



PROGRAM GUIDE

Fall 2025 / Winter 2026

Fall Registration: members Jul. 29th | non-members Jul. 31st
Winter Registration: members Nov. 4th | non-members Nov. 6th

Programs designed *for* our Calgary community
by the community-operated Trico Centre

11150 Bonaventure Drive SE, Calgary, AB.



(403) 278-7542

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ABOUT TRICO CENTRE

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

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



HOURS OF OPERATION

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

STAY CONNECTED



@TRICOCENTRE

We would love to hear about your Trico Centre experiences.

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!

MORE THAN 90 GROUP FITNESS CLASSES INCLUDED IN YOUR MEMBERSHIP.

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

SPECIAL MEMBER PRICING ON REGISTERED PROGRAMS AND PERSONAL TRAINING.

2-DAY PRIORITY PROGRAM REGISTRATION.

EXCLUSIVE DISCOUNTS WITH OUR COMMUNITY PARTNERS.

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.

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 those businesses offer to you.

BROADWAY ACROSS CANADA - Early access and up to 20% off select performances and areas of the theatre!
www.broadwayacrosscanada.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

CAVALRY FC - 10% off tickets! www.canpl.ca/cavalryfc

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

IHOP - 15% off! Southcentre Mall location only. www.ihop.ca

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

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

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

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

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

ODYSSEY AUTO - 10% off all labour costs!
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

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

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

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

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



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

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

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 monthly membership fee on your next monthly payment (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!

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, you 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



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!

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.

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.

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.



Calgary Adapted Hub

This year Trico Centre joined in partnership with Adapted Hub powered by Jumpstart. Calgary Adapted Hub powered by Jumpstart is a collective of Calgary-based organizations committed to providing quality sport and recreation opportunities for children, youth, and families living with disabilities in the city of Calgary. www.calgaryadaptedhub.com



Great Food. Great Service.

Great Entertainment

stage west
THEATRE RESTAURANTS
play with your dinner!

Box Office or Online
403-243-6642 | stagewestcalgary.com
Season Tickets | Childrens Shows | Tribute Concerts

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 (25-59 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	

*All 10X passes expire one year from date of purchase.
**Children must be from the same household.
Refunds on passes and one month access are not permitted.

ARENA ADMISSION GST INCLUDED

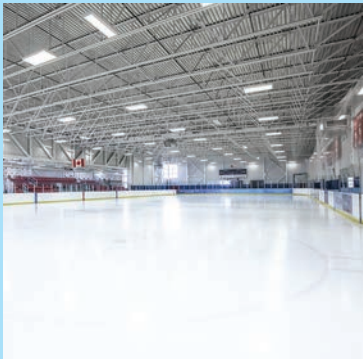
CATEGORIES	DAILY	10X PASS*
Infant (under 2 years old)	FREE	FREE
Preschooler (2-6 years old)	\$1.75	N/A
Child/Teen (7-17 years old)	\$3.50	\$31.50
Adult (18-59 years old)	\$6.25	\$56.25
60 Plus (60+ years old)	\$4.25	\$38.25
Family (1-2 adults, children under 18 included)	\$14.75	\$132.75
Shinny/Stick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

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.



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
\$140.70/hour	\$304.05/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 \$75.19/hour HALF \$54.59/hour	FULL \$113.30/hour HALF \$73.13/hour

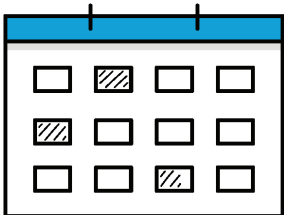


MULTI-PURPOSE ROOMS

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 \$57-\$89/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-\$89/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 via CatchCorner.

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



EVENTS AT TRICO CENTRE



FITNESS CHALLENGES

FALL INTO FITNESS Oct 14th - Nov 10th

A sister to our 40-Day Fitness Challenge, the Fall into Fitness challenge is here to keep you moving! Whether you're a Trico Centre member or not, you're invited to commit to daily movement for four weeks. Complete the challenge to earn a fun participation prize - and get entered to win exciting giveaways!

12 DAYS OF FITMAS Dec 1st - Dec 23rd

Keep your routine merry and bright with our 12 Days of Fitmas challenge! Complete 12 workouts and stamp your Fitmas bookmark after each 30-minute session. Once it's full, you'll be entered to win a festive prize!

40 DAY FITNESS Feb 9th - Mar 20th

Trico Centre's annual challenge - your chance to kickstart a consistent, personalized wellness routine. Commit to just 30 minutes a day at Trico Centre with activities you enjoy. Earn recovery days through weekly wellness challenges, track your progress, and connect with a supportive community.

FAMILY EVENTS



LIL' PUMPKINS HALLOWEEN PARTY

Friday, October 31st



SKATE WITH SANTA

Saturday, December 6th

MEMBER APPRECIATION

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



the
CARRIAGE HOUSE
hotel & conference centre

FOUR UNIQUE
DINING OPTIONS

NINETY HIRTY
DINING LOUNGE

Peanuts
PUBLIC HOUSE

Dudley's
GAMING LOUNGE

CARRIAGEHOUSE.NET
403.253.1101
@CARRIAGEHOUSEYYC

PROGRAM REGISTRATION

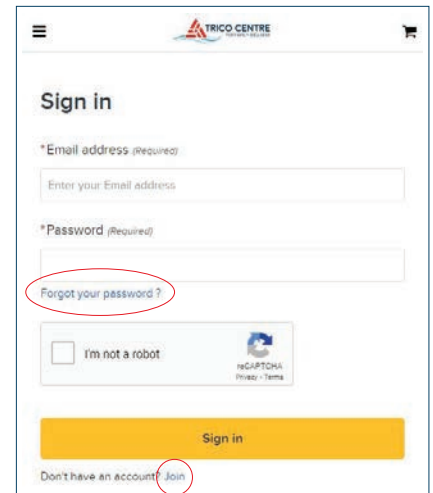
Program registration can be made online at **WWW.TRICOCENTRE.CA/REGISTER**, in-person, or by calling Guest Services at (403) 278-7542.

Fall Registration opens at 6:00am on July 29th for members, and 6:00am on July 31st for non-members.

Winter Registration opens at 6:00am on November 4th for members, and 6:00am on November 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.

FITNESS CENTRE

Our air-conditioned 20,000 square foot fitness and wellness area contains 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 (more information on page 12)!

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, form, postures, exercises, and loads to safely and effectively use the Fitness Centre.

ADULT ORIENTATIONS

Intimidated by the weight machines in the fitness centre? Don't know where to start or how to use the equipment? Join us for an adult orientation - a complimentary 30 minute introduction to machine weights and cardio equipment.

Book your youth or adult orientation online at WWW.TRICOCENTRE.CA/ORIENTATIONS



TRAIN WITH TRICO: SMALL GROUP TRAINING

HIP NEUTRAL 2.0 WITH PAM

You may have heard of the Glutes and the Abductors, but do you know where your Gemellus, Obturator, Gracilis, Pectineus, and Piriformis are? You will after this! The hips hold the keys to posture and pelvic floor health and is the primary driver to ALL sports performance. Find it, fix it, make it functional.

18945	Sep 19-Oct 10	F	10:00-11:00am	\$160.00	4 Sessions
18946	Jan 9-Jan 30	F	10:00-11:00am	\$160.00	4 Sessions

PEAK PICKLEBALL WITH TERRY

Protect yourself and get a leg up on those other dinks! Do the strengthening and “pre-hab” exercises needed to help avoid injury. Together with core and rotational work, agility, coordination, and speed you'll be at Peak Pickleball Power in no time. See what's cooking in our kitchen, it's kind of a big dill!

18850	Oct 9-Oct 30	Th	12:00-12:50pm	\$160.00	4 Sessions
18894	Jan 8-Jan 29	Th	12:00-12:50pm	\$160.00	4 Sessions

SEMI-PRIVATE PILATES WITH WENDY

Small group Pilates allows the trainer to maximize your results through focused intentional instruction. The small group allows for individual attention bringing you to the next levels of Pilates. Explore concepts of Core Pilates, Wall Pilates and more. Small group training with Trico Centre is still more affordable than studio rates with better results.

18843	Sep 8-Sep 29	M	6:00-7:00pm	\$160.00	4 Sessions
18892	Jan 5-Jan 26	M	6:00-7:00pm	\$160.00	4 Sessions

POWER LIFTING WITH CASSIDY (INTERMEDIATE)

This powerlifting small group is curated for intermediate lifters to focus on refining technique through personalized feedback and targeted cueing to improve lifting mechanics. Each session includes skill work on the SBD lifts with structured drills to enhance form, build strength, and address weak points. PR testing is incorporated to track progress, adjust independent training, and ensure that each lifter continues to develop their max potential!

18844	Sep 10-Nov 19	W	7:00-8:00pm	\$240.00	6 Sessions
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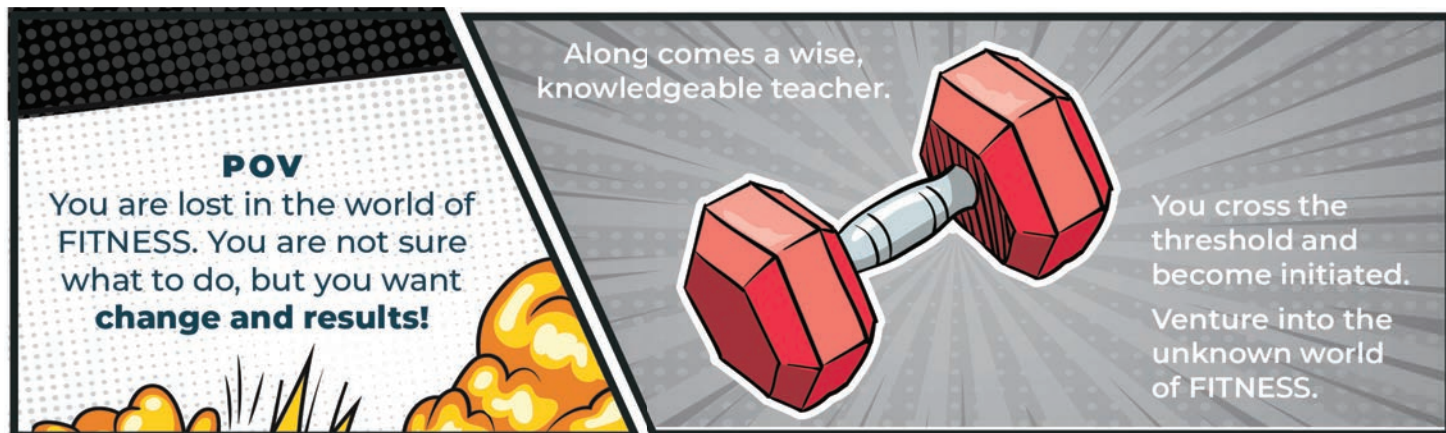
POWER LIFTING WITH CASSIDY (BEGINNER)

This small group is for those wanting to get into powerlifting. Learn the proper techniques of the Squat, Bench and Deadlift and many accessory lifts. Start off the right way through enhanced form, building a solid foundation and layering on strength. PR testing is incorporated to track progress, adjust independent training, and ensure that each lifter continues to develop their max potential!

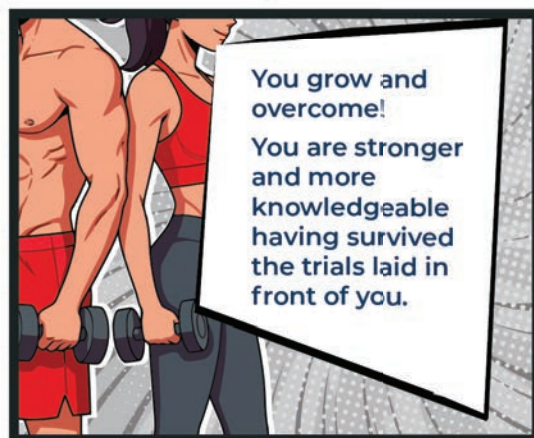
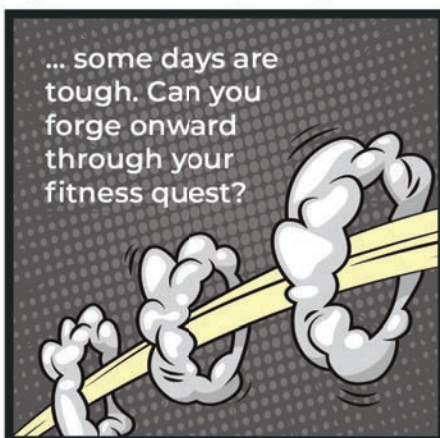
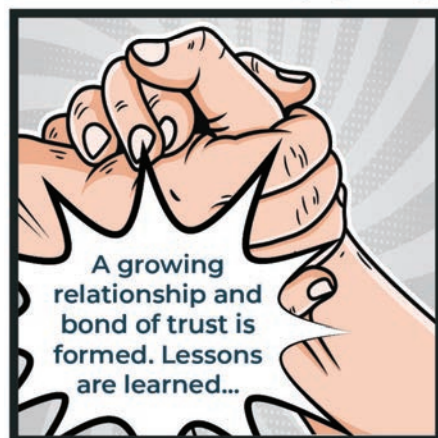
18893	Jan 14-Mar 25	W	7:00-8:00pm	\$240.00	6 Sessions
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GOT A CREW WITH SIMILAR GOALS? LET'S BUILD SOMETHING JUST FOR YOU!

