



SPRING / SUMMER 2024 PROGRAM GUIDE

REGISTRATION

Members
MARCH 5-6, 2024

Public
MARCH 7, 2024



MEMBERS GET 20% OFF MOST REGISTRATION & ALL PERSONAL TRAINING FEES

WWW.TRICOCENTRE.CA

@TRICOCENTRE

11150 Bonaventure Drive SE, Calgary, Alberta. Phone: (403) 278-7542

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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 during every visit. If you use Trico Centre just twice a week, a monthly or annual membership is the best ways to invest in your health!

MEMBERSHIP OPTIONS GST INCLUDED

	MONTHLY	ANNUAL
Infant (newborn - 2 years old)	FREE	FREE
Child (2 - 11 years old)*	\$20.50	\$245.00
Teen (12 - 17 years old)	\$33.75	\$399.00
Young Adult (18 - 24 years old)	\$56.75	\$675.00
Adult (25 - 59 years old)	\$77.00	\$920.00
Adult Couple (18 - 59 years old)	\$124.00	\$1,475.00
60 Plus (60+ years old)	\$56.50	\$675.00
60 Plus Couple (60+ years old)	\$87.50	\$1,050.00
Family: One Adult (1 adult, children under 18 included)**	\$84.25	\$1,010.00
Family: Two Adults (2 adults, children under 18 included)**	\$132.25	\$1,590.00

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

**Children must be from the same household.

Refunds on memberships are not permitted.

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 75 group fitness classes every week



2-day priority program registration



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.

ALBERTA DANCE THEATRE FOR YOUNG PEOPLE - 15% off tickets! www.albertadancetheatre.com

AXE GAMES - 10% off booking! www.axegames.ca

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

CELL PHONE REPAIR - up to 20% off repairs, accessories, chargers, and cases. NE location only www.cellphonerepair.com/north-calgary-ab

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! www.divasalonspa.com

JUBILATIONS DINNER THEATRE - Receive corporate pricing! www.jubilations.ca

JUGO JUICE - Free Xtra benefits in your smoothie! Trico Centre location only www.jugojuice.com

LUNCHBOX THEATRE - 15% off theatre tickets! www.lunchboxtheatre.com

MICHELLE MURPHY INTERIOR DESIGN - 10% off design consultation! www.mmid.ca

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 Mall 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 - 60 minute sport massage for the price of a 45 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

GO GARAGE DOORS - 15% off parts and labour. www.gogaragedoors.ca

REGAL BEAGLE - Receive 10% off all regular priced dine-in menu items! Cannot be combined with daily specials or happy hour. 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

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

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)	\$3.75	\$33.75
Child (7 - 11 years old)	\$6.50	\$58.50
Teen (12 - 17 years old)	\$9.75	\$87.75
Adult (18 - 59 years old)	\$16.75	\$150.75
60 Plus (60+ years old)	\$9.50	\$85.50
Family: One Adult 1 adult, children under 18 included	\$25.00	\$225.00
Family: Two Adults 2 adults, children under 18 included	\$32.50	\$292.50
One Month Unlimited access for one month (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

*All 10X passes expire one year from date of purchase. Refunds on passes are not permitted.

SPECIAL PRICING GST INCLUDED

CATEGORIES	DAILY	DETAILS
Early Bird & Last Hour Swim	\$5.00	Enjoy our pool one hour at opening, or one hour prior to closing.
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.
Drop-in Tot Time	\$5.00	Fee per child, caregiver is free.



NOT READY FOR A MEMBERSHIP?

SAVE 10% ON ADMISSION FEES WITH A 10X PASS!

10X

CORPORATE MEMBERSHIPS

If you are a business that employs five or more people, your company is eligible to receive our corporate rate (**20% off**) on adult, senior, and teen 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 we know that 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.

Please note, any changes to your account, including pauses, upgrades, or downgrades require one full monthly payment before a cancellation can be processed.

Monthly Continuous pause: After one full monthly payment, we have a pause option (minimum one month to a maximum of four months per calendar year).

***NEW* Annual membership pause:** After one full month, you can pause your membership for a minimum of two weeks and up to four months per calendar year. The duration of the pause will be added to the end of your membership.

Medical pause: If you are unable to attend Trico Centre for medical reasons, you can pause your membership without penalties or fees for a maximum of six months. A medical note within pause period is required.

Change of membership type: If you would like to change the type of membership 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” twice a year.

Please visit www.tricocentre.ca/memberships for a list of all terms and conditions.

MASSAGE for health CLINIC
403.225.0763 | massage4health.ca
TRICO CENTRE ABOVE THE ARENA

15% OFF
Bring this ad to the clinic and receive 15% off any of the treatments listed below.



If you have new or gently used books, you can donate them to our Little Free Library! Please drop your books off at Guest Services.

RMT MASSAGE – THERAPEUTIC AND RELAXATION
MYOFASCIAL RELEASE & CUPPING • GRASTON TECHNIQUE • PREGNANCY
ACUPUNCTURE • REFLEXOLOGY • LASER HAIR REMOVAL • MANUAL OSTEOPATHY

[f / massage4health.ca](https://www.facebook.com/massage4health.ca)

[i / massagetrico](https://www.instagram.com/massagetrico)

WELLNESS ACCESS

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. We believe that everybody should be able to achieve their health and fitness goals.

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 general admission fees to anyone who presents a City of Calgary Fee Assistance Card.

WELLNESS ACCESS MEMBERSHIP

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

TYPE	MONTHLY	10X PASS	DAILY
Infant (under 2 years old)	FREE	FREE	FREE
Preschooler (2- 6 years old)	\$8.20	\$13.50	\$1.50
Child (7 - 11 years old)	\$8.20	\$23.40	\$2.60
Teen (12 - 17 years old)	\$13.50	\$35.10	\$3.90
Young Adult (18 - 24 years old)	\$22.70	N/A	N/A
Adult (18 - 59 years old)	\$30.80	\$60.30	\$6.70
Adult Couple (18 - 59 years old)	\$49.60	N/A	N/A
Family: One Adult 1 Adult, children under 18 included	\$33.70	\$90.00	\$10.00
Family: Two Adults 2 Adults, children under 18 included	\$52.90	\$117.00	\$13.00
60 Plus (60+ years old)	\$22.60	\$34.20	\$3.80
60 Plus Couple (60+ years old)	\$35.00	N/A	N/A

ACCESS 2 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. www.access2card.ca

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.
3. The Access 2 cardholder receives 1 free Admission for their support person.

COMMUNITY OUTREACH INITIATIVES

Trico Centre is committed to community building by partnering with other non-profit organizations who help Calgarians in need. Some of our ongoing partnerships include the Calgary Food Bank, Hull Services, Jacket Racket, Prostate Cancer Centre, and Seniors Secret Service. If your charitable organization would like to discuss or collaborate on new and helpful community initiatives, please contact us at marketing@tricocentre.ca.

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.



Jumpstart Bon départ

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.kidsupfront.com/calgary for more information. Kids Up Front connects with community agencies to provide children and families to enriching experiences. These experiences create joy, promote inclusion and strengthen communities.

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

Trico Centre is more than just a fitness centre. We are a welcoming community hub located in south Calgary, offering affordable fitness, physical and mental wellness programs, and a supportive atmosphere for individuals and families of all ages. Established in 1983, we're deeply rooted in the community and promote holistic wellness, integrity, and inclusivity. From children to seniors, families, and all fitness enthusiasts in between, we have something for everyone.



Trico Centre is not a franchise or part of a big fitness chain – we are a proud, grassroots, community-focused, non-profit organization. And it's people like you – our members, user groups, local business partners and other supporters – that keep our community thriving and our doors open. Without your support, we would not be here today.

Here's what we can achieve with your support:

1. Continue to offer our programs and services to everyone, irrespective of their age, ability, or socioeconomic status. Everyone, no matter their background, can feel at home here.
2. Keep our programming fresh and expand our current offerings to meet the diverse needs of our community.
3. The ability to add new equipment and resources in our fitness centre to improve our guest and member experience. We want to create and maintain a supportive environment that facilitates our guests' ability to achieve their goals.
4. Support children by offering expanded programs, spaces, and activities that support holistic child development. Our goal is to enhance our spaces to help young ones grow stronger, play safer, and develop their social skills.



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

FEBRUARY 1ST - APRIL 30TH

50/50 Draw

• WIN HALF THE JACKPOT •

You can win up to \$10,000 in our 50/50 draw. Your purchase not only gives you the chance to win big, but also directly contributes to Trico Centre's health and wellness programs.

**Help us build a healthier, happier community.
GET YOUR TICKETS NOW!**

WWW.TRICOCENTRE.CA/50-50





TRICO CENTRE

CHARITY GOLF CLASSIC

2024



THURSDAY, JUNE 27TH, 2024
Blue Devil Golf Club

The Trico Centre Charity Golf Classic was a tremendous fundraising success in 2023 and we are aiming even higher in 2024!

Your vital support allows us to continue to offer unparalleled, affordable access to health, fitness, and community-building programming and services for children, families, and seniors.

Please join us in 2024 as a sponsor, golfer, or prize donor – your generosity truly matters.

