



**FALL 2024/WINTER 2025**

# **PROGRAM GUIDE**



## **FALL REGISTRATION**

Members: **JULY 30-31, 2024**

Public: **AUGUST 1, 2024**

## **WINTER REGISTRATION**

Members: **NOVEMBER 5-6, 2024**

Public: **NOVEMBER 7, 2024**

**[WWW.TRICOCENTRE.CA](http://WWW.TRICOCENTRE.CA)**

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

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## ABOUT TRICO CENTRE

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](mailto:guestservices@tricocentre.ca)

PHONE: (403) 278-7542 [WWW.TRICOCENTRE.CA](http://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	MONTHLY	ANNUAL
<b>Infant</b> (newborn-2 years old)	FREE	FREE
<b>Child</b> (2-11 years old)*	\$20.50	\$245.00
<b>Teen</b> (12-17 years old)	\$33.75	\$399.00
<b>Young Adult</b> (18-24 years old)	\$56.75	\$675.00
<b>Adult</b> (25-59 years old)	\$77.00	\$920.00
<b>Adult Couple</b> (18-59 years old)	\$124.00	\$1,475.00
<b>60 Plus</b> (60+ years old)	\$56.50	\$675.00
<b>60 Plus Couple</b> (60+ years old)	\$87.50	\$1,050.00
<b>Family: One Adult</b> 1 adult, children under 18 included**	\$84.25	\$1,010.00
<b>Family: Two Adults</b> 2 adults, children under 18 included**	\$132.25	\$1,590.00

\*Member pricing on registered programs do not apply when using a child membership or a Trico at Home membership

\*\*Children must be from the same household.

Refunds on memberships and passes are not permitted.

Wellness Access memberships cannot be combined with any other offer or promotion.

# MEMBERSHIP BENEFITS

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

**SPECIAL MEMBER PRICING ON REGISTERED PROGRAMS AND PERSONAL TRAINING.**

**2-DAY PRIORITY PROGRAM REGISTRATION.**

**ACCESS TO 20,000 SQUARE FEET OF FITNESS & WELLNESS.**

**MORE THAN 75 GROUP FITNESS CLASSES INCLUDED IN YOUR MEMBERSHIP.**

**EXCLUSIVE MEMBER RENTAL RATES.**

**ACCESS TO TWO NHL-SIZED RINKS FOR SKATING, SHINNY, AND STICK & PUCK.**

**ACCESS TO AQUATICS CENTRE WITH WAVE POOL, HOT TUB, AND STEAM ROOMS.**

**DROP-IN PLAYTIME FOR KIDS, AND DROP-IN GYM ACTIVITIES FOR ALL.**

## WELLNESS ACCESS

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



WA MEMBERSHIP OPTIONS	MONTHLY	10X PASS	DAILY
<b>Infant</b> (under 2 years old)	FREE	FREE	FREE
<b>Preschooler</b> (2-6 years old)	\$8.20	\$13.50	\$1.50
<b>Child</b> (7-11 years old)*	\$8.20	\$23.40	\$2.60
<b>Teen</b> (12-17 years old)	\$13.50	\$35.10	\$3.90
<b>Young Adult</b> (18-24 years old)	\$22.70	N/A	N/A
<b>Adult</b> (18-59 years old)	\$30.80	\$60.30	\$6.70
<b>Adult Couple</b> (18-59 years old)	\$49.60	N/A	N/A

WA MEMBERSHIP OPTIONS	MONTHLY	10X PASS	DAILY
<b>60 Plus</b> (60+ years old)	\$22.60	\$34.20	\$3.80
<b>60 Plus Couple</b> (60+ years old)	\$35.00	N/A	N/A
<b>Family: One Adult</b> 1 adult, children under 18 included**	\$33.70	\$90.00	\$10.00
<b>Family: Two Adults</b> 2 adults, children under 18 included**	\$52.90	\$117.00	\$13.00

WELLNESS ACCESS FEES SUBJECT TO CHANGE JANUARY 2025





# MORE MEMBER PERKS!

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](http://www.albertadancetheatre.com)

**AXE GAMES** - 10% off booking! [www.axegames.ca](http://www.axegames.ca)

**CALGARY PHILHARMONIC** - 15% off online ticket orders! [www.calgaryphil.com](http://www.calgaryphil.com)

**CELL PHONE REPAIR** - up to 20% off repairs, accessories, chargers, and cases. NE location only. [www.cellphonerepair.com/north-calgary-ab](http://www.cellphonerepair.com/north-calgary-ab)

**CRAFT BEER MARKET** - 10% off regular priced items! Southcentre Mall location only. [www.craftbeermarket.ca](http://www.craftbeermarket.ca)

**DANA DOW JEWELLERS** - 10% off goods & services! Southcentre Mall location only. [www.danadowjewellers.ca](http://www.danadowjewellers.ca)

**DIVA SALON SPA** - 10% off all services & products! [www.divasalonspa.com](http://www.divasalonspa.com)

**GO GARAGE DOORS** - 15% off parts and labour. [www.gogaragedoors.ca](http://www.gogaragedoors.ca)

**IHOP** - Receive one FREE kids meal with purchase of an entree! Choice of Mozza Sticks or Cinnamon Dipper Donuts FREE with a purchase of an entree! Southcentre Mall location only. [www.ihop.ca](http://www.ihop.ca)

**JUBILATIONS DINNER THEATRE** - Receive corporate pricing! [www.jubilations.ca](http://www.jubilations.ca)

**JUGO JUICE** - Free Xtra benefits in your smoothie! Trico Centre location only. [www.jugojuice.com](http://www.jugojuice.com)

**LUNCHBOX THEATRE** - 15% off theatre tickets! [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com)

**MIA PASTA** - 20% off seniors (60+) and 10% off for everyone else! [www.miapasta.com](http://www.miapasta.com)

**MICHELLE MURPHY INTERIOR DESIGN** - 10% off design consultation! [www.mmid.ca](http://www.mmid.ca)

**MILESTONES** - Free Spinach & Artichoke dip with a purchase of an entrée! Southcentre location only. [www.milestonesrestaurants.com](http://www.milestonesrestaurants.com)

**MOTIVE ART ACADEMY** - 10% off all regularly priced items and classes. Southcentre Mall location only. [www.motiveartacademy.com](http://www.motiveartacademy.com)

**NEW YORK FRIES** - 20% off your purchase from any Calgary New York Fries location! [www.newyorkfries.com](http://www.newyorkfries.com)

**NUTRITION HOUSE** - 20% off your first purchase (10% discount after)! Southcentre Mall location only. [www.calgary.nutritionhouse.com](http://www.calgary.nutritionhouse.com)

**OAK + TONIC** - 10% off your in-store or online purchase! [www.oakandtonic.ca](http://www.oakandtonic.ca)

**ODYSSEY AUTO REPAIR & TIRE** - 10% off labour costs of any automotive repair or service! [www.odysseyauto.ca](http://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](http://www.panthersportsmedicine.ca)

**PEANUTS PUBLIC HOUSE** - Receive 15% off all regular priced dine-in food menu items! [www.peanutspublichouse.com](http://www.peanutspublichouse.com)

**PINK DOOR PIZZA** - 20% off your order! [www.pinkdoorpizza.com](http://www.pinkdoorpizza.com)

**REGAL BEAGLE** - Receive 10% off all regular priced dine-in menu items! Cannot be combined with daily specials or happy hour. [www.regalbeaglepub.ca](http://www.regalbeaglepub.ca)

**STAGE WEST CALGARY** - 15% off evening performances! [www.stagewestcalgary.com](http://www.stagewestcalgary.com)

**THE LOCKED ROOM** - 10% off booking! [www.thelockedroom.ca](http://www.thelockedroom.ca)

**TOPS PIZZA** - 15% off all pick-up orders and 10% off delivery! [www.topspizzasouth.com](http://www.topspizzasouth.com)

**TRIII HARDGEAR** - 15% off all team apparel orders! [www.triiihardgear.ca](http://www.triiihardgear.ca)

**TWO RIVERS DISTILLERY** - 15% off food and drink orders! Does not include bottle purchases. [www.tworiversdistillery.com](http://www.tworiversdistillery.com)

**VERTIGO THEATRE** - Enjoy 15% off tickets! Valid for Tues-Thurs evening performances and Sat-Sun matinees. [www.vertigotheatre.com](http://www.vertigotheatre.com)

**VIN GOGH PAINT & SIP** - 10% off booking! [www.vingogh.ca](http://www.vingogh.ca)

**VIVID EYE CARE** - 15% off glasses & sunglasses! [www.vivideyecare.ca](http://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](http://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](mailto:MARKETING@TRICOCENTRE.CA).



# CORPORATE MEMBERSHIPS



If you have a business that employs five or more people, your company is eligible to receive our corporate rate 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 - all at zero cost to the company!

**Contact [MARKETING@TRICOCENTRE.CA](mailto:MARKETING@TRICOCENTRE.CA) to register your company!**

## FLEXIBLE MEMBERSHIPS

Trico Centre understands that life is dynamic, and your needs can change. That’s why we offer flexible membership options designed to fit your lifestyle. With generous cancellation and pause policies, you stay in control. At Trico Centre, your well-being is our priority, and we’re here to support and adapt to your unique circumstances. Join us and experience a membership that works for you, no matter where life takes you.

**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. All cancellations must be submitted by the 25th of the month to cancel for the following month.

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. Please contact Guest Services at [guestservices@tricocentre.ca](mailto:guestservices@tricocentre.ca).

**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.

## REFERRAL PROGRAM

When you refer-a-friend who becomes a member, we’ll discount the value of their membership off your next payment (after your initial three month commitment). It’s our way of saying thank you for helping grow our community. Spread the word, share the benefits, and enjoy savings while your friends enjoy everything Trico Centre has to offer!

**Please visit [WWW.TRICOCENTRE.CA/MEMBERSHIPS](http://WWW.TRICOCENTRE.CA/MEMBERSHIPS) for a list of all terms and conditions.**

**Free Teeth whitening session with a booked dental cleaning**

**Different chair, same care.**

**Staffed by Registered Dental Hygienists.**

**Fees 10% less than Alberta Fee Guide**

**Lifetime Smiles DENTAL HYGIENE CLINIC**

**Located at Trico Centre • [lifetimesmiles.ca](http://lifetimesmiles.ca)**

# ACCESSIBLE 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.

## 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](http://www.tricocentre.ca) or contact Guest Services for more information.



### KidSport Calgary

Visit [www.kidsportcanada.ca](http://www.kidsportcanada.ca) for more information and to apply online for funding. Registration in Trico Centre activity required prior to funding.



### Canadian Tire Jumpstart

Visit [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca) for more information. Apply online for funding when registering in a Trico Centre program (refund will be applied after funding is received).



### Kids Up Front

Visit [www.kidsupfront.com/calgary](http://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.

## 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](http://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, Veteran's 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**.



Share the joy of reading with everyone by donating new or gently used books to our Little Free Library! Your contributions help spread the magic of stories, bringing joy and knowledge to our community. Please drop your books off at Guest Services.



# 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](http://WWW.TRICOCENTRE.CA) or Guest Services.

## DAILY ADMISSION GST INCLUDED

CATEGORIES	DAILY	10X PASS*
<b>Infant</b> (under 2 years old)	FREE	FREE
<b>Preschooler</b> (2-6 years old)	\$3.75	\$33.75
<b>Child</b> (7-11 years old)	\$6.50	\$58.50
<b>Teen</b> (12-17 years old)	\$9.75	\$87.75
<b>Adult</b> (18-59 years old)	\$16.75	\$150.75
<b>60 Plus</b> (60+ years old)	\$9.50	\$85.50
<b>Family: One Adult</b> 1 adult, children under 18 included**	\$25.00	\$225.00
<b>Family: Two Adults</b> 2 adults, children under 18 included**	\$32.50	\$292.50
<b>One Month</b> Unlimited access for one month	\$112 / one month	

\*All 10X passes expire one year from date of purchase.

\*\*Children must be from the same household.

Refunds on passes and one month access are not permitted.

## ARENA ADMISSION GST INCLUDED

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

## SPECIAL PRICING GST INCLUDED

CATEGORIES	DAILY	DETAILS
<b>Early Bird &amp; Last Hour Swim</b>	\$5.00	Enjoy our pool one hour at opening, or one hour prior to closing.
<b>Parent &amp; Tot Swim</b> (1 adult, up to 2 preschoolers)	\$10.00	Special weekday swim times without waves.
<b>Family Swim</b> (2 adults, children under 18 included)	\$15.00	Sunday night swim times for the family.
<b>Drop-in Tot Time</b>	\$5.00	Fee per child, caregiver is free.







## FITNESS CENTRE

Our air-conditioned 20,000 square foot fitness and wellness area includes state of the art fitness equipment including free weights, five squat racks, Smith machine, cardio and strength training machines, dedicated studio spaces 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!

### PERSONAL TRAINING

Trico Centre's "Train with Trico" is a flexible, pay-as-you-go personal training program. After three sessions, you can continue training with no obligations, no specified end date, and no significant upfront costs.

