (9524)	11:30-1:00pm (9361)	11:45-1:15pm (9523)

30 ■ Mon ■ Tues ■ Wed ■ Thurs ■ Sat ■ Sun

LEARN TO SWIM SPRING 2 SCHEDULE

	MONDAYS MAY 29-JUN 26 (5)	TUESDAYS MAY 23-JUN 27 (6)	WEDNESDAYS MAY 24-JUN 28 (6)	THURSDAYS MAY 25-JUN 29 (6)	SATURDAYS MAY 27-JUN 24 (5)	SUNDAYS MAY 28-JUN 25 (5)
PARENT & TOT 1/2	1:00-1:30pm (9611) 5:00-5:30pm (9612)	10:00-10:30am (9583)	1:00-1:30pm (9605) 5:00-5:30pm (9606)	9:30-10:00am (9607)	9:00-9:30am (9608)	9:30-10:00am (9609) 11:15-11:45am (9610)
PARENT & TOT 2/3	5:30-6:00pm (9621)	9:30-10:00am (9584) 5:30-6:00pm (9613)	2:00-2:30pm (9614) 6:00-6:30pm (9615)	10:30-11:00am (9616) 5:30-6:00pm (9617)	10:00-10:30am (9618)	10:30-11:00am (9619)
PRESCHOOL 1	12:30-1:00pm (9644) 1:00-1:30pm (9645) 4:30-5:00pm (9646) 5:30-6:00pm (9647) 6:00-6:30pm (9648)	9:00-9:30am (9585) 5:00-5:30pm (9622) 5:45-6:15pm (9623) 6:30-7:00pm (9624)	1:00-1:30pm (9625) 1:30-2:00pm (9626) 4:30-5:00pm (9627) 5:45-6:15pm (9628)	10:00-10:30 (9629) 5:00-5:30pm (9630) 5:45-6:15pm (9631) 6:30-7:00pm (9632)	8:30-9:00am (9633) 9:30-10:00am (9634) 10:15-10:45am (9635) 11:30-12:00pm (9636) 12:30-1:00pm (9637)	9:00-9:30am (9638) 10:00-10:30am (9639) 11:15-11:45am (9640) 12:15-12:45pm (9641) 12:45-1:15pm (9643)
PRESCHOOL 2	12:30-1:00pm (9667) 2:00-2:30pm (9668) 5:00-5:30pm (9669) 6:00-6:30pm (9670) 6:30-7:00pm (9671)	9:00-9:30am (9586) 10:00-10:30am (9649) 5:00-5:30pm (9650) 6:00-6:30pm (9651)	12:30-1:00pm (9652) 6:00-6:30pm (9653) 6:30-7:00pm (9654)	10:00-11:00am (9655) 5:30-6:00pm (9656) 6:00-6:30pm (9657)	` '	9:00-9:30am (9663) 9:30-10:00am (9664) 11:15-11:45am (9665) 12:15-12:45pm (9666)
PRESCHOOL 3	1:30-2:00pm (9717) 5:15-5:45pm (9718) 6:15-6:45pm (9721)	10:30-11:00am (9587) 6:15-6:45pm (9679)	5:00-5:30pm (9680) 6:30-7:00pm (9681)	9:30-10:00am (9682) 5:30-6:00pm (9683) 6:15-6:45pm (9684)	8:30-9:00am (9689) 9:15-9:45am (9707) 11:00-11:30am (9709) 12:30-1:00pm (9710)	10:00-10:30am (9714) 12:45-1:15pm (9715)