SPONSORSHIP OPPORTUNITIES

**PRESENTING SPONSOR
PLATINUM SPONSOR
LUNCHEON SPONSOR
HOLE SPONSOR
AND MORE!**

COME PLAY!


\$250
INDIVIDUAL

\$480
TWSOME

\$950
FOURSOME

TO PLAY IN OR SPONSOR THE CLASSIC, CONTACT US AT

 marketing@tricocentre.ca

 403.225.5558

 tricocentre.ca/golf-classic



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
\$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

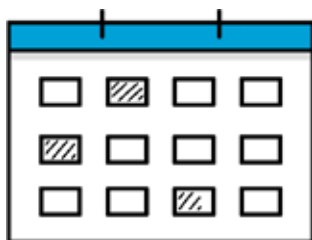


MULTI-PURPOSE ROOMS

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 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. Member discount bookings cannot be booked online.

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

PROGRAM REGISTRATION

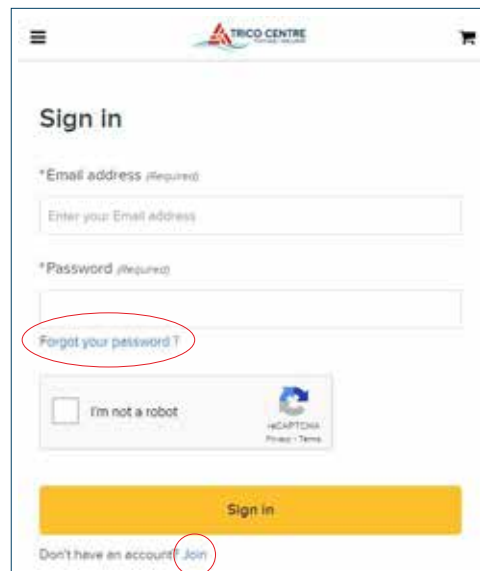


Program registration can be made online at WWW.TRICOCENTRE.CA/REGISTER, in-person, or by calling Guest Services at (403) 278-7542.

Spring/Summer: Registration opens at 6:00am on March 5th for members, and 6:00am on March 7th for non-members.

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 **six 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: After providing a doctor's note, a credit will be applied to your Trico Centre account.

PROGRAM TRANSFER

Requests to transfer at 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.





FITNESS CENTRE

Our air-conditioned 13,500 square foot fitness centre includes state of the art fitness equipment including free weights, five squat racks, Smith machine, cardio and strength training machines, and separate change room facilities. It also includes a three-lane running track with a rubberized surface. It's never too late to begin your fitness journey, and this is a fantastic place to start!

Not sure where to start? Sign up for Train with Trico 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.
- Return equipment to its original location.
- Help others if they need assistance.
- No perfume or cologne.
- Water only, no food or other drinks permitted.

RESPECT SPACES

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

PROTECT YOURSELF

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

YOUTH SAFETY

- Children under nine 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.



GROUP FITNESS CLASSES

Did you know that Trico Centre has over **75 weekly group fitness classes? FREE FOR MEMBERS!**



Reserve your spot online up to 6 days in advance!

WWW.TRICOCENTRE.CA/GROUP-FITNESS-SCHEDULE

Classes include

- | | |
|--|--------------------|
| Yoga (hatha, yin/restore, family, vinyasa) | |
| Pilates | Step |
| Cycling | Strength |
| Barre | Aquatic fitness |
| TRX | HIIT |
| Older adult | & MORE! |



LET US GET YOU ROAD READY!



- Tire Changes**
- Wheel Alignment**
- Coolant and Hydraulic Fluids**
- Oil Change & Filter**
- Muffler Replacement**
- Battery Replacement**
- Tire Rotation**
- Repairs**
- Brakes**
- Tire Replacement**



**1725 32 Ave NE,
Calgary, AB T2E 7C8**

403-230-6889 • odysseyauto.ca

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 with parental supervision 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 will be available, and a basic workout program is introduced focusing on primary movement patterns and foundational strength. Machine weights and functional equipment are covered.



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



TRAIN WITH TRICO - PERSONAL TRAINING

Trico Centre is excited to introduce "Train with Trico", a new approach to Personal Training: a pay-as-you-go structure, designed for greater flexibility for you. Following a minimum of three sessions, all subsequent training will come with no obligations, no specified termination date, and no significant upfront payments.

Trico Centre's experienced trainers are either Kinesiologists or certified personal trainers. Our team has experience working with older adults, rehab and injury prevention, athletic training, and healthy lifestyle coaching.

A personal trainer offers much more than just exercise advice and company during a workout. Experienced, educated and encouraging trainers like the ones you'll find at Trico Centre will offer lifestyle coaching, time management, and support on staying motivated. Our certified personal trainers will also be able to tailor each exercise session to your individual needs, fitness and exercise levels, and health and injury history. Your workouts will be safe and effective.

POV
You are lost in the world of FITNESS. You are not sure what to do, but you want **change and results!**

Along comes a wise, knowledgeable teacher.

You cross the threshold and become initiated. Venture into the unknown world of FITNESS.

A growing relationship and bond of trust is formed. Lessons are learned...

... some days are tough. Can you forge onward through your fitness quest?

You grow and overcome! You are stronger and more knowledgeable having survived the trials laid in front of you.

You refuse to return to the old. A master of both worlds emerge triumphant!

MEMBER PRICING
Private: \$66.40
Semi-Private: \$52.00/person

PUBLIC PRICING
Private: \$83.00
Semi-Private: \$65.00/person



Sign up for your FREE Train with Trico consultation today!

We feature no obligations, no expiry date, and no significant upfront payments.

WWW.TRICOCENTRE.CA/PERSONAL-TRAINING

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.

13923	Apr 2-Apr 25	Tu/Th	6:00-7:15pm	\$130.00	4 Classes
13924	May 7-May 30	Tu/Th	6:00-7:15pm	\$130.00	4 Classes

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.

13925	Apr 4-May 23	Th	7:00-8:00pm	\$104.00	8 Classes
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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.

14113	Apr 28-Jun 16 No class May 19	Su	8:00-8:50am	\$91.00	7 Classes
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BUILDING BETTER

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

BETTER BALANCE PROGRAM

Based on 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.

14044	Apr 30-Jun 27	Tu/Th	12:00-12:50pm	\$144.00*ND	18 Classes
14038	Apr 30-Jun 27	Tu/Th	1:00-1:50pm	\$144.00*ND	18 Classes
14040	Apr 30-Jun 27	Tu/Th	2:00-2:50pm	\$144.00*ND	18 Classes
14097	Jul 2-Aug 29	Tu/Th	12:00-12:50pm	\$144.00*ND	18 Classes
14095	Jul 2-Aug 29	Tu/Th	1:00-1:50pm	\$144.00*ND	18 Classes
14096	Jul 2-Aug 29	Tu/Th	2:00-2:50pm	\$144.00*ND	18 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!

14050	Apr 29-Jun 24 No class May 20	M	1:00-1:50pm	\$104.00	8 Classes
14051	May 1-Jun 26	W	1:00-1:50pm	\$117.00	9 Classes
14099	Jul 8-Aug 26 No class Aug 5	M	1:00-1:50pm	\$91.00	7 Classes

BETTER BONER PROGRAM

We "erected" this program with the root goal to address Pelvic Floor rehab and function in men. About one in four men will have some dysfunction in life, at any time about one in eight already do, but on average it takes SIX 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"!



14047	Apr 28-Jun 23 No class May 19	Su	1:00-2:00pm	\$104.00	8 Classes
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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.

14055	May 3-Jun 28	F	1:00-1:50pm	\$117.00	9 Classes
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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.

14035	Apr 28-Jun 23 No class May 19	Su	11:45-12:45pm	\$104.00	8 Classes
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BABY & YOU

BABY & YOU AQUAFIT

Ease back into fitness and introduce your baby to water! This program is designed for caregivers and babies from six months to two 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.

13909	Apr 30-Jun 25	Tu	9:00-9:45am	\$117.00	9 Classes
13908	May 2-Jun 27	Th	9:00-9:45am	\$117.00	9 Classes
14106	Jul 6-Aug 24 No class Aug 3	Sa	9:00-9:45am	\$91.00	7 Classes

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.

13915	Apr 29-Jun 24 No class May 20	M	9:00-10:00am	\$104.00	8 Classes
14109	Jul 12-Aug 23	F	9:00-10:00am	\$91.00	7 Classes

HYPOPRESSIVES & CORE

Hypopressives is a specialized program of abdominal, core and pelvic floor conditioning/reconditioning. Great for all ages.



Hypopressives features:

- Eccentric contraction/ postural anticipatory muscles
- Diaphragm lengthening
- Decrease intra-abdominal pressure
- No pressure on the pelvic floor
- Increase vascular flow
- New parents with PREMOBILE babies are welcome.

14069	Apr 30-Jun 25	Tu	11:00-11:45am	\$117.00	9 Classes
14104	Jul 10-Aug 21	W	1:30-2:15pm	\$91.00	7 Classes

BABY & YOU STROLLERCISE

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.