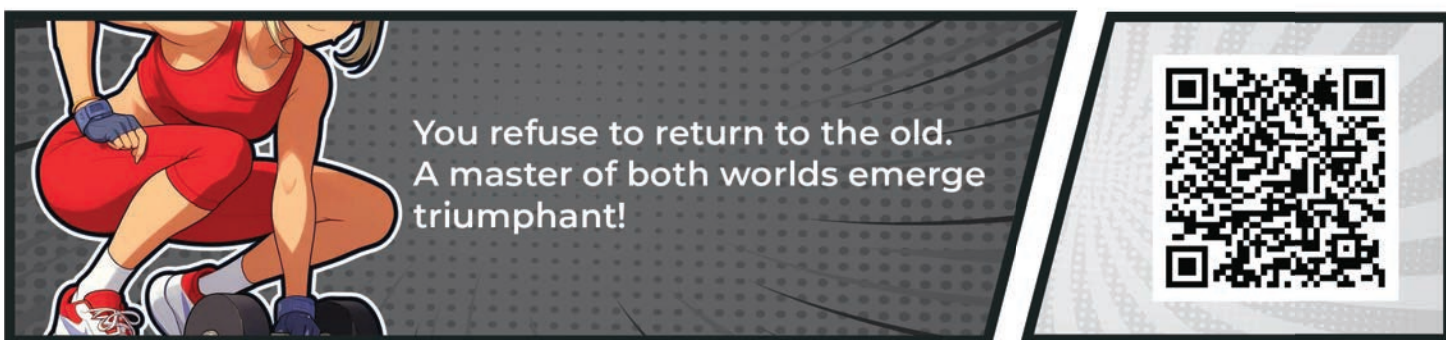
Work with our training team to create a customized performance plan tailored to your group's needs. Small group training keeps the energy high, the costs low, and the results even better. **No matter your goal, we'll make it work!**



Introducing a new approach to personal training.
A pay-as-you-go structure, designed for greater flexibility.



The educated and encouraging trainers at Trico Centre have experience with older adults, rehab and injury prevention, athletic training, and healthy lifestyle coaching. They also support with time management and staying motivated.



TRAIN WITH TRICO: 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. **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 (2 max)	\$52.00/person	\$65.00/person
Small Group Session (3)	\$41.00/person	\$51.00/person
Small Group Session (4+)	\$32.00/person	\$40.00/person



Sign up for your FREE Performance Planning Consultation today!

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

WWW.TRICOCENTRE.CA/PERSONAL-TRAINING

GROUP FITNESS CLASSES

Trico Centre employs educated, experienced, and award-winning fitness instructors, offering the largest aquasize program and the most extensive drop-in fitness schedule in Calgary with over **90 weekly group fitness classes!** Our comprehensive range of programs and services makes us one of the top health and fitness destinations in the city.



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

Your Trico Centre membership includes over **90 group fitness classes every week** - at no extra cost. With drop-in rates at other studios ranging from \$19 to \$36 per class, your membership offers unmatched variety, award-winning instruction, and incredible value - **all included**. That's hundreds of dollars in savings every month, plus the flexibility to mix and match your workouts with award-winning instructors, welcoming spaces, and no extra fees.

YOUR FITNESS. YOUR SCHEDULE. YOUR UNBEATABLE VALUE.



HOME OF CAVALRY FC

ATCO FIELD

HOME OF CAVALRY FC



MATCHDAY AWAITS

ON ATCO FIELD AT SPRUCE MEADOWS



Bring the whole family for an afternoon of footy fun at Spruce Meadows with Cavalry FC, Calgary's professional men's soccer team.

Enjoy various family-friendly activities in our lower plaza beside the stadium, which starts 90 minutes before kickoff, and Spruce Meadows' on-site perks, such as free parking, local food & beverage vendors, and the best of Canadian men's soccer at an exciting world-class venue. Ride with us into the 2025 season today!



GET YOUR TICKETS AT CAVALRYFC.CA/TICKETS

REGISTERED ADULT CLASSES

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

WORKSHOPS

BRUNCH FITNESS SERIES

Join our Trico Centre instructors 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. **Please bring your own yoga mat.**

ZUMBA & BRUNCH

18907	Sunday, September 28
18910	Sunday, January 25

BEND & BRUNCH (YOGA)

18908	Sunday, October 26
18909	Sunday, November 23
18911	Sunday, February 22
18913	Sunday, April 26

BARRE & BRUNCH

18912	Sunday, March 29
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YOGA WORKSHOP: BACK BENDS

Strength and mobility take center stage as you dive into back bends. Benefits include reducing fear, anxiety and stress, improved posture, back and core strength, and counteracting the daily grind of sitting too much. Take your yoga to the next level and learn some cool new party tricks!



19587	Oct.7-Oct.28	Tu	5:45-7:00pm	\$99.00	4 Classes
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YOGA WORKSHOP: ARM BALANCES

This is a 4-week intensive on arm balances like crow, crane, peacock, flying pigeon, and maybe some other birdlike poses. Strength and balance are key and built through repetition and refinement. Take your yoga to the next level and update your social media profile pic at the same time.



19586	Nov.4-Dec.2 No class Nov.11	Tu	5:45-7:00pm	\$99.00	4 Classes
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YOGA WORKSHOP: INVERSIONS

See what the world looks like when it's inverted. Gain the strength, balance and CONFIDENCE of going upside-down. Headstands and handstands are considered the queen and king of the yoga poses for a reason. Find out why and how using supported progressions and expert refinement.



19588	Jan.13-Feb.3	Tu	5:45-7:00pm	\$99.00	4 Classes
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CANDLELIGHT YOGA

Enjoy a special evening of effortless and pure restorative poses. Calm the mind and the senses in this special ambient setting and treat yourself to some needed quiet time.



Promoting deep relaxation and relief from the effects of chronic stress. Time to reconnect with ourselves and restore our minds and bodies.

Please bring your own yoga mat. **FREE TO MEMBERS!**

18916	December 21	Su	6:00-7:20pm	\$20.00	1 Class
18918	December 23	Tu	10:30-12:00pm	\$20.00	1 Class
18917	December 23	Tu	6:00-7:30pm	\$20.00	1 Class



ADAPTED PROGRAMS

An innovative and inclusive fitness series, aiming at increasing physical activity for those with additional physical, mental or emotional needs.

ADAPTIVE STRENGTH

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

18336	Sep 10-Oct 29	W	11:00-11:45am	\$104.00	8 Classes
18778	Nov 5-Dec 17	W	11:00-11:45am	\$91.00	7 Classes
18810	Jan 7-Feb 25	W	11:00-11:45am	\$104.00	8 Classes
18852	Mar 4-Apr 22	W	11:00-11:45am	\$104.00	8 Classes

ADAPTIVE ZUMBA

Adapted Zumba boosts physical activity, coordination, and confidence in a fun, inclusive setting for those with additional physical, mental and/or emotional needs. Focuses on motor skills, direction-following, and creativity. Aides welcome and free.

18338	Sep 9-Oct 28	Tu	11:00-11:45am	\$104.00	8 Classes
18780	Nov 4-Dec 16 No class Nov.11	Tu	11:00-11:45am	\$78.00	6 Classes
18812	Jan 6-Feb 24	Tu	11:00-11:45am	\$104.00	8 Classes
18854	Mar 3-Apr 21	Tu	11:00-11:45am	\$104.00	8 Classes

MIND/BODY PROGRAMS

CHAIR YOGA

Have you hesitated to try yoga because it's challenging to get down on 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 a chair. Class includes breathing, meditation, stretching, strengthening and lots of fun!

18675	Sep 10-Oct 29	W	1:15-2:15pm	\$104.00	8 Classes
18807	Nov 5-Dec 17	W	1:15-2:15pm	\$91.00	7 Classes
18830	Jan 7-Feb 25	W	1:15-2:15pm	\$104.00	8 Classes
18877	Mar 4-Apr 22	W	1:15-2:15pm	\$104.00	8 Classes

TAI CHI/QI GONG

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

18726	Sep 8-Dec 1 No class Oct.13	M	7:15-8:15pm	\$156.00	12 Classes
18836	Jan 5-Mar 30 No class Feb.16	M	7:15-8:15pm	\$156.00	12 Classes

ADAPTIVE YOGA

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

18337	Sep 8-Oct 27 No class Oct.13	M	11:00-11:50am	\$91.00	7 Classes
18779	Nov 3-Dec 15	M	11:00-11:50am	\$91.00	7 Classes
18811	Jan 5-Feb 23 No class Feb.16	M	11:00-11:50am	\$91.00	7 Classes
18853	Mar 2-Apr 20	M	11:00-11:50am	\$104.00	8 Classes

BETTER BACKS PROGRAM

Too much slouching over a desk? Stiff and sore from daily activities or lack thereof? This solution can be a LIGHT rehabilitative class or a preventative measure. Better Backs can help strengthen back muscles and alleviate low back pain. In this 8-week series we look to release muscular tension and decompress the spine, while building functional strength through extension and rotation. For those working "stiffs" that need to relax a little.

18664	Sep 7-Oct 26 No class Oct.12	Su	11:45-12:45pm	\$91.00	7 Classes
18800	Nov 2-Dec 14	Su	11:45-12:45pm	\$91.00	7 Classes
18823	Jan 4-Feb 22 No class Feb.15	Su	11:45-12:45pm	\$91.00	7 Classes
18865	Mar 1-Apr 19 No class Apr.5	Su	11:45-12:45pm	\$91.00	7 Classes



MEDICAL & REHAB SUPPORT

Our Medical & Rehab Support programs help individuals manage chronic conditions, recover from injury, and improve functional health. Led by experienced instructors, these classes provide a safe, supportive space to build strength, mobility, and confidence. Ideal for those managing diabetes, recovering from joint replacement, or improving back or neurological health, each program emphasizes evidence-based exercise and long-term wellness.

PARKINSONS & 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 improve mobility, flexibility, balance, gait, cognitive functioning, overall strength and coordination, and mitigate symptoms. The classes include bodyweight exercises, functional circuits, stretching, and non-contact boxing drills.

18672	Sep 8-Dec 1 No class Oct.13	M/W	12:00-12:50pm	\$299.00	24 Classes
18813	Jan 5-Mar 30 No class Feb.16	M/W	12:00-12:50pm	\$299.00	24 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 NIDDK, cardio and weight training is combined in this class to facilitate 100 minutes of moderate activity a week, led by our professional trainers.

18663	Sep 9-Oct 30	T/Th	10:00-10:50am	\$199.00	16 Classes
18799	Nov 4-Dec 18 No class Nov.11	T/Th	10:00-10:50am	\$182.00	13 Classes
18822	Jan 6-Feb 26	T/Th	10:00-10:50am	\$199.00	16 Classes
18864	Mar 3-Apr 23	T/Th	10:00-10:50am	\$199.00	16 Classes

BETTER BONER PROGRAM

We "erected" this program with the root goal to address Pelvic Floor rehab and function in men. About 1/4 men will have some dysfunction in life, at any time about 1/8 already do, but on average it takes 6 YEARS to diagnose. Learn proper contraction, relaxation and coordination of the pelvic floor and associated structures in the area. A strong pelvic floor is your secret weapon. It helps you stay in control, supports your prostate, improves posture, and keeps your core solid. Fewer leaks, less back pain, and more power in your workouts- all from muscles you didn't even know you had. Quiet muscles, big impact.