Our experienced trainers are Kinesiologists or certified personal trainers, and specialize in working with older adults, rehab and injury prevention, athletic training, and healthy lifestyle coaching. They provide more than just exercise advice, offering lifestyle coaching, time management, and motivation support. Each session is tailored to your individual needs, fitness level, and health history, ensuring safe and effective workouts.

PAY-AS-YOU-GO	MEMBER	PUBLIC
Individual Session	\$66.40	\$83.00
Semi-Private Session	\$52.00/person	\$65.00/person

**Sign up for your FREE Train with Trico consultation today!**

No obligations, no expiry date, and no significant upfront payments.



[WWW.TRICOCENTRE.CA/PERSONAL-TRAINING](http://WWW.TRICOCENTRE.CA/PERSONAL-TRAINING)

### YOUTH ORIENTATIONS

Encouraging fitness for the youth is essential for building healthy habits early on. For safety, children under nine years old are not permitted in the Fitness Centre, but those aged 9-14 can join **after completing a Youth Orientation**. These orientations teach pre-teens and teens proper etiquette, forms, postures, exercises, and loads to safely and effectively use the Fitness Centre.

#### YOUTH ORIENTATION 1 (YO<sup>1</sup>) (9-11 YEARS)

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 YO<sup>1</sup> with the youth.

#### YOUTH ORIENTATION 2 (YO<sup>2</sup>) (12-14 YEARS)

Participants learn how to use cardio equipment, and a basic workout program is introduced focusing on primary movement patterns and foundational strength. Machine weights and functional equipment are covered.



**Book your youth orientation online at**  
[WWW.TRICOCENTRE.CA/ORIENTATIONS](http://WWW.TRICOCENTRE.CA/ORIENTATIONS)

# GROUP FITNESS CLASSES

Did you know that Trico Centre has the second largest drop-in program in Calgary with over 75 weekly group fitness classes? **ALL INCLUDED IN YOUR MEMBERSHIP!**



## STRENGTH

*Lift, sTRXngth, Sculpt & Core*



## CARDIO

*Cycling, Step, Zumba®*



## FUNCTIONAL

*Meta-Bolic, Hip Neutral, #TricoTough*



## CORE

*Pilates, Barre, Butts & Gutts*



## RECOVER

*Yoga, Bro-ga, Meditation, Roll & Release*



## PLUS SO MUCH MORE!

*Older Adult, Aqua Fitness, Dance Fitness*

Trico Centre employs educated, experienced, dedicated fitness instructors, and has developed a comprehensive range of programs and services to make us one of the top health and fitness destinations in south Calgary.



# 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
\$136.60/hour	\$295.20/hour

## GYMNASIUM

Trico Centre's gymnasium is ready for your team or event! Book half or all of the 7,185 square ft space. 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 \$71/hour    HALF \$53/hour	FULL \$110/hour    HALF \$73/hour

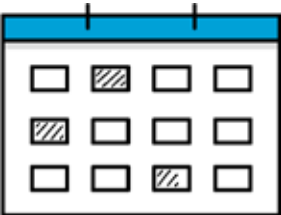


## MULTI-PURPOSE ROOMS

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 \$56-\$86/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 \$52-\$86/hour. Some restrictions apply.



## BOOK YOUR RENTALS ONLINE!

Visit [WWW.TRICOCENTRE.CA/RENTALS](http://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](mailto:bookings@tricocentre.ca).





# EVENTS AT TRICO CENTRE

**SATURDAY, SEPTEMBER 7TH**

Join us for an adult social event combining fitness and fun for an unforgettable evening.

## ADULT NIGHT *at Trico*

**LIL' PUMPKINS** THURSDAY, OCTOBER 31ST | 10:00AM – 12:00PM | \$10/PUBLIC

## HALLOWEEN PARTY



**NOVEMBER**

Each November, Trico Centre invites all men to "The Man Van®", funded by Trico Cares, for a PSA blood test to aid in early prostate cancer detection.

## THE MAN VAN™



## SKATE WITH SANTA

**FRIDAY, DECEMBER 7TH**

**11:30AM – 12:00PM**

Join Santa on the ice! It's a joyful winter tradition that brings smiles and laughter to all generations.

## DROP & SHOP

**FRIDAY, DECEMBER 16TH**

**1:00PM – 4:00PM**

Use your 3-hour window to finish your shopping!  
Drop off your child(ren) for a holiday movie matinee and craft.



## CANDLELIGHT YOGA

**DECEMBER 21ST, DECEMBER 22ND & DECEMBER 23RD**

Enjoy a special evening of effortless and pure restorative poses. Calm the mind and the senses in this special ambient setting.

Visit [WWW.TRICOCENTRE.CA/REGISTER](http://WWW.TRICOCENTRE.CA/REGISTER) to reserve your spot!

**CIR REALTY**

## Buying or Selling?

Your local Realtor/Designer Team can help!

### 'Right-Sizing for Retirement'

Join us in October for this informative event or contact me to set up a personal appointment.

\*Proud sponsor of the Trico Centre Seniors Lounge

**Cheryl Donnelly\* - Realtor**  
**Sydney Donnelly - Interior Designer**  
 (403) 616-2242  
[cdonnelly@cirrealty.ca](mailto:cdonnelly@cirrealty.ca)

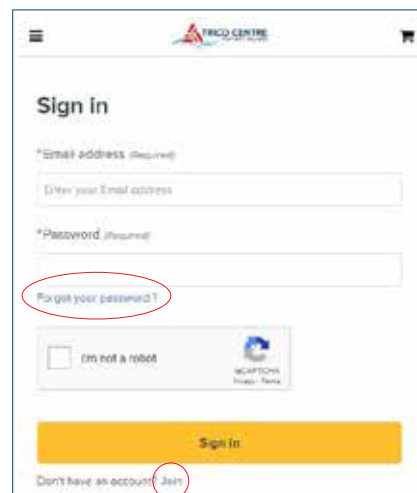
# PROGRAM REGISTRATION

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

**Fall/Winter:** Registration opens at 6:00am on July 30th for members, and 6:00am on August 1st 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

Please visit [WWW.TRICOCENTRE.CA](http://WWW.TRICOCENTRE.CA) for a full list of terms and conditions.

### 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 throughout the registered program 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.



### MEMBER PERK!

Jublations Dinner Theatre is a valued Trico Centre partner. **Members receive corporate pricing!** Discover more "perks" on page 4!



# REGISTERED ADULT CLASSES

Registering for a class at Trico Centre provides numerous benefits. Registered programs offer a structured and progressive approach, allowing you to see steady improvement over time. You'll also build camaraderie with a consistent group of participants and receive personalized attention from experienced instructors, enhancing your overall experience and results. Enjoy the convenience, continuity, and community that come with our registered classes at Trico Centre.

## WORKSHOPS

### BRUNCH FITNESS SERIES

Join our Trico Centre instructors from **10:00am - 12:00pm** at Craft Beer Market in Southcentre Mall, for a fitness class followed by brunch.

**\$35 ticket** includes fitness class, one brunch item, and a non alcoholic beverage (coffee, tea or juice). Add a Beermosa, Mimosa or Caesar to your order for an extra \$10.

**Brunch options:** Avocado Toast, Benny Bowl, Farmhouse Bennies, or Cali Bowl.

#### ZUMBA & BRUNCH

16174	Sunday, September 29
16178	Sunday, January 26

#### BEND & BRUNCH (YOGA)

16175	Sunday, October 27
16176	Sunday, November 24
16180	Sunday, March 30

#### BARRE & BRUNCH

16179	Sunday, February 23
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## SPORTS



### PICKLEBALL LEAGUE PLAY

Join our friendly and social pickleball league! This league will offer friendly and organized competition to players with a beginner to advanced skill set in the sport. You will sign up as an individual and play with a different partner each week. Individual players will earn points for wins and ties. Top spots will win prizes at the end of the session! This league will be monitored and tracked by a dedicated coordinator from Pickleball Connect!



#### BEGINNER TO INTERMEDIATE

You will play twice weekly for 90 minutes each day.

16210	Sept 10-Oct 31	Tu/Th	1:30-4:30pm	\$360.00	16 Classes
16211	Nov 5-Dec 19	Tu/Th	1:30-4:30pm	\$315.00	14 Classes
16212	Jan 14-Mar 6	Tu/Th	1:30-4:30pm	\$360.00	16 Classes

#### INTERMEDIATE TO ADVANCED

You will play twice weekly for 2 hours each day.

16207	Sept 9-Oct 30 No class Oct 14	M/W	11:30-1:30pm	\$375.00	15 Classes
16208	Nov 4-Dec 18 No class Nov 11	M/W	11:30-1:30pm	\$350.00	13 Classes
16209	Jan 13-Mar 5 No class Feb 17	M/W	11:30-1:30pm	\$375.00	15 Classes



## SPECIALIZED PROGRAMS

### PARKINSON'S & NEURO REHAB

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



16138	Sept 9-Nov 27 No class Oct 14	M/W	12:00-12:50pm	\$299.00	23 Classes
16006	Jan 6-Mar 26 No class Feb 17	M/W	12:00-12:50pm	\$299.00	23 Classes

### AQUA FOR ARTHRITIS

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

16186	Sept 13-Nov 1	F	10:00-11:00am	\$104.00	8 Classes
16187	Nov 8-Dec 20	F	10:00-11:00am	\$91.00	7 Classes
16188	Jan 10-Feb 28	F	10:00-11:00am	\$104.00	8 Classes
16189	Mar 7-Apr 25 No class Apr 18	F	10:00-11:00am	\$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.

16003	Sept 12-Oct 31	Th	11:00-11:50am	\$104.00	8 Classes
16004	Nov 7-Dec 19	Th	11:00-11:50am	\$91.00	7 Classes
16150	Jan 9-Feb 27	Th	11:00-11:50am	\$104.00	8 Classes
16151	Mar 6-Apr 24	Th	11:00-11:50am	\$104.00	8 Classes

### BRAIN & BODY

Gain valuable insights, techniques and practical skills to enhance your overall well-being.

This immersive course features a wide range of activities including breathing exercises, posture, physical rehabilitation, relaxation techniques, strengthening and mediation/relaxation.



15987	Sept 11-Oct 30	W	1:00-1:50pm	\$104.00	8 Classes
15989	Nov 6-Dec 18	W	1:00-1:50pm	\$91.00	7 Classes
16148	Jan 8-Feb 26	W	1:00-1:50pm	\$104.00	8 Classes
16162	Mar 5-Apr 23	W	1:00-1:50pm	\$104.00	8 Classes

### RUN CLUB: WATER RUNNING

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



16007	Nov 3-Dec 15	Su	8:05-9:00am	\$91.00	7 Classes
16137	Jan 12-Feb 23 No class Feb 16	Su	8:05-9:00am	\$78.00	6 Classes

### WOMEN ON WEIGHTS (WOW)

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

16190	Sept 10-Oct 3	Tu/Th	6:00-7:00pm	\$104.00	8 Classes
16191	Nov 5-Nov 28	Tu/Th	6:00-7:00pm	\$104.00	8 Classes
16192	Jan 7-Jan 30	Tu/Th	6:00-7:00pm	\$104.00	8 Classes
16193	Feb 4-Feb 27	Tu/Th	6:00-7:00pm	\$104.00	8 Classes

### SNOW SPORT

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

16005	Nov 3-Dec 15	Su	8:00-8:50am	\$91.00	7 Classes
16137	Jan 5-Feb 23 No class Feb 16	Su	8:00-8:50am	\$91.00	7 Classes

## 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. Prices reflect Trico Cares subsidy (\$5/class).



15979	Sept 3-Oct 31	Tu/Th	1:00-1:50pm	\$144.00	18 Classes
15980	Sept 3-Oct 31	Tu/Th	2:00-2:50pm	\$144.00	18 Classes
15982	Nov 5-Dec 19	Tu/Th	1:00-1:50pm	\$112.00	14 Classes
15983	Nov 5-Dec 19	Tu/Th	2:00-2:50pm	\$112.00	14 Classes
16143	Jan 7-Feb 27	Tu/Th	1:00-1:50pm	\$128.00	16 Classes
16144	Jan 7-Feb 27	Tu/Th	2:00-2:50pm	\$128.00	16 Classes
16157	Mar 4-Apr 24	Tu/Th	1:00-1:50pm	\$128.00	16 Classes
16158	Mar 4-Apr 24	Tu/Th	2:00-2:50pm	\$128.00	16 Classes

### BETTER BOOMERS

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!

15986	Sept 9-Oct 28 No class Oct 14	M	1:00-1:50pm	\$91.00	7 Classes
15988	Nov 4-Dec 16 No class Nov 11	M	1:00-1:50pm	\$91.00	7 Classes
16146	Jan 6-Feb 24 No class Feb 17	M	1:00-1:50pm	\$91.00	7 Classes
16160	Mar 3-Apr 21	M	1:00-1:50pm	\$104.00	8 Classes

### BETTER BACKS PROGRAM

Strengthen back muscles and alleviate low back pain. We look to release muscular tension and decompress the spine, while building functional strength through extension and rotation.