PRESCHOOL 4/5	4:30-5:00pm (9796) 6:30-7:00pm (9797)	6:00-6:30pm (9588)	6:15-6:45pm (9723)	6:00-6:30pm (9725)	10:00-10:30am (9726) 12:30-1:00pm (9727)	9:30-10:00am (9729) 12:45-1:15pm (9730)
SWIMMER 1	5:00-5:30pm (9808) 6:00-6:30pm (9809) 6:30-7:00pm (9810) 7:00-7:30pm (9811)	5:30-6:00pm (9595) 6:00-6:30pm (9742) 6:30-7:00pm (9743) 7:30-8:00pm (9744)	4:30-5:00pm (9748) 5:00-5:30pm (9749) 6:00-6:30pm (9750) 6:30-7:00pm (9751)	5:30-6:00pm (9752) 6:30-7:00pm (9753) 7:00-7:30pm (9755) 7:30-8:00pm (9798)	` ,	9:00-9:30am (9804) 11:15-11:45am (9805) 11:45-12:15pm (9806) 12:15-12:45pm (9807)
SWIMMER 2	4:30-5:15pm (9829) 6:15-7:00pm (9830)	5:15-6:00pm (9597) 6:00-6:45pm (9812) 6:45-7:30pm (9813)	4:30-5:15pm (9814) 6:15-7:00pm (9815)	5:15-6:00pm (9816) 6:00-6:45pm (9817) 6:45-7:30pm (9818)	8:30-9:15am (9819) 9:45-10:30am (9822) 10:45-11:30am (9823) 11:30-12:15pm (9824) 12:15-1:00pm (9825)	9:30-10:15am (9826) 11:30-12:15pm (9827) 12:30-1:15pm (9828)
SWIMMER 3	5:00-5:45pm (9878) 5:45-6:30pm (9879)	6:00-6:45pm (9599) 7:15-8:00pm (9866)	5:00-5:45pm (9867) 6:15-7:00pm (9868)	6:00-6:45pm (9869) 7:15-8:00pm (9870)	8:30-9:15am (9871) 10:00-10:45am (9872) 11:15-12:00pm (9873) 12:15-1:00pm (9874)	9:00-9:45am (9875) 10:15-11:00am (9876) 11:30-12:15pm (9877)
SWIMMER 4	5:00-5:45pm (9943) 6:45-7:30pm (9944)	5:00-5:45pm (9931) 7:15-8:00pm (9933)	5:00-5:45pm (9934) 6:45-7:30pm (9935)	5:00-5:45pm (9936) 7:15-8:00pm (9937)	8:30-9:15am (9938) 10:45-11:30am (9939) 11:30-12:15pm (9940)	10:00-10:45am (9941) 11:45-12:30pm (9942)
SWIMMER 5/6	6:30-7:30pm (9884)	7:00-8:00pm (9603)	5:15-6:15pm (9880)	4:30-5:30pm (9881)	9:15-10:15am (9882)	10:15-11:15am (9883)
ADULT BEGINNER						9:00-10:00am (10385)
ADULT INTERMEDIATE						10:00-11:00am (10386)
SWIMABILITIES 1/2				4:30-5:15pm (9592)		
SWIMABILITIES 3/4		4:30-5:15pm (9593)				
SWIM PATROL				6:30-8:00pm (10392)	11:30-1:00pm (10390)	11:45-1:15pm (10391)