18667	Sep 7-Oct 26 No class Oct.12	Su	1:00-2:00pm	\$91.00	7 Classes
18803	Nov 2-Dec 14	Su	1:00-2:00pm	\$91.00	7 Classes
18826	Jan 4-Feb 22 No class Feb.15	Su	1:00-2:00pm	\$91.00	7 Classes
18871	Mar 1-Apr 19 No class Apr.5	Su	1:00-2:00pm	\$91.00	7 Classes

Mon Tues Wed Thurs Fri Sat Sun

AQUA FOR ARTHRITIS

A gentle deep-water workout designed for those with joint conditions like arthritis or post-surgery recovery. Enjoy 45 minutes of low-impact exercise focused on mobility and joint health, followed by 15 minutes of stretching and fine motor work in the hot tub.

18674	Sep 10-Oct 29	W	10:00-10:50am	\$104.00	8 Classes
18790	Nov 5-Dec 17	W	10:00-10:50am	\$91.00	7 Classes
18833	Jan 7-Feb 25	W	10:00-10:50am	\$104.00	8 Classes
18884	Mar 4-Apr 22	W	10:00-10:50am	\$104.00	8 Classes

HYPOPRESSIVES & CORE

Hypopressives is a specialized core, abdominal, and pelvic floor conditioning program for all ages. It focuses on postural muscles, diaphragm lengthening, reducing intra-abdominal pressure, and improving circulation - all without straining the pelvic floor. New parents with premobile babies are welcome.

18673	Sep 11-Oct 30	Th	11:00-11:50am	\$104.00	8 Classes
18791	Nov 6-Dec 18	Th	11:00-11:50am	\$91.00	7 Classes
18834	Jan 8-Feb 26	Th	11:00-11:50am	\$104.00	8 Classes
18885	Mar 5-Apr 23	Th	11:00-11:50am	\$104.00	8 Classes



*ND = NO MEMBER DISCOUNT

SPECIALIZED PROGRAMS

Our Specialized Programs offer focused training designed to build confidence, skill, and strength in a supportive environment. Whether you're a teen girl learning to lift, a woman ready to advance your weight training, exploring pelvic floor health through Pilates, or joining a high-intensity rowing team, these programs provide expert instruction and community connection to help you reach your goals - physically and mentally.

TEEN GIRLS ON WEIGHTS (TOW) (13-18 YRS)



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 and power. Machine exercise, free weights, cardio and core are all covered. This program has been generously subsidized by the InMotion Network.



18775	Sep 9-Oct 28	Tu	5:00-5:55pm	\$52.00	8 Classes
18776	Sep 11-Oct 30	Th	5:00-5:55pm	\$52.00	8 Classes
18794	Nov 4-Dec 16 No class Nov. 11	Tu	5:00-5:55pm	\$52.00	6 Classes
18795	Nov 6-Dec 18	Th	5:00-5:55pm	\$52.00	7 Classes
18837	Jan 6-Feb 24	Tu	5:00-5:55pm	\$52.00	8 Classes
18838	Jan 8-Feb 26	Th	5:00-5:55pm	\$52.00	8 Classes
18887	Mar 3-Apr 21	Tu	5:00-5:55pm	\$52.00	8 Classes
18888	Mar 5-Apr 23	Th	5:00-5:55pm	\$52.00	8 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!

18671	Sep 7-Oct 26 No class Oct.12	Su	9:00-9:45am	\$91.00	7 Classes
18808	Nov 2-Dec 14	Su	9:00-9:45am	\$91.00	7 Classes
18831	Jan 4-Feb 22 No class Feb.15	Su	9:00-9:45am	\$91.00	7 Classes
18878	Mar 1-Apr 19 No class Apr.5	Su	9:00-9:45am	\$91.00	7 Classes

WOMEN ON WEIGHTS (WOW)

This Train with Trico introduction is a safe comfortable environment for women 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 and power. Machine exercise, free weights, cardio and core are all covered.

18773	Sep 9-Oct 2	Tu/Th	6:00-6:55pm	\$199.00	8 Classes
18774	Nov 4-Dec 2 No class Nov. 11	Tu/Th	6:00-6:55pm	\$199.00	8 Classes
18839	Jan 6-Jan 29	Tu/Th	6:00-6:55pm	\$199.00	8 Classes
18840	Mar 3-Mar 26	Tu/Th	6:00-6:55pm	\$199.00	8 Classes

WOMEN ON WEIGHTS 2.0 WITH CHRISTINE



Strong. Empowered. Unstoppable. Building on the foundation of the original program, WoW 2.0 is the next-level strength training experience designed specifically for women who are ready to advance their lifting skills, boost confidence in the weight room, and break through plateaus. This program dives deeper into progressive overload, proper form, compound lifts, and strength-building strategies that support long-term results and real empowerment. Whether you're aiming to lift heavier, move better, or simply feel stronger in your daily life, WoW 2.0 provides expert guidance, community support, and personalized progressions to help you own your strength both physically and mentally. Get ready to level up. Your power is just getting started.

18846	Oct 7-Oct 28	Tu	7:00-7:55pm	\$160.00	4 Classes
18890	Jan 8-Jan 29	Th	7:00-7:55pm	\$160.00	4 Classes

ROW: CREW



Developed in-house, it is the first of its kind WORLDWIDE! Take the next step in rowing and teamwork 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. Includes a limited edition Trico Centre Row Jersey!

18714	Sep 7-Oct 26 No class Oct. 12	Su	8:00-8:50am	\$125.00	7 Classes
18792	Nov 2-Dec 21	Su	8:00-8:50am	\$135.00	8 Classes
18835	Jan 4-Feb 22 No class Feb. 15	Su	8:00-8:50am	\$125.00	7 Classes
18886	Mar 1-Apr 19 No class Apr. 5	Su	8:00-8:50am	\$125.00	7 Classes



BABY & YOU

New parents can bring baby along to splash, stretch and strengthen together. No childcare needed because your baby is part of the workout! This is a baby-friendly space – feeding, soothing, and snuggling breaks are always welcome.

PRENATAL YOGA

Designed for all trimesters, this gentle class supports a more comfortable pregnancy and smoother birth. Stretch and strengthen key areas, ease aches, and prepare mentally and physically for labour through targeted movement, breathwork, and relaxation. Connect with others and find calm in a supportive space.

18344	Sep 13-Nov 1 No class Oct. 11	Sa	11:45-1:00pm	\$113.75	7 Classes
18788	Nov 8-Dec 20	Sa	11:45-1:00pm	\$113.75	7 Classes
18820	Jan 10-Feb 28 No class Feb. 14	Sa	11:45-1:00pm	\$113.75	7 Classes
18862	Mar 7-Apr 25 No class Apr. 4	Sa	11:45-1:00pm	\$113.75	7 Classes

BABY & YOU YOGA

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

18343	Sep 8-Oct 27 No class Oct. 13	M	9:00-10:00am	\$91.00	7 Classes
18786	Nov 3-Dec 15	M	9:00-10:00am	\$91.00	7 Classes
18819	Jan 5-Feb 23 No class Feb. 16	M	9:00-10:00am	\$91.00	7 Classes
18861	Mar 2-Apr 20	M	9:00-10:00am	\$104.00	8 Classes

BABY & YOU: STROLLER-CISE

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, Fall classes may move indoors to the Trico Centre gymnasium. Please dress appropriately for chilly temps and bring a blanket or yoga mat.

18345	Sep 11-Oct 30	Th	10:00-10:50am	\$104.00	8 Classes
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BABY & YOU STRONG

Get stronger together in this fun, functional workout for postpartum moms with babies. Build core strength, improve posture, and boost fitness with low-impact training tailored for postnatal recovery. Best suited for pre-mobile babies.

18787	Nov 6-Dec 18	Th	10:00-10:50am	\$91.00	7 Classes
18818	Jan 8-Feb 26	Th	10:00-10:50am	\$104.00	8 Classes
18860	Mar 5-Apr 23	Th	10:00-10:50am	\$104.00	8 Classes

BABY & YOU AQUAFIT

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

18340	Sep 8-Oct 27 No class Oct. 13	M	10:00-10:45am	\$91.00	7 Classes
18341	Sep 11-Oct 30	Th	9:00-9:45am	\$104.00	8 Classes
18783	Nov 3-Dec 15	M	10:00-10:45am	\$91.00	7 Classes
18784	Nov 6-Dec 18	Th	9:00-9:45am	\$91.00	7 Classes
18815	Jan 5-Feb 23 No class Feb. 16	M	10:00-10:45am	\$91.00	7 Classes
18816	Jan 8-Feb 26	Th	9:00-9:45am	\$104.00	8 Classes
18857	Mar 2-Apr 20	M	10:00-10:45am	\$104.00	8 Classes
18858	Mar 5-Apr 23	Th	9:00-9:45am	\$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.

18342	Sep 10-Oct 29	W	9:00-9:50am	\$104.00	8 Classes
18785	Nov 5-Dec 17	W	9:00-9:50am	\$91.00	7 Classes
18817	Jan 7-Feb 25	W	9:00-9:50am	\$104.00	8 Classes
18859	Mar 4-Apr 22	W	9:00-9:50am	\$104.00	8 Classes

HYPOPRESSIVES & CORE

Hypopressives is a specialized program of abdominal, core and pelvic floor conditioning/reconditioning. Great for all ages, Hypopressives features: Eccentric contraction/postural anticipatory muscles, diaphragm lengthening, decrease intra-abdominal pressure, no pressure on the pelvic floor, and increase vascular flow. New parents with PREMOBILE babies are welcome.



18673	Sep 11-Oct 30	Th	11:00-11:50am	\$104.00	8 Classes
18791	Nov 6-Dec 18	Th	11:00-11:50am	\$91.00	7 Classes
18834	Jan 8-Feb 26	Th	11:00-11:50am	\$104.00	8 Classes
18885	Mar 5-Apr 23	Th	11:00-11:50am	\$104.00	8 Classes

OLDER ADULT

BETTER BOOMER

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!

18668	Sep 8-Oct 27 No class Oct.13	M	1:00-1:50pm	\$91.00	7 Classes
18670	Sep 10-Oct 29	W	1:00-1:50pm	\$104.00	8 Classes
18828	Jan 5-Feb 23 No class Feb.16	M	1:00-1:50pm	\$91.00	7 Classes
18827	Jan 7-Feb 25	W	1:00-1:50pm	\$104.00	8 Classes
18875	Mar 2-Apr 20	M	1:00-1:50pm	\$104.00	8 Classes
18874	Mar 4-Apr 22	W	1:00-1:50pm	\$104.00	8 Classes
18804	Nov 3-Dec 15	M	1:00-1:50pm	\$91.00	7 Classes
18806	Nov 5-Dec 17	W	1:00-1:50pm	\$91.00	7 Classes

SILVER SLIPPERS WITH ISABELLE

Because it's never too late to dance! Silver Slippers is specially designed for older adults of all skill levels - no prior dance experience needed. Through gentle stretching, balance exercises, and elegant ballet movements, you'll improve flexibility, posture, and coordination while nurturing your inner grace. Led by a patient, experienced instructor, each class focuses on building strength and confidence at your own pace. Whether you're reigniting a lifelong passion or trying something new, this is your time to move, express, and shine.



18842	Sep 10-Oct 29	W	11:00-11:50am	\$200.00	8 Classes
18891	Jan 7-Feb 25	W	11:00-11:50am	\$200.00	8 Classes

BONE BUILDERS

Focused on maintaining bone health, creating strength and power, and minimizing your risk of falling. This weight room-based class makes our seniors strong! Not to be confused with Building Boners.

18669	Sep 11-Oct 30	Th	1:00-1:50pm	\$104.00	8 Classes
18805	Nov 6-Dec 18	Th	1:00-1:50pm	\$91.00	7 Classes
18829	Jan 8-Feb 26	Th	1:00-1:50pm	\$104.00	8 Classes
18876	Mar 5-Apr 23	Th	1:00-1:50pm	\$104.00	8 Classes

BETTER BALANCE PROGRAM

This program is designed to help you prevent falls, improve balance, stay strong and maintain independence. The exercises focus on core stability, balance and gait, muscle strengthening, flexibility and endurance. This program is for adults 65 years of age and over. Participants are assessed and monitored. Participants must attend at least 75% or 6 out of 8 classes per month. Please call 403-225-5561 to register.