15977	Sept 8-Oct 27 No class Oct 13	Su	11:45-12:45pm	\$91.00	7 Classes
15978	Nov 3-Dec 15	Su	11:45-12:45pm	\$91.00	7 Classes
16141	Jan 12-Feb 23 No class Feb 16	Su	11:45-12:45pm	\$78.00	6 Classes
16155	Mar 2-Apr 13	Su	11:45-12:45pm	\$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”!



15984	Sept 8-Oct 27 No class Oct 13	Su	1:00-2:00pm	\$91.00	7 Classes
15985	Nov 3-Dec 15	Su	1:00-2:00pm	\$91.00	7 Classes
16154	Jan 5-Feb 23 No class Feb 16	Su	1:00-2:00pm	\$91.00	7 Classes
16159	Mar 2-Apr 13	Su	1:00-2:00pm	\$91.00	7 Classes

### BONE BUILDERS

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

15990	Sept 13-Nov 1	F	1:00-1:50pm	\$104.00	8 Classes
15991	Nov 8-Dec 20	F	1:00-1:50pm	\$91.00	7 Classes
16147	Jan 10-Feb 28	F	1:00-1:50pm	\$104.00	8 Classes
16161	Mar 7-Apr 25 No class Apr 18	F	1:00-1:50pm	\$91.00	7 Classes

### BETTER 'BETES PROGRAM

Exercise is a key factor to managing Diabetes (Type I, Type II, or pre-diabetes) and regulating your blood sugars. Based on the most up-to-date research from C-Change, Diabetes Canada and the NIDDK, cardio and weight training is combined in this class to facilitate 100 minutes of moderate activity a week, led by our professional trainers.

15975	Sept 10-Oct 31	Tu/Th	6:00-6:50pm	\$199.00	16 Classes
15976	Nov 5-Dec 19	Tu/Th	6:00-6:50pm	\$182.00	14 Classes
16140	Jan 7-Feb 27	Tu/Th	6:00-6:50pm	\$199.00	16 Classes
16154	Mar 4-Apr 24	Tu/Th	6:00-6:50pm	\$199.00	16 Classes

## BABY & YOU

### BABY & YOU AQUAFIT

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

15958	Sept 9-Oct 28 No class Oct 14	M	10:00-10:45am	\$91.00	7 Classes
15959	Sept 12-Oct 31	Th	9:00-9:45am	\$104.00	8 Classes
15964	Nov 4-Dec 16 No class Nov 11	M	10:00-10:45am	\$78.00	6 Classes
15965	Nov 7-Dec 19	Th	9:00-9:45am	\$91.00	7 Classes
16114	Jan 6-Feb 24 No class Feb 17	M	10:00-10:45am	\$91.00	7 Classes
16115	Jan 9-Feb 27	Th	9:00-9:45am	\$104.00	8 Classes
16130	Mar 3-Apr 21	M	10:00-10:45am	\$104.00	8 Classes
16131	Mar 6-Apr 24	Th	9:00-9:45am	\$104.00	8 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.

15969	Sept 9-Oct 28 No class Oct 14	M	9:00-10:00am	\$91.00	7 Classes
15970	Nov 4-Dec 16 No class Nov 11	M	9:00-10:00am	\$78.00	6 Classes
16117	Jan 6-Feb 24 No class Feb 17	M	9:00-10:00am	\$91.00	7 Classes
16134	Mar 3-Apr 21	M	9:00-10:00am	\$104.00	8 Classes

### BABY & YOU STRONG

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

15968	Nov 8-Dec 20	F	9:00-9:50am	\$91.00	7 Classes
16120	Jan 10-Feb 28	F	9:00-9:50am	\$104.00	8 Classes
16133	Mar 7-Apr 25 No class Apr 18	F	9:00-9:50am	\$91.00	7 Classes

### BABY & YOU STROLLERFIT

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

15973	Sept 10-Oct 29	Tu	10:00-10:45am	\$104.00	8 Classes
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### 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.

15966	Sept 11-Oct 30	W	9:00-9:50am	\$104.00	8 Classes
15967	Nov 6-Dec 18	W	9:00-9:50am	\$91.00	7 Classes
16116	Jan 8-Feb 26	W	9:00-9:50am	\$104.00	8 Classes
16132	Mar 5-Apr 23	W	9:00-9:50am	\$104.00	8 Classes



### PRENATAL YOGA

Our prenatal yoga class goes well beyond simply modifying yoga poses. This will address any aches or pains in your body, anxiety you may be experiencing, and connect you 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.

15971	Sept 14-Nov 2 No class Oct 12	Sa	11:45-1:00pm	\$113.75	7 Classes
15972	Nov 9-Dec 21	Sa	11:45-1:00pm	\$113.75	7 Classes
16118	Jan 11-Mar 1 No class Feb 15	Sa	11:45-1:00pm	\$113.75	7 Classes
16135	Mar 8-Apr 26 No class Apr 19	Sa	11:45-1:00pm	\$113.75	7 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.

16008	Sept 11-Oct 30	W	1:00-2:00pm	\$104.00	8 Classes
16116	Jan 8-Feb 26	W	1:00-2:00pm	\$104.00	8 Classes
16132	Mar 5-Apr 23	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. The Dharma Qi Gong "Energy Work" 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.

15969	Sept 9-Dec 9 No class Oct 14/Nov 11	M	7:15-8:15pm	\$156.00	12 Classes
16117	Jan 6-Mar 31 No class Feb 17	M	7:15-8:15pm	\$156.00	12 Classes

## ADAPTED FITNESS SERIES

Our fitness series is aimed at increasing physical activity levels for those with additional physical, mental, or emotional needs. Aides are welcome and free of charge, and encouraged to assist where and when needed.

### 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.

15998	Sept 9-Oct 28 No class Oct 14	M	12:00-1:00pm	\$91.00	7 Classes
15999	Nov 4-Dec 16 No class Nov 11	M	12:00-1:00pm	\$91.00	7 Classes
16123	Jan 6-Feb 24 No class Feb 17	M	12:00-1:00pm	\$91.00	7 Classes
16127	Mar 3-Apr 21	M	12:00-1:00pm	\$104.00	8 Classes



*Shannon is an amazing, dedicated instructor who is friendly, caring and very capable. She changes the program so to increase participants skills in having a senior healthy lifestyle. Wish there were 2 classes a week - she's that helpful and the class is that good. Thank you!*

- CHAIR YOGA PARTICIPANT

### PILATES FOR THE PELVIC FLOOR

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 oft-neglected musculature. All genders welcome!

15992	Sept 8-Oct 27 No class Oct 13	Su	9:00-9:45am	\$91.00	7 Classes
15993	Nov 3-Dec 15	Su	9:00-9:45am	\$91.00	7 Classes
16149	Jan 5-Feb 23 No class Feb 16	Su	9:00-9:45am	\$91.00	7 Classes
16163	Mar 2-Apr 13	Su	9:00-9:45am	\$91.00	7 Classes

### 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!

15996	Sept 11-Oct 30	W	11:00-11:45am	\$104.00	8 Classes
15997	Nov 6-Dec 18	W	11:00-11:45am	\$91.00	7 Classes
16122	Jan 8-Feb 26	W	11:00-11:45am	\$104.00	8 Classes
16126	Mar 5-Apr 23	W	11:00-11:45am	\$104.00	8 Classes

### ADAPTED ZUMBA

This program is aimed at increasing physical activity levels and motor coordination in a fun and positive atmosphere. Open to those with additional physical, mental and/or emotional needs. Focusing on fine motor skills, following directions, and building confidence. The class will have all development aspects like team work, confidence, memory, and creativity.

16000	Sept 10-Oct 29	Tu	12:00-12:45pm	\$104.00	8 Classes
16001	Nov 5-Dec 17	Tu	12:00-12:45pm	\$91.00	7 Classes
16124	Jan 7-Jan 30	Tu	12:00-12:45pm	\$104.00	8 Classes
16128	Mar 4-Apr 22	Tu	12:00-12:45pm	\$104.00	8 Classes

# practice makes possibilities

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One Small Step For You One Giant Leap for Your Child

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# PARENT & TOT (2 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.

14432	Sept 14-Oct 26 No class Oct 12	Sa	9:00-9:30am	\$84.00	6 Classes
14441	Sept 15-Oct 27 No class Oct 13	Su	9:00-9:30am	\$84.00	6 Classes
14433	Nov 2-Dec 14	Sa	9:00-9:30am	\$98.00	7 Classes
14442	Nov 3-Dec 15	Su	9:00-9:30am	\$98.00	7 Classes
14448	Jan 11-Mar 22 No class Feb 15	Sa	9:00-9:30am	\$140.00	10 Classes
14451	Jan 12-Mar 23 No class Feb 16	Su	9:00-9:30am	\$140.00	10 Classes

## SPORTBALL MULTI-SPORT (2 - 3 YRS)

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

15731	Sept 14-Oct 26 No class Oct 12	Sa	9:00-9:40am	\$147.00*ND	6 Classes
15732	Sept 15-Oct 27 No class Oct 13	Su	9:00-9:40am	\$147.00*ND	6 Classes
15733	Nov 2-Dec 14	Sa	9:00-9:40am	\$171.50*ND	7 Classes
15734	Nov 3-Dec 15	Su	9:00-9:40am	\$171.50*ND	7 Classes
15744	Jan 11-Mar 22 No class Feb 15	Sa	9:00-9:40am	\$245.00*ND	10 Classes
15745	Jan 12-Mar 23 No class Feb 16	Su	9:00-9:40am	\$245.00*ND	10 Classes

## MUSIC AND MOVEMENT (2 - 3 YRS)

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

14411	Sept 13-Oct 25 No class Oct 11	F	9:00-9:45am	\$105.00	6 Classes
14412	Nov 1-Dec 13	F	9:00-9:45am	\$122.50	7 Classes
14417	Jan 10-Mar 21 No class Feb 14	F	9:00-9:45am	\$175.00	10 Classes

## MINI-MOVERS (2 - 3 YRS)

This active 45-minute program encourages running, jumping, throwing, and kicking through songs, games, sports, and open play. The perfect class for busy toddlers!

14409	Sept 13-Oct 25 No class Oct 11	F	10:00-10:45am	\$105.00	6 Classes
14410	Nov 1-Dec 13	F	10:00-10:45am	\$122.50	7 Classes
14416	Jan 10-Mar 21 No class Feb 14	F	10:00-10:45am	\$175.00	10 Classes

## EXPLORERS (2.5 - 3 YRS)

During this 90-minute 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).

14403	Sept 18-Oct 30	W	9:15-10:45am	\$136.50	7 Classes
14404	Nov 6-Dec 18	W	9:15-10:45am	\$136.50	7 Classes
14413	Jan 15-Feb 12	W	9:15-10:45am	\$97.50	5 Classes
15752	Feb 19-Mar 19	W	9:15-10:45am	\$97.50	5 Classes

## 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.

14405	Sept 17-Oct 29	Tu	9:00-9:45am	\$122.50	7 Classes
14406	Nov 5-Dec 17	Tu	9:00-9:45am	\$122.50	7 Classes
14414	Jan 14-Mar 18	Tu	9:00-9:45am	\$175.00	10 Classes

## 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.

14407	Sept 16-Oct 28 No class Oct 14	M	9:45-10:30am	\$105.00	6 Classes
14408	Nov 4-Dec 16 No class Nov 11	M	9:45-10:30am	\$105.00	6 Classes
14415	Jan 13-Mar 17 No class Feb 17	M	9:45-10:30am	\$157.50	9 Classes



# PRESCHOOL (2.5 TO 5 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.

14418	Sept 19-Oct 24	Th	9:15-11:15am	\$117.00	6 Classes
14419	Nov 7-Dec 19	Th	9:15-11:15am	\$136.50	7 Classes
14460	Jan 16-Mar 20	Th	9:15-11:15am	\$195.00	10 Classes

## TRICO KIDS KLUB (3 - 4 YRS)

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

14428	Sept 16-Oct 28 No class Oct 14	M	9:15-11:15am	\$117.00	6 Classes
14430	Sept 18-Oct 30	W	1:00-3:00pm	\$136.50	7 Classes
14429	Nov 4-Dec 16 No class Nov 11	M	9:15-11:15am	\$117.00	6 Classes
14431	Nov 6-Dec 18	W	1:00-3:00pm	\$136.50	7 Classes
14465	Jan 13-Mar 17 No class Feb 17	M	9:15-11:15am	\$175.50	9 Classes
14466	Jan 15-Mar 19	W	1:00-3:00pm	\$195.00	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 lesson (10:00-10:30am).