13914	Apr 30-Jun 25	Tu	10:00-10:45am	\$117.00	9 Classes
14110	Jul 10-Aug 28	Tu	10:00-10:45am	\$104.00	8 Classes

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

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.

13912	May 1-Jun 26	W	9:00-10:00am	\$117.00	9 Classes
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PRENATAL YOGA

Our prenatal yoga class goes well beyond simply modifying yoga poses. Addressing any aches or pains in your body, 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.

13917	May 4-Jun 22 No class May 18	Sa	12:30-1:45pm	\$113.75	7 Classes
14111	Jul 6-Aug 24 No class Aug 3	Sa	12:30-1:45pm	\$113.75	7 Classes

SPECIALIZED PROGRAMS



PARKINSONS & NEURO REHAB

This class is designed for individuals with Parkinsons Disease and related neurodegenerative disorders. The program focuses on specific, research-based exercises to help mitigate symptoms, improve mobility, flexibility, balance, gait, cognitive functioning, overall strength and coordination. The classes include bodyweight exercises, functional circuits, stretching, and non-contact boxing drills.

14089	Apr 1-Jun 19 No class May 20	M/W	12:00-12:50pm	\$299.00	24 Classes
14103	Jul 8-Aug 28 No class Aug 5	M/W	12:00-12:50pm	\$208.00	15 Classes

MIND/BODY



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.

13919	May 1-Jun 26	W	1:00-2:00pm	\$117.00	9 Classes
14112	Jul 10-Aug 28	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, meaning “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 exercises for modern people, and can be practiced by people of all ages.

13921	Apr 8-Jun 24 No class May 20	M	7:15-8:15pm	\$143.00	11 Classes
13921	Apr 11-Jun 27	Th	10:00-11:00am	\$156.00	12 Classes

PILATES FOR THE PELVIC FLOOR

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!

14057	Apr 28-Jun 23 No class May 19	Su	9:00-9:45am	\$104.00	8 Classes
14102	Jul 7-Aug 25 No class Aug 4	Su	9:00-9:45am	\$91.00	7 Classes

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.

13927	May 1-Jun 19	W	12:00-12:45pm	\$104.00	8 Classes
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Aides are welcome and access is free of charge.

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.

13929	Apr 29-Jun 24 No class May 20	M	12:00-1:00pm	\$104.00	8 Classes
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South Fish Creek Rec Complex

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OUT OF SCHOOL CARE

REGISTRATION FOR FALL 2024/2025 BEGINS IN MARCH

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 Swimming Days

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 Daily Gym Activities



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 **\$460** (morning OR afternoon) to **\$575** (morning AND afternoon).

Government subsidy available for those that qualify.

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

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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 WELL**
 by not cooking
 unless I want to
 - and I really
 don't want to.
 ”

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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.

TINY TOES (2 - 3 YRS)

Our 'Tiny Toes' parent and tot dance program is a lively and engaging dance class led by a skilled Dance Instructor. Designed for caregivers and their little ones, this program fosters bonding through rhythmic movements and introduces the joy of dance in a fun-filled half-hour session.



13342	Apr 7-Jun 16 No class May 19	Su	9:00-9:30am	\$135.00	10 Classes
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SPORTBALL PARENT & TOT (16 MOS - 3 YRS)

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.

OUTDOOR MULTI-SPORT | 16 MOS - 2 YRS

13380	Jul 3-Aug 21	W	9:15-10:00am	\$190.00*ND	8 Classes
13378	Jul 3-Aug 21	W	10:00-10:45am	\$190.00*ND	8 Classes

INDOOR/OUTDOOR SOCCER | 2-3 YRS

13371	Apr 13-Jun 22 No class May 18	Sa	9:00-9:45am	\$262.50*ND	10 Classes
13372	Apr 13-Jun 22 No class May 18	Sa	9:45-10:30am	\$262.50*ND	10 Classes

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

13373	Apr 14-Jun 23 No class May 19	Su	9:15-10:00am	\$262.50*ND	10 Classes
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OUTDOOR SOCCER | 2-3 YRS

13374	May 23-Jun 27	Th	6:00-6:45pm	\$167.50*ND	6 Classes
13375	Jul 4-Aug 22	Th	6:00-6:45pm	\$215.00*ND	8 Classes
13376	Jul 6-Aug 17 No class Aug 3	Sa	9:00-9:45am	\$167.50*ND	6 Classes
13377	Jul 6-Aug 17 No class Aug 3	Sa	9:45-10:30am	\$167.50*ND	6 Classes

OUTDOOR SOCCER/T-BALL | 2-3 YRS

13379	Jul 7-Aug 18 No class Aug 4	Su	9:15-10:00am	\$167.50*ND	6 Classes
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MINI-MOVERS (2 - 3 YRS)

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

13171	Apr 5-Jun 14 No class May 17	F	10:15-11:00am	\$175.00	10 Classes
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MUSIC AND MOVEMENT (2 - 3 YRS)

Our Children's Program Facilitator will introduce your child to the joy of music and movement in the classroom environment! Parents accompany their little ones which makes this class the perfect opportunity to develop skills comfortably and confidently alongside their caregiver.

14074	Apr 5-Jun 14 No class May 17	F	9:00-9:45am	\$175.00	10 Classes
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EXPLORERS (2.5 - 3 YRS)

During this 2-hour parented program, our Facilitator guides the group through circle time, story, songs, centers, and teaching early life skills. Caregivers actively participate while supporting their child's development (i.e., emotional regulation, separation strategies, social skills, bathroom routines). Explorers offers a smooth transition into the preschool environment - a perfect bridge into our unparented programs (First Steps, Trico Kids Klub).

14070	Apr 10-May 15	W	9:00-11:00am	\$117.00	6 Classes
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GYM TOTS (2 - 3 YRS)

Join our instructor in the gymnasium for 45 minutes of exploration, play, and fun! Gym Tots supports your toddler's coordination, body awareness, strength, and flexibility.



13352	Apr 9-Jun 11	Tu	9:00-9:45am	\$175.00	10 Classes
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MESSY HANDS (3 - 4 YRS)

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

13170	Apr 8-Jun 17 No class May 20	M	10:00-10:45am	\$175.00	10 Classes
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PRESCHOOL (2.5 TO 6 YEARS)

Program Facilitators 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.

FIRST STEPS (2.5 - 3 YRS)

Give your child the "First Steps" in preparing for preschool through stories, play, crafts, and active games. At this stage, children grow by leaps and bounds! Our Children's Program Facilitator supports early life skills such as hand washing, picking up toys, and social skills. Children must be fully potty trained.

13173	Apr 11-Jun 13	Th	9:00-11:00am	\$195.00	10 Classes
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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.

13180	Apr 8-Jun 10 No class May 20	M	9:00-11:00am	\$175.50	9 Classes
13181	Apr 10-Jun 12	W	1:00-3:00pm	\$195.00	10 Classes

KINDER GYM (3 - 5 YRS)

Our enthusiastic gym instructor guides the group as they explore fine/gross motor skills, the development of coordination, and enrichment of social interactions through playful activities. Leap, skip, roll, and uncover the delights of engaging in physical play!



13353	Apr 9-Jun 11	Tu	10:00-10:45am	\$175.00	10 Classes
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SKILL BUILDER: FINE MOTOR DEVELOPMENT (3 - 6 YRS)

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.

3-5 YRS

14071	Apr 8-May 13	M	1:00-2:00pm	\$120.00	6 Classes
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4-6 YRS

13198	Apr 6-May 11	Sa	9:30-10:30am	\$120.00	6 Classes
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INTRO TO DANCE (3 - 5 YRS)

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

13338	Apr 6-Jun 15 No class May 18	Sa	9:00-9:30am	\$135.00	10 Classes
13344	Apr 7-Jun 16 No class May 19	Su	9:35-10:05am	\$135.00	10 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).

13174	Apr 11-May 16	Th	9:00-10:30am	\$126.00	6 Classes
13175	May 23-Jun 27	Th	9:00-10:30am	\$126.00	6 Classes

SPORTARAMA (3 - 5 YRS)

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

13176	Apr 11-May 16	Th	10:30-11:15am	\$105.00	6 Classes
13177	May 23-Jun 27	Th	10:30-11:15am	\$105.00	6 Classes

SPORTBALL (3 - 5 YRS)

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 SOCCER

13358	Apr 13-Jun 22 No class May 18	Sa	10:30-11:30am	\$262.50*ND	10 Classes
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INDOOR/OUTDOOR SOCCER/T-BALL

13359	Apr 14-Jun 23 No class May 19	Su	10:00-11:00am	\$262.50*ND	10 Classes
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OUTDOOR SOCCER

13360	May 23-Jun 27	Th	5:00-6:00pm	\$167.50*ND	6 Classes
13361	Jul 4-Aug 22	Th	5:00-6:00pm	\$215.00*ND	8 Classes
13362	Jul 6-Aug 17 No class Aug 3	Sa	10:30-11:30am	\$167.50*ND	6 Classes

OUTDOOR MULTI-SPORT

13363	Jul 3-Aug 21	W	10:45-11:45am	\$190.00*ND	8 Classes
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OUTDOOR SOCCER/T-BALL

13364	Jul 7-Aug 18 No class Aug 4	Su	10:00-11:00am	\$167.50*ND	6 Classes
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YOUNG REMBRANDTS (4 - 5 YRS)

The spring months will blast off with excitement as we draw a wonderful astronaut. But it's not all about space adventures; your student's feet will be firmly planted back on Earth with a drawing of a tree house. And don't let those May flowers go unnoticed; the month of May will bloom with our flower basket drawing.