18665	Sep 2-Oct 30	Tu/Th	1:00-1:50pm	\$144.00	18 Classes
18666	Sep 2-Oct 30	Tu/Th	2:00-2:50pm	\$144.00	18 Classes
18801	Nov 4-Dec 18 No class Nov.11	Tu/Th	1:00-1:50pm	\$112.00	13 Classes
18802	Nov 4-Dec 18 No class Nov.11	Tu/Th	2:00-2:50pm	\$112.00	13 Classes
18824	Jan 6-Feb 26	Tu/Th	1:00-1:50pm	\$128.00	16 Classes
18825	Jan 6-Feb 26	Tu/Th	2:00-2:50pm	\$128.00	16 Classes
18869	Mar 3-Apr 30	Tu/Th	1:00-1:50pm	\$144.00	18 Classes
18870	Mar 3-Apr 30	Tu/Th	2:00-2:50pm	\$144.00	18 Classes

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

PARENT & TOT (2 TO 4 YEARS)

At Trico Centre, our Parent & Tot programs are a joyful introduction to learning and play - together. These playful, interactive classes are designed for little ones and their grown-ups to explore side by side in a welcoming, supportive space. Through music, movement, active play, and hands-on activities, toddlers build confidence, coordination, and social skills while strengthening the special bond with their caregiver. Every class is filled with laughter, discovery, and meaningful moments that make early learning feel magical - for both parent and child.

TINY TUMBLERS (2 - 3 YRS)

Introduce your toddler to movement in this playful parent-participation class! Little ones build coordination, motor skills, and confidence through basic tumbling, gymnastics, songs, and games. A fun, supportive way to explore, climb, jump, and roll together - perfect for first-time gym-goers!

19047	Sep 16-Oct 28	Tu	9:00-9:45am	\$122.50	7 Classes
19048	Nov 4-Dec 16 No class Nov. 11	Tu	9:00-9:45am	\$105.00	6 Classes
19629	Jan 13-Mar 10	Tu	9:00-9:45am	\$157.50	9 Classes

MINI-MOVERS (2 - 3 YRS)

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

19257	Sep 12-Oct 24 No class Oct. 10	F	10:00-10:45am	\$122.50	7 Classes
19260	Nov 7-Dec 12	F	10:00-10:45am	\$105.00	6 Classes
19626	Jan 16-Mar 20 No class Feb. 13	F	10:00-10:45am	\$175.00	10 Classes

MUSIC AND MOVEMENT (2 - 3 YRS)

Our Children's Program Facilitator gently guides young learners through the joy of music and movement in a fun, supportive classroom setting. With caregivers by their side, children build confidence and essential skills through playful exploration and shared experience.

19261	Sep 12-Oct 24 No class Oct. 10	F	9:00-9:45am	\$122.50	7 Classes
19262	Nov 7-Dec 12	F	9:00-9:45am	\$105.00	6 Classes
19627	Jan 16-Mar 20 No class Feb. 13	F	9:00-9:45am	\$175.00	10 Classes

“...The classes were engaging and followed a routine that I think really helped kids build confidence from week to week. I like how she structured classes around a theme each week and that it was very play based. I enjoyed the song selections too!

- PARENT & TOT DANCE PARENT

SPORTBALL PARENT & TOT MULTI-SPORT (2 - 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 while the second half puts those lessons to work in an exciting, non-competitive game.

19117	Sep 13-Oct 25 No class Oct. 11	Sa	9:00-9:40am	\$147.00*ND	6 Classes
19118	Nov 1-Dec 13	Sa	9:00-9:40am	\$171.50*ND	7 Classes
19119	Jan 10-Mar 14 No class Feb. 15	Sa	9:00-9:40am	\$220.50*ND	9 Classes

EXPLORERS (2.5 - 3 YRS)

During this 90-minute parented program, our facilitator guides the group through circle time, story, songs, centers, and teaching early life skills. Caregivers actively participate while supporting their child's development (i.e., emotional regulation, separation strategies, social skills, bathroom routines). 'Explorers' offers a smooth transition into the preschool environment - a perfect bridge into our unparented programs (First Steps, Trico Kids Klub).

19255	Sep 17-Oct 29	W	9:15-10:45am	\$136.50	7 Classes
19258	Nov 5-Dec 17	W	9:15-10:45am	\$136.50	7 Classes
19624	Jan 14-Mar 18	W	9:15-10:45am	\$195.00	10 Classes

PARENT & TOT DANCE

TINY TOES (2 - 3 YRS)

Step, sway, and play together in Tiny Toes! This joyful parent-and-tot dance class is designed to spark a love of movement in your little one while creating special bonding moments. Led by a caring and experienced dance instructor, each 30-minute session features playful music, simple dance steps, and interactive activities that build coordination, rhythm, and confidence - all in a fun, supportive environment.

19139	Sep 13-Oct 25 No class Oct. 11	Sa	9:00-9:30am	\$84.00	6 Classes
19140	Nov 1-Dec 13	Sa	9:00-9:30am	\$98.00	7 Classes
19141	Jan 10-Mar 14 No class Feb. 15	Sa	9:00-9:30am	\$126.00	9 Classes

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PRESCHOOL (2.5 TO 5 YEARS)

At Trico Centre, our preschool programs spark curiosity, creativity, and a love of learning in a fun, nurturing environment. Caring instructors guide children through play-based activities that build confidence, social skills, and school readiness. From art and movement to gym/swim combos and preschool prep, every class encourages self-expression and joyful exploration. Children must be potty trained.

FIRST STEPS (2.5 - 3 YRS)

Give your child a confident start with First Steps, a playful introduction to preschool readiness. Through stories, crafts, and active play, kids build key skills like social interaction, hand washing, and tidying up, guided by our caring facilitator. Participants must be potty trained or attend with a parent or caregiver.

19263	Sep 18-Oct 30	Th	9:15-11:15am	\$136.50	7 Classes
19622	Nov 6-Dec 18	Th	9:15-11:15am	\$136.50	7 Classes
19623	Jan 15-Mar 19	Th	9:15-11:15am	\$195.00	10 Classes

MESSY HANDS (3-4 YRS)

Get ready to squish, splatter, and explore! In this hands-on sensory program, little ones dive into a world of textures, colors, and creativity - no caregivers needed. From gooey art projects to fun-filled tactile play, children will build fine motor skills, spark their imaginations, and have a blast getting gloriously messy in a safe, supportive environment.

19256	Sep 15-Oct 27 No class Oct.13	M	9:30-10:30am	\$111.00	6 Classes
19259	Nov 3-Dec 15	M	9:30-10:30am	\$129.50	7 Classes

KANGAROOS & KROCODILES (3-5 YRS)

Kangaroos and Krocodiles is the perfect blend of high-energy fun and foundational swim skills! Kids kick off the morning with sports and games in the gym, followed by a 30-minute swim lesson tailored to Preschool Swim Levels 1-3. It's active, confidence-building, and just plain fun! Parents are required to remain on the pool deck during the swim portion (10:00-10:30am).

19061	Sep 18-Oct 30	Th	9:00-10:30am	\$147.00	7 Classes
19062	Nov 6-Dec 18	Th	9:00-10:30am	\$147.00	7 Classes
19063	Jan 15-Mar 19	Th	9:00-10:30am	\$210.00	10 Classes

NINJA SPROUTS (3-5 YRS)

Let your preschooler leap into action with Ninja Sprouts! This fun, high-energy program builds strength, coordination, and confidence through playful, ninja-themed challenges in a safe, supportive space.

19070	Sep 12-Oct 24 No class Oct.10	F	10:00-10:45am	\$122.50	7 Classes
19071	Nov 7-Dec 19	F	10:00-10:45am	\$122.50	7 Classes
19072	Jan 9-Mar 20 No class Feb.13	F	10:00-10:45am	\$192.50	11 Classes



LITTLE KICKERS (3-5 YRS)

Introduce your child to the fun of soccer with this high-energy program! Kids build basic skills like dribbling, passing, and shooting through playful games while boosting coordination, confidence, and teamwork - no experience needed!



19058	Sep 12-Oct 24 No class Oct.10	F	9:00-9:45am	\$105.00	7 Classes
19096	Sep 13-Oct 25 No class Oct.11	Sa	9:00-9:45am	\$105.00	6 Classes
19039	Sep 15-Oct 27 No class Oct.13	M	1:45-2:30pm	\$105.00	6 Classes
19097	Nov 1-Dec 13	Sa	9:00-9:45am	\$122.50	7 Classes
19040	Nov 3-Dec 15	M	1:45-2:30pm	\$122.50	7 Classes
19059	Nov 7-Dec 19	F	9:00-9:45am	\$122.50	7 Classes
19060	Jan 9-Mar 20 No class Feb.13	F	9:00-9:45am	\$192.50	11 Classes
19098	Jan 10-Mar 14 No class Feb.14	Sa	9:00-9:45am	\$157.50	9 Classes
19041	Jan 12-Mar 16 No class Feb.16	M	1:45-2:30pm	\$157.50	9 Classes

LITTLE LEARNERS (3-4 YRS)

Get your 3-4 year old ready for kindergarten with this fun, 2-hour preschool warm-up! Each session includes crafts, games, center-based play, and circle time to build early literacy, numeracy, social skills, and independence - perfect for a smooth classroom transition.

19265	Sep 15-Oct 29 No class Oct.13	M/W	9:15-11:15am	\$253.50	13 Classes
19641	Nov 3-Dec 17	M/W	9:15-11:15am	\$273.00	14 Classes
19642	Jan 12-Mar 18 No class Feb.16	M/W	9:15-11:15am	\$370.50	19 Classes

MIGHTY MOVERS (3-5 YRS)

Mighty Movers is a high-energy sports class for preschoolers that builds motor skills, balance, and confidence through fun games and activities. Kids explore various sports while learning teamwork, listening, and a love for movement!



19026	Sep 15-Oct 27 No class Oct.13	M	1:00-1:45pm	\$105.00	6 Classes
19044	Sep 18-Oct 30	Th	1:45-2:30pm	\$122.50	7 Classes
19042	Nov 3-Dec 15	M	1:00-1:45pm	\$122.50	7 Classes
19045	Nov 6-Dec 18	Th	1:45-2:30pm	\$122.50	7 Classes
19043	Jan 12-Mar 16 No class Feb.16	M	1:00-1:45pm	\$157.50	9 Classes
19046	Jan 15-Mar 19	Th	1:45-2:30pm	\$175.00	10 Classes

MINI STICK STARS (3-5 YRS)

Stick in hand and smiles on their faces - your little one is about to discover the thrill of ball hockey! In Mini Stick Stars, kids learn the fundamentals of the game, from holding a stick and passing the ball to scoring their first goal. With fun drills, teamwork-based games, and plenty of high-energy play, this program builds coordination, confidence, and a love for the game. It's fast, fun, and perfect for your pint-sized puck star!



19067	Sep 12-Oct 24 No class Oct.10	F	9:00-9:45am	\$122.50	7 Classes
19068	Nov 7-Dec 19	F	9:00-9:45am	\$122.50	7 Classes
19069	Jan 9-Mar 20 No class Feb.13	F	9:00-9:45am	\$192.50	11 Classes

TINY DUNKERS (3-5 YRS)

Bounce into fun with our Tiny Dunkers program - perfect for pint-sized energy machines! Kids will jump, run, and play their way through exciting games, obstacle courses, and sporty adventures - including their very first shots at basketball! From mini dribbles to slam-dunking fun (on kid-sized hoops, of course), they'll build coordination, confidence, and teamwork skills while having an absolute blast. It's the ultimate playtime experience for your little all-star!



19064	Sep 18-Oct 30	Th	10:15-11:00am	\$122.50	7 Classes
19065	Nov 6-Dec 18	Th	10:15-11:00am	\$122.50	7 Classes
19066	Jan 15-Mar 19	Th	10:15-11:00am	\$175.50	10 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.

BALL HOCKEY

19105	Sep 18-Oct 30	Th	5:15-6:10pm	\$171.50*ND	7 Classes
19107	Nov 6-Dec 18	Th	5:15-6:10pm	\$171.50*ND	7 Classes
19108	Jan 15-Mar 19	Th	5:15-6:10pm	\$245.00*ND	10 Classes

MULTI-SPORT

19114	Sep 13-Oct 25 No class Oct.11	Sa	9:45-10:40am	\$147.00*ND	6 Classes
19115	Nov 1-Dec 13	Sa	9:45-10:40am	\$171.50*ND	7 Classes
19116	Jan 10-Mar 14 No class Feb.14	Sa	9:45-10:40am	\$220.50*ND	9 Classes

TUMBLE TYKES (4-5 YRS)

Tumble Tykes is a playful intro to gymnastics for ages 4-5, building strength, coordination, and confidence through rolls, jumps, balances, and fun movement games - all in a safe, supportive environment.



