

SPRING / SUMMER 2025

PROGRAM GUIDE



MEMBERSHIPS

SUMMER DAY CAMPS

SWIMMING LESSONS

ADULT FITNESS PROGRAMS

PERSONAL TRAINING

SPRING CHILD & YOUTH PROGRAMS

OUT OF SCHOOL CARE

WWW.TRICOCENTRE.CA

   @TRICOCENTRE

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

MEMBERSHIPS

Membership Options	3
Membership Benefits	3
Wellness Access	3
Member Perks	4
Corporate Memberships	5
Flexible Memberships	5
Referral Program	5

FACILITY INFORMATION

Accessible Access	6
Daily & Arena Admissions	7
Facility Rentals	8
Events	9
Program Registration	10

FITNESS CENTRE

Fitness Centre	11
Personal Training	11
Youth Orientations	11
Group Fitness Classes	12
Workshops	13
Specialized Programs	14
Building Better	14
Baby & You	16
Mind/Body	17

CHILD & YOUTH

Parent & Tot	19
Preschool	20
Child & Youth	22
Skill Builder Program	25

AQUATICS

Learn to Swim Registration Fees	28
Learn to Swim Levels	29
Swimming Lessons	31

OUT OF SCHOOL CARE

Fall 2024/2025	34
----------------	----

DAY CAMPS

Summer Day Camps	35
Daily Summer Day Camps	36
Preschool Camps	37
Child/Youth Camps	38

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.

WWW.TRICOCENTRE.CA/REVIEW

CONTACT

11150 Bonaventure Drive SE, Calgary, Alberta T2J 6R9

EMAIL: guestservices@tricocentre.ca

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

BECOME A MEMBER TODAY!

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

MEMBERSHIP OPTIONS	MONTHLY	ANNUAL
Infant (newborn-2 years old)	FREE	FREE
Child (2-11 years old)*	\$21.50	\$255.00
Teen (12-17 years old)	\$35.50	\$420.00
Young Adult (18-24 years old)	\$60.00	\$715.00
Adult (25-59 years old)	\$80.00	\$960.00
Adult Couple (18-59 years old)	\$130.00	\$1,550.00
60 Plus (60+ years old)	\$59.25	\$710.00
60 Plus Couple (60+ years old)	\$91.75	\$1,100.00
Family: One Adult 1 adult, children under 18 included**	\$88.50	\$1,060.00
Family: Two Adults 2 adults, children under 18 included**	\$138.75	\$1,670.00

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

**Children must be from the same household.

Refunds on memberships are not permitted.

MEMBERSHIP BENEFITS

Trico Centre memberships can help you get fit and healthy - but there's more! Members also receive 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 80 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 50% off monthly memberships and general admission fees to anyone who presents a **City of Calgary Fee Assistance Card**.

WA MEMBERSHIP OPTIONS	MONTHLY	DAILY
Infant (under 2 years old)	FREE	FREE
Preschooler (2-6 years old)	N/A	\$1.95
Child (7-11 years old)*	\$10.75	\$3.45
Teen (12-17 years old)	\$17.75	\$5.13
Young Adult (18-24 years old)	\$30.00	\$7.00
Adult (18-59 years old)	\$40.00	\$8.75
Adult Couple (18-59 years old)	\$65.00	N/A

WA MEMBERSHIP OPTIONS	MONTHLY	DAILY
60 Plus (60+ years old)	\$29.63	\$5.00
60 Plus Couple (60+ years old)	\$45.88	N/A
Family: One Adult 1 adult, children under 18 included**	\$44.25	\$13.13
Family: Two Adults 2 adults, children under 18 included**	\$69.38	\$16.75

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





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

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

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

CARRIAGE HOUSE HOTEL & CONFERENCE CENTRE - 10% off Standard & Premium Guest Rooms. www.carriagehouse.net

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

CRAFT BEER MARKET - 10% off regular priced items! Southcentre Mall location only. www.craftbeermarket.ca

DANA DOW JEWELLERS - 10% off goods & services! Southcentre Mall location only. www.danadowjewellers.ca

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

GO GARAGE DOORS - 15% off parts and labour. 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

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

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

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

MIA PASTA - 20% off seniors (60+) and 10% off for everyone else! www.miapasta.com

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

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

MOTIVE ART ACADEMY - 10% off all regularly priced items and classes. Southcentre Mall location only. www.motiveartacademy.com

MOXIES - 20% off food items. Shawnessy location only. www.moxies.com/restaurants/calgary-shawnessy

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

NINETY-THIRTY DINING LOUNGE - Buy one entrée and receive 20% off a second entrée. www.carriagehouse.net/dining/9030-dining-lounge

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

OAK + TONIC - 10% off your in-store or online purchase! www.oakandtonic.ca

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

PANTHER SPORTS MEDICINE - 60 minute sport massage for the price of a 45 minute sport massage! Trico Centre location only www.panthersportsmedicine.ca

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

PINK DOOR PIZZA - 20% off your order! www.pinkdoorpizza.com

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

STAGE WEST CALGARY - 15% off evening performances! www.stagewestcalgary.com

THE LOCKED ROOM - 10% off booking! www.thelockedroom.ca

TOPS PIZZA - 15% off all pick-up & delivery orders (food orders)! www.topspizzasouth.com

TRIII HARDGEAR - 15% off all team apparel orders! www.triiihardgear.ca

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

UNA TAKEAWAY - Enjoy 10% off pick-up orders! Willow Park location only. www.unapizzeria.com/locations/una-calgary-willow-park

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

VIN GOGH PAINT & SIP - 10% off booking! www.vingogh.ca

VIVID EYE CARE - 15% off glasses & sunglasses! www.vivideyecare.ca

WEBSTER GALLERIES & AVENIDA FRAMING - Bring in one piece and receive 15% off custom framing. www.webstergalleries.com



If you would like to join our partner program, or learn more about the benefits of being a partner, please email MARKETING@TRICOCENTRE.CA.

CORPORATE MEMBERSHIPS



If you 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 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).

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.

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.

For all policies, please visit WWW.TRICOCENTRE.CA/MEMBERSHIPS

REFERRAL REWARDS PROGRAM

At Trico Centre, we believe in the power of community, and we want to reward you for helping us grow and thrive. With the Trico Centre Referral Rewards Program, every time you refer a friend who becomes a member, you’ll receive a discount equal to the value of their membership on your next monthly payment (after if submitted by the 25th of each month).

Your friends will get full access to everything Trico Centre offers, and you’ll be rewarded for being an integral part of our community’s growth. It’s our way of saying thank you for helping us create a stronger, healthier, and more connected place for all.

To learn more, visit Guest Services or check online at WWW.TRICOCENTRE.CA/REFERRAL



LET’S BUILD A VIBRANT COMMUNITY TOGETHER!

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 or contact Guest Services for more information.



KidSport Calgary

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



Canadian Tire Jumpstart

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



Kids Up Front

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

ACCESS 2

The Access 2 card is for people of all ages and types of permanent disabilities who require the assistance of a support person at hundreds of participating entertainment, cultural and recreational venues across Canada, including Trico Centre. A support person is an adult who accompanies a person with a permanent disability to assist with services that are not ordinarily provided by the employees at the venue, such as assistance with eating, administering medication, communication, and use of the facilities. www.access2card.ca



TO USE AT TRICO CENTRE:

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

COMMUNITY OUTREACH INITIATIVES

Trico Centre is committed to community building by partnering with other non-profit organizations who help Calgarians in need. Some of our ongoing partnerships include the Calgary Food Bank, Veterans Association 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 or Guest Services.

DAILY ADMISSION GST INCLUDED

CATEGORIES	DAILY	10X PASS*
Infant (under 2 years old)	FREE	FREE
Preschooler (2-6 years old)	\$3.90	\$35.10
Child (7-11 years old)	\$6.90	\$62.10
Teen (12-17 years old)	\$10.25	\$92.25
Young Adult (18-24 years old)	\$14.00	\$126.00
Adult (18-59 years old)	\$17.50	\$157.50
60 Plus (60+ years old)	\$10.00	\$90.00
Family: One Adult 1 adult, children under 18 included**	\$26.25	\$236.25
Family: Two Adults 2 adults, children under 18 included**	\$33.50	\$301.50
One Month Unlimited access for one month	\$112 / one month	

ARENA ADMISSION GST INCLUDED

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

*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.

SPECIAL PRICING GST INCLUDED

CATEGORIES	DAILY	DETAILS
Early Bird & Last Hour Swim	\$5.25	Enjoy our pool one hour at opening, or one hour prior to closing.
Parent & Tot Swim (1 adult, up to 2 preschoolers)	\$10.50	Special weekday swim times without waves.
Family Swim (2 adults, children under 18 included)	\$15.75	Sunday night swim times for the family.

Drop-in Gym Tot Time

Children (walking to 6 years old) can enjoy active playtime in our gymnasium with preschool-friendly equipment, a bouncy house, and tumbling mats.

- Capacity: 40 participants (including guardians)
- When: Fridays, 8:30–10:0am (Check the facility schedule for specific dates)
- Cost: Free for members, \$5 per child for non-members

Please note: Children must remain within arm's reach of a parent or caregiver at all times. Outdoor food is not permitted. All participants must wear clean indoor runners or grippy socks.



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

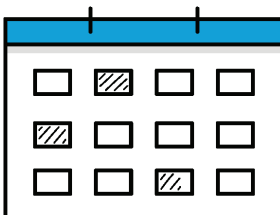


MULTI-PURPOSE ROOMS

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 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.



EVENTS AT TRICO CENTRE

WATCH FOR OUR POP-UP FITNESS CLASSES

FAMILY ZUMBA April

Bring the whole family for a fun, high-energy dance party! Groove to lively beats, follow simple moves, and enjoy quality time together. No dance experience needed—just come ready to move and make joyful memories!

SALSACIZE May

Move to infectious Latin rhythms, learn fun steps, and connect with others in this lively dance class. No experience needed - just bring your energy and love for music!

LINE DANCING June

Kick up your boots and join us for an adults-only line dancing event! Whether you're a beginner or just need a refresher, this fun and engaging class will teach you the basics of popular line dances. No partner required.

FITNESS CHALLENGES

SPRING BLOSSOM May 5th - May 18th

Complete 30 minutes of cardiovascular activity each visit in the Fitness Centre or Pool to add a bloom to our tree. Each bloom is an entry for our prize draw!