13182	Apr 11-Jun 13	Th	5:30-6:15pm	\$190.00*ND	10 Classes
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CHILD & YOUTH (5 TO 17 YEARS)

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.

BALLET, JAZZ AND STRETCH (5 - 7 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!

14076	Apr 5-Jun 14 No class May 17	F	3:15-4:00pm	\$150.00	10 Classes
13340	Apr 6-Jun 15 No class May 18	Sa	9:35-10:20am	\$150.00	10 Classes
13346	Apr 7-Jun 16 No class May 19	Su	10:10-10:55am	\$150.00	10 Classes

LYRICAL DANCE (7 - 10 YRS)

Combines ballet technique with jazz and modern style. Creative movement connects mind and body through fluid dance movements. This style of dance improves coordination and rhythm.

14077	Apr 5-Jun 14 No class May 17	F	4:00-4:45pm	\$150.00	10 Classes
13384	Apr 7-Jun 16 No class May 19	Su	11:00-11:45am	\$150.00	10 Classes

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 YRS

13341	Apr 6-Jun 15 No class May 18	Sa	10:25-11:10am	\$150.00	10 Classes
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8-12 YRS

14073	Apr 6-Jun 15 No class May 18	Sa	11:15-12:00pm	\$150.00	10 Classes
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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. (Caregiver must stay on the pool deck during their child's swim lesson (7:00-7:30pm)).

13183	Apr 9-May 14	Tu	6:00-7:30pm	\$126.00	6 Classes
13185	Apr 10-May 15	W	6:00-7:30pm	\$126.00	6 Classes
13184	May 21-Jun 25	Tu	6:00-7:30pm	\$126.00	6 Classes
13186	May 22-Jun 26	W	6:00-7:30pm	\$126.00	6 Classes

SPORTBALL (6 - 8 YRS)

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 SOCCER/T-BALL

13365	Apr 13-Jun 22 No class May 18	Sa	11:30-12:30pm	\$262.50*ND	10 Classes
13366	Apr 14-Jun 23 No class May 19	Su	11:00-12:00pm	\$262.50*ND	10 Classes

OUTDOOR SOCCER

13367	May 23-Jun 27	Th	6:45-7:45pm	\$167.50*ND	6 Classes
13368	Jul 4-Aug 22	Th	6:45-7:45pm	\$215.00*ND	8 Classes
13369	Jul 6-Aug 17 No class Aug 3	Sa	11:30-12:30pm	\$167.50*ND	6 Classes

OUTDOOR SOCCER/T-BALL

13370	Jul 7-Aug 18 No class Aug 4	Su	11:00-12:00pm	\$167.50*ND	6 Classes
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FLOOR HOCKEY (6 - 9 YRS)

This engaging program blends skill-building activities with friendly mini-games to keep your child active, entertained, and excited about floor hockey.



13187	Apr 10-May 15	W	5:15-6:00pm	\$105.00	6 Classes
13188	May 22-Jun 26	W	5:15-6:00pm	\$105.00	6 Classes

SPORTARAMA (6 - 9 YRS)

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

13189	Apr 9-May 14	Tu	5:15-6:00pm	\$105.00	6 Classes
13190	May 21-Jun 25	Tu	5:15-6:00pm	\$105.00	6 Classes

MULTI-SPORT (6 - 12 YRS)

Designed to expose participants to a variety of sports, this program fosters teamwork, develops fundamental skills, and encourages a love for staying active!

6-8 YRS

13386	Apr 11-Jun 13	Th	5:15-6:00pm	\$175.00	10 Classes
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9-12 YRS

13203	Apr 11-Jun 13	Th	6:15-7:15pm	\$195.00	10 Classes
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YOUNG REMBRANDTS (6 - 12 YRS)

If your child enjoys the outdoors, they will love the upcoming Hummingbird lesson filled with color and whimsy. We'll be drawing all season creating motorcycles, boats, and even the butterfly life cycle! They will also draw and shade a realistic portrait of the famous composer Beethoven using color pencils.

13214	Apr 11-Jun 13	Th	6:15-7:15pm	\$190.00*ND	10 Classes
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BABYSITTER COURSE (10+ YRS)

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. This course also covers creating a resume and finding jobs the safe way.

13381	April 6	Sa	10:00-5:00pm	\$85.00	1 Course
13382	June 15	Sa	10:00-5:00pm	\$85.00	1 Course

YOUNG REMBRANDTS: CARTOONING (8 - 12 YRS)

Your student will be exposed to the excitement of drawing and animating dinosaur expressions and funny anime characters. They'll be delighted learning how to draw dynamic figures and action-filled scenes. Funny bones will be tickled when they see the humorous, floral-inspired personas created in our flower characters lesson. We'll have an enormous amount of fun as we draw cartoon animals of all shapes and sizes doing their favorite hobbies.

13215	Apr 11-Jun 13	Th	7:15-8:15pm	\$190.00*ND	10 Classes
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“My son enjoyed the variety of activities in a non-competitive environment. I appreciated that I was encouraged to leave for my own activity time too – family wellness for sure!”

- SPORTBALL PARENT



LEADER-IN-TRAINING PROGRAM (13 - 17 YRS)

Trico Centre's Day Camp Leader in Training (L.I.T.) Program is designed for youth that are interested in gaining leadership skills and experience in a camp setting. The program supports teens who may have aged out as campers and are not yet meeting qualifications to apply for day camp leader positions.



Program registration fee includes training, leader t-shirt, certificate of participation, and reference letter.

L.I.T. program requirements:

- Must be available to attend training on **Sunday, June 23 from 9am-3pm.**
- Must commit to a **minimum of 2 weeks** (Monday through Friday).

Desired skillset:

- Previous experience in leadership roles (such as school clubs, sports teams, or community organizations) can be beneficial.
- Reliable, responsible, and committed to scheduled dates/times.
- Demonstrates care, patience, and a positive attitude when working with others.
- A genuine passion for working with children and creating a positive camp experience.

14078	JULY DAY CAMP LEADER-IN-TRAINING	\$100.00
14079	AUGUST DAY CAMP LEADER-IN-TRAINING	\$100.00

SKILL BUILDER PROGRAM

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

OUR MISSION:

- * 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.

OUR UNIQUE SUPPORT PROGRAMS TARGET:

ANXIETY AND SELF-CARE

FINE MOTOR SKILL DEVELOPMENT

FEELINGS AND SELF-REGULATION

LISTENING SKILLS AND FOLLOWING DIRECTIONS

NON-COMPETITIVE SPORTS ENVIRONMENT

SELF-ESTEEM AND CONFIDENCE

SOCIAL SKILLS

“My son really struggles with emotional regulation. These classes are fun and engaging, but packed full of real world skills.”



- SKILL BUILDER PARENT

>>> 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.

SKILL BUILDER: 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, zipping, drawing, tying shoelaces, brushing, and flossing teeth. Children will play with fine motor manipulatives and practice hand strengthening exercises.

3-5 YEARS OLD

14071	Apr 8-May 13	M	1:00-2:00pm	\$120.00	6 Classes
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4-6 YEARS OLD

13198	Apr 6-May 11	Sa	9:30-10:30am	\$120.00	6 Classes
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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.

6-8 YEARS OLD

13195	Apr 7-May 12	Su	9:30-10:30am	\$120.00	6 Classes
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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.

6-8 YEARS OLD

13200	Apr 6-May 11	Sa	1:00-2:00pm	\$120.00	6 Classes
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6-9 YEARS OLD

13201	Apr 9-May 14	Tu	5:00-6:00pm	\$120.00	6 Classes
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9-12 YEARS OLD

14127	Apr 9-May 14	Tu	6:30-7:30pm	\$120.00	6 Classes
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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 kit'.

6-8 YEARS OLD

13212	Apr 7-May 12	Su	1:00-2:00pm	\$120.00	6 Classes
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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.

6-9 YEARS OLD

13213	Apr 10-May 15	W	5:00-6:00pm	\$120.00	6 Classes
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9-12 YEARS OLD

14125	Apr 10-May 15	W	6:30-7:30pm	\$120.00	6 Classes
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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.

6-9 YEARS OLD

13197	Apr 8-May 13	M	5:00-6:00pm	\$120.00	6 Classes
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9-12 YEARS OLD

14126	Apr 8-May 13	M	6:30-7:30pm	\$120.00	6 Classes
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SKILL BUILDER: FITQUEST

Have fun burning off extra energy while developing your skills and building confidence! Rotate through fun fitness stations and challenging obstacle courses in a supportive and non-competitive environment.

6-8 YEARS OLD

13210	Apr 7-May 12	Su	2:15-3:15pm	\$120.00	6 Classes
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NON-COMPETITIVE SPORTS

Our Skill Builder recreational sports programs are perfect for those who are new to sport or have limited experience playing. Providing children with the opportunity to be part of a group, learn fundamental movement skills, exercise, build confidence, and have fun!