19049	Sep 16-Oct 28	Tu	9:45-10:30am	\$122.50	7 Classes
19050	Nov 4-Dec 16 No class Nov.11	Tu	9:45-10:30am	\$105.00	6 Classes
19051	Jan 13-Mar 17	Tu	9:45-10:30am	\$175.00	10 Classes

YOUNG REMBRANDTS (4-5 YRS)

Does your little one love to doodle? Turn those doodles into delightful works of art! Watch as your child masters the art of drawing with our adorable ladybug and whimsical gumball machine illustrations. They'll also create everything from cheerful clown puppets to a friendly Frankenstein, not to mention irresistible candy bags and beautiful fall scenes.

19630	Sep 18-Oct 30	Th	5:30-6:15pm	\$154.00*ND	7 Classes
19631	Nov 6-Dec 18	Th	5:30-6:15pm	\$154.00*ND	7 Classes
19632	Jan 15-Mar 19	Th	5:30-6:15pm	\$220.00*ND	10 Classes

PRESCHOOL DANCE

PETITE PIROUETTE (3-5 YRS)

Introduce your little one to ballet through gentle movement, imaginative play, and classical music. This fun, nurturing class builds coordination, confidence, and creativity while teaching foundational steps.



19136	Sep 14-Oct 26 No class Oct.12	Su	10:10-10:40am	\$84.00	6 Classes
19137	Nov 2-Dec 14	Su	10:10-10:40am	\$98.00	7 Classes
19138	Jan 11-Mar 15 No class Feb.15	Su	10:10-10:40am	\$126.00	9 Classes

TINY TWIRLERS (3-5 YRS)

This fun, imaginative class uses music, games, and creative movement to help young dancers build confidence, coordination, and a love for dance in a supportive setting.



19130	Sep 13-Oct 25 No class Oct.11	Sa	9:35-10:05am	\$84.00	6 Classes
19133	Sep 14-Oct 26 No class Oct.12	Su	9:35-10:05am	\$84.00	6 Classes
19131	Nov 1-Dec 13	Sa	9:35-10:05am	\$98.00	7 Classes
19134	Nov 2-Dec 14	Su	9:35-10:05am	\$98.00	7 Classes
19132	Jan 10-Mar 14 No class Feb.14	Sa	9:35-10:05am	\$126.00	9 Classes
19135	Jan 11-Mar 15 No class Feb.15	Su	9:35-10:05am	\$126.00	9 Classes

CHILD & YOUTH (5 TO 17 YEARS)

At Trico Centre, our programs foster belonging, independence, and fun through inclusive, engaging experiences. We celebrate each child's uniqueness with creative, developmentally appropriate activities that support physical, social, emotional, and cognitive growth. Led by caring instructors, we provide a safe, supportive space where every child can thrive, build confidence, and explore through play.

MINI MINDS STEM LAB (5-7 YRS)

Mini Minds STEM Lab sparks curiosity in kids aged 5-7 through hands-on science, tech, engineering, and math activities. Each session features fun experiments, building challenges, beginner coding, math games, and outdoor exploration - building problem-solving skills through playful learning.



19639	Sep 13-Oct 25 No class Oct.11	Sa	10:45-11:45am	\$105.00	6 Classes
19640	Nov 1-Dec 13	Sa	10:45-11:45am	\$122.50	7 Classes

FLOOR HOCKEY ALL STARS (6-9 YRS)

Stick up, game on! Floor Hockey All-Stars teaches passing, shooting, stickhandling, and teamwork through fun drills and games. With a focus on fitness, fair play, and fundamentals, it's perfect for beginners and future hockey stars alike.

19076	Sep 17-Oct 29	W	5:15-6:00pm	\$122.50	7 Classes
19077	Nov 5-Dec 17	W	5:15-6:00pm	\$122.50	7 Classes
19078	Jan 14-Mar 18	W	5:15-6:00pm	\$175.00	10 Classes

FEET & FINS (6-9 YRS)

Feet and Fins is a 90-minute adventure combining active gym games with a 30-minute swim lesson. Kids burn energy, build skills, and have fun progressing through Swimmer Levels 1-3. Parents can cheer from the pool deck during the lesson - fitness, fun, and learning all in one! Parents stay on the pool deck during the swim lesson (7:00-7:30pm).

19052	Sep 16-Oct 28	Tu	6:00-7:30pm	\$168.00	7 Classes
19073	Sep 17-Oct 29	W	6:00-7:30pm	\$168.00	7 Classes
19053	Nov 4-Dec 16	Tu	6:00-7:30pm	\$144.00	6 Classes
19074	Nov 5-Dec 17	W	6:00-7:30pm	\$168.00	7 Classes
19054	Jan 13-Mar 17	Tu	6:00-7:30pm	\$240.00	10 Classes
19075	Jan 14-Mar 18	W	6:00-7:30pm	\$240.00	10 Classes

MEGASPORTS (6-9 YRS)

Gear up for non-stop fun with Mega Sports! This high-energy program gets kids moving and grooving with an awesome mix of sports - from soccer and basketball to everything in between! It's all about making new friends, building team spirit, and learning cool new skills while having an absolute blast. Let the games begin!

19055	Sep 16-Oct 28	Tu	5:15-6:00pm	\$140.00	7 Classes
19056	Nov 4-Dec 16 No class Nov.11	Tu	5:15-6:00pm	\$105.00	6 Classes
19057	Jan 13-Mar 17	Tu	5:15-6:00pm	\$175.00	10 Classes

JUNIOR DRIBBLERS BASKETBALL (6-8 YRS)

This fun and energetic program introduces young athletes to the fundamentals of basketball through age-appropriate drills and games. Kids will learn to dribble, pass, shoot, and work as a team while building confidence, coordination, and a love for the game in a supportive environment.

19099	Sep 13-Oct 25 No class Oct.11	Sa	9:50-10:45am	\$120.00	6 Classes
19100	Nov 1-Dec 13	Sa	9:50-10:45am	\$140.00	7 Classes
19101	Jan 10-Mar 14 No class Feb.14	Sa	9:50-10:45am	\$180.00	9 Classes

SPORTBALL (6-9 YRS)

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

BALL HOCKEY

19106	Sep 18-Oct 30	Th	6:15-7:10pm	\$171.50 *ND	7 Classes
19109	Nov 6-Dec 18	Th	6:15-7:10pm	\$171.50 *ND	7 Classes
19110	Jan 15-Mar 19	Th	6:15-7:10pm	\$245.00 *ND	10 Classes

MULTI-SPORT

19111	Sep 13-Oct 25 No class Oct.11	Sa	10:45-11:40am	\$147.00 *ND	6 Classes
19112	Nov 1-Dec 13	Sa	10:45-11:40am	\$171.50 *ND	7 Classes
19113	Jan 10-Mar 14 No class Feb.14	Sa	10:45-11:40am	\$220.50 *ND	9 Classes

SENIOR DRIBBLERS BASKETBALL (9-12 YRS)

Perfect for kids looking to take their skills to the next level, this program builds on basketball fundamentals with a greater focus on technique, team play, and game awareness. Through structured drills and scrimmages, players will improve their shooting, ball-handling, and decision-making - all while gaining confidence on the court.

19102	Sep 13-Oct 25 No class Oct.11	Sa	11:00-12:00pm	\$120.00	6 Classes
19103	Nov 1-Dec 13	Sa	11:00-12:00pm	\$140.00	7 Classes
19104	Jan 10-Mar 14 No class Feb.14	Sa	11:00-12:00pm	\$180.00	9 Classes

BADMINTON BASICS (9 - 14 YRS)

This beginner-friendly badminton program introduces children to the basics of the sport through fun, interactive games and skill-building activities. Set in a supportive, non-competitive environment, the program helps participants develop coordination, confidence, and a love for the game - perfect for those new to badminton or with limited experience.

9-11 YRS

19087	Sep 12-Oct 24 No class Oct.10	F	4:15-5:15pm	\$140.00	7 Classes
19088	Nov 7-Dec 19	F	4:15-5:15pm	\$140.00	7 Classes
19089	Jan 9-Mar 20 No class Feb.13	F	4:15-5:15pm	\$220.00	11 Classes

12-14 YRS

19090	Sep 12-Oct 24 No class Oct.10	F	5:15-6:15pm	\$140.00	7 Classes
19091	Nov 7-Dec 19	F	5:15-6:15pm	\$140.00	7 Classes
19092	Jan 9-Mar 20 No class Feb.13	F	5:15-6:15pm	\$220.00	11 Classes

BADMINTON / RALLY READINESS (11-14 YRS)

Designed for youth ages 11-14 with some badminton experience, this program focuses on mastering key fundamentals such as grip, footwork, and a variety of strokes - including serves and net play. Each session combines high-energy drills to boost coordination, build fitness, and sharpen game strategy - all in a fun and encouraging environment.

19093	Sep 12-Oct 24 No class Oct.10	F	6:15-7:15pm	\$140.00	7 Classes
19094	Nov 7-Dec 19	F	6:15-7:15pm	\$140.00	7 Classes
19095	Jan 9-Mar 20 No class Feb.13	F	6:15-7:15pm	\$220.00	11 Classes

TEEN GIRLS ON WEIGHTS (TOW) (13-18 YRS)

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 has been generously subsidized by the InMotion Network.



18775	Sep 9-Oct 28	Tu	5:00-5:55pm	\$52.00	8 Classes
18776	Sep 11-Oct 30	Th	5:00-5:55pm	\$52.00	8 Classes
18794	Nov 4-Dec 16 No class Nov.11	Tu	5:00-5:55pm	\$52.00	6 Classes
18795	Nov 6-Dec 18	Th	5:00-5:55pm	\$52.00	7 Classes

YOUNG REMBRANDTS (6-12 YRS)

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

19633	Sep 18-Oct 30	Th	6:20-7:20pm	\$154.00 *ND	7 Classes
19634	Nov 6-Dec 18	Th	6:20-7:20pm	\$154.00 *ND	7 Classes
19638	Jan 15-Mar 19	Th	6:20-7:20pm	\$220.00 *ND	10 Classes

YOUNG REMBRANDTS CARTOONING (8-12 YRS)

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

19635	Sep 18-Oct 30	Th	7:30-8:30pm	\$154.00 *ND	7 Classes
19636	Nov 6-Dec 18	Th	7:30-8:30pm	\$154.00 *ND	7 Classes
19637	Jan 15-Mar 19	Th	7:30-8:30pm	\$220.00 *ND	10 Classes



18837	Jan 6-Feb 24	Tu	5:00-5:55pm	\$52.00	8 Classes
18838	Jan 8-Feb 26	Th	5:00-5:55pm	\$52.00	8 Classes
18887	Mar 3-Apr 21	Tu	5:00-5:55pm	\$52.00	8 Classes
18888	Mar 5-Apr 23	Th	5:00-5:55pm	\$52.00	8 Classes

CHILD & YOUTH DANCE

BALLET, JAZZ & 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!

19120	Sep 14-Oct 26 No class Oct.12	Su	10:45-11:30am	\$105.00	6 Classes
19121	Nov 2-Dec 14	Su	10:45-11:30am	\$122.50	7 Classes
19122	Jan 11-Mar 15 No class Feb.14	Su	10:45-11:30am	\$157.50	9 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

19123	Sep 13-Oct 25 No class Oct.11	Sa	10:10-10:55am	\$105.00	6 Classes
19124	Nov 1-Dec 13	Sa	10:10-10:55am	\$122.50	7 Classes
19125	Jan 10-Mar 14 No class Feb.14	Sa	10:10-10:55am	\$157.50	9 Classes

8-12 YRS

19126	Sep 13-Oct 25 No class Oct.11	Sa	11:00-11:45am	\$105.00	6 Classes
19127	Nov 1-Dec 13	Sa	11:00-11:45am	\$122.50	7 Classes
19128	Jan 10-Mar 14 No class Feb.14	Sa	11:00-11:45am	\$122.50	9 Classes



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 to attend the program as well.

If you have questions, please contact the Child and Youth Programs department at programs@tricocentre.ca.