LEARN TO SWIM SUMMER - ONE WEEK

LEVEL	TIME	JULY 3-7	JULY 10-14	JULY 17-21	JULY 24-28	JULY 31-AUG 4	AUG 8-11	*	AUG 14-18	AUG 21-25
	10:30-11:00am	9857	10023		10113				10158	10203
PARENT & TOT 1/2	11:15-11:45am			10068		10250				
PARENT & TOT 2/3	10:00-10:30am	9858	10024	10069	10114	10251			10159	10204
	9:00-9:30am	9859	10025	10070	10115	10252			10160	10205
	9:30-10:00am	9925	10026	10071	10116	10253		10111	10161	10206
	10:15-10:45am	9926	10027	10072	10117	10254	9:00-9:45am	10411	10162	10207
PRESCHOOL 1	11:15-11:45am	9927	10028	10073	10118	10255	11:00-11:45am	10412	10163	10208
	12:00-12:30pm	9928	10029	10074	10119	10256	11:45-12:30pm	10413	10164	10209
	12:45-1:15pm	9929	10030	10075	10120	10257			10165	10210
	9:00-9:30am			10247		10263			-	
	9:30-10:00am	9860	10035	10080	10125	10262	9:30-10:15am	10414	10170	10215
PPECOLICOI O	10:00-10:30am	10005	10031	10076	10121	10258	11:00-11:45am	10415	10166	10211
PRESCHOOL 2	10:45-11:15am	10006	10032	10077	10122	10259			10167	10212
	11:45-12:15pm	10007	10033	10078	10123	10260	11:45-12:30pm	10416	10168	10213
	12:45-1:15pm	10008	10034	10079	10124	10261			10169	10214
	9:00-9:30am	9862	10039	10084	10129	10267			10174	10219
	9:45-10:15am	10009	10036	10081	10126	10264	10:00-10:45am	10417	10171	10216
PRESCHOOL 3	11:30-12:00pm	10010	10037	10082	10127	10265	11:00-11:45am	10418	10172	10217
	12:30-1:00pm						12:30-1:15pm	10419		10218
	12:45-1:15pm	10011	10038	10083	10128	10266			10173	
	10:00-10:30am	9863	10043	10088	10133	10271	9:00-9:45am	10420	10178	10223
PRESCHOOL 4/5	10:30-11:00am	10012	10041	10086	10131	10269	9:45-10:30am	10421	10176	10221
	11:45-12:15pm	10013	10042	10087	10132	10270			10177	
	9:00-9:30am	9843	10053	10098	10143	10282			10188	10233
	9:30-10:00am	9844	10054	10099	10144	10283	9:30-10:15am	10425	10189	10234
SWIMMER 1	10:15-10:45am	9845	10055	10101	10145	10001	10:30-11:15am	10426	10190	
SWIMMER	10:45-11:15am 11:00-11:30am	9846	10056	10101	10146	10284		10427	10191	10005
	11:30-11:30am	9847	10057	10102	10147	10285	11:45-12:30pm	10427	10192	10235 10237
	12:30-1:00pm	9047	10037	10102	10147	10203			10192	10237
	9:00-9:45am	9848	10058		10148			10100	10193	10238
	10:00-10:45am	9849	10059	10104	10149	10286	9:00-10:00am	10428	10194	10239
SWIMMER 2	11:15-12:00pm	9850	10060	10105	10150	10287	10:15-11:15am	10429	10195	10240
	12:00-12:45pm						11:30-12:30pm	10430		10410
	9:00-9:45am	9851	10061	10106	10151	10288	0.45.40.45	10401	10196	
SWIMMER 3	10:30-11:15am	9854	10062	10107	10152	10289	9:45-10:45am	10431	10197	10242
	12:00-12:45pm						11:30-12:30pm	10432		10241
	10:00-10:45am	9852	10063	10108	10153	10290			10198	10243
SWIMMER 4	11:00-11:45am	9855	10064		10154		10:15-11:15am	10433	10199	
	12:00-12:45pm									10244
	9:00-10:00am	9853	10065	10110	10155	10291	9:00-10:00am	10434	10200	10245
SWIMMER 5/6	11:00-12:00pm	9856	10066	10111	10156	10292	11:30-12:30pm	10435	10201	10246
SWIM PATROL	9:30-11:00am			10248		10281				

LEARN TO SWIM SUMMER - TWO WEEKS

LEVEL	TIME	JULY 3-13 (8)	JULY 17-27 (8)	JULY 31- AUG 10 (7) NO CLASS AUG 7	AUG 14-24 (8)
PARENT & TOT 1/2	5:00-5:30pm	10294		10340	
PARENT & TOT 2/3	5:00-5:30pm		10338		10362
PRESCHOOL 1	5:30-6:00pm	10295	10318	10341	10363
PRESCHOOL I	6:30-7:00pm	10296	10319	10342	10364
PRESCHOOL 2	5:00-5:30pm	10297	10320	10343	10365
FRESCRIOUE 2	6:00-6:30pm	10298	10321	10344	10366
PRESCHOOL 3	5:00-5:30pm	10299	10322	10345	10367
r KEGGHOOL 3	5:30-6:00pm	10300	10323	10346	10368
PRESCHOOL 4/5	5:30-6:00pm	10301	10324	10347	10369
	5:00-5:30pm	10307	10330	10353	10375
SWIMMER 1	6:00-6:30pm	10308	10331	10354	10376
	6:30-7:00pm	10309	10332	10355	10377
SWIMMER 2	5:00-5:45pm	10310	10333	10356	10378
SWIMINER Z	6:15-7:00pm	10311	10334	10357	10379
SWIMMER 3	5:30-6:15pm	10312	10335	10358	10380
SWIMMER 4	5:45-6:30pm	10314	10336	10359	10381
SWIMMER 5/6	6:00-7:00pm	10315	10337	10360	10382

practice makes possibilities

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There is no shortcut to greatness. Mastery of skills takes practice. Your child can excel in math and reading ... with practice.