BADMINTON: 9-14 YEARS OLD

13202	Apr 5-May 10	F	5:15-6:15pm	\$120.00	6 Classes
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SOCCER: 6-8 YEARS OLD

13205	Apr 6-May 11	Sa	9:00-10:00am	\$120.00	6 Classes
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VOLLEYBALL: 6-8 YEARS OLD

13207	Apr 11-Jun 13	Th	5:15-6:15pm	\$200.00	10 Classes
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VOLLEYBALL: 9-12 YEARS OLD

13208	Apr 11-Jun 13	Th	6:15-7:15pm	\$200.00	10 Classes
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BASKETBALL: 6-8 YEARS OLD

13204	Apr 7-May 12	Su	1:00-2:00pm	\$120.00	6 Classes
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BASKETBALL: 9-14 YEARS OLD

13387	Apr 5-May 10	F	6:15-7:15pm	\$120.00	6 Classes
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13211	Apr 7-May 12	Su	3:30-4:30pm	\$120.00	6 Classes
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SKILL BUILDER: TRI-SPORT

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

6-8 YEARS OLD

13209	Apr 6-May 11	Sa	10:15-11:15am	\$120.00	6 Classes
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9-12 YEARS OLD

13206	Apr 6-May 11	Sa	11:15-12:15pm	\$120.00	6 Classes
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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 sound system.

View our drop-in schedule online at www.tricocentre.ca/facilities-schedule for 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
PARENT & TOT AND PRESCHOOL	30 MIN	\$72.50	\$87.00	\$101.50
SWIMMER 1	30 MIN	\$85.00	\$102.00	\$119.00
SWIMMER 2-4 & SWIMABILITIES®	45 MIN	\$97.50	\$117.00	\$136.50
SWIMMER 5/6 AND ADULT	60 MIN	\$102.50	\$123.00	\$143.50
SWIM PATROL	90 MIN	\$115.00	\$138.00	\$161.00
PRIVATE	30 MIN	\$225.00	\$270.00	\$315.00

CONTAMINATION PREVENTION

Ensuring the well-being and health of all our guests is our top priority and we count on your cooperation to achieve this. To prevent pool contaminations and maintain a safe and enjoyable swimming experience, we kindly request your assistance in adhering to the following guidelines:

- Please refrain from feeding children or eating large meals prior to lessons.
- All swimmers are encouraged to take a bathroom break prior to and/or during their lessons.
- Not feeling well? Please refrain from using the pool when ill or if a swimmer has had diarrhea within the past two weeks.
- Young children who are not FULLY potty trained or anyone that is incontinent **MUST wear both aquatics specific diapers and plastic pants** (both sold at Guest Services).

By working together and following these guidelines, we can maintain a clean, safe, and enjoyable swimming environment for everyone. We appreciate your understanding and cooperation in ensuring the health and safety of our pool.

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



Visit our website for more comprehensive descriptions of each level: www.tricocentre.ca/swim-levels

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. The lifetime lifesaving journey starts here in our Preschool levels! Children will develop essential skills to ensure water safety and embrace the joy of being in and around the water.

PRESCHOOL 1: Children are new to unparented classes, learn basic skills in a PFD and how to safely interact with the water.

PRESCHOOL 2: Children are comfortable getting their face wet and floating on their front and back with assistance.

PRESCHOOL 3: Children are comfortable flutter kicking on their back with a lifejacket.

PRESCHOOL 4: Children are comfortable kicking on their front and back **without assistance** and/or a buoyant aid.

PRESCHOOL 5: Children are comfortable in deep water and can swim past 5 meters **without assistance** and/or buoyant aid.

SWIMMER (6 - 17 YRS)

Aimed at participants aged 6-17 years old. Focusing on the fundamental skills of swimming. Participants will learn proper techniques for the appropriate progressions and build endurance.

SWIMMER 1: Participants develop essential foundational skills to formal swimming and how to safely interact with the water.

SWIMMER 2: Participants are comfortable getting their face wet and floating on their front and back with assistance.

SWIMMER 3: Participants are comfortable swimming front crawl and back crawl for 10 meters without assistance.

SWIMMER 4: Participants can swim front crawl and back crawl for 15 meters and whip kick for 10 meters.

SWIMMER 5: Participants can front crawl and back crawl for 25 meters.

SWIMMER 6: Participants can front crawl, back crawl, AND breaststroke for 25 meters.

PRIVATE LESSONS (4+ YRS)

PRIVATE: One-on-one dedicated instruction.

SEMI-PRIVATE: A private lesson setting with one friend or family member.

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.

CANADIAN SWIM PATROL ROOKIE, RANGER & STAR

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 candidates mentally and physically. Judgment, knowledge, skill, and fitness – the advanced components of a water rescue that form the basis of this training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Course certifies CPR level C.

Prerequisites: Bronze Star (does not need to be current) or minimum 13 years of age. Recommended to complete Swim Patrol levels but not required.

Please note that anyone under the age of 13 who wishes to enter the course must have Bronze Star certification and directly contacts the Aquatics Office for registration aquatics@tricocentre.ca.



BRONZE CROSS ASSISTANT LIFEGUARD

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for assistant lifeguard responsibilities. Candidates expand their lifesaving and communication skills to apply the principles and techniques of surveillance in aquatic facilities. Bronze Cross is a prerequisite for advanced training in the Lifesaving Society's National Lifeguard and Leadership Programs.

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

“SwimAbilities was perfect for my special needs kiddo. He requires 1:1 support and would not excel in a “normal” class. We saw huge progress. We also like that it’s very close to home and school.”



- SWIMABILITIES® PARENT



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LEARN TO SWIM SPRING 1 SCHEDULE

	MONDAYS APR 8-MAY 13 (6)	TUESDAYS APR 9-MAY 14 (6)	WEDNESDAYS APR 10-MAY 15 (6)	THURSDAYS APR 11-MAY 16 (6)	SATURDAYS APR 6-MAY 11 (6)	SUNDAYS APR 7-MAY 12 (6)
PARENT & TOT 1/2	9:30-10am (12695) 5-5:30pm (12696)	10-10:30am (12697)	9:30-10am (12698) 5-5:30pm (12699)	9:30-10am (12700)	9-9:30am (12631)	9:30-10 (12693) 11:15-11:45am (12694)
PARENT & TOT 2/3	5:30-6pm (12702)	9:30-10am (12703) 5:30-6pm (12704)	10:30-11am (12705) 6-6:30pm (12706)	10:30-11am (12707) 5:30-6pm (12708)	10-10:30 (12636)	10:30-11am (12701)
PRESCHOOL 1	9-9:30am (12718) 9:30-10am (12719) 4:30-5pm (12720) 4:30-5pm (13220) 5:30-6pm (12721) 6-6:30pm (12722)	9-9:30am (12723) 4:30-5pm (13222) 5-5:30pm (12724) 5:45-6:15pm (12725) 6:30-7pm (12726)	9:30-10am (12727) 10-10:30am (12728) 4:30-5pm (12729) 5:45-6:15pm (12730)	9-9:30am (12731) 5-5:30pm (12732) 5:45-6:15pm (12733) 6:30-7pm (12734)	8:30-9am (12638) 9:30-10am (12709) 10:15-10:45am (12710) 11:30-12pm (12711) 12:30-1pm (12712)	9-9:30am (12713) 10-10:30am (12714) 11:15-11:45pm (12715) 12:15-12:45pm (12716) 12:45-1:15pm (12717)
PRESCHOOL 2	9-9:30am (12743) 10:30-11am (12744) 5-5:30pm (12745) 6-6:30pm (12746) 6:30-7pm (12747)	9-9:30am (12748) 10-10:30am (12749) 5-5:30pm (12750) 6-6:30pm (12751)	9-9:30am (12752) 6-6:30pm (12753) 6:30-7pm (12754)	9-9:30am (12755) 4:30-5pm (13228) 5:30-6pm (12756) 6-6:30pm (12757)	8:30-9am (12640) 9:45-10:15am (12735) 10:45-11:15am (12736) 11:30-12pm (12737) 12-12:30pm (12738)	9-9:30am (12739) 9:30-10am (12740) 11:15-11:45am (12741) 12:15-12:45pm (12742)
PRESCHOOL 3	10-10:30am (12763) 5:15-5:45pm (12764) 6:15-6:45pm (12765)	10:30-11am (12766) 6:15-6:45pm (12767)	5-5:30pm (12768) 6:30-7pm (12769)	9:30-10am (12770) 5:30-6pm (12771) 6:15-6:45pm (12772)	8:30-9am (12642) 9:15-9:45am (12758) 11-11:30am (12759) 12:30-1pm (12760)	10-10:30am (12761) 12:45-1:15pm (12762)
PRESCHOOL 4/5	4:30-5pm (12776) 6:30-7pm (12777)	6-6:30pm (12778)	4:30-5pm (13227) 6:15-6:45pm (12779)	6-6:30pm (12780)	10-10:30am (12644) 12:30-1pm (12773)	9:30-10am (12774) 12:45-1:15pm (12775)
SWIMMER 1	4:30-5pm (13221) 5-5:30pm (12789) 6-6:30pm (12790) 6:30-7pm (12791) 7-7:30pm (12792)	4:30-5pm (13224) 5:30-6pm (12793) 6-6:30pm (12794) 6:30-7pm (12795) 7:30-8pm (12796)	4:30-5pm (12797) 5-5:30pm (12798) 6-6:30pm (12799) 6:30-7pm (12800)	4:30-5pm (13229) 5:30-6pm (12801) 6:30-7pm (12802) 7-7:30pm (12803) 7:30-8pm (12804)	9-9:30am (12648) 9:30-10am (12781) 10:15-10:45am (12782) 11-11:30am (12783) 12-12:30pm (12784)	9-9:30am (12785) 11:15-11:45am (12786) 11:45-12:15pm (12787) 12:15-12:45pm (12788)
SWIMMER 2	4:30-5:15pm (12812) 6:15-7pm (12813)	5:15-6pm (12814) 6-6:45pm (12815) 6:45-7:30pm (12816)	4:30-5:15pm (12817) 6:15-7pm (12818)	5:15-6pm (12819) 6-6:45pm (12820) 6:45-7:30pm (12821)	8:30-9:15am (12654) 9:45-10:30am (12805) 10:45-11:30am (12806) 11:30-12:15pm (12807) 12:15-1pm (12808)	9:30-10:15am (12809) 11:30-12:15pm (12810) 12:30-1:15pm (12811)
SWIMMER 3	5-5:45pm (12828) 5:45-6:30pm (12829)	4:30-5:15pm (13230) 6-6:45pm (12830) 7:15-8pm (12831)	5-5:45pm (12832) 6:15-7pm (12833)	6-6:45pm (12834) 7:15-8pm (12835)	8:30-9:15am (12656) 10-10:45pm (12822) 11:15-12pm (12823) 12:15-1pm (12824)	9-9:45am (12825) 10:15-11pm (12826) 11:30-12:15pm (12827)
SWIMMER 4	5-5:45pm (12840) 6:45-7:30pm (12841)	5-5:45pm (12842) 7:15-8pm (12843)	5-5:45pm (12844) 6:45-7:30pm (12845)	5-5:45pm (12846) 7:15-8pm (12847)	8:30-9:15am (12658) 10:45-11:30am (12836) 11:30-12:15pm (12837)	10-10:45am (12838) 11:45-12:30pm (12839)
SWIMMER 5/6	6:30-7:30pm (12849)	7-8pm (12850)	5:15-6:15pm (12851)	4:30-5:30pm (12852)	9:15-10:15am (12660)	10:15-11:15am (12848)
SWIM PATROL				6:30-8pm (12854)	11:30-1pm (12650)	11:45-1:15pm (12853)
ADULT (BEG)						9-10am (12633)
ADULT (INT)						10-11am (12634)
SWIM-ABILITIES 1/2				4:30-5:15pm (12652) 4:45-5:30pm (12855)		