SKILL BUILDER: FINE MOTOR (4-6 YRS)

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 YRS

19619	Sept 13-Oct 25 No class Oct. 12	Sa	9:30-10:30am	\$120.00	6 Classes
19620	Nov 1-Dec 13	Sa	9:30-10:30am	\$140.00	7 Classes
19621	Jan 10-Mar 14 No class Feb. 14	Sa	9:30-10:30am	\$180.00	9 Classes

SKILL BUILDER: DIRECTION DETECTIVES (6-8 YRS)

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 YRS

19601	Sep 14-Oct 26	Su	9:30-10:30am	\$120.00	6 Classes
19602	Nov 2-Dec 14	Su	9:30-10:30am	\$140.00	7 Classes
19603	Jan 11-Mar 15	Su	9:30-10:30am	\$180.00	9 Classes

9-12 YRS

19606	Sep 14-Oct 26	Su	11:00-12:00pm	\$140.00	6 Classes
19607	Nov 2-Dec 14	Su	11:00-12:00pm	\$120.00	7 Classes
19608	Jan 11-Mar 15	Su	11:00-12:00pm	\$180.00	9 Classes

SKILL BUILDER: FRIENDSHIP FOUNDATIONS (6-12 YRS)

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 YRS

19604	Sep 16-Oct 28	Tu	5:00-6:00pm	\$140.00	7 Classes
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9-12 YRS

19610	Sep 16-Oct 28	Tu	6:30-7:30pm	\$140.00	7 Classes
19611	Nov 4-Dec 16	Tu	6:30-7:30pm	\$120.00	6 Classes
19612	Jan 13-Mar 17	Tu	6:30-7:30pm	\$200.00	10 Classes

MEMBERSHIPS

FACILITY

FITNESS
CENTRE

ADULT
FITNESS

PARENT
& TOT

PRESCHOOL
CHILD &
YOUTH

SKILL
BUILDER

AQUATICS

OUT OF
SCHOOL

SKATING



My son just completed Anxiety Explorers at Trico Centre! It was excellent. He is so much more confident at talking about his feelings and loved attending each week. I would highly recommend this program!

- SKILL BUILDER PARENT

SKILL BUILDER: ANXIETY EXPLORERS (6-12 YRS)

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

6-9 YRS

19595	Sep 17-Oct 29	W	5:00-6:00pm	\$140.00	7 Classes
19596	Nov 5-Dec 17	W	5:00-6:00pm	\$140.00	7 Classes
19597	Jan 14-Mar 18	W	5:00-6:00pm	\$200.00	10 Classes

9-12 YRS

19598	Sep 17-Oct 29	W	6:30-7:30pm	\$140.00	7 Classes
19599	Nov 5-Dec 17	W	6:30-7:30pm	\$140.00	7 Classes
19600	Jan 14-Mar 18	W	6:30-7:30pm	\$200.00	10 Classes

SKILL BUILDER: WELLNESS WARRIORS (6-12 YRS)

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 YRS

19613	Sep 18-Oct 30	Th	5:00-6:00pm	\$140.00	7 Classes
19617	Nov 6-Dec 18	Th	5:00-6:00pm	\$140.00	7 Classes
19618	Jan 15-Mar 19	Th	5:00-6:00pm	\$200.00	10 Classes

9-12 YRS

19614	Sep 18-Oct 30	Th	6:30-7:30pm	\$140.00	7 Classes
19615	Nov 6-Dec 18	Th	6:30-7:30pm	\$140.00	7 Classes
19616	Jan 15-Mar 19	Th	6:30-7:30pm	\$200.00	10 Classes

SKILL BUILDER: TRI-SPORT (6-8 YRS)

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.

19003	Sep 14-Oct 26 No class Oct.12	Su	1:00-2:00pm	\$120.00	7 Classes
19007	Nov 2-Dec 14	Su	1:00-2:00pm	\$140.00	7 Classes
19008	Jan 11-Mar 15 No class Feb.15	Su	1:00-2:00pm	\$180.00	9 Classes

SKILL BUILDER: NON-COMPETITIVE BASKETBALL (6-14 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 basketball. Have fun while developing skills and improving confidence!

6-8 YRS

19009	Sep 14-Oct 26 No class Oct.12	Su	2:00-3:00pm	\$120.00	6 Classes
19011	Nov 2-Dec 14	Su	2:00-3:00pm	\$140.00	7 Classes
19014	Jan 11-Mar 15 No class Feb.15	Su	2:00-3:00pm	\$180.00	9 Classes

9-14 YRS

19016	Sep 14-Oct 26 No class Oct.12	Su	3:15-4:15pm	\$120.00	6 Classes
19018	Nov 2-Dec 14	Su	3:15-4:15pm	\$140.00	7 Classes
19020	Jan 11-Mar 15 No class Feb.15	Su	3:15-4:15pm	\$180.00	9 Classes

SKILL BUILDER: NON-COMPETITIVE VOLLEYBALL (7-14 YRS)

This non-competitive program is ideal for youth ages 10 - 14 who want to build their volleyball skills in a fun, supportive environment. Through drills, team activities, and gameplay, participants will improve technique, teamwork, and confidence - without the pressure of competition. Whether you're new to the sport or looking to strengthen your foundation, this program is a great way to grow and enjoy the game.

7-9 YRS

19079	Sep 18-Oct 30	Th	5:15-6:15pm	\$140.00	7 Classes
19080	Nov 6-Dec 18	Th	5:15-6:15pm	\$140.00	7 Classes
19081	Jan 15-Mar 19	Th	5:15-6:15pm	\$200.00	10 Classes

10-14 YRS

19082	Sep 18-Oct 30	Th	6:15-7:15pm	\$140.00	7 Classes
19083	Nov 6-Dec 18	Th	6:15-7:15pm	\$140.00	7 Classes
19085	Jan 15-Mar 19	Th	6:15-7:15pm	\$200.00	10 Classes

AQUATICS

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

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.
- 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 1/2: 4 months - 2 years

PARENT & TOT 2/3: 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 personal floatation device (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 an 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.

PRIVATE & SEMI-PRIVATE LESSONS

FALL SESSION #1

MONDAYS SEPT 15-OCT 27 (6) NO LESSONS OCT 13	TUESDAYS SEPT 16-OCT 28 (7)	WEDNESDAYS SEPT 17-OCT 29 (7)	THURSDAYS SEPT 18-OCT 30 (7)	SATURDAYS SEPT 13-OCT 25 (6) NO LESSONS OCT 11	SUNDAYS SEPT 14-OCT 26 (6) NO LESSONS OCT 12
10-10:30am (18122) 10:30-11am (18123) 4:30-5pm (18124, 18125) 5-5:30pm (18126) 5:45-6:15pm (18127) 6-6:30pm (18128) 6:15-6:45pm (18129) 6:30-7pm (18130) 7-7:30pm (18131, 18132, 18133, 18134)	9:30-10am (18135) 10:30-11am (18136) 4:30-5pm (18137, 18138) 5-5:30pm (18139) 5:30-6pm (18140) 6-6:30pm (18141, 18142) 6:30-7pm (18143) 6:45-7:15pm (18144) 7-7:30pm (18145) 7:30-8pm (18146, 18147, 18148, 18149)	9-9:30am (18150) 10-10:30am (18151) 10:30-11am (18152) 4:30-5pm (18153, 18154) 5-5:30pm (18155) 5:30-6pm (18156) 5:45-6:15pm (18157) 6-6:30pm (18158) 7-7:30pm (18159, 18160, 18161)	10:30-11am (18162) 4:30-5pm (18163) 5-5:30pm (18164) 5:30-6pm (18165) 6-6:30pm (18166, 18167) 6:15-6:45pm (18168) 6:45-7:15pm (18169) 7:30-8pm (18170, 18171, 18172, 18173)	8:30-9am (18052) 9-9:30am (18053, 18054) 9:30-10am (18055) 9:45-10:15am (18056) 10-10:30am (18057, 18058) 10:30-11am (18059) 11:15-11:45am (18060, 18061) 11:45-12:15pm (18062) 12-12:30pm (18063) 12:15-12:45pm (18064) 12:45-1:15pm (18065)	8:30-9am (18066, 18067) 9-9:30am (18068) 9:30-10am (18069) 10-10:30am (18070) 10:30-11am (18071, 18072) 11:15-11:45am (18073, 18074) 11:45-12:15pm (18075) 12-12:30pm (18076, 18077) 12:15-12:45pm (18078) 12:45-1:15pm (18079)

FALL SESSION #2

MONDAYS NOV 3-DEC 15 (7)	TUESDAYS NOV 4-DEC 16 (6) NO LESSONS NOV 11	WEDNESDAYS NOV 5-DEC 17 (7)	THURSDAYS NOV 6-DEC 18 (7)	SATURDAYS NOV 1-DEC 13 (7)	SUNDAYS NOV 2-DEC 14 (7)
10-10:30am (18518) 10:30-11am (18519) 4:30-5pm (18520, 18521) 5-5:30pm (18522) 5:45-6:15pm (18523) 6-6:30pm (18524) 6:15-6:45pm (18525) 6:30-7pm (18526) 7-7:30pm (18527, 18528, 18529, 18530)	9:30-10am (18531) 10:30-11am (18532) 4:30-5pm (18533, 18534) 5-5:30pm (18535) 5:30-6pm (18536) 6-6:30pm (18537, 18538) 6:30-7pm (18539) 6:45-7:15pm (18540) 7-7:30pm (18541) 7:30-8pm (18542, 18543, 18544, 18545)	9-9:30am (18466) 10-10:30am (18467) 10:30-11am (18468) 4:30-5pm (18469, 18470) 5-5:30pm (18471) 5:30-6pm (18472) 5:45-6:15pm (18473) 6-6:30pm (18474) 7-7:30pm (18475, 18476, 18477)	10:30-11am (18478) 4:30-5pm (18479) 5-5:30pm (18480) 5:30-6pm (18481) 6-6:30pm (18482, 18483) 6:15-6:45pm (18484) 6:45-7:15pm (18485) 7:30-8pm (18486, 18487, 18488, 18489)	8:30-9am (18490) 9-9:30am (18491, 18492) 9:30-10am (18493) 9:45-10:15am (18494) 10-10:30am (18495, 18496) 10:30-11am (18497) 11:15-11:45am (18498, 18499) 11:45-12:15pm (18500) 12-12:30pm (18501) 12:15-12:45pm (18502) 12:45-1:15pm (18503)	8:30-9am (18504, 18505) 9-9:30am (18506) 9:30-10am (18507) 10-10:30am (18508) 10:30-11am (18509, 18510) 11:15-11:45am (18511, 18512) 11:45-12:15pm (18513) 12-12:30pm (18514, 18515) 12:15-12:45pm (18516) 12:45-1:15pm (18517)

WINTER SESSION

MONDAYS JAN 12-MAR 16 (9) NO LESSONS FEB 16	TUESDAYS JAN 13-MAR 17 (10)	WEDNESDAYS JAN 14-MAR 18 (10)	THURSDAYS JAN 15-MAR 19 (10)	SATURDAYS JAN 10-MAR 14 (9) NO LESSONS FEB 14	SUNDAYS JAN 11-MAR 15 (9) NO LESSONS FEB 15
10-10:30am (19318) 10:30-11am (19319) 4:30-5pm (19320, 19321) 5-5:30pm (19322) 5:45-6:15pm (19323) 6-6:30pm (19324) 6:15-6:45pm (19325) 6:30-7pm (19326) 7-7:30pm (19327, 19328, 19329, 19330)	9:30-10am (19331) 10:30-11am (19332) 4:30-5pm (19333, 19334) 5-5:30pm (19335) 5:30-6pm (19336) 6-6:30pm (19337, 19338) 6:30-7pm (19339) 6:45-7:15pm (19340) 7-7:30pm (19341) 7:30-8pm (19342, 19343, 19344, 19345)	9-9:30am (19346) 10-10:30am (19347) 10:30-11am (19348) 4:30-5pm (19349, 19350) 5-5:30pm (19351) 5:30-6pm (19352) 5:45-6:15pm (19353) 6-6:30pm (19354) 7-7:30pm (19355, 19356, 19357)	10:30-11am (19358) 4:30-5pm (19359) 5-5:30pm (19360) 5:30-6pm (19361) 6-6:30pm (19362, 19363) 6:15-6:45pm (19364) 6:45-7:15pm (19365) 7:30-8pm (19366, 19367, 19368, 19369)	8:30-9am (19267) 9-9:30am (19291, 19292) 9:30-10am (19293) 9:45-10:15am (19294) 10-10:30am (19295, 19296) 10:30-11am (19297) 11:15-11:45am (19298, 19299) 11:45-12:15pm (19300) 12-12:30pm (19301) 12:15-12:45pm (19302) 12:45-1:15pm (19303)	8:30-9am (19304, 19305) 9-9:30am (19306) 9:30-10am (19307) 10-10:30am (19308) 10:30-11am (19309, 19310) 11:15-11:45am (19311, 19312) 11:45-12:15pm (19313) 12-12:30pm (19314, 19315) 12:15-12:45pm (19316) 12:45-1:15pm (19317)