14420	Sept 19-Oct 24	Th	9:00-10:30am	\$126.00	6 Classes
14421	Nov 7-Dec 19	Th	9:00-10:30am	\$147.00	7 Classes
14461	Jan 16-Mar 20	Th	9:00-10:30am	\$210.00	10 Classes

## INTRO TO DANCE (3 - 5 YRS)

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



14434	Sept 14-Oct 26 No class Oct 12	Sa	9:35-10:05am	\$84.00	6 Classes
14444	Sept 15-Oct 27 No class Oct 13	Su	9:35-10:05am	\$84.00	6 Classes
14435	Nov 2-Dec 14	Sa	9:35-10:05am	\$98.00	7 Classes
14445	Nov 3-Dec 15	Su	9:35-10:05am	\$98.00	7 Classes
14449	Jan 11-Mar 22 No class Feb 15	Sa	9:35-10:05am	\$140.00	10 Classes
14452	Jan 12-Mar 23 No class Feb 16	Su	9:35-10:05am	\$140.00	10 Classes

## KINDER GROOVE (3 - 5 YRS)

A fun and lively program that builds on the fundamentals learned in Intro to Dance. Kinder Groove nurtures creativity, balance, rhythm, and coordination. Young dancers will grow in confidence, advancing with each step!



15823	Sept 15-Oct 27 No class Oct 13	Su	10:10-10:40am	\$84.00	6 Classes
15824	Nov 3-Dec 15	Su	10:10-10:40am	\$98.00	7 Classes
15858	Jan 12-Mar 23 No class Feb 16	Su	10:10-10:40am	\$140.00	10 Classes

“  
My little one loves this class! She has so much fun with the games! Love it, don't need to change a thing!  
- KANGAROOS & KROCODILES PARENT



Discover the benefits of our **Fine Motor Development** class for 4-6 year olds, part of the Skill Builder Program at Trico Centre. This engaging class, **detailed on page 25**, helps young children enhance their dexterity and hand-eye coordination.



**KINDER GYM (3 - 5 YRS)**

Tailored for lively youngsters aged 3 to 5! 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!

14422	Sept 17-Oct 29	Tu	10:00-10:45am	\$122.50	7 Classes
14423	Nov 2-Dec 17	Tu	10:00-10:45am	\$122.50	7 Classes
14462	Jan 14-Mar 18	Tu	10:00-10:45am	\$175.00	10 Classes

**YOUNG REMBRANDTS - FALL 1 (4 - 5 YRS)**

Watch as your child masters the art of drawing with our adorable ladybug and whimsical gumball machine illustrations. They'll also create everything from cheerful clown puppets to a friendly Frankenstein, not to mention irresistible candy bags and beautiful fall scenes.

15720	Sept 19-Oct 24	Th	5:30-6:15pm	\$117.60*ND	6 Classes
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**YOUNG REMBRANDTS - FALL 2 (4 - 5 YRS)**

Watch your tiny artist excel in drawing as they create everything from rocket ships to playful monkeys and serene fishbowls. They'll even explore body shapes with our Angel lesson and get festive with Elves and Reindeers.

15723	Nov 7-Dec 19	Th	5:30-6:15pm	\$137.20*ND	7 Classes
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**YOUNG REMBRANDTS - WINTER (4 - 5 YRS)**

Tiny artists will concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization.

15726	Jan 16-Feb 13	Th	5:30-6:15pm	\$98.00*ND	5 Classes
15828	Feb 20-Mar 20	Th	5:30-6:15pm	\$98.00*ND	5 Classes

**SPORTARAMA (3 - 5 YRS)**

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

14426	Sept 19-Oct 24	Th	10:30-11:15am	\$105.00	6 Classes
14427	Nov 7-Dec 19	Th	10:30-11:15am	\$122.50	7 Classes
14464	Jan 16-Mar 20	Th	10:30-11:15am	\$175.00	10 Classes

**MEMBER PERK!**

Stage West Calgary is a valued Trico Centre partner. **Members receive 15% off evening performances!** Discover more "perks" on page 4!

**SPORTBALL BALL HOCKEY (3 - 5 YRS)**

Sportball Ball Hockey introduces children to basic concepts and skills required to play with confidence in a supportive, non-competitive environment. Children focus on passing, shooting, positional play, stick handling, goaltending and more.

15729	Sept 19-Oct 24	Th	5:15-6:10pm	\$147.00*ND	6 Classes
15730	Nov 7-Dec 19	Th	5:15-6:10pm	\$171.50*ND	7 Classes
15742	Jan 16-Mar 20	Th	5:15-6:10pm	\$245.00*ND	10 Classes

**SPORTBALL MULTI-SPORT (3 - 5 YRS)**

Sportball Multi-Sport exposes children to a different sport each class: hockey, soccer, football, baseball, basketball, volleyball, golf, and tennis. They learn values such as teamwork, independence, and playing for the love of the game.

15735	Sept 14-Oct 26 No class Oct 12	Sa	9:45-10:40am	\$147.00*ND	6 Classes
15736	Sept 15-Oct 27 No class Oct 13	Su	9:45-10:40am	\$147.00*ND	6 Classes
15737	Nov 2-Dec 14	Sa	9:45-10:40am	\$171.50*ND	7 Classes
15738	Nov 3-Dec 15	Su	9:45-10:40am	\$171.50*ND	7 Classes
15746	Jan 11-Mar 22 No class Feb 15	Sa	9:45-10:40am	\$245.00*ND	10 Classes
15747	Jan 12-Mar 23 No class Feb 16	Su	9:45-10:40am	\$245.00*ND	10 Classes

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# CHILD & YOUTH (5 TO 12 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!

14446	Sept 15-Oct 27 No class Oct 13	Su	10:45-11:30am	\$105.00	6 Classes
14447	Nov 3-Dec 15	Su	10:45-11:30am	\$122.50	7 Classes
14453	Jan 12-Mar 23 No class Feb 16	Su	10:45-11:30am	\$175.00	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

14454	Sept 14-Oct 26 No class Oct 12	Sa	10:10-10:55am	\$105.00	6 Classes
14455	Nov 2-Dec 14	Sa	10:10-10:55am	\$122.50	7 Classes
14458	Jan 11-Mar 22 No class Feb 15	Sa	10:10-10:55am	\$175.00	10 Classes

### 8-12 YRS

14456	Sept 14-Oct 26 No class Oct 12	Sa	11:00-11:45am	\$105.00	6 Classes
14457	Nov 2-Dec 14	Sa	11:00-11:45am	\$122.50	7 Classes
14459	Jan 11-Mar 22 No class Feb 15	Sa	10:10-10:55am	\$175.00	10 Classes

## FEET & FINS (6 - 9 YRS)

We start out with sports and games in the gym and finish with a swim lesson geared towards Swimmer Levels 1-3. (Caregiver must stay on the pool deck during their child's swim lesson from 7:00-7:30pm).

14484	Sept 17-Oct 29	Tu	6:00-7:30pm	\$147.00	7 Classes
14487	Sept 18-Oct 30	W	6:00-7:30pm	\$147.00	7 Classes
14486	Nov 5-Dec 17	Tu	6:00-7:30pm	\$147.00	7 Classes
14488	Nov 6-Dec 18	W	6:00-7:30pm	\$147.00	7 Classes
15893	Jan 14-Mar 18	Tu	6:00-7:30pm	\$210.00	10 Classes
15894	Jan 15-Mar 19	W	6:00-7:30pm	\$210.00	10 Classes

## SPORTBALL MULTI-SPORT (6 - 8 YRS)

Under the guidance of trained, certified coaches, children learn the basics of eight popular sports - hockey, soccer, football, baseball, basketball, volleyball, golf, and tennis. They learn values such as teamwork, independence, and playing for the love of the game.

15739	Sept 14-Oct 26 No class Oct 12	Sa	10:45-11:40am	\$147.00*ND	6 Classes
15740	Nov 2-Dec 14	Sa	10:45-11:40am	\$171.50*ND	7 Classes
15748	Jan 11-Mar 22	Sa	10:45-11:40am	\$245.00*ND	10 Classes

## SPORTBALL BALL HOCKEY (6 - 9 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.

10882	Sept 19-Oct 24	Th	6:15-7:10pm	\$147.00*ND	6 Classes
15741	Nov 7-Dec 19	Th	6:15-7:10pm	\$171.50*ND	7 Classes
15743	Jan 16-Mar 20	Th	6:15-7:10pm	\$245.00*ND	10 Classes

## 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.

14489	Sept 18-Oct 30	W	5:15-6:00pm	\$122.50	7 Classes
14491	Nov 6-Dec 18	W	5:15-6:00pm	\$122.50	7 Classes
15895	Jan 15-Mar 19	W	5:15-6:00pm	\$175.00	10 Classes

## MEGASPORTS (6 - 9 YRS)

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



14512	Sept 17-Oct 29	Tu	5:15-6:00pm	\$122.50	7 Classes
14513	Nov 5-Dec 17	Tu	5:15-6:00pm	\$122.50	7 Classes
15896	Jan 14-Mar 18	Tu	5:15-6:00pm	\$175.00	10 Classes



**YOUNG REMBRANDTS - FALL 1 (6 - 12 YRS)**

Marvel as your child's pencil flies across the page, bringing to life everything from delicious taffy apples to charming seasonal scarecrows, and even sassy bunnies. We're adding a sprinkle of Van Gogh's magic too, with vibrant sunflower sketches that burst off the page. Dive into an art-filled journey where colors pop and imaginations soar!

15721	Sept 19-Oct 24	Th	6:20-7:20pm	\$117.60*ND	6 Classes
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**YOUNG REMBRANDTS - WINTER (6 - 12 YRS)**

Designed to teach basic to advanced drawing skills, art techniques, and vocabulary. Instructors teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

15727	Jan 16-Feb 13	Th	6:20-7:20pm	\$98.00*ND	5 Classes
15829	Feb 20-Mar 20	Th	6:20-7:20pm	\$98.00*ND	5 Classes

**YOUNG REMBRANDTS - FALL 2 (6 - 12 YRS)**

Our new lessons will guide your child through the art of Still Life, the dynamics of the Color Wheel, and more! They'll fall in love with drawing Cartoon Style Chilly Faces and graphic Candy Canes, perfect for the season. It's a treasure chest of artistic exploration in the Young Rembrandts classroom.

15724	Nov 7-Dec 19	Th	6:20-7:20pm	\$137.20*ND	7 Classes
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**YOUNG REMBRANDTS: CARTOONING (8 - 12 YRS)**

Does your child's drawing come with a giggle? It's time for them to join the fun-filled world of Young Rembrandts cartoon class! Watch as their drawings come to life, featuring everything from baseball-playing animals to ogres with tons of attitude. In our classes, critters wear their personalities as boldly as their fur, and the art of exaggeration turns each session into a laughter-packed adventure.

15722	Sept 19-Oct 24	Th	7:30-8:30pm	\$117.60*ND	6 Classes
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FIND YOUNG REMBRANDTS: CARTOONING FALL 2 AND WINTER DESCRIPTIONS ONLINE.

15725	Nov 7-Dec 19	Th	7:30-8:30pm	\$137.20*ND	7 Classes
15728	Jan 16-Feb 13	Th	7:30-8:30pm	\$98.00*ND	5 Classes
15830	Feb 20-Mar 20	Th	7:30-8:30pm	\$98.00*ND	5 Classes



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# 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

>> 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](mailto: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, zippering, drawing, tying shoelaces, brushing, and flossing teeth. Children will play with fine motor manipulatives and practice hand strengthening exercises.

### 4-6 YEARS OLD

14424	Sept 14-Oct 26 No class Oct 12	Sa	9:30-10:30am	\$120.00	6 Classes
14425	Nov 2-Dec 14	Sa	9:30-10:30am	\$140.00	7 Classes
14463	Jan 11-Feb 8	Sa	9:30-10:30am	\$100.00	5 Classes
15831	Feb 22-Mar 22	Sa	9:30-10:30am	\$100.00	5 Classes

## SKILL BUILDER: DIRECTION DETECTIVES

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

### 6-8 YEARS OLD

14499	Sept 15-Oct 27 No class Oct 13	Su	9:30-10:30am	\$120.00	6 Classes
14500	Nov 3-Dec 15	Su	9:30-10:30am	\$140.00	7 Classes
15908	Jan 12-Mar 23 No class Jan 16	Su	9:30-10:30am	\$200.00	10 Classes

### 9-12 YEARS OLD

15891	Sept 15-Oct 27	Su	11:00-12:00pm	\$120.00	6 Classes
15884	Nov 3-Dec 15	Su	11:00-12:00pm	\$140.00	7 Classes
15909	Jan 12-Mar 23 No class Jan 16	Su	11:00-12:00pm	\$200.00	10 Classes

## SKILL BUILDER: BRICK BUILDER

Explore boundless creativity and fun in our Brick Builder program! Young builders construct imaginative worlds brick by brick, fostering teamwork and problem solving along the way. Children enhance fine motor skills as they manipulate small pieces and assemble detailed structures.



### 7-10 YEARS OLD

14604	Nov 7-Dec 19	Th	4:30-5:30pm	\$140.00	7 Classes
15903	Jan 16-Mar 20	Th	4:30-5:30pm	\$200.00	10 Classes



## SKILL BUILDER: ANXIETY EXPLORERS

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

### 6-9 YEARS OLD

14507	Nov 6-Dec 18	W	5:00-6:00pm	\$140.00	7 Classes
15897	Jan 15-Mar 19	W	5:00-6:00pm	\$200.00	10 Classes

### 9-12 YEARS OLD

14509	Nov 6-Dec 18	W	6:30-7:30pm	\$140.00	7 Classes
15899	Jan 15-Mar 19	W	6:30-7:30pm	\$200.00	10 Classes

## SKILL BUILDER: CONFIDENCE QUEST

This program 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 journey of self-discovery and empowerment, where every child becomes a confident hero.