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Don't forget you get **20% off** most swim programs!

LEARN TO SWIM SPRING 2 SCHEDULE

	MONDAYS MAY 27-JUN 24 (5)	TUESDAYS MAY 21-JUN 25 (6)	WEDNESDAYS MAY 22-JUN 26 (6)	THURSDAYS MAY 23-JUN 27 (6)	SATURDAYS MAY 25-JUN 22 (5)	SUNDAYS MAY 26-JUN 23 (5)
PARENT & TOT 1/2	9:30-10am (12905) 5-5:30pm (12906)	10-10:30am (12907)	9:30-10am (12908) 5-5:30pm (12909)	9:30-10am (12910)	9-9:30am (12911)	9:30-10am (12666) 11:15-11:45am (12904)
PARENT & TOT 2/3	5:30-6pm (12913)	9:30-10am (12914) 5:30-6pm (12915)	10:30-11am (12916) 6-6:30pm (12917)	10:30-11am (12918) 5:30-6pm (12919)	10-10:30am (12912)	10:30-11am (12668)
PRESCHOOL 1	9-9:30am (12929) 9:30-10am (12930) 4:30-5pm (12931) 4:30-5pm (13232) 5:30-6pm (12932) 6-6:30pm (12933)	9-9:30am (12934) 5-5:30pm (12935) 5:45-6:15pm (12936) 6:30-7pm (12937)	9:30-10am (12938) 10-10:30am (12939) 4:30-5pm (12940) 5:45-6:15pm (12941)	9-9:30am (12942) 5-5:30pm (12943) 5:45-6:15pm (12944) 6:30-7pm (12945)	8:30-9am (12924) 9:30-10am (12925) 10:15-10:45am (12926) 11:30-12pm (12927) 12:30-1pm (12928)	9-9:30am (12670) 10-10:30am (12920) 11:15-11:45pm (12921) 12:15-12:45pm (12922) 12:45-1:15pm (12923)
PRESCHOOL 2	9-9:30am (12954) 10:30-11am (12955) 5-5:30pm (12956) 6-6:30pm (12957) 6:30-7pm (12958)	9-9:30am (12959) 10-10:30am (12960) 5-5:30pm (12961) 6-6:30pm (12962)	9-9:30am (12963) 6-6:30pm (12964) 6:30-7pm (12965)	9-9:30am (12966) 4:30-5pm (13242) 5:30-6pm (12967) 6-6:30pm (12968)	8:30-9am (12949) 9:45-10:15am (12950) 10:45-11:15am (12951) 11:30-12pm (12952) 12-12:30pm (12953)	9-9:30am (12672) 9:30-10am (12946) 11:15-11:45am (12947) 12:15-12:45pm (12948)
PRESCHOOL 3	10-10:30am (12974) 5:15-5:45pm (12975) 6:15-6:45pm (12976)	10:30-11am (12977) 6:15-6:45pm (12978)	5-5:30pm (12979) 6:30-7pm (12980)	9:30-10am (12981) 5:30-6pm (12982) 6:15-6:45pm (12983)	8:30-9am (12970) 9:15-9:45am (12971) 11-11:30am (12972) 12:30-1pm (12973)	10-10:30am (12674) 12:45-1:15pm (12969)
PRESCHOOL 4/5	4:30-5pm (12987) 6:30-7pm (12988)	6-6:30pm (12989)	4:30-5pm (13240) 6:15-6:45pm (12990)	6-6:30pm (12991)	10-10:30am (12985) 12:30-1pm (12986)	9:30-10am (12676) 12:45-1:15pm (12984)
SWIMMER 1	4:30-5pm (13233) 5-5:30pm (13000) 6-6:30pm (13001) 6:30-7pm (13002) 7-7:30pm (13003)	4:30-5pm (13235) 5:30-6pm (13004) 6-6:30pm (13005) 6:30-7pm (13006) 7:30-8pm (13007)	4:30-5pm (13008) 5-5:30pm (13009) 6-6:30pm (13010) 6:30-7pm (13011)	4:30-5pm (13241) 5:30-6pm (13012) 6:30-7pm (13013) 7-7:30pm (13014) 7:30-8pm (13015)	9-9:30am (12995) 9:30-10am (12996) 10:15-10:45am (12997) 11-11:30am (12998) 12-12:30pm (12999)	9-9:30am (12684) 11:15-11:45am (12992) 11:45-12:15pm (12993) 12:15-12:45pm (12994)
SWIMMER 2	4:30-5:15pm (13023) 6:15-7pm (13024)	5:15-6pm (13025) 6-6:45pm (13026) 6:45-7:30pm (13027)	4:30-5:15pm (13028) 6:15-7pm (13029)	5:15-6pm (13030) 6-6:45pm (13031) 6:45-7:30pm (13033)	8:30-9:15am (13018) 9:45-10:30am (13019) 10:45-11:30am (13020) 11:30-12:15pm (13021) 12:15-1pm (13022)	9:30-10:15am (12686) 11:30-12:15pm (13016) 12:30-1:15pm (13017)
SWIMMER 3	5-5:45pm (13040) 5:45-6:30pm (13041)	4:30-5:15pm (13234) 6-6:45pm (13042) 7:15-8pm (13043)	5-5:45pm (13044) 6:15-7pm (13045)	6-6:45pm (13046) 7:15-8pm (13047)	8:30-9:15am (13036) 10-10:45pm (13037) 11:15-12pm (13038) 12:15-1pm (13039)	9-9:45am (12688) 10:15-11pm (13034) 11:30-12:15pm (13035)
SWIMMER 4	5-5:45pm (13052) 6:45-7:30pm (13053)	5-5:45pm (13054) 7:15-8pm (13055)	5-5:45pm (13056) 6:45-7:30pm (13057)	5-5:45pm (13058) 7:15-8pm (13059)	8:30-9:15am (13049) 10:45-11:30am (13050) 11:30-12:15pm (13051)	10-10:45am (12690) 11:45-12:30pm (13048)
SWIMMER 5/6	6:30-7:30pm (13061)	7-8pm (13062)	5:15-6:15pm (13063)	4:30-5:30pm (13064)	9:15-10:15am (13060)	10:15-11:15am (12692)
SWIM PATROL				6:30-8pm (13066)	11:30-1pm (13065)	11:45-1:15pm (12680)
ADULT (BEG)						9-10am (12663)
ADULT (INT)						10-11am (12664)
SWIM-ABILITIES 1/2				4:30-5:15pm (12682) 4:45-5:30pm (13067)		



“The pool is warm, the facility is great, and the coaches have been wonderful so far.”