EVENTS

TRICO CENTRE CHARITY GOLF CLASSIC

Thursday, June 26th. Learn more on page 24!

MOVIE IN THE PARK Sunday, August 24th

Join us as we transform the ball diamond for an evening of fun, laughter and entertainment.

MEMBER APPRECIATION

- Bring a Friend Days
- Coffee, Fruit, & Cookie Days
- Member Swim Times
- Seniors Week Promotion



MEMBER PERK!

Members receive **10% off labour costs of any automotive repair or service at Odyssey Auto Repair & Tire!**

Discover more "perks" on page 4!



LET US GET YOU ROAD READY!

Tire Changes

Wheel Alignment

Coolant and Hydraulic Fluids

Oil Change & Filter

Muffler Replacement

Battery Replacement

Tire Rotation

Repairs

Brakes

Tire Replacement



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

403-230-6889 • odysseyauto.ca

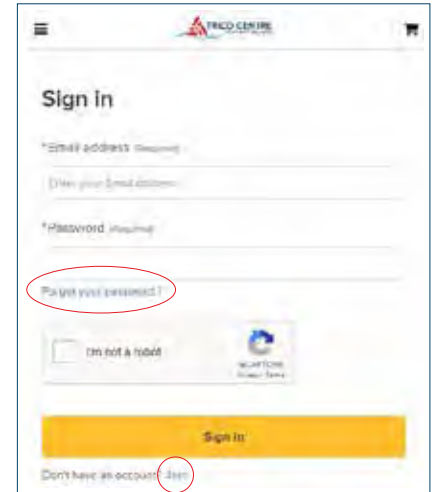
PROGRAM REGISTRATION

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

Spring/Summer: Registration opens at 6:00am on March 4th for members, and 6:00am on March 6th 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 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.

“The people at the front desk are awesome. The people at the gym desk are awesome. The people make the difference for me.”

- MEMBER, FAMILY MEMBERSHIP (1-3 YEARS)



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

Small Group Training is also available!

Reach out to learn more and find the perfect fit for your goals!

 **Sign up for your FREE Performance Planning Consultation today!**

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

WWW.TRICOCENTRE.CA/PERSONAL-TRAINING

YOUTH ORIENTATIONS

Encouraging fitness for 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 (YO¹) (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 YO¹ with the youth.

YOUTH ORIENTATION 2 (YO²) (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**

GROUP FITNESS CLASSES

Did you know that Trico Centre has the second largest drop-in series in Calgary with over 80 weekly group fitness classes? **ALL INCLUDED IN YOUR MEMBERSHIP! ALL IN ONE LOCATION!**



STRENGTH

Lift, sTRXngth, Sculpt & Core



CARDIO

Cycling, Step, Zumba®, Rowing



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, and award-winning fitness instructors, offering the largest aquasize program and the most extensive drop-in fitness schedule in southeast Calgary. Our comprehensive range of programs and services makes us one of the top health and fitness destinations in the city.



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.



ROW: CREW

Developed in-house, it is the first of its kind WORLDWIDE!

The next step in rowing and teamwork is in this crew based class. Technical proficiency, cardio endurance and power will all be developed through single, pair and quad based training simulations. Due to the technical requirements, some experience and participation in Trico Centre's drop-in Rowing is necessary.

17704 April 5-June 21 Sa 4:00-5:00pm \$130.00 10 Classes

Not ready yet? Check out Trico Centre's Drop-in Rowing classes, starting with "Row with a Pro" Saturdays @ 5:15pm with Team Canada Rower Olivia McMurray!

WORKSHOPS

BRUNCH FITNESS SERIES

Join our Trico Centre instructors once a month 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.

BEND & BRUNCH (YOGA)

16181 Sunday, April 27

PILATES & BRUNCH

17696 Sunday, May 25



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

Located at Trico Centre

Lifetime Smiles
DENTAL HYGIENE CLINIC

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 coordination and strength. The classes include bodyweight exercises, functional circuits, stretching, and non-contact boxing drills.

17654	Apr 7-Jun 25 No classes May 19	M/W	12:00-12:50pm	\$299.00	23 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.

17645	May 7-Jun 25	W	1:00-1:50pm	\$104.00	8 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.

17656	Apr 1-Apr 24	Tu/Th	6:00-7:00pm	\$104.00	8 Classes
17657	May 6-May 29	Tu/Th	6:00-7:00pm	\$104.00	8 Classes

GOLF CONDITIONING

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

17655	May 4-Jun 22 No class May 18	Su	8:00-8:50am	\$91.00	7 Classes
-------	---------------------------------	----	-------------	---------	-----------



TEEN GIRLS ON WEIGHTS (GOW) 13-17 YEARS OLD

This Train with Trico introduction is a safe comfortable environment for TEEN girls to learn how to lift effectively. Dive into the do's & 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 & power. Machine exercise, free weights, cardio and core are all covered. This program is generously subsidized by the **InMotion Network**.

17705	May 6-Jun 24	Tu	5:00-6:00pm	\$52.00	8 Classes
17717	Jul 8-Aug 26	Tu	5:00-6:00pm	\$52.00	8 Classes



BUILDING BETTER

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

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!

17643	May 5-Jun 23 No class May 19	M	1:00-1:50pm	\$91.00	7 Classes
17665	Jul 7-Aug 25 No class Aug 4	M	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.

17638	May 5-Jun 25 No class May 19	M/W	1:00-1:50pm	\$199.00	15 Classes
-------	---------------------------------	-----	-------------	----------	------------

BUILDING BETTER - CONTINUED

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).



17640	Apr 29-Jun 26	Tu/Th	12:00-12:50pm	\$144.00*ND	18 Classes
17641	Apr 29-Jun 26	Tu/Th	1:00-1:50pm	\$144.00*ND	18 Classes
17642	Apr 29-Jun 26	Tu/Th	2:00-2:50pm	\$144.00*ND	18 Classes
17663	Jul 8-Aug 28	Tu/Th	1:00-1:50pm	\$128.00*ND	16 Classes
17664	Jul 8-Aug 28	Tu/Th	2:00-2:50pm	\$128.00*ND	16 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.

17644	May 9-Jun 27	F	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.

17639	May 4-Jun 22	Su	11:45-12:45pm	\$91.00	7 Classes
No class May 18					

“Routines are well thought out and fluid, we work all body parts. Class is fun and upbeat and a great workout.” - BETTER BALANCE PROGRAM PARTICIPANT



Sports Medicine & Rehabilitation Centres

www.panthersportsmedicine.com

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

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



www.facebook.com/panthersportsmedicine/



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

Take the Leap to Good Health

Country Hills

11950 Country Village Link NE 403.226.5733

Cranston Market

2002, 356 Cranston Road SE 403.455.1888

Deer Valley

St 102, 83 Deerpoint Rd. SE 403.475-1755

Marlborough Mall

425 Marlborough Way NE 403.272.4202

McKenzie Towne

75 High Street SE 403.257.6238

Oakridge

10003 - 24 Street SW 403.258.2659

Seton YMCA

4995 Market Street SE 403.764.6337

South Fish Creek Rec Complex

333 Shawville Blvd SE 403.225.0210

Trico Centre

11150 Bonaventure Drive SE 403.278.5311

Walden

130, 19606 Walden Blvd 587.356.4327

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.

17648	Apr 28-May 26 No class May 19	M	10:00-10:45am	\$52.00	4 Classes
17649	May 1-May 29	Th	9:00-9:45am	\$65.00	5 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. Please bring your own mat and a blanket for baby.

IN STUDIO

17652	May 5-Jun 23 No class May 19	M	9:00-10:00am	\$91.00	7 Classes
-------	---------------------------------	---	--------------	---------	-----------

IN THE PARK

17660	Jul 10-Aug 28	Th	9:00-10:00am	\$104.00	8 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.

17651	May 6-Jun 24	Tu	10:00-10:50am	\$104.00	8 Classes
17659	Jul 8-Aug 26	Tu	10:00-10:50am	\$104.00	8 Classes

BABY & YOU BARRE

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

17650	May 7-Jun 25	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 will help the birth experience. It will help you prepare physically, mentally, and emotionally for the birth of your baby.

17653	May 10-Jun 28 No class May 17	Sa	11:45-1:00pm	\$113.75	7 Classes
-------	----------------------------------	----	--------------	----------	-----------

“ StrollerFit was a game-changer for me as a new parent - it was the perfect way to stay active, bond with my baby, and meet other parents.”

- BABY & YOU STROLLERFIT PROGRAM PARTICIPANT



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.

17658	May 7-Jun 25	W	1:15-2:15pm	\$104.00	8 Classes
17661	Jul 9-Aug 27	W	1:15-2:15pm	\$104.00	8 Classes

“ Shannon is an exceptional leader. She is prepared, gives healthy feedback, and encouragement for aging clientele to be the best they can be. **”**

- CHAIR YOGA PROGRAM PARTICIPANT

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.

17636	Apr 7-Jun 23 No classes May 19	M	7:15-8:15pm	\$143.00	11 Classes
-------	-----------------------------------	---	-------------	----------	------------

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!

17646	May 4-Jun 22 No class May 18	Su	9:00-9:45am	\$91.00	7 Classes
17667	Jul 6-Aug 24 No class Aug 3	Su	9:00-9:45am	\$91.00	7 Classes



MEMBER PERK!

Carriage House Hotel & Conference Centre, Peanuts Public House, and Ninety Thirty Dining Lounge are valued Trico Centre partners. Discover their “perks” on page 4!



the
CARRIAGE HOUSE
hotel & conference centre

FOUR UNIQUE
DINING OPTIONS

NINETY THIRTY
DINING LOUNGE

Peanuts
PUBLIC HOUSE

Dudley's
GAMING LOUNGE

CARRIAGEHOUSE.NET
403.253.1101
@CARRIAGEHOUSEYYC

SAY “YES”

TO GARDENING AT
YOUR LEISURE.



SAY “NO”

HOME REPAIRS,
COOKING &
CLEANING.

COME HOME TO **INCLUSIVE LIVING** AT TRICO LIVINGWELL

LOVE
YOUR
DAYS™

Picture your retirement with all the comforts of home, but without the headaches of home ownership. You can have the best of all worlds in your new Inclusive Living residence at Trico LivingWell.