### 6-9 YEARS OLD

15888	Sept 16-Oct 28	M	5:00-6:00pm	\$120.00	6 Classes
14493	Nov 4-Dec 16 No class Nov 11	M	5:00-6:00pm	\$120.00	6 Classes
15905	Jan 13-Mar 17 No class Feb 17	M	5:00-6:00pm	\$180.00	9 Classes

### 9-12 YEARS OLD

15889	Sept 16-Oct 28	M	6:30-7:30pm	\$120.00	6 Classes
14494	Nov 4-Dec 16 No class Nov 11	M	6:30-7:30pm	\$120.00	6 Classes
15907	Jan 13-Mar 17 No class Feb 17	M	6:30-7:30pm	\$180.00	9 Classes

## SKILL BUILDER: WELLNESS WARRIORS

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

### 6-8 YEARS OLD

14501	Sept 15-Oct 27 No class Oct 13	Su	1:00-2:00pm	\$120.00	6 Classes
14502	Nov 3-Dec 15	Su	1:00-2:00pm	\$140.00	7 Classes
15916	Jan 12-Mar 23 No class Feb 16	Su	1:00-2:00pm	\$200.00	10 Classes

### 9-12 YEARS OLD

15892	Sept 15-Oct 27 No class Oct 13	Su	2:30-3:30pm	\$120.00	6 Classes
15885	Nov 3-Dec 15	Su	2:30-3:30pm	\$140.00	7 Classes
15917	Jan 12-Mar 23 No class Feb 16	Su	2:30-3:30pm	\$200.00	10 Classes

## SKILL BUILDER: FRIENDSHIP FOUNDATIONS

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

### 6-8 YEARS OLD

14496	Sept 14-Oct 26 No class Oct 12	Sa	1:00-2:00pm	\$120.00	6 Classes
14497	Nov 2-Dec 14	Sa	1:00-2:00pm	\$140.00	7 Classes
15910	Jan 11-Mar 22 No class Feb 15	Sa	1:00-2:00pm	\$200.00	10 Classes

### 6-9 YEARS OLD

14505	Nov 5-Dec 17	Tu	5:00-6:00pm	\$140.00	7 Classes
15911	Jan 14-Mar 18	Tu	5:00-6:00pm	\$200.00	10 Classes

### 9-12 YEARS OLD

15890	Sept 14-Oct 26	Tu	2:30-3:30pm	\$120.00	6 Classes
14506	Nov 5-Dec 17	Tu	6:30-7:30pm	\$140.00	7 Classes
15912	Jan 14-Mar 18	Tu	6:30-7:30pm	\$200.00	10 Classes

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

- SKILL BUILDER PARENT



## 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.

### 6-9 YEARS OLD

14603	Nov 6-Dec 18	W	5:15-6:15pm	\$140.00	7 Classes
14538	Jan 15-Mar 19	W	5:15-6:15pm	\$200.00	10 Classes

### 9-14 YEARS OLD

15827	Sept 15-Oct 27 No class Oct 13	Su	3:30-4:30pm	\$120.00	6 Classes
14537	Nov 3-Dec 15	Su	3:15-4:15pm	\$140.00	7 Classes
15919	Jan 12-Mar 23 No class Feb 16	Su	3:15-4:15pm	\$200.00	10 Classes

## SKILL BUILDER: TRI-SPORT

Interactive games and activities help children learn skills in a supportive and non-competitive environment. This program is perfect for those who would like to explore - basketball, soccer, and badminton. Have fun while developing skills and improving confidence!

### 6-8 YEARS OLD

14523	Sept 14-Oct 26 No class Oct 12	Sa	10:05-11:05am	\$120.00	6 Classes
14524	Nov 2-Dec 14	Sa	10:05-11:05am	\$140.00	7 Classes
15914	Jan 11-Mar 22 No class Feb 15	Sa	10:05-11:05am	\$200.00	10 Classes

### 9-14 YEARS OLD

14530	Sept 14-Oct 26 No class Oct 12	Sa	11:10-12:10pm	\$120.00	6 Classes
14532	Nov 2-Dec 14	Sa	11:10-12:10pm	\$140.00	7 Classes
15915	Jan 11-Mar 22 No class Feb 15	Sa	11:10-12:10pm	\$200.00	10 Classes

## 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!



### SOCCER: 6-8 YEARS OLD

14521	Sept 14-Oct 26 No class Oct 12	Sa	9:00-10:00am	\$120.00	6 Classes
14522	Nov 2-Dec 14	Sa	9:00-10:00am	\$140.00	7 Classes
15913	Jan 11-Mar 22 No class Feb 15	Sa	9:00-10:00am	\$200.00	10 Classes



### VOLLEYBALL: 6-8 YEARS OLD

15886	Nov 7-Dec 19	Th	5:15-6:15pm	\$140.00	7 Classes
14533	Jan 16-Mar 20	Th	5:15-6:15pm	\$200.00	10 Classes



### VOLLEYBALL: 9-12 YEARS OLD

15887	Nov 7-Dec 19	Th	6:15-7:15pm	\$140.00	7 Classes
14534	Jan 16-Mar 20	Th	6:15-7:15pm	\$200.00	10 Classes



### BASKETBALL: 6-8 YEARS OLD

15825	Sept 15-Oct 27 No class Oct 13	Su	1:00-2:00pm	\$120.00	6 Classes
14535	Nov 3-Dec 15	Su	1:00-2:00pm	\$140.00	7 Classes
14536	Jan 12-Mar 23 No class Feb 16	Su	1:00-2:00pm	\$200.00	10 Classes



### BASKETBALL: 9-14 YEARS OLD

14517	Sept 13-Oct 25 No class Oct 11	F	6:15-7:15pm	\$120.00	6 Classes
15826	Sept 15-Oct 27 No class Oct 13	Su	2:00-3:00pm	\$120.00	6 Classes
14518	Nov 1-Dec 13	F	6:15-7:15pm	\$140.00	7 Classes
14539	Nov 3-Dec 15	Su	2:05-3:05pm	\$140.00	7 Classes
15918	Jan 10-Mar 21 No class Feb 14	F	6:15-7:15pm	\$200.00	10 Classes
14540	Jan 12-Mar 23 No class Feb 16	Su	2:05-3:05pm	\$200.00	10 Classes



### BADMINTON BASICS (9-14 YRS)

Interactive games and activities help children learn skills in a supportive and non-competitive environment. This program is perfect for those who are new to the sport or have limited experience playing badminton. Have fun while developing skills and improving confidence!

14601	Sept 13-Oct 25 No class Oct 11	F	4:15-5:15pm	\$120.00	6 Classes
14602	Nov 1-Dec 13	F	4:15-5:15pm	\$140.00	7 Classes
15902	Jan 10-Mar 21 No class Feb 14	F	4:15-5:15pm	\$200.00	10 Classes



### BADMINTON/RALLY READINESS (9-14 YRS)

Master fundamental skills such as proper grip, footwork, and various strokes, including serves and net play. Each session combines skill-building drills with fun games to enhance physical fitness, coordination, and game strategy.

14515	Sept 13-Oct 25 No class Oct 11	F	5:15-6:15pm	\$120.00	6 Classes
14516	Nov 1-Dec 13	F	5:15-6:15pm	\$140.00	7 Classes
15901	Jan 10-Mar 21 No class Feb 14	F	5:15-6:15pm	\$200.00	10 Classes

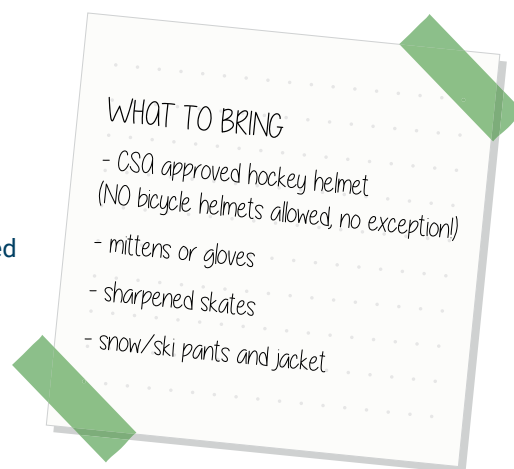
# SKATING

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

## SAFETY

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

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



## MEMBER PERK!

Panther Sports Medicine is a valued Trico Centre partner and tenant. **Members receive a 60 minute sport massage for the price of a 45 minute massage!** Discover more "perks" on page 4!



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

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



[www.facebook.com/panthersportsmedicine/](http://www.facebook.com/panthersportsmedicine/)



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

**Take the Leap to Good Health**

### Country Hills

11950 Country Village Link NE **403.226.5733**

### Cranston Market

2002, 356 Cranston Road SE **403.455.1888**

### Deer Valley

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

### Marlborough Mall

425 Marlborough Way NE **403.272.4202**

### McKenzie Towne

75 High Street SE **403.257.6238**

### Oakridge

10003 - 24 Street SW **403.258.2659**

### Seton YMCA

4995 Market Street SE **403.764.6337**

### South Fish Creek Rec Complex

333 Shawville Blvd SE **403.225.0210**

### Trico Centre

11150 Bonaventure Drive SE **403.278.5311**

### Walden

130, 19606 Walden Blvd **587.356.4327**



## PRIVATE SKATING

Whether you're a beginner or looking to refine your technique, our personalized sessions offer tailored instruction and the preference of direct coaching to help you achieve your goals. Enjoy one-on-one guidance from experienced coaches and watch your confidence and abilities soar on the ice. Perfect for all ages and skill levels!



View private skating schedule online at  
[WWW.TRICOCENTRE.CA/REGISTER](http://WWW.TRICOCENTRE.CA/REGISTER)

### PRIVATE SKATING FEES

DURATION	6 CLASSES	7 CLASSES	10 CLASSES
30 MIN	\$180.00	\$210.00	\$300.00

## LEARN TO SKATE

### LESSON AGE GROUPS

Parent & Tot	2.5 - 4 years
Preschool	3 - 5 years
Youth	6 - 12 years
Teen & Adult	12 years+

### LEARN TO SKATE CHILD & YOUTH FEES (2.5-12 YEARS OLD)

DURATION	6 CLASSES	7 CLASSES	8 CLASSES	10 CLASSES
30 MIN	\$96.00	\$112.00	\$128.00	\$160.00
45 MIN	\$108.00	\$126.00	N/A	\$180.00

### LEARN TO SKATE TEEN & ADULT FEES (12 YEARS OLD+)

DURATION	6 CLASSES	7 CLASSES	8 CLASSES	10 CLASSES
45 MIN	\$132.00	\$154.00	\$176.00	\$220.00



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

### PARENT & TOT 1 | 30 MIN

For children who have never skated and are unable to stand on the ice unattended. We will learn how to stand on the ice on our own and march across the ice through games and songs. Parents fully participate to support and encourage your new skater.

### PARENT & TOT 2 | 30 MIN

For children who can stand on their own and are ready for some new skills. We will learn how to glide, make snow, jump, and more through games, songs, and help from our parent. Parents fully participate to support and encourage your new skater.

### LEVEL 1 | PRESCHOOL / YOUTH 30 MIN

For participants who are on skates for the first time, and are unable to stand on the ice unassisted. Parents may be asked to assist their child on the ice as they learn to skate and march across the ice.

### LEVEL 2 | PRESCHOOL 30 MIN / YOUTH 45 MIN

For participants who are able to stand up unassisted, and march with alternating feet across the ice without falling.

### LEVEL 3 | PRESCHOOL 30 MIN / YOUTH 45 MIN

For participants who are able to push and glide with alternating feet, backwards skate across the width of the ice, and slow stop.

### LEVEL 4 | PRESCHOOL 30 MIN / YOUTH 45 MIN

For participants who can push and glide forward and backward with ease. We will also introduce crossovers and side stops.

### LEVEL 5 | YOUTH 45 MIN

This level will work to improve forward crossover and introduce backward crossovers. We will also learn three turns, and forward inside and outside edges.

### LEVEL 6 | YOUTH 45 MIN

This is the final level in our program; we will learn mohawks and one foot stops while fine-tuning previously learned skills.