- PRESCHOOL 2 PARENT

LEARN TO SWIM SUMMER - ONE WEEK (AM)

LEVEL	TIME	JULY 2-5	JULY 8-12	JULY 15-19	JULY 22-26	JULY 29-AUG 2	AUG 6-9	AUG 12-16	AUG 19-23
PARENT & TOT 1/2	9:00-9:30am		13562						
	10:30-11:00am				13659				13842
PARENT & TOT 2/3	9:30-10:00am		13563						
PRESCHOOL 1	9:00-9:30am			13611	13660	13709		13792	13843
	9:30-10:00am			13612	13661	13710		13793	13844
	10:00-10:30am		13564						
	10:15-10:45am	9:00-9:45am 13527	13565	13613	13662	13711	9:00-9:45am 13757	13794	13845
	10:30-11:00am	11:00-11:45am 13528	13566				11:00-11:45am 13758		
	11:15-11:45am	11:45-12:30pm 13529	13567	13614	13663	13712	11:45-12:30pm 13759	13795	13847
	12:00-12:30pm		13568	13615	13664	13713		13796	13848
	12:45-1:15pm		13569		13665		13797	13849	
PRESCHOOL 2	9:00-9:30am			13616	13666	13714		13798	13850
	9:30-10:00am		13570	13617	13667	13715		13799	13851
	10:00-10:30am	9:30-10:15am 13530	13571	13618	13668	13716	9:30-10:15am 13760	13800	13852
	10:45-11:15am	11:00-11:45am 13531	13572	13619	13669	13717	11:00-11:45am 13761	13801	13853
	11:45-12:15pm	11:45-12:30pm 13532	13573	13620	13670	13718	11:45-12:30pm 13762	13802	13854
	12:45-1:15pm			13621	13671	13719		13803	13855
PRESCHOOL 3	9:00-9:30am		13574	13622	13672	13720		13804	13856
	9:45-10:15am		13575	13623	13673	13721		13805	13857
	10:30-11:00am								13858
	11:30-12:00pm	10:00-10:45am 13533	13576	13624	13674	13722	10:00-10:45am 13763	13806	13859
	12:00-12:30pm	11:00-11:45am 13534			13675		11:00-11:45am 13764	13807	
	12:15-12:45pm			13625		13723			
	12:30-1:00pm								13860
12:45-1:15pm		13577	13626	13676	13724		13808		
PRESCHOOL 4/5	9:30-10:00am		13578						
	10:00-10:30am		13579	13627	13677	13725		13809	13861
	10:30-11:00am	9:00-9:45am 13535	13580	13628	13678	13726	9:00-9:45am 13765	13810	13862
	10:45-11:15am	9:45-10:30am 13536					9:45-10:30am 13766	13811	
	11:45-12:15pm				13679			13812	
12:00-12:30pm		13581	13629		13727			13863	
SWIMMER 1	9:00-9:30am		13582 13583	13630	13680	13728		13813	13864
	9:30-10:00am		13584	13631	13681	13729		13814	13865
	10:00-10:30am	9:30-10:15am 13537 13538		13632	13682	13730	9:30-10:15am 13767 13768	13815	13866
	10:15-10:45am	10:30-11:15am 13539		13633	13683	13731		13816	
	10:30-11:00am	11:45-12:30pm 13540	13585				10:30-11:15am 13769 11:45-12:30pm 13770	13817	
	11:00-11:30am	12:30-1:15pm 13541					12:30-1:15pm 13771		13867
	10:45-11:15am		13586	13634	13684	13732		13818	13868
	11:30-12:00pm		13587	13635	13685	13733		13819	13869
12:30-1:00pm									
SWIMMER 2	9:00-9:45am	9:00-10:00am 13542	13588	13636	13686	13734	9:00-10:00am 13772	13819	13870
	10:00-10:45am	10:15-11:15am 13543	13589	13637	13687	13735	10:15-11:15am 13773	13820	13871
	10:30-11:15am	13544			13688		13774	13821	
	11:15-12:00pm	11:30-12:30pm 13545	13590	13638	13689	13736	11:30-12:30pm 13775	13822	13872
	12:00-12:45pm	13546	13591				13776		13873
SWIMMER 3	9:00-9:45am			13639	13690	13737		13823	
	9:15-10:00am		13592						
	10:30-11:15am	9:30-10:30am 13547	13593	13640	13691	13738	9:30-10:30am 13777	13824	13874
	10:45-11:30am	9:45-10:45am 13548	13594				9:45-10:45am 13778		
	11:15-12:00pm	11:30-12:30pm 13549		13641		13739	11:30-12:30pm 13779		13875
	12:00-12:45pm	13550					13780		13876
12:30-1:15pm								13877	
SWIMMER 4	10:00-10:45am		13595	13642	13692	13740		13825	13878
	11:00-11:45am	10:15-11:15am 13551		13643	13693	13741	10:15-11:15am 13781	13826	
	11:15-12:00pm		13596						
	12:00-12:45pm								13879
SWIMMER 5/6	9:00-10:00am	9:00-10:00am 13559	13597	13644	13694	13742	9:00-10:00am 13782	13827	13880
	11:00-12:00pm	11:30-12:30pm 13560	13598	13645	13695	13743	11:30-12:30pm 13783	13828	13881
SWIM PATROL	9:30-11:00am			13657		13755			

*Please note: July 2-5 and August 6-9 weeks consist of four extended classes. Pricing is based on five classes.

LEARN TO SWIM SUMMER - TWO WEEKS (PM)

LEVEL	TIME	JULY 2-11 (7)	JULY 15-25 (8)	JULY 31- AUG 8 (7) NO CLASS AUG 5	AUG 12-22 (8)
PARENT & TOT 1/2	5:00-5:30pm	13954		14010	
PARENT & TOT 2/3	5:00-5:30pm		13982		14059
PRESCHOOL 1	5:30-6:00pm	13934	13962	13990	14019
	6:00-6:30pm	13935	13963	13991	14020
	6:30-7:00pm	13936	13964	13992	14021
PRESCHOOL 2	5:00-5:30pm	13937	13965	13993	14022
	6:00-6:30pm	13938	13966	13994	14023
	6:30-7:00pm	13939	13967	13995	14024
PRESCHOOL 3	5:00-5:30pm	13940	13968	13996	14025
	5:30-6:00pm	13941	13969	13997	14026
PRESCHOOL 4/5	5:30-6:00pm	13942	13970	13998	14027
SWIMMER 1	5:00-5:30pm	13943	13971	14000	14028
	5:30-6:00pm	13944	13972	14001	14029
	6:00-6:30pm	13945	13973	14002	14031
	6:30-7:00pm	13946	13974	14003	14032
SWIMMER 2	5:00-5:45pm	13947	13975	14004	14037
	5:45-6:30pm	13948	13976	14005	14039
	6:15-7:00pm	13949	13977	14006	14041
SWIMMER 3	5:00-5:45pm		13978		14045
	5:30-6:15pm	13950	13979	14007	14046
SWIMMER 4	5:00-5:45pm	13951		14018	
	5:45-6:30pm	13952	13980	14008	14049
SWIMMER 5/6	6:00-7:00pm	13953	13981	14009	14054


the CARRIAGE HOUSE
 hotel & conference centre

FAMOUS SUNDAY BRUNCH BUFFET
 every sunday
 10am - 2pm

newly renovated guest rooms & event space | 4 dining options
 year-round heated outdoor pool | in-house, custom bakery

@carriagehouseyc

MEMBERS RECEIVE 15% OFF
 16 BIG SCREEN TV'S
 DAILY SPECIALS
 FAMOUS STEAK SANDWICH
 OPEN TO KIDS UNTIL 9PM
 PUP FRIENDLY PATIO

@peanutspubhouse




SUMMER DAY CAMPS

Dive into the excitement at Trico Centre's summer day camps! It's not just a camp—it's a vibrant and inclusive experience packed with quality activities, new friendships, and thrilling adventures. With our awesome team of trained leaders, campers are in for a summer full of laughs and memories lasting long after the summer ends.


HOW TO REGISTER



After reviewing camp descriptions, visit WWW.TRICOCENTRE.CA/REGISTER

Enter the camp five-digit code, then pick your week.

During registration, carefully answer all questions. This necessary information is connected to your child's camp profile.

"I just loved how happy my Rosie was after having so much fun, and the smile on her face picking her up every day." - PRESCHOOL DAY CAMP PARENT 

FREQUENTLY ASKED QUESTIONS

Visit WWW.TRICOCENTRE.CA/SUMMER-FAQ for the answers to our more frequently asked questions; such as,

- Camp Leader Qualifications
- New Registration Process
- How To Update Your Child's Camp Account
- Health and Safety (sunscreen, rash guard, sickness, nut free)
- What to Bring (clothes, food, labelled water bottle, extra clothes, swim wear/towel)
- Inclusion and Diversity
- Camp Week At-A-Glance
- Camp Off-Site Activities
- Aqua Adventures Information



TRICO CENTRE MEMBERS!