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In-Centre and **Virtual** classes available

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Retirement planning is an important part of the wealth management process. Contributing early, diversifying your investments and choosing the correct investment solution is essential to planning for retirement freedom.

I can help you take charge of your retirement by examining and designing a portfolio tailored to your long-term investment needs.

For a free, no obligation consultation, please contact me.



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SUMMER DAY CAMPS

Day camps at Trico Centre are for every child, from the active to the artistic. Our programs are created to be quality-based, well-rounded, educational, reasonably priced, and most of all, **SAFE and FUN!**



SUMMER DAY CAMP VOLUNTEER PROGRAM (13+ YEARS)

If you enjoy working with children, want to develop your leadership skills, gain valuable work experience, and make new friends, then this is the program for you.

Requirements

13 years old or older Full of energy
Positive attitude Fun personality
Ready for new experiences

Volunteer Training* Sunday, June 25 from 9:00-3:00pm Fee: \$75.00

Fee: \$75.00 Register online with code #10383

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*Training session is mandatory. Limited spots available so please register early!

HEALTH AND SAFETY

Allergies: If your child has an allergy, we will provide them with a coloured wristband so our leaders can quickly identify the type of allergy and the seriousness of the reaction to respond effectively and appropriately.

Medication: Specific medication requirements must be indicated on the child's Medical Record Form, including type of medication, dosage, administration, and other necessary information. Medication must be brought daily in its original container and labelled. The form and medication must be given to the camp leader so they can administer it (as required).

CHILDREN'S BELONGINGS

All children should wear comfortable play and weather appropriate clothing and running shoes (no flip-flops or crocs). Camps will be outdoors every day and children may get dirty during camp activities. Trico Centre is not responsible for any personal items and will not offer compensation or replacement for lost or damaged items.

CHILD TO STAFF RATIOS

To ensure the best experience, and safety for your child our ratios are as follows:

Preschool Camps (3-5 yrs) 1:8, maximum 16 children per camp

Youth Camps (5+ yrs) 1:15, maximum determined by camp activity and space.

Every camp has one or two leaders. Our carefully selected and energetic leaders have practical and educational experience and go through a training program prior to the summer. All of our leaders are certified in First Aid/CPR, and have a current Police Security Clearance. Trico Centre day camp leaders and volunteers strive to be a friend, mentor, and role model to all of our campers.

INCLUSION AND DIVERSITY

Trico Centre strives to create an environment where everyone feels welcome and safe. Our programs are designed to provide a safe place where all abilities, beliefs, and values of all children and families are respected. Every summer, Trico Centre employs an Inclusion Facilitator to provide additional support to participants, staff, and parents to ensure that every child has the best possible experience while attending our camps. If your child has unique needs, we encourage you to talk to our Day Camp Team to discuss additional supportive measures, as required. Please email our Day Camp Team at programs@tricocentre.ca.

FORMS AND WAIVERS

When registering online or through Guest Services, you will be asked a number of questions about your child. Please provide complete and accurate answers for each child, and ensure your primary contact information is correct, as we communicate by email during the summer. The more information you provide about your child, the more we can ensure they have a positive experience at our day camps. If your child has any medication, you must submit a medical form with instructions. By registering, you acknowledge and agree to our Day Camp Participant Waiver and Program Withdrawal Policy (page 11).

PRESCHOOL CAMPS

All preschool campers **must be potty-trained** at the time of camp start date, no exceptions. Children wearing pull-ups and/or diapers will not be permitted. We understand this may be some children's first time at camp, and they may feel nervous. Please see our Day Camp FAQs for tips and suggestions to help your preschooler have the best experience at camp.

Preschool AM camp drop-off time is 9:00am and pick up is 12:00pm. Preschool PM camp drop-off time is 1:00pm and pick up is 4:00pm.

Please note: Lunch care is not available for Preschool Camps.

YOUTH CAMP DROP-OFF

At drop-off, you will be required to sign your child into the camp. You are welcome to drop off your child anytime between 7:30-9:00am. Please do not arrive after 9:00am, as some camps leave their designated room by 9:15am. We are unable to delay any activities due to late arrivals. Late or absent participants will NOT be called to see if they will be participating that day, and refunds or credits will not be provided.