Enjoy the worry-free, independent retirement lifestyle you've earned, plus a safe, welcoming place with three delicious meals daily, fun programming and amenities, and wonderful new friends.

Leave the home maintenance, cleaning and cooking behind with an affordable home and lifestyle package that includes:

- ✓ Three delicious meals daily in our restaurant, bistro or lounge
- ✓ Private suite featuring a kitchenette & modern finishes
- ✓ Convenient in-suite washer & dryer
- ✓ Weekly light housekeeping & flat linen service
- ✓ Utilities, cable television, Internet & telephone
- ✓ Art & hobby spaces, theatre, games room & fitness centre
- ✓ Secure living with indoor/outdoor green spaces, paths & gardens
- ✓ Wellness programs and 24/7 on-site emergency response

Ask about options including secure underground parking, guest dining, personal health care, plus salon and spa services.



Show Suites Open
Book your tour today.
7670 - 4A Street SW

Questions? We have answers!
Reach out to our friendly team.
403.281.2802

Find virtual tours, sample dining menus & more at TricoLivingWell.com

 Trico
LivingWell
Retirement Community

INDEPENDENT LIVING • INCLUSIVE LIVING • MEMORY CARE

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.

16600	Apr 5-Jun 21 No classes April 19/May 17	Sa	9:00-9:30am	\$140.00	10 Classes
16604	Apr 6-Jun 22 No classes April 20/May 18	Su	9:00-9:30am	\$140.00	10 Classes

SPORTBALL PARENT & TOT (16 MOS - 3 YRS)

Instructors provide children with the knowledge and ability to play sports with confidence. The first half of each class is dedicated to skill development and the second half puts those lessons to work in an exciting, non-competitive game.

OUTDOOR MULTI-SPORT | 16 MOS - 2 YRS

17122	Jul 2-Aug 27	W	9:15-10:00am	\$231.75*ND	9 Classes
17121	Jul 2-Aug 27	W	10:00-10:45am	\$231.75*ND	9 Classes

INDOOR/OUTDOOR SOCCER | 2-3 YRS

17115	Apr 5-Jun 21 No classes April 19/May 17	Sa	9:00-9:45am	\$292.15*ND	10 Classes
17116	Apr 5-Jun 21 No classes April 19/May 17	Sa	9:45-10:30am	\$292.15*ND	10 Classes

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

17113	Apr 6-Jun 22 No classes April 20/May 18	Su	9:15-10:00am	\$292.15*ND	10 Classes
-------	---	----	--------------	-------------	---------------

OUTDOOR SOCCER/T-BALL | 2-3 YRS

17128	Jul 6-Aug 24	Su	9:15-10:00am	\$214.90*ND	7 Classes
-------	--------------	----	--------------	-------------	--------------

OUTDOOR SOCCER | 2-3 YRS

17123	May 22-Jun 26	Th	6:00-6:45pm	\$189.15*ND	6 Classes
17124	Jul 3-Aug 28	Th	6:00-6:45pm	\$266.40*ND	9 Classes
17126	Jul 5-Aug 23	Sa	9:00-9:45am	\$214.90*ND	7 Classes
17127	Jul 5-Aug 23	Sa	9:45-10:30am	\$214.90*ND	7 Classes

MINI-MOVERS (2 - 3 YRS)

Let your toddler burn energy and build skills in this action-packed parent-and-tot program! Through songs, games, and play, they'll enjoy running, jumping, throwing, and kicking—while you bond and have fun together.

16589	Apr 4-Jun 20 No class April 18	F	10:00-10:45am	\$192.50	11 Classes
-------	-----------------------------------	---	---------------	----------	------------

GYM TOTS (2 - 3 YRS)

Designed for active 2-3 year olds and their caregivers! Guided by our enthusiastic gym instructor, this program fosters fine and gross motor skill development, coordination, and social interaction through engaging activities. With tumbling mats, incline/trapezoid mats, balance beams, and a mini trampoline, little ones will leap, skip, roll, and bounce while discovering the fun of active play together!

16587	Apr 8-Jun 17	Tu	9:00-9:45am	\$192.50	11 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.

16588	Apr 7-Jun 23 No classes May 19	M	9:45-10:30am	\$192.50	11 Classes
-------	-----------------------------------	---	--------------	----------	------------

MUSIC AND MOVEMENT (2 - 3 YRS)

Join your little one for 45 minutes of pure joy! This engaging parent-and-tot program introduces your child to the world of music and movement through songs, rhythm, and playful activities. Guided by our enthusiastic Children's Program Facilitator, it's the perfect opportunity for your child to build confidence, coordination, and creativity - all with you by their side.

16590	Apr 4-Jun 20 No class April 18	F	9:00-9:45am	\$192.50	11 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, Little Learners).

16585	Apr 9-Jun 18	W	9:15-10:45am	\$214.50	11 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)

This 90-minute program is designed to help your child blossom with confidence and independence! Through engaging stories, creative crafts, exciting games, and plenty of play, your little one will develop key early life skills like hand washing, tidying up, and building social connections. Guided by our caring Children's Program Facilitator, this is the perfect way to prepare your child for the next big step—preschool! Note: children must be fully potty trained.

16591	Apr 10-Jun 19	Th	9:15-10:45am	\$214.50	11 Classes
-------	---------------	----	--------------	----------	------------

LITTLE LEARNERS (3 - 4 YRS)

This fun and engaging 2-hour program helps 3-4 year-olds get ready for kindergarten through hands-on learning, creative crafts, active games, and center-based play. Each session includes circle time, a snack break, and plenty of opportunities for social connection and skill development. With a focus on discovery and fun, it's the perfect way to build confidence and prepare for the classroom.

16597	Apr 7-Jun 16 No classes May 19	M	9:15-11:15am	\$195.00	10 Classes
16598	Apr 9-Jun 18	W	1:00-3:00pm	\$214.50	11 Classes

KANGAROOS & KROCODILES (3 - 5 YRS)

Your little one will start their morning hopping and bouncing through exciting sports and games in the gym, building coordination, confidence, and smiles. Then they'll cool off with a swim lesson designed for Preschool Swim Levels 1-3, helping them gain water confidence and essential swimming skills.

Swim Lesson Note: Parents are required to stay on the pool deck from 10:00-10:30 am during the swim session.

16592	Apr 10-May 29	Th	9:00-10:30am	\$168.00	8 Classes
-------	---------------	----	--------------	----------	-----------

KINDER GYM (3 - 5 YRS)

Tailored for energetic 3 to 5 year olds! Led by our enthusiastic gym instructor, children will practice fine and gross motor skills, develop coordination, and enjoy social interaction through playful activities. Using tumbling mats, incline/trapezoid mats, balance beams, and a mini trampoline, they'll leap, skip, roll, and bounce as they discover the joy of active play!

16593	Apr 8-Jun 17	Tu	10:00-10:45am	\$192.50	11 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.



16601	Apr 5-Jun 21 No classes April 19/May 17	Sa	9:35-10:05am	\$140.00	10 Classes
16605	Apr 6-Jun 22 No classes April 20/May 18	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!

16606	Apr 6-Jun 22 No classes April 20/May 18	Su	10:10-10:40am	\$140.00	10 Classes
-------	--	----	---------------	----------	------------



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.



MOVE AND GROOVE (3 - 5 YRS)

Our Children's Program Facilitator will have your preschooler moving, grooving, and having a blast in this lively gym program! Designed for 3-5-year-olds, Move and Groove combines fun songs, engaging games, and active gym-based activities to develop motor skills, coordination, and confidence.



16596	Apr 10-May 29	Th	10:30-11:15am	\$140.00	8 Classes
-------	---------------	----	---------------	----------	-----------

YOUNG REMBRANDTS (4 - 5 YRS)

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

16599	Apr 10-May 15	Th	5:30-6:15pm	\$123.60*ND	6 Classes
16654	May 22-Jun 19	Th	5:30-6:15pm	\$103.00*ND	5 Classes

SPORTBALL (3 - 5 YRS)

Instructors provide children with the knowledge and ability to play sports with confidence. The first half of each class is dedicated to skill development and the second half puts those lessons to work in an exciting, non-competitive game.

INDOOR/OUTDOOR SOCCER

17114	Apr 5-Jun 21 No classes April 19/May 17	Sa	10:30-11:30am	\$292.15*ND	10 Classes
-------	---	----	---------------	-------------	------------

INDOOR/OUTDOOR SOCCER/T-BALL

17118	Apr 6-Jun 22 No classes April 20/May 18	Su	10:00-11:00am	\$292.15*ND	10 Classes
-------	---	----	---------------	-------------	------------

OUTDOOR SOCCER

17129	May 22-Jun 26	Th	5:00-6:00pm	\$189.15*ND	6 Classes
17130	Jul 3-Aug 28	Th	5:00-6:00pm	\$266.40*ND	9 Classes
17131	Jul 5-Aug 23	Sa	10:30-11:30am	\$214.90*ND	7 Classes

OUTDOOR MULTI-SPORT

17120	Jul 2-Aug 27	W	10:45-11:45am	\$231.75*ND	9 Classes
-------	--------------	---	---------------	-------------	-----------

OUTDOOR SOCCER/T-BALL

17134	Jul 6-Aug 24	Su	10:00-11:00am	\$214.90*ND	7 Classes
-------	--------------	----	---------------	-------------	-----------

MAKE A DIFFERENCE

When you donate to Trico Centre, you're investing in a healthier, stronger, and more connected community. With your help, we can expand our reach, improve our services, and ensure no one is left behind.

PLEASE CONSIDER DONATING!
WWW.TRICOCENTRE.CA/DONATE

TRICO CENTRE FOR FAMILY WELLNESS

CHILD & YOUTH (5 TO 17 YEARS)

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

BALLET, JAZZ AND STRETCH (5 - 7 YRS)

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

16607	Apr 6-Jun 22 No classes April 20/May 18	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

16602	Apr 2-Jun 21 No classes April 19/May 17	Sa	10:10-10:55am	\$175.00	10 Classes
-------	--	----	---------------	----------	------------

8-12 YRS

16603	Apr 5-Jun 21 No classes April 19/May 17	Sa	11:00-11:45am	\$175.00	10 Classes
-------	--	----	---------------	----------	------------

FEET & FINS (6 - 9 YRS)

Get ready for a fun-filled adventure with Feet and Fins! This exciting 90-minute program kicks off with energetic sports and games in the gym, where kids can burn off energy and enjoy active play with friends. Afterward, they'll splash into the pool for a 30-minute swim lesson designed to help them progress through Swimmer Levels 1-3, building confidence and skills in the water. Parents, you'll have a front-row seat to cheer them on, as you stay on the pool deck during their swim lesson (7:00-7:30pm). It's the perfect mix of fitness, fun, and learning – a program your child won't want to miss!