LEARN TO SWIM – FALL SESSION #1

	MONDAYS SEPT 15-OCT 27 (6) NO LESSONS OCT 13	TUESDAYS SEPT 16-OCT 28 (7)	WEDNESDAYS SEPT 17-OCT 29 (7)	THURSDAYS SEPT 18-OCT 30 (7)	SATURDAYS SEPT 13-OCT 25 (6) NO LESSONS OCT 11	SUNDAYS SEPT 14-OCT 26 (6) NO LESSONS OCT 12
P & T 1/2	9:30-10am (17942) 5-5:30pm (17943)	10-10:30am (17944)	9:30-10am (17945) 5-5:30pm (17946)	9:30-10am (17947)	9:15-9:45am (17949)	9:15-9:45am (17948)
P & T 2/3	9-9:30am (17952) 5:30-6pm (17953)	9:30-10am (17954) 5:30-6pm (17955)	10:30-11am (17956) 6-6:30pm (17957)	10:30-11am (17958) 5:30-6pm (17959)	10:00-10:30 (17950)	10-10:30am (17951)
PRESCHOOL 1	9-9:30am (17972) 10:30-11am (17973) 4:30-5pm (17974) 5-5:30pm (17975) 5:30-6pm (17976) 6-6:30pm (17977)	9-9:30am (17978) 4:30-5pm (17979) 5-5:30pm (17980) 5:45-6:15pm (17981) 6:30-7pm (17982)	9:30-10am (17983) 10-10:30pm (17984) 4:30-5pm (17985) 5:30-6pm (17986) 5:45-6:15pm (17987)	9-9:30am (17988) 5-5:30pm (17989) 5:15-5:45pm (17990) 5:45-6:15pm (17991) 6:30-7pm (17992) 6:30-7pm (17993)	8:30-9am (17960) 9:15-9:45am (17961) 9:45-10:15am (17962) 10:30-11am (17963) 11:45-12:15pm (17964) 12:45-1:15pm (17965)	8:30-9am (17966) 9-9:30am (17967) 9:45-10:15am (17968) 10:30-11am (17969) 11:15-11:45am (17970) 12:15-12:45pm (17971)
PRESCHOOL 2	9:30-10am (18005) 4:30-5pm (18006) 6-6:30pm (18007) 6:30-7pm (18008)	9-9:30am (18009) 10-10:30am (18010) 4:30-5pm (18011) 5:15-5:45pm (18012) 6-6:30pm (18013) 6:30-7pm (18014)	9-9:30am (18015) 4:30-5pm (18016) 5:30-6pm (18017) 6-6:30pm (18018) 6:30-7pm (18019)	9-9:30am (18020) 4:30-5pm (18021) 5:30-6pm (18022) 6-6:30pm (18023) 6:45-7:15pm (18024)	8:30-9am (17925) 9:30-10am (17994) 10-10:30am (17995) 11-11:30am (17996) 11:30-12pm (17997) 12:15-12:45pm (17998)	8:30-9am (17999) 9:30-10am (18000) 11-11:30am (18001) 11:30-12pm (18002) 12:15-12:45pm (18003) 12:45-1:15pm (18004)
PRESCHOOL 3	10-10:30am (18035) 4:30-5pm (18036) 5:15-5:45pm (18037) 6:15-6:45pm (18038)	10:30-11am (18039) 4:30-5pm (18040) 5-5:30pm (18041) 5:45-6:15pm (18042) 6:15-6:45pm (18043)	4:30-5pm (18044) 5-5:30pm (18045) 5:30-6pm (18046) 6:30-7pm (18047)	9:30-10am (18048) 5:15-5:45pm (18049) 6:15-6:45pm (18050) 7-7:30pm (18051)	8:30-9am (18025) 9:30-10am (18026) 10:30-11am (18027) 11-11:30am (18028) 12:45-1:15pm (18029)	9:30-10am (18030) 10:30-11am (18031) 11-11:30am (18032) 11:45-12:15pm (18033) 12:45-1:15pm (18034)
PRESCHOOL 4/5	4:30-5pm (18180) 5:45-6:15pm (18181) 6:30-7pm (18182)	5-5:30pm (18183) 5:30-6pm (18184) 6-6:30pm (18185)	4:30-5pm (18186) 5-5:30pm (18187) 6:15-6:45pm (18188)	4:30-5pm (18189) 5:45-6:15pm (18190) 7-7:30pm (18191)	9-9:30am (18174) 10:15-10:45am (18175) 12:45-1:15pm (18176)	9-9:30am (18177) 10:15-10:45am (18178) 11:45-12:15pm (18179)
SWIMMER 1	4:30-5pm (18211) 5-5:30pm (18212) 5:30-6pm (18213) 6-6:30pm (18214) 6:30-7pm (18215) 7-7:30pm (18216)	4:30-5pm (18217) 5-5:30pm (18218) 6-6:30pm (18219) 6:30-7pm (18220) 7-7:30pm (18221) 7:30-8pm (18222)	4:30-5pm (18223) 5-5:30pm (18224) 5:30-6pm (18225) 6-6:30pm (18226) 6:30-7pm (18227)	4:30-5pm (18228) 5-5:30pm (18229) 5:30-6pm (18230) 6:30-7pm (18231) 6:45-7:15pm (18232) 7-7:30pm (18233)	8:30-9am (18196) 9-9:30am (18197) 9:30-10am (18198) 10:15-10:45am (18199) 10:30-11am (18200) 11:15-11:45am (18201) 12:15-12:45pm (18202) 12:45-1:15pm (18203)	8:30-9am (18204) 9-9:30am (18205) 9:30-10am (18206) 10-10:30am (18207) 11:15-11:45am (18208) 12:15-12:45pm (18209) 12:45-1:15pm (18210)
SWIMMER 2	4:30-5:15pm (18247) 5:30-6:15pm (18248) 6:15-7pm (18249) 6:45-7:30pm (18250)	4:30-5:15pm (18251) 5:15-6pm (18252) 6:15-7pm (18253) 6:45-7:30pm (18254) 7:15-8pm (18255)	4:30-5:15pm (18256) 6-6:45pm (18257) 6:15-7pm (18258)	4:30-5:15pm (18259) 5:15-6pm (18260) 6-6:45pm (18261) 6:45-7:30pm (18262) 7:15-8pm (18263)	8:30-9:15am (18234) 9:15-10am (18235) 10-10:45am (18236) 11:15-12pm (18237) 11:45-12:30pm (18238) 12-12:45pm (18239) 12:30-1:15pm (18240)	8:30-9:15am (18241) 9:15-10am (18242) 10-10:45am (18243) 11-11:45am (18244) 11:30-12:15pm (18245) 12:30-1:15pm (18246)
SWIMMER 3	5-5:45pm (18271) 5:45-6:30pm (18272)	4:30-5:15pm (18273) 6-6:45pm (18274) 7:15-8pm (18275)	5-5:45pm (18276) 6:15-7pm (18277) 6:45-7:30pm (18278)	5-5:45pm (18279) 6-6:45pm (18280) 7:15-8pm (18281)	8:30-9:15am (18264) 10-10:45am (18265) 11:30-12:15pm (18266) 12:30-1:15pm (18267)	8:30-9:15am (18268) 10-10:45am (18269) 12:30-1:15pm (18270)
SWIMMER 4	5-5:45pm (18288) 6:45-7:30pm (18289)	5-5:45pm (18290) 6:30-7:15pm (18291)	5-5:45pm (18292) 6:45-7:30pm (18293)	4:30-5:15pm (18294) 5:45-6:30pm (18295) 7:15-8pm (18296)	8:30-9:15am (18282) 11-11:45am (18283) 12-12:45pm (18284)	10-10:45am (18285) 11:45-12:30pm (18286) 12:30-1:15pm (18287)
SWIMMER 5/6	5-6pm (18301) 6:30-7:30pm (18302)	5-6pm (18303) 7-8pm (18304)	5:15-6:15pm (18305) 6:30-7:30pm (18306)	4:30-5:30pm (18307)	9-10am (18297) 11-12am (18298)	9-10am (18299) 11-12pm (18300)
SWIM PATROL				6:30-8pm (18194)	11:45-1:15pm (18192)	11:45-1:15pm (18193)
ADULT (BEG)						8:30-9:30am (17940)
ADULT (INT)						9:30-10:30am (17941)
SWIMABILITIES				4:30-5:15pm (18195)		



LEARN TO SWIM – FALL SESSION #2

	MONDAYS NOV 3-DEC 15 (7)	TUESDAYS NOV 4-DEC 16 (6) NO LESSONS NOV 11	WEDNESDAYS NOV 5-DEC 17 (7)	THURSDAYS NOV 6-DEC 18 (7)	SATURDAYS NOV 1-DEC 13 (7)	SUNDAYS NOV 2-DEC 14 (7)
P & T 1/2	9:30-10am (18318) 5-5:30pm (18319)	10-10:30am (18320)	9:30-10am (18313) 5-5:30pm (18314)	9:30-10am (18315)	9:15-9:45am (18316)	9:15-9:45am (18317)
P & T 2/3	9-9:30am (18351) 5:30-6pm (18352)	9:30-10am (18353) 5:30-6pm (18354)	10:30-11am (18334) 6-6:30pm (18346)	10:30-11am (18347) 5:30-6pm (18348)	10-10:30am (18349)	10-10:30am (18350)
PRESCHOOL 1	9-9:30am (18378) 10:30-11am (18379) 4:30-5pm (18380) 5-5:30pm (18381) 5:30-6pm (18382) 6-6:30pm (18383)	9-9:30am (18384) 4:30-5pm (18385) 5-5:30pm (18386) 5:45-6:15pm (18387) 6:30-7pm (18388)	9:30-10am (18355) 10-10:30am (18356) 4:30-5pm (18357) 5:30-6pm (18358) 5:45-6:15pm (18359)	9-9:30am (18360) 5-5:30pm (18361) 5:15-5:45pm (18362) 5:45-6:15pm (18363) 6:30-7pm (18364) 6:30-7pm (18365)	8:30-9am (18366) 9:15-9:45am (18367) 9:45-10:15am (18368) 10:30-11am (18369) 11:45-12:15pm (18370) 12:45-1:15pm (18371)	8:30-9am (18372) 9-9:30am (18373) 9:45-10:15am (18374) 10:30-11am (18375) 11:15-11:45am (18376) 12:15-12:45pm (18377)
PRESCHOOL 2	9:30-10am (18411) 4:30-5pm (18412) 6-6:30pm (18413) 6:30-7pm (18414)	9-9:30am (18415) 10-10:30am (18416) 4:30-5pm (18417) 5:15-5:45pm (18418) 6-6:30pm (18419) 6:30-7pm (18420)	9-9:30am (18389) 4:30-5pm (18390) 5:30-6pm (18391) 6-6:30pm (18392) 6:30-7pm (18393)	9-9:30am (18394) 4:30-5pm (18395) 5:30-6pm (18396) 6-6:30pm (18397) 6:45-7:15am (18398)	8:30-9am (18399) 9:30-10am (18400) 10-10:30am (18401) 11-11:30am (18402) 11:30-12pm (18403) 12:15-12:45pm (18404)	8:30-9am (18405) 9-9:30am (18406) 11-11:30am (18407) 11:30-12pm (18408) 12:15-12:45pm (18409) 12:45-1:15pm (18410)
PRESCHOOL 3	10-10:30am (18439) 4:30-5pm (18440) 5:15-5:45pm (18441) 6:15-6:45pm (18442)	10:30-11am (18443) 4:30-5pm (18444) 5-5:30pm (18445) 5:45-6:15pm (18446) 6:15-6:45pm (18447)	4:30-5pm (18421) 5-5:30pm (18422) 5:30-6pm (18423) 6:30-7pm (18424)	9:30-10am (18425) 5:15-5:45pm (18426) 6:15-6:45pm (18427) 7-7:30pm (18428)	8:30-9am (18429) 9:30-10am (18430) 10:30-11am (18431) 11-11:30am (18432) 12:45-1:15pm (18433)	9:30-10am (18434) 10:30-11am (18435) 11-11:30am (18436) 11:45-12:15pm (18437) 12:45-1:15pm (18438)
PRESCHOOL 4/5	4:30-5pm (18460) 5:45-6:15pm (18461) 6:30-7pm (18462)	5-5:30pm (18463) 5:30-6pm (18464) 6-6:30pm (18465)	4:30-5pm (18448) 5-5:30pm (18449) 6:15-6:45pm (18450)	4:30-5pm (18451) 5:45-6:15pm (18452) 7-7:30pm (18453)	9-9:30am (18454) 10:15-10:45am (18455) 12:45-1:15pm (18456)	9-9:30am (18457) 10:15-10:45am (18458) 11:45-12:15pm (18459)
SWIMMER 1	4:30-5pm (18576) 5-5:30pm (18577) 5:30-6pm (18578) 6-6:30pm (18579) 6:30-7pm (18580) 7-7:30pm (18581)	4:30-5pm (18582) 5-5:30pm (18583) 6-6:30pm (18584) 6:30-7pm (18585) 7-7:30pm (18586) 7:30-8pm (18587)	4:30-5pm (18550) 5-5:30pm (18551) 5:30-6pm (18552) 6-6:30pm (18553) 6:30-7pm (18554)	4:30-5pm (18555) 5-5:30pm (18556) 5:30-6pm (18557) 6:30-7pm (18558) 6:45-7:15pm (18559) 7-7:30pm (18560)	8:30-9am (18561) 9-9:30am (18562) 9:30-10am (18563) 10:15-10:45am (18564) 10:30-11am (18565) 11:15-11:45am (18566) 12:15-12:45pm (18567) 12:45-1:15pm (18568)	8:30-9am (18569) 9-9:30am (18570) 9:30-10am (18571) 10-10:30am (18572) 11:15-11:45am (18573) 12:15-12:45pm (18574) 12:45-1:15pm (18575)
SWIMMER 2	4:30-5:15pm (18609) 5:30-6:15pm (18610) 6:15-7pm (18611) 6:45-7:30pm (18612)	4:30-5:15pm (18613) 5:15-6pm (18614) 6:15-7pm (18615) 6:45-7:30pm (18616) 7:15-8pm (18617)	4:30-5:15pm (18588) 6-6:45pm (18589) 6:15-7pm (18590)	4:30-5:15pm (18591) 5:15-6pm (18592) 6-6:45pm (18593) 6:45-7:30pm (18594) 7:15-8pm (18595)	8:30-9:15am (18596) 9:15-10am (18597) 10-10:45am (18598) 11:15-12pm (18599) 11:45-12:30pm (18600) 12-12:45pm (18601) 12:30-1:15pm (18602)	8:30-9:15am (18603) 9:15-10am (18604) 10-10:45am (18605) 11-11:45am (18606) 11:30-12:15pm (18607) 12:30-1:15pm (18608)
SWIMMER 3	5-5:45pm (18631) 5:45-6:30pm (18632)	4:30-5:15pm (18633) 6-6:45pm (18634) 7:15-8pm (18635)	5-5:45pm (18618) 6:15-7pm (18619) 6:45-7:30pm (18620)	5-5:45pm (18621) 6-6:45pm (18622) 7:15-8pm (18623)	8:30-9:15am (18624) 10-10:45am (18625) 11:30-12:15pm (18626) 12:30-1:15pm (18627)	8:30-9:15am (18628) 10-10:45am (18629) 12:30-1:15pm (18630)
SWIMMER 4	5-5:45pm (18647) 6:45-7:30pm (18648)	5-5:45pm (18649) 6:30-7:15pm (18650)	5-5:45pm (18636) 6:45-7:30pm (18637)	4:30-5:15pm (18638) 5:45-6:30pm (18639) 7:15-8pm (18640)	8:30-9:15am (18641) 11-11:45am (18642) 12-12:45pm (18643)	10-10:45am (18644) 11:45-12:30pm (18645) 12:30-1:15pm (18646)
SWIMMER 5/6	5-6pm (18658) 6:30-7:30pm (18659)	5-6pm (18660) 7-8pm (18661)	5:15-6:15pm (18651) 6:30-7:30pm (18652)	4:30-5:30pm (18653)	9-10am (18654) 11-12am (18655)	9-10am (18656) 11-12pm (18657)
SWIM PATROL				6:30-8pm (18546)	11:45-1:15pm (18547)	11:45-1:15pm (18548)
ADULT (BEG)						8:30-9:30am (18310)
ADULT (INT)						9:30-10:30am (18311)
SWIMABILITIES				4:30-5:15pm (18549)		