YOUTH CAMP PICK UP

Pick-up time will occur between 4:00-5:30pm. All camps will be back in their home base by 4:00pm daily. A \$15.00 late fee will be applied to any participant picked up after 5:30pm.

IDENTIFICATION - ALL CAMPS

Each camper will only be allowed to leave with the parent/guardian or other contacts listed on your camp registration. Photo identification and/or signature may be required when picking up your child each day they are in camp. Please advise any approved individuals who may be picking your child up to provide their photo identification.

NEW REGISTRATION PROCESS

Trico Centre has streamlined the day camp registration process. All intake forms are now included in the initial registration.

Once you've found your preferred camp(s), just visit www.tricocentre.ca/register, enter the four-digit code, and pick your week!



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PRESCHOOL CAMPS

Camps occur between 9:00am-12:00pm or 1:00pm-4:00pm. Camp-specific information will be sent to caregivers in advance.

MESSY HANDS (3-5)

Children will engage in hands-on fun through exploration and play. Arts, crafts, and tactile sensory experiences will ignite their creative expression and curiosity. Please dress your child in clothes that are meant to get messy.

#9685 | 3-4.5 years old

#9686 | 4.5-5 years old

SQUISHY SQUASHY SCIENCE (3-5)

Children will be asking how, where, and why as they learn to think like scientists! Hands-on fun helps develop their curious minds through games, crafts, and activities.

#9692 | 3-4.5 years old

#9693 | 4.5-5 years old

MUSIC & MOVEMENT (3-5)

Children will sing and move to nursery rhymes and action songs. They will be introduced to fundamental movement patterns such as skipping, hopping, and jumping. Music and movement is an important part of a child's development!

#9690 | 3-4.5 years old

#9691 | 4.5-5 years old

NATURE EXPLORERS (3-5)

Children will be excited to explore the world around them while being engaged through stories, sensory experiences, and nature-based loose parts play.

#9687 | 3-4.5 years old

#9688 | 4.5-5 years old

37





3-4.5 YRS 4.5-5 YRS



CHILD/YOUTH CAMPS

Parents can drop children off between 7:30am-9:00am and pick them up between 4:00pm-5:30pm. Camp-specific information (including swim day) will be sent to caregivers in advance.

SUMMER FRENZY (5-6)

This action-packed camp offers play-based centres, summer crafts, interactive games, swimming, sports, and time outdoors exploring our greenspace. This camp swims once during the week.

#9694 | 5-6 years old

CREATORS (6-8)

This camp fosters children's curiosity and need to explore, build, and create. Blocks, Lego, art materials, and recyclables will help stimulate their senses and creative expression. This camp swims once during the week.

#9702 | 6-8 years old

SPORTASTIC (6-8)

In a non-competitive environment, children build selfesteem and confidence while learning about game rules and sportsmanship. Activities may include (but are not limited to) football, soccer, kickball, and gaga ball. This camp swims once during the week.

#9720 | 6-8 years old

AQUA ADVENTURES (6-12)

This popular camp includes a daily swim lesson for Swimmer Levels 1-5! Outside of pool times, children keep busy playing games, making crafts, exploring a variety of sports, and spending time in our outdoor greenspace (including the gaga ball pit!).

#9731 | 6-8 years old#9736 | 9-12 years old

TRI-SPORT (9-12)

This camp fosters confidence and love of sport! In a non-competitive environment, explore three different sports (soccer, volleyball, basketball). Learn about rules of play and good sportsmanship. This camp swims once during the week.

9-12 years old

CONNECT (9-12)

This is a wonderful opportunity to make new friendships, build social skills, explore interests, teamwork challenges, and play a variety of interactive/co-operative board games. This camp swims once during the week.

#9790 | 9-12 years old

HIT THE GYM (11-14)

Teens learn about fitness and a healthy lifestyle through a variety of games and activities such as swimming, spin, TRX (suspension training system), boot-camp style classes, and obstacles courses. After receiving the Youth Orientation they will have the knowledge, skill, and confidence to access it on their own. BONUS... upon completion of the week, teens can purchase a discounted membership to Trico Centre for the rest of the summer. This camp swims once during the week.

9793 | 11-14 years old

INNOVATORS (11-14)

A creative leadership program that introduces youth to community initiatives, volunteerism, exploring personal interests, organization, and interpersonal skills. This camp swims once during the week.