### TEEN & ADULTS | (12+ YEARS) 45 MIN

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

## LEARN TO SKATE – FALL SESSION #1

	<b>TUES &amp; THURS</b> OCT 8-OCT 29 (7)	<b>WED</b> SEPT 18-OCT 30 (7)	<b>THURS</b> SEPT 19-OCT 24 (6)	<b>FRI</b> SEPT 13-OCT 25 (6) NO CLASS OCT 11	<b>SAT</b> SEPT 14-OCT 26 (6) NO CLASS OCT 12	<b>SUN</b> SEPT 15-OCT 27 (6) NO CLASS OCT 13
<b>PARENT &amp; TOT 1</b>	9:15-9:45am (15700)	12:45-1:15pm (15701)		4:00-4:30pm (15687) 5:00-5:30pm (15688)	9:00-9:30am (15689) 10:00-10:30am (15690)	9:00-9:30am (15691) 10:00-10:30am (15692)
<b>PARENT &amp; TOT 2</b>				4:30-5:00pm (15118)	9:30-10:00am (15119)	9:30-10:00am (15120)
<b>PRE 1</b>	9:45-10:15am (15160)	1:15-1:45pm (15163)	4:30-5:00pm (15165)	4:00-4:30pm (15130) 5:30-6:00pm (15129) 4:30-5:00pm (15131) 5:15-5:45pm (15133) 5:45-6:15pm (15132)	9:00-9:30am (15136) 9:30-10:00am (15138) 10:15-10:45am (15142) 10:30-11:00am (15134) 10:45-11:15am (15140)	9:00-9:30am (15137) 9:30-10:00am (15139) 10:15-10:45am (15143) 10:30-11:00am (15135) 10:45-11:15am (15141)
<b>PRE 2</b>	10:15-10:45am (15925)	1:45-2:15pm (15207)		4:00-4:30pm (15190) 4:30-5:00pm (15191) 5:00-5:30pm (15192)	9:00-9:30am (15193) 9:30-10:00am (15195) 10:00-10:30am (15197)	9:00-9:30am (15194) 9:30-10:00am (15196) 10:00-10:30am (15189)
<b>PRE 3</b>		2:15-2:45pm (15238)		4:45-5:15pm (15241) 5:45-6:15pm (15253)	9:45-10:15am (15242) 10:45-11:15am (15245)	9:45-10:15am (15244) 10:45-11:15am (15254)
<b>YOUTH 1</b>			5:00-5:30pm (15318)	4:00-4:30pm (15292) 4:30-5:00pm (15294) 5:45-6:15pm (15295)	9:00-9:30am (15296) 9:30-10:00am (15299) 10:45-11:15am (15303)	9:00-9:30am (15298) 9:30-10:00am (15301) 10:45-11:15am (15304)
<b>YOUTH 2</b>				4:00-4:45pm (15422) 5:00-5:45pm (15406) 5:30-6:15pm (15407)	9:00-9:45am (15423) 10:00-10:45am (15409) 10:30-11:15am (15411)	9:00-9:45am (15408) 10:00-10:45am (15410) 10:30-11:15am (15412)
<b>YOUTH 3</b>				4:00-4:45pm (15439) 5:00-5:45pm (15441)	9:00-9:45am (15454) 10:00-10:45am (15443)	9:00-9:45am (15442) 10:00-10:45am (15444)
<b>YOUTH 4</b>				4:45-5:30pm (15471)	9:45-10:30am (15473)	9:45-10:30am (15474)
<b>YOUTH 5/6</b>				5:30-6:15pm (15491)	10:30-11:15am (15492)	10:30-11:15am (15494)
<b>TEEN/ADULT</b>	10:00-10:45am (15278)		5:30-6:15pm (15280)			

## LEARN TO SKATE – FALL SESSION #2

	<b>TUES &amp; THURS</b> NOV 5-NOV 26 (7)	<b>TUES &amp; THURS</b> NOV 28-DEC 19 (7)	<b>WED</b> NOV 6 - DEC 18 (7)	<b>THURS</b> NOV 7-DEC 19 (7)	<b>FRI</b> NOV 1-DEC 13 (7)	<b>SAT</b> NOV 2-DEC 13 (7)	<b>SUN</b> NOV 3-DEC 15 (7)
<b>PARENT &amp; TOT 1</b>	9:15-9:45am (15703)	9:15-9:45am (15704)	12:45-1:15pm (15702)		4:00-4:30pm (15693) 5:00-5:30pm (15694)	9:00-9:30am (15695) 10:00-10:30am (15696)	9:00-9:30am (15697) 10:00-10:30am (15698)
<b>PARENT &amp; TOT 2</b>					4:30-5:30pm (15121)	9:30-10:00am (15122)	9:30-10:00am (15123)
<b>PRE 1</b>	9:45-10:15am (15161)	9:45-10:15 (15162)	1:15-1:45pm (15164)	4:30-5:00pm (15166)	4:00-4:30pm (15145) 4:30-5:00pm (15146) 5:15-5:45pm (15148) 5:30-6:00pm (15144) 5:45-6:15pm (15147)	9:00-9:30am (15151) 9:30-10:00am (15153) 10:15-10:45am (15157) 10:30-11:00am (15149) 10:45-11:15am (15155)	9:00-9:30am (15152) 9:30-10:00am (15154) 10:15-10:45am (15158) 10:30-11:00am (15150) 10:45-11:15am (15156)
<b>PRE 2</b>	10:15-10:45am (15926)	10:15-10:45am (15927)	1:45-2:15pm (15208)		4:00-4:30pm (15198) 4:30-5:00pm (15199) 5:00-5:30pm (15200)	9:00-9:30am (15201) 9:30-10:00am (15203) 10:00-10:30am (15205)	9:00-9:30am (15202) 9:30-10:00am (15204) 10:00-10:30am (15206)
<b>PRE 3</b>			2:15-2:45pm (15239)		4:45-5:15pm (15248) 5:45-6:15pm (15246)	9:45-10:15am (15249) 10:45-11:15am (15255)	9:45-10:15am (15251) 10:45-11:15am (15252)
<b>YOUTH 1</b>				5:00-5:30pm (15320)	4:00-4:30pm (15306) 4:30-5:00pm (15307) 5:45-6:15pm (15309)	9:00-9:30am (15311) 9:30-10:00am (15313) 10:45-11:15am (15315)	9:00-9:30am (15312) 9:30-10:00am (15314) 10:45-11:15am (15317)
<b>YOUTH 2</b>					4:00-4:45pm (15413) 5:00-5:45pm (15414) 5:30-6:15pm (15415)	9:00-9:45am (15416) 10:00-10:45am (15418) 10:30-11:15am (15420)	9:00-9:45am (15417) 10:00-10:45am (15419) 10:30-11:15am (15421)
<b>YOUTH 3</b>					4:00-4:45pm (15445) 5:00-5:45pm (15447)	9:00-9:45am (15448) 10:00-10:45am (15451)	9:00-9:45am (15449) 10:00-10:45am (15452)
<b>YOUTH 4</b>					4:45-5:30pm (15476)	9:45-10:30am (15477)	9:45-10:30am (15478)
<b>YOUTH 5/6</b>					5:30-6:15pm (15495)	10:30-11:15am (15497)	10:30-11:15am (15498)
<b>TEEN/ADULT</b>	10:00-10:45am (15279)	10:00-10:45am (16194)		5:30-6:15pm (15281)			

# LEARN TO SKATE - WINTER SESSION

	<b>TUES &amp; THURS</b> JAN 14-30 (6)	<b>TUES &amp; THURS</b> FEB 4-20 (6)	<b>TUES &amp; THURS</b> FEB 25-MAR 20 (8)	<b>WED</b> JAN 15- MAR 19 (10)	<b>THURS</b> JAN 16- MAR 20 (10)	<b>FRI</b> JAN 10-MAR 21 (10) NO CLASS FEB 14	<b>SAT</b> JAN 11-MAR 22 (10) NO CLASS FEB 15	<b>SUN</b> JAN 12-MAR 23 (10) NO CLASS FEB 16
<b>PARENT &amp; TOT 1</b>	9:15-9:45am (15112)	9:15-9:45am (15113)	9:15-9:45am (15114)	12:45-1:15pm (15115)		4:00-4:30pm (15106) 5:00-5:30pm (15107)	9:00-9:30am (15108) 10:00-10:30am (15109)	9:00-9:30am (15110) 10:00-10:30am (15111)
<b>PARENT &amp; TOT 2</b>						4:30-5:00pm (15125)	9:30-10:00am (15126)	9:30-10:00am (15127)
<b>PRE 1</b>	9:45-10:15am (15183)	9:45-10:15am (15184)	9:45-10:15am (15185)	1:15-1:45pm (15186)	4:30-5:00pm (15187)	4:00-4:30pm (15171) 4:30-5:00pm (15172) 5:15-5:45pm (15174) 5:30-6:00pm (15170) 5:45-6:15pm (15173)	9:00-9:30am (15177) 9:30-10:00am (15179) 10:15-10:45am (15181) 10:30-11:00am (15175)	9:00-9:30am (15178) 9:30-10:00am (15180) 10:15-10:45am (15182) 10:30-11:00am (15176)
<b>PRE 2</b>	10:15-10:45am (15220)	10:15-10:45am (16182)	10:15-10:45am (16183)	1:45-2:15pm (15219)		4:00-4:30pm (15210) 4:30-5:00pm (15211) 5:00-5:30pm (15212)	9:00-9:30am (15213) 9:30-10:00am (15215) 10:00-10:30am (15217)	9:00-9:30am (15214) 9:30-10:00am (15216) 10:00-10:30am (15218)
<b>PRE 3</b>				2:15-2:45pm (15268)		4:45-5:15pm (15260) 5:45-6:15pm (15259)	9:45-10:15am (15262) 10:45-11:15am (15265)	9:45-10:15am (15263) 10:45-11:15am (15266)
<b>PRE 4</b>							10:45-11:15am (15272)	10:45-11:15am (15273)
<b>YOUTH 1</b>					5:00-5:30pm (15395)	4:00-4:30pm (15382) 4:30-5:00pm (15384) 5:45-6:15pm (15385)	9:00-9:30am (15387) 9:30-10:00am (15389) 10:45-11:15am (15392)	9:00-9:30am (15388) 9:30-10:00am (15391) 10:45-11:15am (15394)
<b>YOUTH 2</b>						4:00-4:45pm (15425) 5:00-5:45pm (15426) 5:30-6:15pm (15427)	9:00-9:45am (15428) 10:00-10:45am (15431) 10:30-11:15am (15434)	9:00-9:45am (15430) 10:00-10:45am (15432) 10:30-11:15am (15435)
<b>YOUTH 3</b>						4:00-4:45pm (15458) 5:00-5:45pm (15460)	9:00-9:45am (15461) 10:00-10:45am (15464)	9:00-9:45am (15462) 10:00-10:45am (15465)
<b>YOUTH 4</b>						4:45-5:30pm (15483)	9:45-10:30am (15484)	9:45-10:30am (15485)
<b>YOUTH 5/6</b>						5:30-6:15pm (15503)	10:30-11:15am (15504)	10:30-11:15am (15505)
<b>TEEN/ADULT</b>	10:00-10:45am (15286)	10:00-10:45am (16184)	10:00-10:45am (16185)		5:30-6:15pm (15287)			

# SING DANCE ACT

Join us on stage this Fall!

Registration open for all ages at [youthsingers.org](https://youthsingers.org)  
New High School singers receive 50% off!

Youth Singers





## SPECIALTY SKATING

### HOCKEY TYKES (4-5 YRS)

This is a beginner-friendly hockey program. Children will practice basic skating (wearing full gear), balance, agility, how to hold a hockey stick, and safe falling techniques. No prior hockey experience is required. (Important note: this is not a Learn to Skate Program. Before enrolling, participants should be able to independently get up and down on the ice and shuffle across the rink without assistance).

16016	Oct 8-Oct 29	Tu/Th	9:15-10:00am	\$140.00	7 Classes
16051	Nov 5-Nov 26	Tu/Th	9:15-10:00am	\$140.00	7 Classes
16057	Nov 28-Dec 19	Tu/Th	9:15-10:00am	\$140.00	7 Classes
16090	Jan 14-Jan 30	Tu/Th	9:15-10:00am	\$120.00	6 Classes
16091	Feb 4-Feb 20	Tu/Th	9:15-10:00am	\$120.00	6 Classes
16093	Feb 25-Mar 20	Tu/Th	9:15-10:00am	\$160.00	8 Classes

### POWER SKATE (6-9 YRS)

Our high-energy sessions focus on building balance, agility speed, endurance, and power. Through engaging drills and techniques, kids will improve their skills in a way that translates directly to game-time performance. Join us for an unforgettable skating experience that boosts confidence and athleticism. (Important note: this is not a Learn to Skate Program. Before enrolling, participants should be able to independently get up and down on the ice and shuffle across the rink without assistance).

16022	Sept 13-Oct 25 No class Oct 11	F	1:45-2:30pm	\$150.00	6 Classes
16020	Sept 19-Oct 24	Th	4:45-5:30pm	\$150.00	6 Classes
16021	Sept 19-Oct 24	Th	5:30-6:15pm	\$150.00	6 Classes
16061	Nov 1-Dec 13	F	1:45-2:30pm	\$175.00	7 Classes
16050	Nov 7-Dec 19	Th	4:45-5:30pm	\$175.00	7 Classes
16060	Nov 7-Dec 19	Th	5:30-6:15pm	\$175.00	7 Classes
16102	Jan 10-Mar 21 No class Feb 14	F	1:45-2:30pm	\$250.00	10 Classes
16100	Jan 16-Mar 20	Th	4:45-5:30pm	\$250.00	10 Classes
16101	Jan 16-Mar 20	Th	5:30-6:15pm	\$250.00	10 Classes

### BEGINNER POWER SKATE (4-6 YRS)

Perfect for future young hockey and ringette stars! High-energy sessions build balance, agility, speed, endurance, and of course power. Fun drills turn into game-time magic. Join us for a skating adventure that boosts confidence and performance! (Important note: This is not a Learn to Skate Program. Before enrolling, participants should be able to independently get up and down on the ice and shuffle across the rink without assistance).