16608	Apr 8-May 27	Tu	6:00-7:30pm	\$168.00	8 Classes
16609	Apr 9-May 28	W	6:00-7:30pm	\$168.00	8 Classes

MEGASPORTS (6 - 9 YRS)

Get ready for a blast with Mega Sports! This action-packed program introduces kids to a variety of exciting sports, from soccer to basketball, and everything in between! With tons of opportunities to make new friends, build teamwork skills, and develop important athletic abilities, kids will have a blast while staying active.

16611	Apr 8-May 27	Tu	5:15-6:00pm	\$140.00	8 Classes
-------	--------------	----	-------------	----------	-----------

SPORTBALL (6 - 8 YRS)

Instructors provide children with the knowledge and ability to play sports with confidence. The first half of each class is dedicated to skill development and the second half puts those lessons to work in an exciting, non-competitive game.

INDOOR/OUTDOOR SOCCER/T-BALL

17119	Apr 5-Jun 21 No classes April 19/May 17	Sa	11:30-12:30pm	\$292.15*ND	10 Classes
17117	Apr 6-Jun 22 No classes April 20/May 18	Su	11:00-12:00pm	\$292.15*ND	10 Classes

OUTDOOR SOCCER

17132	May 22-Jun 26	Th	6:45-7:45pm	\$189.15*ND	6 Classes
17136	Jul 3-Aug 28	Th	6:45-7:45pm	\$266.40*ND	9 Classes
17133	Jul 5-Aug 23	Sa	11:30-12:30pm	\$214.90*ND	7 Classes

OUTDOOR SOCCER/T-BALL

17135	Jul 6-Aug 24	Su	11:00-12:00pm	\$214.90*ND	7 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.

16610	Apr 9-May 28	W	5:15-6:00pm	\$140.00	8 Classes
-------	--------------	---	-------------	----------	-----------

YOUNG REMBRANDTS (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, that brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

16642	Apr 10-May 15	Th	6:20-7:20pm	\$123.60*ND	6 Classes
16655	May 22-Jun 19	Th	6:20-7:20pm	\$103.00*ND	5 Classes

YOUNG REMBRANDTS: CARTOONING (8 - 12 YRS)

Learning to draw can be fun, especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! This delightful program combines Young Rembrandts innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

16643	Apr 10-May 15	Th	7:30-8:30pm	\$123.60*ND	6 Classes
16656	May 22-Jun 19	Th	7:30-8:30pm	\$103.00*ND	5 Classes

CHILD SAFE CANADA: BABYSITTER COURSE (10+ YRS)

A course for responsible youth (at least 10 years of age) who want to become a babysitter or may already be one. The babysitter course covers the responsibilities of a babysitter, safety tips for children of all ages, mealtimes, stages of play and development, diapering babies, basic childcare skills, and what to do in case of an emergency. This course also covers creating a resume and finding jobs the safe way.

16658	Jun 14	Sa	10:00-5:00pm	\$91.67*ND	1 Course
-------	--------	----	--------------	------------	----------

CHILD SAFE CANADA: HOME ALONE SAFETY (10+ YRS)

An interactive safety training program for youth at least 10 years of age and all siblings aged seven and up. This valuable safety program prepares youth for the important step of being home alone safely. Being home alone can be an uncomfortable and unsafe situation without some basic skills. Those safety, first aid, and comfort skills are covered in this course through interactive games and role playing. Let's work to keep our children safe and confident. Home Alone is recommended prior to taking babysitter training. Please note: Younger siblings 7+ must complete a separate registration to attend.

16657	Apr 5	Sa	10:00-12:00pm	\$50.00*ND	1 Course
-------	-------	----	---------------	------------	----------



TEEN GIRLS ON WEIGHTS (GOW) 13-17 YEARS OLD

This Train with Trico introduction is a safe comfortable environment for TEEN girls to learn how to lift effectively. Dive into the do's & don't's 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 & power. Machine exercise, free weights, cardio and core are all covered. This program is generously subsidized by the **InMotion Network**.

17705	May 6-Jun 24	Tu	5:00-6:00pm	\$52.00	8 Classes
17717	Jul 8-Aug 26	Tu	5:00-6:00pm	\$52.00	8 Classes



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

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

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

L.I.T. program requirements:

- Must be available to attend their designated training day, listed below.
- **Must be available to attend all selected camp dates.**

Desired skillset:

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

CODE	CAMP DATES	MANDATORY TRAINING DAY		
17062	July 7-11 & July 14-18	Wed. July 2	10am - 2pm	\$125.00*ND
17063	July 14-18 & July 21-25	Wed. July 2	10am - 2pm	\$125.00*ND
17064	July 21-25 & July 28-August 1	Wed. July 2	10am - 2pm	\$125.00*ND
17065	July 28-August 1 & August 5-8	Thurs. July 3	10am - 2pm	\$125.00*ND
17066	August 5-8 & August 11-15	Thurs. July 3	10am - 2pm	\$125.00*ND
17067	August 11-15 & August 18-22	Thurs. July 3	10am - 2pm	\$125.00*ND





TRICO CENTRE CHARITY GOLF CLASSIC 2025

THURSDAY, JUNE 26TH, 2025
Blue Devil Golf Club

We are setting our sights on raising \$50,000 in 2025 to fund initiatives that promote physical, mental, and social wellness for our Out of School Care program and other youth programming. By sponsoring or golfing in the 2025 Trico Centre Charity Golf Classic, you'll be contributing directly to the safety, health and well-being of local children and youth. Join us in creating lasting change and improving the health of our community.

GET INVOLVED

Whether it is as a sponsor, a player, or a prize donor, every contribution makes a difference and we are deeply grateful. In 2025, we invite you to join us – or join us again! - **in making an impact in whatever way suits you best.**



\$50,000
FUNDRAISING GOAL

COME PLAY!

\$275
INDIVIDUAL

\$520
TWSOME

\$995
FOURSOME

TO PLAY IN OR SPONSOR THE CLASSIC, CONTACT US AT

 marketing@tricocentre.ca

 403.225.5558

 tricocentre.ca/golf-classic

SKILL BUILDER PROGRAM

4-14 YEARS

Skill Builder Programs are an inclusive series designed to foster and support the mental, social, emotional, and physical development of children and youth.

OUR MISSION:

- ✿ Build confidence and foster a sense of belonging.
- ✿ Provide extra time to learn and develop skills in a small group setting.
- ✿ Introduce tailored 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

»» We welcome participants of all abilities, whether neurotypical or neurodivergent, with or without formal diagnoses.

For children who would benefit from 1-on-1 support, we encourage caregivers to arrange for an aide or attend the program with their child.

If you have questions, please contact the Child and Youth Programs Director (Jennifer Howard) at 587-393-9487 or jhoward@tricocentre.ca.

SKILL BUILDER: FINE MOTOR

This playful program helps children build confidence and independence by strengthening the small muscles in their hands, wrists, and fingers. Through fun games and center-based activities, children will practice skills like grasping, hand-eye coordination, finger strength, and control. These foundational skills support tasks such as buttoning, zippering, coloring, and using scissors—setting them up for success in daily activities!

4-6 YEARS OLD

16594	Apr 5-Jun 14 No classes April 19/May 17	Sa	9:30-10:30am	\$180.00	9 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

16621	Apr 6-May 11 No class April 20	Su	9:30-10:30am	\$100.00	5 Classes
16623	May 25-Jun 22	Su	9:30-10:30am	\$100.00	5 Classes

9-12 YEARS OLD

16622	Apr 6-May 11 No class April 20	Su	11:00-12:00pm	\$100.00	5 Classes
16624	May 25-Jun 22	Su	11:00-12:00pm	\$100.00	5 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.

6-10 YEARS OLD

16633	Apr 5-Jun 14 No classes April 19/May 17	Sa	11:00-12:00pm	\$180.00	9 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

16613	Apr 9-May 14	W	5:00-6:00pm	\$120.00	6 Classes
16615	May 21-Jun 18	W	5:00-6:00pm	\$100.00	5 Classes

9-12 YEARS OLD

16614	Apr 9-May 14	W	6:30-7:30pm	\$120.00	6 Classes
16616	May 21-Jun 18	W	6:30-7:30pm	\$100.00	5 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

16617	Apr 7-May 12	M	5:00-6:00pm	\$120.00	6 Classes
16619	May 26-Jun 23	M	5:00-6:00pm	\$100.00	5 Classes

9-12 YEARS OLD

16618	Apr 7-May 12	M	6:30-7:30pm	\$120.00	6 Classes
16620	May 26-Jun 23	M	6:30-7:30pm	\$100.00	5 Classes

SKILL BUILDER: WELLNESS WARRIORS

In this program, kids will discover helpful tools and strategies to recognize body clues and find calm when they need it most. Each child will create their very own personalized "calm-down kit," filled with techniques they can use anytime to feel more in control and at ease. It's all about building confidence, emotional awareness, and resilience in a fun, supportive environment!

6-9 YEARS OLD

16629	Apr 10-May 15	Th	5:00-6:00pm	\$120.00	6 Classes
16631	May 22-Jun 19	Th	5:00-6:00pm	\$100.00	5 Classes

9-12 YEARS OLD

16630	Apr 10-May 15	Th	6:30-7:30pm	\$120.00	6 Classes
16632	May 22-Jun 19	Th	6:30-7:30pm	\$100.00	5 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.

6-9 YEARS OLD

16625	Apr 8-May 13	Tu	5:00-6:00pm	\$120.00	6 Classes
16627	May 20-Jun 17	Tu	5:00-6:00pm	\$100.00	5 Classes

9-12 YEARS OLD

16626	Apr 8-May 13	Tu	6:30-7:30pm	\$120.00	6 Classes
16628	May 20-Jun 17	Tu	6:30-7:30pm	\$100.00	5 Classes

“ I think the Skill Builder Programs are likely to pique the interest of parents with neurodiverse children, but really every parent of neurotypical children should sign their kids up too.”