#9791 | 11-14 years old

DISCOVER YYC (11-14)

Join us as we go out on the town! Learn how to take the bus and CTrain around Calgary while discovering local attractions, parks, and community services. This camp swims once during the week.

#9792 | 11-14 years old

DAY CAMPS - JULY

AGE	TIME	JULY 3-7 (5)	JULY 10-14 (5)	JULY 17-21 (5)	JULY 24-28 (5)
2.4.5.20	9-12pm	Messy Hands (\$100)	Nature Explorers (\$100)	Music & Movement (\$100)	Nature Explorers (\$100)
3-4.5 yrs	1-4pm	Music & Movement (\$100)	Squishy Squashy Science (\$100)	Messy Hands (\$100)	Squishy Squashy Science (\$100)
4.5-5 yrs	9-12pm	Music & Movement (\$100)	Squishy Squashy Science (\$100)	Messy Hands (\$100)	Squishy Squashy Science (\$100)
4.5-5 yis	1-4pm	Messy Hands (\$100)	Nature Explorers (\$100)	Music & Movement (\$100)	Nature Explorers (\$100)
5-6 yrs	9-4pm	Summer Frenzy (\$270)	Summer Frenzy (\$270)	Summer Frenzy (\$270)	Summer Frenzy (\$270)
		Aqua Adventures (\$280)	Aqua Adventures (\$280)	Aqua Adventures (\$280)	Aqua Adventures (\$280)
6-8 yrs	9-4pm	Creators (\$270)	Creators (\$270)	Creators (\$270)	Creators (\$270)
		Sportastic (\$270)	Sportastic (\$270)	Sportastic (\$270)	Sportastic (\$270)
		Aqua Adventures (\$280)	Aqua Adventures (\$280)	Aqua Adventures (\$280)	Aqua Adventures (\$280)
9-12 yrs	9-4pm	Tri-Sport (\$270)	Tri-Sport (\$270)	Tri-Sport (\$270)	Tri-Sport (\$270)
		Connect (\$270)		Connect (\$270)	
11-14 yrs	9-4nm	Innovators (\$270)	Discover YYC (\$340)	Innovators (\$270)	Discover YYC (\$340)
11 74 y10	, ibiii		Hit the Gym (\$325)		Hit the Gym (\$325)

DAY CAMPS - AUGUST

AGE	TIME	JULY 31-AUG 4 (5)	AUG 8-11 (4)	AUG 14-18 (5)	AUG 21-25 (5)
0.45	9-12pm	Messy Hands (\$100)	Nature Explorers (\$75)	Music & Movement (\$100)	
3-4.5 yrs	1-4pm	Music & Movement (\$100)	Squishy Squashy Science (\$75)	Messy Hands (\$100)	
4 F F vro	9-12pm	Music & Movement (\$100)	Squishy Squashy Science (\$75)	Messy Hands (\$100)	
4.5-5 yrs	1-4pm	Messy Hands (\$100)	Nature Explorers (\$75)	Music & Movement (\$100)	
5-6 yrs	9-4pm	Summer Frenzy (\$270)	Summer Frenzy (\$216)	Summer Frenzy (\$270)	
		Aqua Adventures (\$280)	Aqua Adventures (\$224)	Aqua Adventures (\$280)	
6-8 yrs	9-4pm	Creators (\$270)	Creators (\$216)	Creators (\$270)	Creators (\$270)
		Sportastic (\$270)	Sportastic (\$216)	Sportastic (\$270)	Sportastic (\$270)
		Tri-Sport (\$270)	Tri-Sport (\$216)	Tri-Sport (\$270)	Tri-Sport (\$270)
9-12 yrs	9-4pm	Aqua Adventures (\$280)	Aqua Adventures (\$224)	Aqua Adventures (\$280)	Connect (\$270)
		Connect (\$270)		Connect (\$270)	
11-1 <i>A</i> yrc	0-4nm	Innovators (\$270)	Discover YYC (\$272)	Innovators (\$270)	
11-14 yrs 9-4	5-4piii		Hit the Gym (\$260)		

3-4.5 YRS 4.5-5 YRS 5-6 YRS 6-8 YRS 9-12 YRS 11-14 YRS



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We do more than build quality homes. We help create the place you call home.

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