16019	Sept 13-Oct 25 No class Oct 11	F	1:15-1:45pm	\$132.00	6 Classes
16018	Sept 19-Oct 24	Th	4:15-4:45pm	\$132.00	6 Classes
16049	Nov 1-Dec 13	F	1:15-1:45pm	\$154.00	7 Classes
16048	Nov 7-Dec 19	Th	4:15-4:45pm	\$154.00	7 Classes
16087	Jan 10-Mar 21 No class Feb 14	F	1:15-1:45pm	\$220.00	10 Classes
16084	Jan 16-Mar 20	Th	4:15-4:45pm	\$220.00	10 Classes

# MASSAGE

for health

CLINIC

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

# 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 a sound system.

View our drop-in schedule online at [WWW.TRICOCENTRE.CA/FACILITIES-SCHEDULE](http://WWW.TRICOCENTRE.CA/FACILITIES-SCHEDULE) for swim times.

## LEARN TO SWIM 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	DURATION	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](http://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)

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. While 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 must contact the Aquatics Office to register at [AQUATICS@TRICOCENTRE.CA](mailto: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.



### MEMBER PERK!

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# LEARN TO SWIM - FALL SESSION #1

	<b>MONDAYS</b> <b>SEP 16-OCT 28 (6)</b> <b>NO LESSONS OCT 14</b>	<b>TUESDAYS</b> <b>SEP 17-OCT 29 (7)</b>	<b>WEDNESDAYS</b> <b>SEP 18-OCT 30 (7)</b>	<b>THURSDAYS</b> <b>SEP 19-OCT 31 (7)</b>	<b>SATURDAYS</b> <b>SEP 14-OCT 26 (6)</b> <b>NO LESSONS OCT 12</b>	<b>SUNDAYS</b> <b>SEP 15-OCT 27 (6)</b> <b>NO LESSONS OCT 13</b>
<b>PARENT &amp; TOT 1/2</b>	9:30-10am (14609) 5-5:30pm (14610)	10-10:30am (14611)	9:30-10am (14612) 5-5:30pm (14613)	9:30-10am (14614)	9-9:30am (14475)	9:30-10am (14607) 11:15-11:45am (14608)
<b>PARENT &amp; TOT 2/3</b>	5:30-6pm (14616)	9:30-10am (14617) 5:30-6pm (14618)	10:30-11am (14619) 6-6:30pm (14620)	10:30-11am (14621) 5:30-6pm (14622)	10-10:30 (14477)	10:30-11am (14615)
<b>PRESCHOOL 1</b>	9-9:30am (14634) 9:30-10am (14635) 4:30-5pm (14636) 5:30-6pm (14637) 6-6:30pm (14638)	9-9:30am (14639) 4:30-5pm (16030) 5-5:30pm (14640) 5:45-6:15pm (14641) 6:30-7pm (14642)	9:30-10am (14643) 10-10:30am (14644) 4:30-5pm (14645) 5-5:30pm (14646) 5:45-6:15pm (14647)	9-9:30am (14648) 4:30-5pm (16043) 5-5:30pm (14649) 5:45-5:15pm (14650) 6:30-7pm (14651)	8:30-9am (14479) 9-9:30am (14623) 9:30-10am (14624) 10:15-10:45am (14625) 11:30-12pm (14626) 12:30-1 (14627)	9-9:30am (14628) 9:45-10:15am (14629) 10-10:30am (14630) 11:15-11:45pm (14631) 12:15-12:45pm (14632) 12:45-1:15pm (14633)
<b>PRESCHOOL 2</b>	9-9:30am (14662) 10:30-11am (14663) 5-5:30pm (14664) 6-6:30pm (14665) 6:30-7pm (14666)	9-9:30am (14667) 10-10:30am (14668) 5-5:30pm (14669) 5:30-6pm (16031) 6-6:30pm (14670)	9-9:30am (14671) 4:30-5pm (14672) 6-6:30pm (14673) 6:30-7pm (14674)	9-9:30am (14675) 4:30-5pm (14676) 5:30-6pm (14677) 6-6:30pm (14678) 6:30-7pm (16044)	8:30-9am (14482) 9:30-10am (14652) 9:45-10:15am (14653) 10:45-11:15am (14654) 11:30-12pm (14655) 12-12:30pm (14656)	9-9:30am (14657) 9:30-10am (14658) 10:30-11am (14659) 11:15-11:45am (14660) 12:15-12:45pm (14661)
<b>PRESCHOOL 3</b>	10-10:30am (14686) 4:30-5pm (14687) 5:15-5:45pm (14688) 6:15-6:45pm (14689)	10:30-11am (14690) 4:30-5pm (14691) 5-5:30pm (16032) 6:15-6:45pm (14692)	4:30-5pm (14693) 6-6:30pm (16036) 6:30-7pm (14694)	9:30-10am (14695) 5:30-6pm (14696) 6:15-6:45pm (14697) 7-7:30pm (16045)	8:30-9am (14485) 9:15-9:45am (14679) 10-10:30am (14680) 11-11:30am (14681) 12:30-1pm (14682)	10-10:30am (14683) 12-12:30pm (14684) 12:45-1:15pm (14685)
<b>PRESCHOOL 4/5</b>	4:30-5pm (14703) 6:30-7pm (14704)	4:30-5pm (14705) 6-6:30pm (14706) 7-7:30pm (16033)	4:30-5pm (16038) 6:15-6:45pm (14707)	6-6:30pm (14708) 7:30-8pm (16046)	10-10:30am (14492) 10:45-11:15am (14698) 12:30-1pm (14699)	9:30-10am (14700) 11:30-12pm (14701) 12:45-1:15pm (14702)
<b>SWIMMER 1</b>	4:30-5pm (14721) 5-5:30pm (14722) 5:45-6:15pm (16027) 6-6:30pm (14723) 6:30-7pm (14724) 7-7:30pm (14725)	4:30-5pm (14726) 5:30-6pm (14727) 6-6:30pm (14728) 6:30-7pm (14729) 7:30-8pm (14730)	4:30-5pm (14731) 5-5:30pm (14732) 5:30-6pm (16040) 6-6:30pm (14733) 6:30-7pm (14734)	4:30-5pm (14735) 5-5:30pm (16047) 5:30-6pm (14736) 6:30-7pm (14737) 7-7:30pm (14738) 7:30-8pm (14739)	8:30-9am (14498) 9-9:30am (14709) 9:30-10am (14710) 10:15-10:45am (14711) 11-11:30am (14712) 12-12:30pm (14713) 12:30-1pm (14714)	9-9:30am (14715) 10-10:30am (14716) 10:45-11:15am (14717) 11:15-11:45am (14718) 11:45-12:15pm (14719) 12:15-12:45 pm (14720)
<b>SWIMMER 2</b>	4:30-5:15pm (14748) 5-5:45pm (16028) 6:15-7pm (14749)	5:15-6pm (14750) 6-6:45pm (14751) 6:45-7:30pm (14752)	4:30-5:15pm (14753) 6:15-7pm (14754)	5:15-6pm (14755) 6-6:45pm (14756) 6:45-7:30pm (14757)	8:30-9:15am (14504) 9-9:45am (14740) 9:45-10:30am (14741) 10:45-11:30am (14742) 11:30-12:15pm (14743)	9-9:45am (14744) 9:30-10:15am (14745) 11:30-12:15pm (14746) 12:30-1:15pm (14747)
<b>SWIMMER 3</b>	5-5:45pm (14767) 5:45-6:30pm (14768) 6:45-7:30pm (16029)	4:30-5:15pm (14769) 6-6:45pm (14770) 7:15-8pm (14771)	5-5:45pm (14772) 6:15-7pm (14773)	6-6:45pm (14774) 7:15-8pm (14775)	8:30-9:15am (14510) 9:45-10:30am (14758) 10-10:45pm (14759) 11:15-12pm (14760) 11:45-12:30pm (14761) 12:15-1pm (14762)	9-9:45am (14763) 10:15-11pm (14764) 11:30-12:15pm (14765) 12:30-1:15pm (14766)
<b>SWIMMER 4</b>	5-5:45pm (14783) 6:45-7:30pm (14784)	5-5:45pm (14785) 7:15-8pm (14786)	5-5:45pm (14787) 6:45-7:30pm (14788)	5-5:45pm (14789) 7:15-8pm (14790)	8:30-9:15am (14514) 10:45-11:30am (14776) 11:30-12:15pm (14777) 12:15-1pm (14778)	10-10:45am (14779) 11:15-12pm (14780) 11:45-12:30pm (14781) 12:30-1:15pm (14782)
<b>SWIMMER 5/6</b>	6:30-7:30pm (14794)	6-7pm (16035) 7-8pm (14795)	5:15-6:15pm (14796) 6:30-7:30pm (16041)	4:30-5:30pm (14797) 5:30-6:30pm (16050)	9:15-10:15am (14520) 10:45-11:45am (14791)	9-10am (14792) 10:15-11:15am (14793)
<b>SWIM PATROL</b>				6:30-8pm (14800)	11:30-1pm (14528)	11:45-1:15pm (14799)
<b>ADULT (BEG)</b>						9-10am (14473)
<b>ADULT (INT)</b>						10-11am (14606)
<b>SWIM-ABILITIES (1/2)</b>				4:30-5:15pm (14531) 4:45-5:30pm (14798)		