- SKILL BUILDER PROGRAM PARENT



MEMBER PERK!

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

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

16650	Apr 5-May 10 No class April 19	Sa	9:00-10:00am	\$100.00	5 Classes
-------	-----------------------------------	----	--------------	----------	-----------

VOLLEYBALL: 6-8 YEARS OLD

17068	Apr 10-Jun 19	Th	5:15-6:15pm	\$220.00	11 Classes
-------	---------------	----	-------------	----------	------------

VOLLEYBALL: 9-12 YEARS OLD

17069	Apr 10-Jun 19	Th	6:15-7:15pm	\$220.00	11 Classes
-------	---------------	----	-------------	----------	------------

BASKETBALL: 6-8 YEARS OLD

16647	Apr 6-May 11 No class April 20	Su	1:00-2:00pm	\$100.00	5 Classes
-------	-----------------------------------	----	-------------	----------	-----------

BASKETBALL: 9-14 YEARS OLD

16646	Apr 4-Jun 20 No class April 18	F	6:15-7:15pm	\$220.00	11 Classes
16648	Apr 6-May 11 No class April 20	Su	2:05-3:05pm	\$100.00	5 Classes

SKILL BUILDER: FITQUEST

This program is the ultimate way for kids to burn off energy, have fun, and build confidence all while improving their fitness. They'll race through thrilling obstacle courses, jump between exciting fitness stations, and tackle challenges that help develop strength, coordination, and agility. In a supportive, non-competitive environment, kids will feel motivated to try their best, make new friends, and celebrate their progress.

6-9 YEARS OLD

16653	Apr 9-Jun 18	W	5:15-6:15pm	\$220.00	11 Classes
-------	--------------	---	-------------	----------	------------

9-14 YEARS OLD

16649	Apr 6-May 11 No class April 20	Su	3:15-4:15pm	\$100.00	5 Classes
-------	-----------------------------------	----	-------------	----------	-----------

SKILL BUILDER: TRI-SPORT

This program is the perfect way for kids to try something new and develop their skills in basketball, soccer, and badminton! Through interactive games and activities, they'll explore the basics of each sport in a supportive, non-competitive environment. It's all about having fun, building confidence, and discovering new interests while staying active.

6-8 YEARS OLD

16651	Apr 5-May 10 No class April 19	Sa	10:05-11:05am	\$100.00	5 Classes
-------	-----------------------------------	----	---------------	----------	-----------

9-14 YEARS OLD

16652	Apr 5-May 10 No class April 19	Sa	11:10-12:10pm	\$100.00	5 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!

16644	Apr 4-Jun 20 No class April 18	F	4:15-5:15pm	\$220.00	11 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.

16645	Apr 4-Jun 20 No class April 18	F	5:15-6:15pm	\$220.00	11 Classes
-------	-----------------------------------	---	-------------	----------	------------

MESSAGE for health CLINIC

WE ARE LOCATED IN THE TRICO CENTRE ABOVE THE ARENA

403.225.0763 | message4health.ca



SCAN FOR TOUR

Mention this ad at the clinic and receive:

15% OFF

any treatments listed below.



RMT MASSAGE - THERAPEUTIC AND RELAXATION • MYOFASCIAL RELEASE & CUPPING
GRASTON TECHNIQUE • PREGNANCY MASSAGE
SOUND HEALING • REFLEXOLOGY • LASER HAIR REMOVAL • MANUAL OSTEOPATHY • CRANIOSACRAL THERAPY

 /message4health.ca

 /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 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	8 CLASSES
PARENT & TOT AND PRESCHOOL	30 MIN	\$77.50	\$93.00	\$108.50	\$124.00
SWIMMER 1	30 MIN	\$90.00	\$108.00	\$126.00	\$144.00
SWIMMER 2-4 & SWIMABILITIES®	45 MIN	\$102.50	\$123.00	\$143.50	\$164.00
SWIMMER 5/6 AND ADULT	60 MIN	\$107.50	\$129.00	\$150.50	\$172.00
SWIM PATROL	90 MIN	\$120.00	\$144.00	\$168.00	\$192.00
PRIVATE	30 MIN	\$250.00	\$300.00	\$350.00	\$400.00

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 diverse needs who need additional support to achieve their beginner swim goals and increase their safety awareness. This class helps to build independence and enjoyment in and around the water. Classes are 45 minutes long with 30 minutes of class time and 15 minutes for transitions from the pool and play.

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

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

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

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

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



LEARN TO SWIM LEVELS



Visit our website for more comprehensive descriptions of each level:
WWW.TRICOCENTRE.CA/SWIM-LEVELS

PARENT & TOT (4 MOS - 3 YRS PARENTED)

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

PARENT & TOT 1: 4 - 12 months

PARENT & TOT 2: 1 - 2 years

PARENT & TOT 3: 2 - 3 years

PRESCHOOL (3 - 5 YRS)

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 who 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.



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.

LEARN TO SWIM – SPRING PRIVATE LESSONS

MONDAYS APRIL 7-MAY 26 (7) NO LESSON MAY 19	TUESDAYS APRIL 8-MAY 27 (8)	WEDNESDAYS APRIL 9-MAY 28 (8)	THURSDAYS APRIL 10-MAY 29 (8)	SATURDAYS APRIL 5-MAY 31 (7) NO LESSONS APR 19/MAY 17	SUNDAYS APRIL 6-MAY 25 (6) NO LESSONS APR 20/MAY 18
9:30-10am (16922)	9:30-10am (16933)	9-9:30am (16946)	10:30-11am (16956)	8:30-9am (16966)	9-9:30am (16685) (16912)
10-10:30am (16923)	10:30-11am (16934)	10-10:30am (16947)	4:30-5pm (16957)	9-9:30am (16967)	9:45-10:15am (16913)
4:30-5pm (16924) (16925)	4:30-5pm (16935) (16936)	10:30-11am (16948)	5-5:30pm (16958)	9:15-9:45am (16968)	10-10:30am (16914)
5-5:30pm (16926)	5-5:30pm (16937)	4:30-5pm (16949) (16950)	6-6:30pm (16959)	9:30-10am (16969) (16970)	10:30-11am (16915)
5:30-6pm (16927)	5:30-6pm (16938)	5:30-6pm (16951)	6:15-6:45pm (17632)	9:45-10:15am (16971)	10:45-11:15am (16916)
5:45-6:15pm (16928) (16929)	6-6:30pm (17621)	5:45-6:15pm (16952)	6:45-7:15pm (16960) (16961)	11-11:30am (16972)	11:30-12pm (16917)
6:30-7pm (17615)	6:30-7pm (16939)	6-6:30pm (17627)	7-7:30pm (16962)	11:30-12pm (16973)	11:45-12:15pm (16918)
7-7:30pm (17616) (16930) (16931) (16932)	6:45-7:15pm (16940) (16941)	7-7:30pm (16953) (16954) (16955)	7:30-8pm (16963) (16964) (16965)	12-12:30pm (16974)	12:15-12:45pm (16919)
	7-7:30pm (17622)			12:30-1pm (16975)	12:45-1:15pm (16920) (16921)
	7:30-8pm (17623) (16942) (16944) (16945)				

CIR REALTY

We make Real Estate
EASY for Everyone!