Don't forget you get **20% off DAY CAMPS!**

SING, DANCE, ACT. THE SUMMER STAGE IS YOURS!



HAVE A BLAST THIS SUMMER!

- Inclusive environment for Grades 1-8
- Learn skills in singing, dancing, acting
- Build confidence, leadership, teamwork
- All in a vibrant arts community space



YEAR-ROUND PROGRAMS
& SUMMER CAMPS

EXPLORE MORE AT
YOUTHSINGERS.ORG

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

Kumon Math and Reading Centre of Calgary - South Centre

11150 Bonaventure Dr SE, Unit 210 (Trico Centre)

403-457-0068 • kumon.ca/calgary-south-centre

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PRESCHOOL CAMPS

- Leader / Camper ratio is 1:8.
- Prior to camp start, caregivers will receive notification about camp specific information (including medication form).
- All campers must be fully potty trained (pull-ups and diapers not permitted), unless assisted by an aide.
- Parents can select AM and/or PM camps.
- Lunch care for preschool is not provided.

9:00am - 12:00pm day camps

Drop off at 9:00am

Pick up at 12:00pm

1:00pm - 4:00pm day camps

Drop off at 1:00pm

Pick up at 4:00pm

“ My daughter absolutely loved her camp and the instructors! She even went for two weeks, she loved it so much! In particular, she really enjoyed the teaching style of her leader, Rosie. Out of camp, she would always ask what I thought that Rosie was up to and when she would see her next! I think it was really a testament to how great the staff and programs are at Trico! ”



- PRESCHOOL DAY CAMP PARENT

PRESCHOOL DAY CAMP DESCRIPTIONS

MESSY HANDS

Children will engage in hands-on fun through exploration and play. Arts, crafts, and tactile sensory experiences will ignite their creative expression and curiosity. Children must be fully potty trained.

● #13896 | 3.5-5.5 years old

ENERGY DASH

This active camp encourages running, jumping, throwing, and kicking through games, sports and open play. Children must be fully potty trained.

● #13897 | 3.5-5.5 years old

LITTLE SCIENTISTS

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. Children must be fully potty trained.

● #13898 | 3.5-5.5 years old

NATURE DETECTIVES

Children will explore the world around them through stories, sensory experiences, and nature based loose parts play. Children must be fully potty trained.

● #13899 | 3.5-5.5 years old

PRESCHOOL - JULY

AGE	TIME	JULY 2-5 (4)	JULY 8-12 (5)	JULY 15-19 (5)	JULY 22-26 (5)
3.5-5.5 yrs	9-12pm	Messy Hands (\$100)	Little Scientists (\$125)	Messy Hands (\$125)	Little Scientists (\$125)
	1-4pm	Little Scientists (\$100)	Messy Hands (\$125)	Little Scientists (\$125)	Messy Hands (\$125)

PRESCHOOL - AUGUST

AGE	TIME	JULY 29-AUG 2 (5)	AUG 6-9 (4)	AUG 12-16 (5)	AUG 19-23 (5)
3.5-5.5 yrs	9-12pm	Nature Detectives (\$125)	Energy Dash (\$100)	Nature Detectives (\$125)	
	1-4pm	Energy Dash (\$125)	Nature Detectives (\$100)	Energy Dash (\$125)	

● 3.5-5.5 YRS

CHILD/YOUTH CAMPS

- Leader / Camper ratio is 1:15 (maximum determined by camp activity and space).
- Prior to camp start, caregivers will be notified about camp-specific information (including swim day and medication form).
- On day 1, bring the completed medication form to our camp check-in desk. Clearly print the type of medication, dosage, administration, and other necessary information. Medication must be brought daily in its original container and given directly to the camp leader.
- Before Care: caregiver is welcome to drop camper off 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 activities due to late arrivals.
- Late or absent participants will not be called to see if they are participating that day.
- After Care: pick-up is between 4:00-5:30pm. Campers will only be released to an approved pick-up person (provided by caregiver at time of registration). Please advise all authorized pick-up individuals to bring government-issued photo ID.
- Late Fee: after 5:30pm, a \$15.00 late fee will be processed on the camper's account.

“Kristin’s favourite memory at camp was taking the train and exploring downtown with her leaders. All the leaders were great at what they did, kept the kids entertained on the train and a lot of fun to explore sites with.”



- DISCOVER YYC CAMP PARTICIPANT

CHILD/YOUTH DAY CAMP DESCRIPTIONS

SUMMER FRENZY

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

● #13999 | 5-6 years old

SQUISHY SQUASHY SCIENCE

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. This camp swims once during the week.

● #13901 | 6-8 years old

CREATORS

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.

● #13895 | 6-8 years old

SPORTASTIC

In a non-competitive environment, children build self-esteem and confidence while learning about game rules and sportsmanship. Activities may include football, soccer, kickball, and gaga ball. This camp swims once during the week.

● #13900 | 6-8 years old

AQUA ADVENTURES

This popular camp includes a daily swim lesson for Swimmer Levels 1-6! Outside of pool times, children keep busy playing games, making crafts, exploring a variety of sports, and spending time in our outdoor greenspace (including gaga-ball pit!).

● #13893 | 6-8 years old

● #13894 | 9-12 years old

TRY SPORT

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

● #13902 | 9-12 years old

OUTDOOR ADVENTURE

Campers will have a blast exploring Calgary parks/ waterparks, geocaching, playing frisbee golf, and so much more! Daily games and activities will challenge your adventurous child. This camp swims once during the week.

● #14075 | 9-12 years old

HIT THE GYM

Teens learn about fitness and a healthy lifestyle through a variety of games and activities such as swimming, spin, strength/core training, yoga, boot-camp style classes, obstacle courses, and recovery. After receiving the Fitness Centre’s ‘Youth Orientation’, they will have the knowledge, skill, and confidence to access the gym 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

● #13905 | 11-14 years old

PEDAL POWER

Bring your bike to camp for this weeklong adventure exploring Calgary parks, pathways, and pump tracks. Touch up on your skills and find more riding buddies! This camp swims once during the week.

● #13933 | 11-14 years old

DISCOVER YYC

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.

● #13906 | 11-14 years old

CHILD/YOUTH - JULY

AGE	TIME	JULY 2-5 (4)	JULY 8-12 (5)	JULY 15-19 (5)	JULY 22-26 (5)
5-6 yrs	9-4pm	Summer Frenzy (\$228)	Summer Frenzy (\$285)	Summer Frenzy (\$285)	Summer Frenzy (\$285)
6-8 yrs	9-4pm	Creators (\$228)	Creators (\$285)	Creators (\$285)	Creators (\$285)
		Squishy Squashy Science (\$228)	Squishy Squashy Science (\$285)	Squishy Squashy Science (\$285)	Squishy Squashy Science (\$285)
		Sportastic (\$228)	Sportastic (\$285)	Sportastic (\$285)	Sportastic (\$285)
		Aqua Adventures (\$240)	Aqua Adventures (\$300)	Aqua Adventures (\$300)	Aqua Adventures (\$300)
9-12 yrs	9-4pm	Aqua Adventures (\$240)	Aqua Adventures (\$300)	Aqua Adventures (\$300)	Aqua Adventures (\$300)
		Try Sport (\$228)	Try Sport (\$285)	Try Sport (\$285)	Try Sport (\$285)
		Outdoor Adventure (\$228)	Outdoor Adventure (\$285)	Outdoor Adventure (\$285)	Outdoor Adventure (\$285)
11-14 yrs	9-4pm	Hit the Gym (\$272)	Discover YYC (\$355)	Pedal Power (\$340)	Hit the Gym (\$340)

CHILD/YOUTH - AUGUST

AGE	TIME	JULY 29-AUG 2 (5)	AUG 6-9 (4)	AUG 12-16 (5)	AUG 19-23 (5)
5-6 yrs	9-4pm	Summer Frenzy (\$285)	Summer Frenzy (\$228)	Summer Frenzy (\$285)	Summer Frenzy (\$285)
6-8 yrs	9-4pm	Creators (\$285)	Creators (\$228)	Creators (\$285)	Creators (\$285)
		Squishy Squashy Science (\$285)	Squishy Squashy Science (\$228)	Squishy Squashy Science (\$285)	Squishy Squashy Science (\$285)
		Sportastic (\$285)	Sportastic (\$228)	Sportastic (\$285)	Sportastic (\$285)
		Aqua Adventures (\$300)	Aqua Adventures (\$240)	Aqua Adventures (\$300)	
9-12 yrs	9-4pm	Aqua Adventures (\$300)	Aqua Adventures (\$240)	Aqua Adventures (\$300)	
		Try Sport (\$285)	Try Sport (\$228)	Try Sport (\$285)	Try Sport (\$285)
		Outdoor Adventure (\$285)	Outdoor Adventure (\$228)	Outdoor Adventure (\$285)	Outdoor Adventure (\$285)
11-14 yrs	9-4pm	Discover YYC (\$355)	Pedal Power (\$272)	Hit the Gym (\$340)	



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