# LEARN TO SWIM - FALL SESSION #2

	<b>MONDAYS</b> NOV 4-DEC 16 (6) NO CLASS NOV 11	<b>TUESDAYS</b> NOV 5-DEC 17 (7)	<b>WEDNESDAYS</b> NOV 6-DEC 18 (7)	<b>THURSDAYS</b> NOV 7-DEC 19 (7)	<b>SATURDAYS</b> NOV 2-DEC 14 (7)	<b>SUNDAYS</b> NOV 3-DEC 15 (7)
<b>PARENT &amp; TOT 1/2</b>	9:30-10am (14858) 5-5:30pm (14859)	10:00-10:30am (14860)	9:30-10am (14861) 5-5:30pm (14862)	9:30-10am (14863)	9-9:30am (14544)	9:30-10:00 (14856) 11:15-11:45am (14857)
<b>PARENT &amp; TOT 2/3</b>	5:30-6pm (14865)	9:30-10am (14866) 5:30-6pm (14867)	10:30-11am (14868) 6-6:30pm (14869)	10:30-11am (14870) 5:30-6pm (14871)	10-10:30 (14546)	10:30-11am (14864)
<b>PRESCHOOL 1</b>	9-9:30am (14883) 9:30-10am (14884) 4:30-5pm (14885) 5:30-6pm (14886) 6-6:30pm (14887)	9-9:30am (14888) 4:30-5pm (16062) 5-5:30pm (14889) 5:45-6:15pm (14890) 6:30-7pm (14891)	9:30-10am (14892) 10-10:30am (14893) 4:30-5pm (14894) 5-5:30pm (14895) 5:45-6:15pm (14896)	9-9:30am (14897) 4:30-5pm (16074) 5-5:30pm (14898) 5:45-6:15pm (14899) 6:30-7pm (14900)	8:30-9am (14548) 9-9:30am (14872) 9:30-10am (14873) 10:15-11:30am (14874) 11:30-12pm (14875) 12:30-1pm (14876)	9-9:30am (14877) 9:45-10:15am (14878) 10-10:30am (14879) 11:15-11:45pm (14880) 12:15-12:45pm (14881) 12:45-1:15pm (14882)
<b>PRESCHOOL 2</b>	9-9:30am (14911) 10:30-11am (14912) 5-5:30pm (14913) 6-6:30pm (14914) 6:30-7pm (14915)	9-9:30am (14916) 10-10:30am (14917) 5-5:30pm (14918) 5:30-6pm (16063) 6-6:30pm (14919)	9-9:30am (14920) 4:30-5pm (14921) 6-6:30pm (14922) 6:30-7pm (14923)	9-9:30am (14924) 4:30-5pm (14925) 5:30-6pm (14926) 6-6:30pm (14927) 6:30-7pm (16075)	8:30-9am (14550) 9:30-10am (14901) 9:45-10:15am (14902) 10:45-11:15am (14903) 11:30-12pm (14904) 12-12:30pm (14905)	9-9:30am (14906) 9:30-10am (14907) 10:30-11am (14908) 11:15-11:45am (14909) 12:15-12:45pm (14910)
<b>PRESCHOOL 3</b>	10-10:30am (14935) 4:30-5pm (14936) 5:15-5:45pm (14937) 6:15-6:45pm (14938)	10:30-11am (14939) 4:30-5pm (14940) 5-5:30pm (16064) 6:15-6:45pm (14941)	4:30-5pm (14942) 6-6:30pm (16068) 6:30-7pm (14943)	9:30-10am (14944) 5:30-6pm (14945) 6:15-6:45pm (14946) 7-7:30pm (16076)	8:30-9am (14552) 9:15-9:45am (14928) 10-10:30am (14929) 11-11:30am (14930) 12:30-1pm (14931)	10-10:30am (14932) 12-12:30pm (14933) 12:45-1:15pm (14934)
<b>PRESCHOOL 4/5</b>	4:30-5pm (14952) 6:30-7pm (14953)	4:30-5pm (14954) 6-6:30pm (14955) 7-7:30pm (16065)	4:30-5pm (16069) 6:15-6:45pm (14956)	6-6:30pm (14957) 7:30-8pm (16077)	10-10:30am (14554) 10:45-11:15am (14947) 12:30-1pm (14948)	9:30-10am (14949) 11:30-12pm (14950) 12:45-1:15pm (14951)
<b>SWIMMER 1</b>	4:30-5pm (14970) 5-5:30pm (14971) 5:45-6:15pm (16055) 6-6:30pm (14972) 6:30-7pm (14973) 7-7:30pm (14974)	4:30-5pm (14975) 5:30-6pm (14976) 6-6:30pm (14977) 6:30-7pm (14978) 7:30-8pm (14979)	4:30-5pm (14980) 5-5:30pm (14981) 5:30-6pm (16070) 6-6:30pm (14982) 6:30-7pm (14983)	4:30-5pm (14984) 5-5:30pm (16078) 5:30-6pm (14985) 6:30-7pm (14986) 7-7:30pm (14987) 7:30-8pm (14988)	8:30-9am (14556) 9-9:30am (14958) 9:30-10am (14959) 10:15-10:45am (14960) 11-11:30am (14961) 12-12:30pm (14962) 12:30-1pm (14963)	9-9:30am (14964) 10-10:30am (14965) 10:45-11:15am (14966) 11:15-11:45am (14967) 11:45-12:15pm (14968) 12:15-12:45 pm (14969)
<b>SWIMMER 2</b>	4:30-5:15pm (14997) 5-5:45pm (16056) 6:15-7pm (14998)	5:15-6pm (14999) 6-6:45pm (15000) 6:45-7:30pm (15001)	4:30-5:15pm (15002) 6:15-7pm (15003)	5:15-6pm (15004) 6-6:45pm (15005) 6:45-7:30pm (15006)	8:30-9:15am (14558) 9-9:45am (14989) 9:45-10:30am (14990) 10:45-11:30am (14991) 11:30-12:15pm (14992)	9-9:45am (14993) 9:30-10:15am (14994) 11:30-12:15pm (14995) 12:30-1:15pm (14996)
<b>SWIMMER 3</b>	5-5:45pm (15016) 5:45-6:30pm (15017) 6:45-7:30pm (16058)	4:30-5:15pm (15018) 6-6:45pm (15019) 7:15-8pm (15020)	5-5:45pm (15021) 6:15-7pm (15022)	6-6:45pm (15023) 7:15-8pm (15024)	8:30-9:15am (14560) 9:45-10:30am (15007) 10-10:45pm (15008) 11:15-12pm (15009) 11:45-12:30pm (15010) 12:15-1pm (15011)	9-9:45am (15012) 10:15-11pm (15013) 11:30-12:15pm (15014) 12:30-1:15pm (15015)
<b>SWIMMER 4</b>	5-5:45pm (15032) 6:45-7:30pm (15033)	5-5:45pm (15034) 7:15-8pm (15035)	5-5:45pm (15036) 6:45-7:30pm (15037)	5-5:45pm (15038) 7:15-8pm (15039)	8:30-9:15am (14562) 10:45-11:30am (15025) 11:30-12:15pm (15026) 12:15-1pm (15027)	10-10:45am (15028) 11:15-12pm (15029) 11:45-12:30pm (15030) 12:30-1:15pm (15031)
<b>SWIMMER 5/6</b>	6:30-7:30pm (15043)	6-7pm (16066) 7-8pm (15044)	5:15-6:15pm (15045) 6:30-7:30pm (16072)	4:30-5:30pm (15046) 5:30-6:30pm (16080)	9:15-10:15am (14564) 10:45-11:45am (15040)	9-10am (15041) 10:15-11:15am (15042)
<b>SWIM PATROL</b>				6:30-8pm (15049)	11:30-1pm (14568)	11:45-1:15pm (15048)
<b>ADULT (BEG)</b>						9:00-10am (14542)
<b>ADULT (INT)</b>						10-11am (14855)
<b>SWIM-ABILITIES (1/2)</b>				4:30-5:15pm (14570) 4:45-5:30pm (15047)		

# LEARN TO SWIM - WINTER SESSION

	<b>MONDAYS</b> JAN 13-MAR 17 (9) NO CLASS FEB 17	<b>TUESDAYS</b> JAN 14-MAR 18 (10)	<b>WEDNESDAYS</b> JAN 15-MAR 19 (10)	<b>THURSDAYS</b> JAN 16-MAR 20 (10)	<b>SATURDAYS</b> JAN 11-MAR 22 (10) NO CLASS FEB 15	<b>SUNDAYS</b> JAN 12-MAR 23 (10) NO CLASS FEB 16
<b>PARENT &amp; TOT 1/2</b>	9:30 -10am (15227)	9:30 -10am (15229) 5-5:30pm (15230)	9:30 -10am (15231) 5-5:30pm (15232)	9-9:30am (15233)	9:30-10am (14574) 11:15-11:45am (15225)	9:30-10:00 (15226)
<b>PARENT &amp; TOT 2/3</b>	4:30-5pm (15236)	10:30 -11am (15240) 6:15-6:45pm (15243)	10-10:30am (15247) 6-6:30pm (15250)	9:30-10am (15256) 5:15-5:45pm (15257)	10-10:30 (14576)	10:15-10:45am (15234) 11:15-11:45am (15235)
<b>PRESCHOOL 1</b>	9-9:30am (15285) 9:30-10am (15288) 4:30-5pm (15289) 5-5:30pm (15290) 5:30-6pm (16082)	9-9:30am (15297) 10:30-11am (15300) 4:30-5pm (15302) 5-5:30pm (15305) 6-6:30pm (15308) 6:30-7pm (15310)	9:30 -10am (15316) 10:30-11am (15319) 4:30-5pm (15321) 5-5:30pm (15322) 5:45-6:15pm (15324)	10:30-11am (15326) 4:30-5pm (15327) 5-5:30pm (15328) 6:30-7pm (15330)	8:30-9am (14578) 9:30-10am (15261) 10:30-11am (15264) 11:45-12:15pm (15267) 12:15-12:45pm (15269) 12:45-1:15pm (15270)	9-9:30am (15274) 10:15-11:30am (15275) 11:15-12:45pm (15276) 12:15-12:45pm (15282) 12:45-1:15pm (15283)
<b>PRESCHOOL 2</b>	9-9:30am (15342) 10:30-11am (15344) 5-5:30pm (15346) 6:30-7pm (15347)	9-9:30am (15348) 10-10:30am (15349) 4:30-5pm (15350) 5-5:30pm (15351) 5:30-6pm (15353) 5:30-6pm (16092)	9-9:30am (15355) 4:30-5pm (15356) 5:15-5:45pm (16103) 5:30-6pm (15358)	9-9:30am (15359) 4:30-5pm (15361) 5:30-6pm (15363) 6-6:30pm (15364)	8:30-9am (14580) 9-9:30am (15331) 10:30-11am (15332) 11:45-12:15am (15333) 12:15-12:45pm (15334) 12:45-1:15pm (15335)	9-9:30am (15336) 9:30-10am (15337) 10:30-11am (15338) 11:15-11:45am (15339) 11:45-12:15pm (15340) 12:45-1:15pm (15341)
<b>PRESCHOOL 3</b>	10-10:30am (15373) 5-5:30pm (16083) 5:15-5:45pm (15376) 6-6:30pm (15377)	4:30-5pm (15380) 5-5:30pm (16094) 5:45-6:15pm (15386) 7-7:30pm (15393)	5:30-6pm (15398) 5:30-6pm (15399) 6:30-7pm (15400)	9:30-10am (15401) 5:30-6pm (15402) 7-7:30pm (15405)	8:30-9am (14582) 9-9:30am (15365) 10-10:30am (15366) 11:30-12am (15367) 12:15-12:45pm (15368)	9-9:30am (15369) 9:45-10:15am (15370) 11:30-12am (15371) 12:45-1:15pm (15372)
<b>PRESCHOOL 4/5</b>	5:00 -5:30pm (15446) 6:30-7pm (15453)	4:30-5pm (15459) 6-6:30pm (15463) 6:45-7:15pm (16095)	4:30-5pm (15468) 5:30-6pm (15470) 6-6:30pm (15475)	4:30-5pm (15479) 6:45-7:15pm (15480) 7:30-8pm (16107)	9:30-10am (14584) 10-10:30am (15429) 11:15-11:45am (15433)	9:45-10:15am (15436) 11-11:30am (15438) 12-12:30pm (15440)
<b>SWIMMER 1</b>	4:30-5pm (15509) 5:30-6:00pm (16086) 6-6:30pm (15511) 6:15-6:45pm (15512) 6:30-7:00pm (15513)	4:30-5pm (15515) 5-5:30pm (15516) 6:15-6:45pm (15518) 6:30-7pm (15519) 7:30-8pm (15520)	4:30-5pm (15521) 5-5:30pm (15522) 6-6:30pm (15523) 6:30-7:00pm (15525)	5-5:30pm (15527) 5:30-6pm (15528) 6-6:30pm (15529) 6:30-7:00pm (16110) 7-7:30pm (15531) 7:30-8pm (15533)	8:30-9am (14586) 9-9:30am (15486) 10-10:30am (15487) 10:30-11am (15488) 11:15-11:45am (15489) 12:15-12:45pm (15493) 12:45-1:15pm (15496)	9-9:30am (15499) 10:30-11am (15500) 11:15-11:45am (15502) 11:45-12:15pm (15506) 12:15-12:45pm (15507) 12:45-1:15pm (15508)
<b>SWIMMER 2</b>	4:30-5:15pm (15543) 5:30-6:15pm (15544) 6-6:45pm (15545) 6:45-7:30pm (16088)	5-5:45pm (15547) 5:30-6:15pm (15548) 6-6:45pm (16098) 6:45-7:30pm (15550) 7:15-8pm (15551)	5-5:45pm (15552) 5:45-6:30pm (16104) 6:15-7pm (15554)	4:30-5:15pm (16111) 5:15-6pm (15556) 5:45-6:30pm (15557) 6-6:45pm (15558) 7:15-8pm (15559)	9-9:45am (14588) 9:45-10:30am (15534) 10:45-11:30am (15535) 11:30-12:15pm (15536) 12:30-1:15pm (15537)	9-9:45am (15538) 10-10:45am (15539) 11-11:45am (15540) 12-12:45pm (15541) 12:30-1:15pm (15542)
<b>SWIMMER 3</b>	4:30-5:15pm (15568) 5:15-6pm (15569) 6-6:45pm (16089) 6:45-7:30pm (15571)	5:30-6:15pm (15572) 7:15-8pm (16099)	4:30-5:15pm (16106) 5:45-6:30pm (15576) 6:45-7:30pm (15577)	5:45-6:30pm (16112) 7:15-8pm (15579)	9-9:45am (14590) 9:45-10:30pm (15560) 10:45-11:30am (15561) 11:30-12:15pm (15562) 12:30-1:15pm (15563)	9:30-10:15am (15564) 10:15-11am (15565) 11:30-12:15pm (15566) 12:30-1:15pm (15567)
<b>SWIMMER 4</b>	5:45-6:30pm (15586) 6:45-7:30pm (15587)	6:15-7pm (15589)	5-5:45pm (15590) 6-6:45pm (15591)	6-6:45pm (15592)	8:30-9:15am (14592) 9:45-10:30am (15580) 10:45-11:30am (15581) 11:45-12:30pm (15582)	9-9:45am (15583) 10-10:45am (15584) 11:45-12:30pm (15585)
<b>SWIMMER 5/6</b>	5-6pm (15596) 6:30-7:30pm (15597)	5:30-6:30pm (15598) 7-8pm (15599)	4:30-5:30pm (15600) 6:30-7:30pm (15601)	5-6pm (15602)	10:45-11:45am (14594) 12:15-1:15pm (15593)	9:30-10:30am (15594) 11-12pm (15595)
<b>SWIM PATROL</b>				6:30-8pm (15224)	9-10:30am (14598)	11:45-1:15pm (15223)
<b>ADULT (BEG)</b>						9:00 -10am (14572)
<b>ADULT (INT)</b>						10-11am (15221)
<b>SWIM-ABILITIES (1/2)</b>				4:30-5:15pm (14600) 4:30-5:15pm (15222)		



# TRICO CENTRE

## OUT OF SCHOOL CARE



Daily Activity Centres



Skating Days



Swimming Days



Field Trips



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 subsidies available for those that qualify.

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

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



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