- First-time Homebuyers
- Growing Families
- Down-sizers

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



LEARN TO SWIM - SPRING SESSION

LEVEL	MONDAYS APRIL 7-MAY 26 (7) NO LESSON MAY 19	TUESDAYS APRIL 8-MAY 27 (8)	WEDNESDAYS APRIL 9-MAY 28 (8)	THURSDAYS APRIL 10-MAY 29 (8)	SATURDAYS APRIL 5-MAY 31 (7) NO LESSONS APR 19 OR MAY 17	SUNDAYS APRIL 6-MAY 25 (6) NO LESSONS APR 20 OR MAY 18
PARENT & TOT 1/2	9:30-10am (16700) 5-5:30pm (16701)	10-10:30am (16702)	9:30-10am (16703) 5-5:30pm (16704)	9:30-10am (16705)	9-9:30am (16706)	9:30-10am (16255) 11:15-11:45am (16699)
PARENT & TOT 2/3	10-10:30am (16707) 5:30-6pm (16708)	9:30-10am (16709) 5:30-6pm (16710)	10:30-11am (16711) 6-6:30pm (16712)	10:30-11am (16713) 5:30-6pm (16714)	10-10:30 (16715)	10:30-11am (16673)
PRESCHOOL 1	9-9:30am (16721) 10:30-11am (16722) 4:30-5pm (16723) 4:30-5pm (16724) 5:30-6pm (16725) 6-6:30pm (16726)	9-9:30am (16727) 4:30-5pm (16728) 5-5:30pm (16729) 5:45-6:15pm (16730) 6:30-7pm (16731)	9:30-10am (16732) 10-10:30am (16733) 4:30-5pm (16734) 5-5:30pm (16735) 5:30-6pm (16736) 5:45-6:15pm (16737)	9-9:30am (16738) 5-5:30pm (16739) 5:15-5:45pm (16760) 5:45-6:15pm (16740) 6:30-7pm (16741) 6:30-7pm (16742)	8:30-9am (16743) 9:30-10am (16744) 10:15-10:45am (16745) 11:30-12pm (16746) 12-12:30pm (16747) 12:30-1pm (16748)	9-9:30am (16675) 10-10:30am (16716) 10:30-11am (16717) 11:15-11:45pm (16718) 12:15-12:45pm (16719) 12:45-1:15pm (16720)
PRESCHOOL 2	9-9:30am (16753) 5-5:30pm (16754) 5:30-6pm (16755) 6-6:30pm (16756) 6:30-7pm (16757)	9-9:30am (16758) 10-10:30am (16759) 4:30-5pm (16760) 5:15-5:45pm (16761) 6-6:30pm (16762) 6:30-7pm (16762)	9-9:30am (16763) 4:30-5pm (16764) 5:30-6pm (16765) 6-6:30pm (16765) 6:30-7pm (16766)	9-9:30am (16767) 4:30-5pm (16768) 5:30-6pm (16769) 6-6:30pm (16770) 6:45-7:15pm (167633)	8:30-9am (16771) 9:45-10:15am (16772) 10:45-11:15am (16773) 11-11:30am (16774) 11:30-12pm (16775) 12-12:30pm (16776)	9-9:30am (16677) 9:30-10am (16749) 11:15-11:45am (16750) 12:15-12:45pm (16751) 12:45-1:15pm (16752)
PRESCHOOL 3	10:30-11am (16780) 4:30-5pm (17612) 5:15-5:45pm (16781) 6:15-6:45pm (16782)	10:30-11am (16783) 4:30-5pm (17617) 5-5:30pm (16784) 5:45-6:15pm (16785) 6:15-6:45pm (16786)	4:30-5pm (17624) 5-5:30pm (16787) 5:30-6pm (16788) 6:30-7pm (16789)	9:30-10am (16790) 5:15-5:45pm (16791) 5:30-6pm (16792) 6:15-6:45pm (16793)	8:30-9am (16794) 9:15-9:45am (16795) 10:15-10:45am (16796) 11-11:30am (16797) 12:30-1pm (16798) 12:30-1pm (16799)	10-10:30am (16679) 11:15-11:45am (16777) 12:15-12:45pm (16778) 12:45-1:15pm (16779)
PRESCHOOL 4/5	4:30-5pm (16802) 6-6:30pm (17613) 6:30-7pm (16803)	5-5:30pm (17618) 5:30-6pm (16804) 6-6:30pm (16805) 7-7:30pm (16806)	4:30-5pm (16807) 5-5:30pm (17626) 6:15-6:45pm (16808)	4:30-5pm (16809) 5:45-6:15pm (17631) 6-6:30pm (16810)	9-9:30am (16811) 10-10:30am (16812) 12:30-1pm (16813)	9:30-10am (16681) 11:45-12:15pm (16800) 12:45-1:15pm (16801)
SWIMMER 1	4:30-5pm (16819) 5-5:30pm (16820) 6-6:30pm (16821) 6:30-7pm (16822) 7-7:30pm (16823)	4:30-5pm (16824) 5:30-6pm (17619) 6-6:30pm (16825) 6:30-7pm (16826) 7-7:30pm (16827) 7:30-8pm (16828)	4:30-5pm (16829) 5-5:30pm (16830) 5:30-6pm (16831) 6-6:30pm (16832) 6:30-7pm (16833)	4:30-5pm (16834) 5-5:30pm (16835) 5:30-6pm (16836) 6:30-7pm (16837) 7-7:30pm (16838) 7-7:30pm (16839) 7:30-8pm (16840)	8:30-9am (16841) 9-9:30am (16842) 9:30-10am (16843) 10-10:30am (16844) 10:15-10:45am (16845) 11-11:30am (16846) 12-12:30pm (16847)	9-9:30am (16683) 9:30-10am (16814) 10-10:30am (16815) 11:15-11:45am (16816) 11:45-12:15pm (16817) 12:15-12:45 pm (16818)
SWIMMER 2	4:30-5:15pm (16851) 6-6:45pm (16852) 6:15-7pm (16853)	4:30-5:15pm (16854) 5:15-6pm (16855) 6-6:45pm (16856) 6:45-7:30pm (16857)	4:30-5:15pm (16858) 6-6:45pm (16859) 6:15-7pm (16860)	4:30-5:15pm (17677) 5:15-6pm (16861) 6-6:45pm (16862) 6:45-7:30pm (16863) 7:15-8pm (17634)	8:30-9:15am (16864) 9:45-10:30am (16865) 10:45-11:30am (16866) 11:30-12:15pm (16867) 12:15-1pm (16868)	9:30-10:15am (16691) 10:30-11:15am (16848) 11:30-12:15pm (16849) 12:30-1:15pm (16850)
SWIMMER 3	5-5:45pm (16872) 5:45-6:30pm (16873) 6:45-7:30pm (16874)	4:30-5:15pm (16875) 6-6:45pm (16876) 7:15-8pm (16877)	5-5:45pm (16878) 6:15-7pm (16879) 6:45-7:30pm (16880)	5:45-6:30pm (16881) 6-6:45pm (16882) 7:15-8pm (16883)	8:30-9:15am (16884) 10-10:45pm (16885) 11:15-12pm (16886) 11:45-12:30pm (16887) 12:15-1pm (16888)	9-9:45am (16693) 10:15-11pm (16869) 11:30-12:15pm (16870) 12-12:45pm (16871)
SWIMMER 4	5-5:45pm (16890) 6:45-7:30pm (16891)	5-5:45pm (16892) 6:15-7pm (16893) 7:15-8pm (16894)	5-5:45pm (16895) 6:45-7:30pm (16896)	4:30-5:15pm (17629) 5-5:45pm (16897) 7:15-8pm (16898)	8:30-9:15am (16899) 9-9:45am (16900) 10:45-11:30am (16901) 11:30-12:15pm (16902)	10-10:45am (16695) 11:45-12:30pm (16889)
SWIMMER 5/6	5-6pm (17614) 6:30-7:30pm (16904)	5-6pm (16905)	5:15-6:15pm (16906) 6:30-7:30pm (17628)	4:30-5:30pm (16907)	9:15-10:15am (16908) 10:45-11:45am (16909)	9-10am (16697) 10:15-11:15am (16903)
SWIM PATROL				6:30-8pm (16911)	11:30-1pm (16910)	11:45-1:15pm (16687)
ADULT (BEG)						9-10am (16252)
ADULT (INT)						10-11am (16253)
SWIM-ABILITIES (1/2)				4:30-5:15pm (16689)		

LEARN TO SWIM - SUMMER MORNING SESSION (ONE WEEK)

LEVEL	TIME	JULY 7-11 (5)	JULY 14-18 (5)	JULY 21-25 (5)	JULY 28-AUG 1 (5)	AUG 5-8 (4)	AUG 11-15 (5)	AUG 18-22 (5)	AUG 25-29 (5)
PARENT & TOT 1/2	9:00-9:30am	17072		17194					17454
PARENT & TOT 2/3	9:30-10:00am	17073					17349		
PRESCHOOL 1	9:00-9:30am	17074	17145	17195	17241		17350	17398	17455
	9:45-10:15am							17399	
	10:00-10:30am	17075	17146		17242	9-9:45am (17290)	17351	17400	17456
	10:30-11:00am	17076	17147	17196	17243	11-11:45am (17291)	17352		
	11:15-11:45am	17077	17148	17197	17244	11:45-12:30pm (17292)	17353	17401	17457
	12:00-12:30pm	17078	17149	17198	17245		17354	17402	17458
	12:45-1:15pm	17079	17150	17199	17246		17355	17403	17459
PRESCHOOL 2	9:30-10:00am	17080	17151	17200	17247		17356	17404	17460
	10:00-10:30am	17081	17152	17201	17248		17357		
	10:15-10:45am					9:30-10:15am (17293)		17405	
	10:45-11:15am	17082	17153	17202	17249	11-11:45am (17294)	17358	17406	17461
	11:45-12:15pm	17083	17154	17203	17250	11:45-12:30pm (17295)	17359	17407	17462
PRESCHOOL 3	12:45-1:15pm	17084	17155	17204	17251		17360	17408	17463
	9:00-9:30am	17085	17156	17205	17252		17361	17409	17464
	9:45-10:15am	17086	17157	17206	17253		17362	17410	17465
	11:15-11:45am					10-10:45am (17296)		17411	17466
	11:30-12:00pm	17087	17158	17207	17254	11-11:45am (17297)	17363		
PRESCHOOL 4/5	12:15-12:45pm							17412	
	12:45-1:15pm	17088	17159	17208	17255		17364	17413	17467
	9:30-10:00am	17089	17160	17209	17256		17365	17414	17468
	10:30-11:00am	17090	17161		17257		17366	17415	17469
	11:30-12:00pm	17091	17162	17210	17258	9-9:45am (17298)	17367	17416	17470
SWIMMER 1	12:00-12:30pm	17092	17163	17211	17259	9:45-10:30am (17299)	17368		
	12:15-12:45pm							17417	
	9:00-9:30am	17093	17164	17212	17260		17369	17418	17471
	9:30-10:00am	17094	17165	17213	17261		17370	17419	17472
	10:00-10:30am	17095	17166	17214	17262	9:30-10:15am (17300)	17371	17420	17473
	10:30-11:00am	17096	17167	17215	17263	9:30-10:15am (17301)	17372	17421	17474
	11:30-12:00pm	17097	17168	17216	17264	10:30-11:15am (17302)	17373	17422	17475
SWIMMER 2	12:00-12:30pm					11:45-12:30pm (17303)		17423	17476
	12:45-1:15pm	17098	17169	17217	17265	12:30-1:15pm (17304)	17374	17424	
	9:00-9:45am	17099	17170	17218	17266		17375	17425	17477
	10:00-10:45am	17100	17171	17219	17267		17376		
	10:45-11:30am	17101	17172	17220	17268	9-10am (17305)	17377	17426	
	11:15-12:00pm	17102	17173	17221	17269	10:15-11:15am (17330)	17378		
	11:30-12:15pm					10:15-11:15am (17331)		17427	17478
SWIMMER 3	12:30-1:15pm					11:30-12:30pm (17332)		17428	17479
	9:45-10:30am	17103	17174	17222	17270		17379		
	10:00-10:45am					9:30-10:30am (17333)		17429	17480
	10:30-11:15am	17104	17175	17223	17271	9:45-10:45am (17334)	17380		
	12:00-12:45pm	17105	17176	17224	17272	11:30-12:30pm (17335)	17381	17430	17481
SWIMMER 4	12:30-1:15pm					11:30-12:30pm (17336)		17431	17482
	9:00-9:45am	17106	17177	17225	17273		17382	17432	
	10:00-10:45am	17107	17178	17226	17274	10:15-11:15am (17337)	17383	17433	17483
SWIMMER 5/6	11:15-12:00pm	17108	17179	17227	17275	11:30-12:30pm (17338)	17384	17434	17484
	9:00-10:00am	17109	17180	17228	17276		17385	17435	17485
	11:00-12:00pm	17110	17181	17229	17277	9-10am (17339)	17386		
SWIM PATROL	11:45-12:45pm					11:30-12:30pm (17340)		17436	17486
	9:30-11:00am			17230					
	10:00-11:30am							17437	

*Please note: August 5-8 consists of four extended classes. Pricing is based on approximately five classes.

LEARN TO SWIM – SUMMER MORNING PRIVATE (ONE WEEK)

JULY 7-11 (5)	JULY 14-18 (5)	JULY 21-25 (5)	JULY 28-AUG 1 (5)	AUG 5-8 (4)	AUG 11-15 (5)	AUG 18-22 (5)	AUG 25-29 (5)
9-9:30am (17111)	9-9:30am (17182) (17183)	9-9:30am (17231)	9-9:30am (17278) (17279)	10-10:45am (17341)	9-9:30am (17387) (17388)	9-9:30am (17438) (17439)	9:30-10am (17487)
9:30-10am (17112)	9:30-10am (17184) (17185)	9:30-10am (17232)	9:30-10am (17280) (17281)	10:30-11:15am (17342)	9:30-10am (17389)	9:30-10am (17440) (17441)	10-10:30am (17488)
10-10:30am (17137)	10-10:30am (17186)	10-10:30am (17233)	10-10:30am (17282)	12:30-1:15pm (17343)	10-10:30am (17390)	10-10:30am (17442)	10:15-10:45am (17489)
10:15-10:45am (17138)	10:15-10:45am (17187)	10:15-10:45am (17234)	10:15-10:45am (17283)		10:15-10:45am (17391)	10:15-10:45am (17443)	10:30-11am (17490)
10:45-11:15am (17139)	10:45-11:15am (17188)	10:45-11:15am (17235)	10:45-11:15am (17284)		10:45-11:15am (17392)	10:30-11am (17444)	10:45-11:15am (17491) (17492)
11:30-12pm (17140)	11:30-12pm (17189)	11:30-12pm (17236)	11:30-12pm (17285)	30 MINUTE SESSIONS	11:30-12pm (17393)	10:45-11:15am (17445) (17446)	12:15-12:45pm (17493) (17494)
12-12:30pm (17141)	12-12:30pm (17190)	12-12:30pm (17237)	12-12:30pm (17286)	9-9:30am (17344) (17345) (17346) (17347)	12-12:30pm (17394)	11:45-12:15pm (17447) (17448)	12:45-1:15pm (17495)
12:15-12:45pm (17142)	12:15-12:45pm (17191)	12:15-12:45pm (17238)	12:15-12:45pm (17287)		12:15-12:45pm (17395)	12:15-12:45pm (17449) (17450)	
12:45-1:15pm (17143)	12:45-1:15pm (17192)	12:45-1:15pm (17239)	12:45-1:15pm (17288)		12:45-1:15pm (17396)	12:45-1:15pm (17451) (17452)	

LEARN TO SWIM – SUMMER EVENING SESSIONS (TWO WEEKS)

LEVEL	JULY 2-10 (6) MON-THURS	JULY 14-24 (8) MON-THURS	JULY 28-AUG 7 (7) MON-THURS NO LESSON AUG 4	AUG 11-21 (8) MON-THURS
PARENT & TOT 1/2	5-5:30pm (17497)		5-5:30pm (17555)	
PARENT & TOT 2/3		5-5:30pm (17526)		5-5:30pm (17584)
PRESCHOOL 1	5:30-6pm (17498)	5:30-6pm (17527)	5:30-6pm (17556)	5:30-6pm (17585)
	6-6:30pm (17499)	6-6:30pm (17528)	6-6:30pm (17557)	6-6:30pm (17586)
	6:30-7pm (17500)	6:30-7pm (17529)	6:30-7pm (17558)	6:30-7pm (17587)
PRESCHOOL 2	5-5:30pm (17501)	5-5:30pm (17530)	5-5:30pm (17559)	5-5:30pm (17588)
	6-6:30pm (17502)	6-6:30pm (17531)	6-6:30pm (17560)	6-6:30pm (17589)
	6:30-7pm (17503)	6:30-7pm (17532)	6:30-7pm (17561)	6:30-7pm (17590)
PRESCHOOL 3	5-5:30pm (17504)	5-5:30pm (17533)	5-5:30pm (17562)	5-5:30pm (17591)
	5:30-6pm (17505)	5:30-6pm (17534)	5:30-6pm (17563)	5:30-6pm (17592)
PRESCHOOL 4/5	5:30-6pm (17506)	5:30-6pm (17535)	5:30-6pm (17564)	5:30-6pm (17593)
SWIMMER 1	5-5:30pm (17507)	5-5:30pm (17536)	5-5:30pm (17565)	5-5:30pm (17594)
	5:30-6pm (17508)	5:30-6pm (17537)	5:30-6pm (17566)	5:30-6pm (17595)
	6-6:30pm (17509)	6-6:30pm (17538)	6-6:30pm (17567)	6-6:30pm (17596)
	6:30-7pm (17510)	6:30-7pm (17539)	6:30-7pm (17568)	6:30-7pm (17597)
SWIMMER 2	5-5:45pm (17511)	5-5:45pm (17540)	5-5:45pm (17569)	5-5:45pm (17598)
	5:45-6:30pm (17512)	5:45-6:30pm (17541)	5:45-6:30pm (17570)	5:45-6:30pm (17599)
	6:15-7pm (17513)	6:15-7pm (17542)	6:15-7pm (17571)	6:15-7pm (17600)
SWIMMER 3	5:30-6:15pm (17514)	5:30-6:15pm (17543)	5:30-6:15pm (17572)	5:30-6:15pm (17601)
SWIMMER 4	5-5:45pm (17515)	5-5:45pm (17544)	5-5:45pm (17573)	5-5:45pm (17602)
	5:45-6:30pm (17516)	5:45-6:30pm (17545)	5:45-6:30pm (17574)	5:45-6:30pm (17603)
SWIMMER 5/6	6-7pm (17517)	6-7pm (17546)	6-7pm (17575)	6-7pm (17604)

LEARN TO SWIM – SUMMER EVENING PRIVATE (TWO WEEKS)

JULY 2-10 (6) MON-THURS	JULY 14-24 (8) MON-THURS	JULY 28-AUG 7 (7) MON-THURS NO LESSON AUG 4	AUG 11-21 (8) MON-THURS
5-5:30pm (17518) (17519)	5-5:30pm (17547) (17548)	5-5:30pm (17576) (17577)	5-5:30pm (17605) (17606)
5:30-6pm (17520)	5:30-6pm (17549)	5:30-6pm (17578)	5:30-6pm (17607)
6-6:30pm (17521)	6-6:30pm (17550)	6-6:30pm (17579)	6-6:30pm (17608)
6:30-7pm (17522) (17523) (17524)	6:30-7pm (17551) (17552) (17553)	6:30-7pm (17580) (17581) (17582)	6:30-7pm (17609) (17610) (17611)

TRICO CENTRE

OUT OF SCHOOL CARE

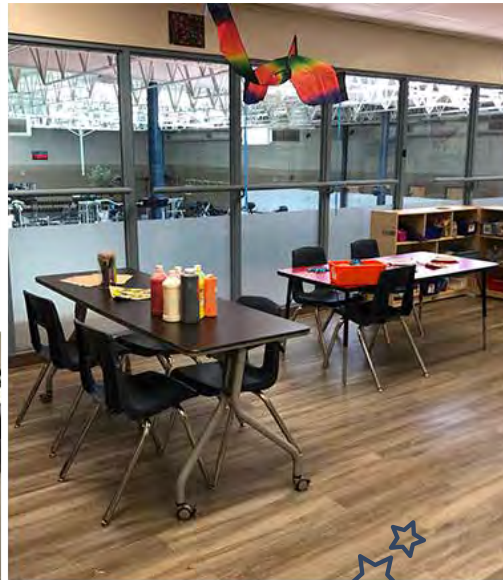

Daily Activity Centres


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 **\$470.00** (morning OR afternoon) to **\$586.00** (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 OUR PROGRAM, PLEASE VISIT WWW.TRICOCENTRE.CA,
PHONE (403) 225-5553, OR EMAIL OUTOFSCHOOLCARE@TRICOCENTRE.CA



SUMMER DAY CAMPS

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

HOW TO REGISTER



After reviewing camp descriptions, visit WWW.TRICOCENTRE.CA/REGISTER. Enter the camp five-digit code, then pick your week. During registration, **carefully answer all questions**. This necessary information is connected to your child's camp profile.



TRICO CENTRE MEMBERS!

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

FREQUENTLY ASKED QUESTIONS

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

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

SING DANCE ACT

LET YOUR VOICE SHINE

JOIN YOUTH SINGERS OF CALGARY!



Join Calgary's premier performing arts community!

ALL AGES | NO AUDITIONS

Build confidence, creativity, & lifelong friendships through singing, dancing, acting, & performing on stage.



REGISTER NOW
YOUTHSINGERS.ORG

INSPIRING CALGARY'S YOUTH THROUGH PERFORMING ARTS SINCE 1985.

DAILY SUMMER DAY CAMPS

(6 TO 12 YEARS)

Looking for fun and flexible childcare options this summer? Our full-day camps offer a fun-filled schedule with games, crafts, outdoor play, and a daily afternoon swim!

- Pre-registration is required online or at Guest Services
- Limited spots available - register early!
- Before and after care included at no extra cost.



BEFORE CARE	DATES	DAYS OF WEEK	DAILY DAY CAMP	AFTER CARE	FEE
7:30am-9:00am	JULY 2 - AUGUST 22	M, TU, W, TH, &/or F	9:00am-4:00pm	4:00pm-5:30pm	\$75.00/day *ND
8:30am-9:00am	AUGUST 25 - AUGUST 29	M, TU, W, TH, &/or F	9:00am-4:00pm	4:00pm-4:30pm	\$75.00/day *ND

PRESCHOOL CAMPS

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

9:00am - 12:00pm day camps:

Drop off at 9:00am

Pick up at 12:00pm

1:00pm - 4:00pm day camps:

Drop off at 1:00pm

Pick up at 4:00pm

PRESCHOOL DAY CAMP DESCRIPTIONS

MESSY HANDS

Children will dive into hands-on fun through exploration and play. Arts, crafts, and tactile sensory activities will spark their creativity and curiosity, allowing them to express themselves in exciting and messy ways! Please note: **Children attending preschool camps must be fully potty trained.**

● #17047 | 3.5-5.5 years old

ENERGY DASH

Get ready for high-energy fun in Energy Dash! This action-packed camp will have your little one running, jumping, throwing, and kicking through exciting games, sports, and open play. It's the perfect way for preschoolers to burn off energy while developing their motor skills and having a blast! **Please note: Children attending preschool camps must be fully potty trained.**

● #17044 | 3.5-5.5 years old

LITTLE SCIENTISTS

Children will be asking how, where, and why as they learn to think like scientists! Hands-on fun helps develop their curious minds through games, crafts, and activities. Children must be fully potty trained. Please note: **Children attending preschool camps must be fully potty trained.**

● #17046 | 3.5-5.5 years old

NATURE DETECTIVES

Children will explore the wonders of nature through captivating stories, sensory activities, and creative play with natural materials. Using their imaginations, they'll discover, learn, and connect with the world around them in a fun, hands-on way! Please note: **Children attending preschool camps must be fully potty trained.**

● #17048 | 3.5-5.5 years old

PRESCHOOL - JULY

AGE	TIME	JULY 7-11 (5)	JULY 14-18 (5)	JULY 21-25 (5)	JULY 28-AUGUST 1 (5)
3.5-5.5 yrs	9-12pm	Messy Hands (\$125)	Little Scientists (\$125)	Messy Hands (\$125)	Little Scientists (\$125)
	1-4pm	Little Scientists (\$125)	Messy Hands (\$125)	Little Scientists (\$125)	Messy Hands (\$125)

PRESCHOOL - AUGUST

AGE	TIME	AUGUST 5-8 (4)	AUGUST 11-15 (5)	AUGUST 18-22 (5)
3.5-5.5 yrs	9-12pm	Nature Detectives (\$100)	Energy Dash (\$125)	Nature Detectives (\$125)
	1-4pm	Energy Dash (\$100)	Nature Detectives (\$125)	Energy Dash (\$125)

CHILD/YOUTH CAMPS

- Leader / Camper ratio is 1:15 (maximum determined by camp activity and space).
- Prior to camp start, caregivers will be notified about camp-specific information (including swim day and medication form).
- On day 1, bring the completed medication form to our camp check-in desk. Clearly print the type of medication, dosage, administration, and other necessary information. Medication must be brought daily in its original container and given directly to the camp leader.
- Before Care: **At no additional cost**, caregiver is welcome to drop camper off between 7:30-9:00am.
- Please do not arrive after 9:00am as some camps leave their designated room by 9:15am. We are unable to delay activities due to late arrivals.
- Late or absent participants will not be called to see if they are participating that day.
- After Care: At no additional cost, caregiver, or approved pick-up person (provided by caregiver at time of registration) is welcome to pick up camper between 4:00-5:30pm. Please advise all authorized pick-up individuals to bring government-issued photo ID every day.
- Late Fee: After 5:30pm, a \$15.00 late fee will be processed on the camper's account.

CHILD/YOUTH DAY CAMP DESCRIPTIONS

SUMMER FRENZY

Summer Frenzy daycamp is a fun-filled adventure for 5-6 year olds! Kids will enjoy play-based activities, creative summer crafts, interactive games, swimming, sports, and plenty of outdoor time exploring our green space. The camp includes one swim day each week. It's the perfect way for little ones to stay active and have fun all summer long!

● #17053 | 5-6 years old

IMAGINATION STATION

Get ready to unleash your creativity at Imagination Station! Kids will grab their tools to build giant forts, create amazing sculptures, and design their very own mini-town using blocks, LEGO, and more. It's a week full of hands-on fun and endless imagination! Plus, campers will enjoy a swim in our pool once during the week.

● #17054 | 5-6 years old

SQUISHY SQUASHY SCIENCE

In this camp, kids will become junior scientists, asking questions like "how," "where," and "why" as they explore the world around them! Through hands-on activities, games, and crafts, they'll discover how fun learning can be while developing their curiosity and problem-solving skills. Plus, campers will get to swim in our facility pool once during the week for even more fun!

● #17052 | 6-8 years old

CREATORS

Creators Camp is all about sparking creativity and curiosity! Kids will explore, build, and create using blocks, LEGO, art supplies, and recyclables to bring their ideas to life. It's the perfect camp for little makers to express themselves through hands-on projects. Plus, campers will enjoy a swim in our pool once during the week!

● #17042 | 6-8 years old

SPORTASTIC

Sportastic is the perfect camp for active kids who love to play! In a fun, non-competitive setting, children will build confidence, learn the rules of different games, and practice good sportsmanship. Activities include football, soccer, kickball, gaga ball, and more! Plus, campers will enjoy a swim in our pool once during the week.

● #17051 | 6-8 years old

AQUA ADVENTURES

Aqua Adventures is the perfect camp for water-loving kids! Each day, campers will enjoy a swim lesson tailored to their skill level (Swimmer Levels 1-6). When they're not in the pool, they'll stay busy with fun games, crafts, sports, and plenty of outdoor play in our greenspace—featuring a gaga-ball pit for extra fun!

● #17040 | 6-8 years old

● #17041 | 9-12 years old

TRY SPORT

This camp is all about building confidence and a love for sports! In a friendly, non-competitive setting, kids will try out a variety of sports like soccer, volleyball, basketball, and floor hockey. They'll learn the rules of each game and practice good sportsmanship. The camp also includes one swim day each week for even more fun!

● #17055 | 9-12 years old

OUTDOOR ADVENTURE

This camp is perfect for adventurous kids! Campers will have a blast exploring Calgary's parks and waterparks, trying geocaching, playing frisbee golf, and much more. Every day is packed with exciting games and activities to keep them active and engaged. Plus, they'll cool off with a swim in our facility pool once during the week for some extra fun!

● #17049 | 9-12 years old

HIT THE GYM

This camp is perfect for teens who want to get active and learn about fitness! They'll have a blast with fun activities like swimming, cycling and/or rowing classes, strength workouts, pilates & yoga, boot camp-style challenges, obstacle courses, and recovery sessions. After completing the Fitness Centre's "Youth Orientation"(included), they'll gain the skills, knowledge, and confidence to use the gym on their own. The camp includes one swim day each week. **BONUS: Teens who attend camp receive a fitness membership for the rest of the same month.**

● #17045 | 11-14 years old

PATHFINDERS

This camp is designed for older adventurers! Teens will have an amazing time exploring Calgary's parks and waterparks, trying their hand at geocaching, playing frisbee golf, and more. Each day is packed with thrilling games and activities to keep them engaged and challenged. Plus, campers will get to swim in our facility pool once during the week for even more fun!

● #17050 | 11-14 years old

DISCOVER YYC

Join us for Discover YYC and explore all that Calgary has to offer! Teens will learn how to navigate the city using the bus and C-train while discovering local attractions, parks, and community services. It's the perfect way to get to know the city better while having fun with new friends. Plus, the camp includes one swim day at our facility during the week!

● #17043 | 11-14 years old

CHILD/YOUTH - JULY

AGE	TIME	JULY 2-4	JULY 7-11 (5)	JULY 14-18 (5)	JULY 21-25 (5)	JULY 28-AUGUST 1 (5)
5-6 yrs	9-4pm	DAILY CAMP 9:00am - 4:00pm (Before Care 7:30am-9:00am, After Care 4:00pm-5:30pm)	Summer Frenzy (\$300)	Imagination Station (\$300)	Summer Frenzy (\$300)	Imagination Station (\$300)
6-12 yrs			DAILY CAMP 9:00am-4:00pm (Before Care 7:30am-9:00am After Care 4:00pm-5:30pm)			
6-8 yrs	9-4pm		Creators (\$300)	Creators (\$300)	Creators (\$300)	Creators (\$300)
			Squishy Squashy Science (\$300)	Squishy Squashy Science (\$300)	Squishy Squashy Science (\$300)	Squishy Squashy Science (\$300)
			Sportastic (\$300)	Sportastic (\$300)	Sportastic (\$300)	Sportastic (\$300)
			Aqua Adventures (\$325)	Aqua Adventures (\$325)	Aqua Adventures (\$325)	Aqua Adventures (\$325)
9-12 yrs	9-4pm		Aqua Adventures (\$325)	Aqua Adventures (\$325)	Aqua Adventures (\$325)	Aqua Adventures (\$325)
			Try Sport (\$300)	Try Sport (\$300)	Try Sport (\$300)	Try Sport (\$300)
			Outdoor Adventure (\$300)	Outdoor Adventure (\$300)	Outdoor Adventure (\$300)	Outdoor Adventure (\$300)
11-14 yrs	9-4pm		Hit the Gym (\$355)	Discover YYC (\$355)	Pathfinders (\$300)	Discover YYC (\$355)

CHILD/YOUTH - AUGUST

AGE	TIME	AUGUST 5-8 (4)	AUGUST 11-15 (5)	AUGUST 18-22 (5)	AUGUST 25-29
5-6 yrs	9-4pm	Summer Frenzy (\$240)	Imagination Station (\$300)	Summer Frenzy (\$300)	DAILY CAMP 9:00am - 4:00pm (Before Care 8:30am-9:00am, After Care 4:00pm-4:30pm)
6-12 yrs		DAILY CAMP 9:00am-4:00pm (Before Care 7:30am-9:00am After Care 4:00pm-5:30pm)			
6-8 yrs	9-4pm	Creators (\$240)	Creators (\$300)	Creators (\$300)	
		Squishy Squashy Science (\$240)	Squishy Squashy Science (\$300)	Squishy Squashy Science (\$300)	
		Sportastic (\$240)	Sportastic (\$300)	Sportastic (\$300)	
		Aqua Adventures (\$260)	Aqua Adventures (\$325)		
9-12 yrs	9-4pm	Try Sport (\$240)	Try Sport (\$300)	Try Sport (\$300)	
		Outdoor Adventure (\$240)	Outdoor Adventure (\$300)	Outdoor Adventure (\$300)	
11-14 yrs	9-4pm	Hit the Gym (\$284)	Discover YYC (\$355)	Pathfinders (\$300)	



Photo by: Mark Eleven Photography

Your Family Home

One Of Life's Most Important Comforts

We know Calgarians have choices when buying a home. That's why we've built a company that builds so much more than quality houses.

Trico offers new and unique home designs with all types of families in mind, in Calgary's most desirable communities. We'll help guide you through the decisions that will match the perfect home to your individual needs.

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

The Heart of Homebuilding[®]

BUILDING IN 27 COMMUNITIES: FRONT-GARAGE HOMES | LANED HOMES | DUPLEXES | TOWNHOMES



Find out more at trichomes.com