LEARN TO SWIM – WINTER SESSION

	MONDAYS JAN 12-MAR 16 (9) NO LESSONS FEB 16	TUESDAYS JAN 13-MAR 17 (10)	WEDNESDAYS JAN 14-MAR 18 (10)	THURSDAYS JAN 15-MAR 19 (10)	SATURDAYS JAN 10-MAR 14 (9) NO LESSONS FEB 14	SUNDAYS JAN 11-MAR 15 (9) NO LESSONS FEB 15
P & T 1/2	9:30-10am (19276) 5-5:30pm (19277)	10-10:30am (19278)	9:30-10am (19279) 5-5:30pm (19280)	9:30-10am (19281)	9:15-9:45am (18935)	9:15-9:45am (19275)
P & T 2/3	9-9:30am (19283) 5:30-6pm (19284)	9:30-10am (19285) 5:30-6pm (19286)	10:30-11am (19287) 6-6:30pm (19288)	10:30-11am (19289) 5:30-6pm (19290)	10-10:30am (18936)	10-10:30am (19282)
PRESCHOOL 1	9-9:30am (19383) 10:30-11am (19384) 4:30-5pm (19385) 5-5:30pm (19386) 5:30-6pm (19387) 6-6:30pm (19388)	9-9:30am (19389) 4:30-5pm (19390) 5-5:30pm (19391) 5:45-6:15pm (19392) 6:30-7pm (19393)	9:30-10am (19394) 10-10:30pm (19395) 4:30-5pm (19396) 5:30-6pm (19397) 5:45-6:15pm (19398)	9-9:30am (19399) 5-5:30pm (19400) 5:15-5:45pm (19401) 5:45-6:15pm (19402) 6:30-7pm (19403) 6:30-7pm (19404)	8:30-9am (18937) 9:15-9:45am (19372) 9:45-10:15am (19373) 10:30-11am (19374) 11:45-12:15pm (19375) 12:45-1:15pm (19376)	8:30-9am (19377) 9-9:30am (19378) 9:45-10:15am (19379) 10:30-11am (19380) 11:15-11:45pm (19381) 12:15-12:45m (19382)
PRESCHOOL 2	9:30-10am (19416) 4:30-5pm (19417) 6-6:30pm (19418) 6:30-7pm (19419)	9-9:30am (19420) 10-10:30am (19421) 4:30-5pm (19422) 5:15-5:45pm (19423) 6-6:30pm (19424) 6:30-7pm (19425)	9-9:30am (19426) 4:30-5pm (19427) 5:30-6pm (19428) 6-6:30pm (19429) 6:30-7pm (19430)	9-9:30am (19431) 4:30-5pm (19432) 5:30-6pm (19433) 6-6:30pm (19434) 6:45-7:15pm (19435)	8:30-9am (18943) 9:30-10am (19405) 10-10:30am (19406) 11-11:30am (19407) 11:30-12pm (19408) 12:15-12:45pm (19409)	8:30-9am (19410) 9:30-10am (19411) 11-11:30am (19412) 11:30-12pm (19413) 12:15-12:45pm (19414) 12:45-1:15pm (19415)
PRESCHOOL 3	10-10:30am (19445) 4:30-5pm (19446) 5:15-5:45pm (19447) 6:15-6:45pm (19448)	10:30-11am (19449) 4:30-5pm (19450) 5-5:30pm (19451) 5:45-6:15pm (19452) 6:15-6:45pm (19453)	4:30-5pm (19454) 5-5:30pm (19455) 5:30-6pm (19456) 6:30-7pm (19457)	9:30-10am (19458) 5:15-5:45pm (19459) 6:15-6:45pm (19460) 7-7:30pm (19461)	8:30-9am (18944) 9:30-10am (19436) 10:30-11am (19437) 11-11:30am (19438) 12:45-1:15pm (19439)	9:30-10am (19440) 10:30-11am (19441) 11-11:30am (19442) 11:45-12:15pm (19443) 12:45-1:15pm (19444)
PRESCHOOL 4/5	4:30-5pm (19467) 5:45-6:15pm (19468) 6:30-7pm (19469)	5-5:30pm (19470) 5:30-6pm (19471) 6-6:30pm (19472)	4:30-5pm (19473) 5-5:30pm (19474) 6:15-6:45pm (19475)	4:30-5pm (19476) 5:45-6:15pm (19477) 7-7:30pm (19478)	9-9:30am (19266) 10:15-10:45am (19462) 12:45-1:15pm (19463)	9-9:30am (19464) 10:15-10:45am (19465) 11:45-12:15pm (19466)
SWIMMER 1	4:30-5pm (19493) 5-5:30pm (19494) 5:30-6pm (19495) 6-6:30pm (19496) 6:30-7pm (19497) 7-7:30pm (19498)	4:30-5pm (19499) 5:30-6pm (19500) 6-6:30pm (19501) 6:30-7pm (19502) 7-7:30pm (19503) 7:30-8pm (19504)	4:30-5pm (19505) 5-5:30pm (19506) 5:30-6pm (19507) 6-6:30pm (19508) 6:30-7pm (19509)	4:30-5pm (19510) 5-5:30pm (19511) 5:30-6pm (19512) 6:30-7pm (19513) 6:45-7:15pm (19514) 7-7:30pm (19515)	8:30-9am (19270) 9-9:30am (19479) 9:30-10am (19480) 10:15-10:45am (19481) 10:30-11am (19482) 11:15-11:45am (19483) 12:15-12:45pm (19484) 12:45-1:15pm (19485)	8:30-9am (19486) 9-9:30am (19487) 9:30-10am (19488) 10-10:30am (19489) 11:15-11:45am (19490) 12:15-12:45pm (19491) 12:45-1:15pm (19492)
SWIMMER 2	4:30-5:15pm (19528) 5:30-6:15pm (19529) 6:15-7pm (19530) 6:45-7:30pm (19531)	4:30-5:15pm (19532) 5:15-6pm (19533) 6:15-7pm (19534) 6:45-7:30pm (19535) 7:15-8pm (19536)	4:30-5:15pm (19537) 6-6:45pm (19538) 6:15-7pm (19539)	4:30-5:15pm (19540) 5:15-6pm (19541) 6-6:45pm (19542) 6:45-7:30pm (19543) 7:15-8pm (19544)	8:30-9:15am (19271) 9:15-10am (19516) 10-10:45am (19517) 11:15-12pm (19518) 11:45-12:30pm (19519) 12-12:45pm (19520) 12:30-1:15pm (19521)	8:30-9:15am (19522) 9:15-10am (19523) 10-10:45am (19524) 11-11:45pm (19525) 11:30-12:15pm (19526) 12:30-1:15pm (19527)
SWIMMER 3	5-5:45pm (19551) 5:45-6:30pm (19552)	4:30-5:15pm (19553) 6-6:45pm (19554) 7:15-8pm (19555)	5-5:45pm (19556) 6:15-7pm (19557) 6:45-7:30pm (19558)	5-5:45pm (19559) 6-6:45pm (19560) 7:15-8pm (19561)	8:30-9:15am (19272) 10-10:45am (19545) 11:30-12:15pm (19546) 12:30-1:15pm (19547)	8:30-9:15am (19548) 10-10:45am (19549) 12:30-1:15pm (19550)
SWIMMER 4	5-5:45pm (19567) 6:45-7:30pm (19568)	5-5:45pm (19569) 6:30-7:15pm (19570)	5-5:45pm (19571) 6:45-7:30pm (19572)	4:30-5:15pm (19573) 5:45-6:30pm (19574) 7:15-8pm (19575)	8:30-9:15am (19273) 11-11:45am (19562) 12-12:45pm (19563)	10-10:45am (19564) 11:45-12:30pm (19565) 12:30-1:15pm (19566)
SWIMMER 5/6	5-6pm (19579) 6:30-7:30pm (19580)	5-6pm (19581) 7-8pm (19582)	5:15-6:15pm (19583) 6:30-7:30pm (19584)	4:30-5:30pm (19585)	9-10am (19274) 11-12pm (19576)	9-10am (19577) 11-12pm (19578)
SWIM PATROL				6:30-8pm (19371)	11:45-1:15pm (19268)	11:45-1:15pm (19370)
ADULT (BEG)						8:30-9:30am (18933)
ADULT (INT)						9:30-10:30am (18934)
SWIMABILITIES				4:30-5:15pm (19269)		



TRICO CENTRE OUT OF SCHOOL CARE

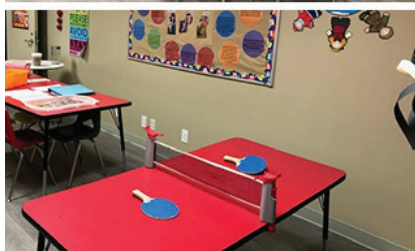
 Daily Activity Centres

 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, and 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



PANTHER

Sports Medicine & Rehabilitation Centres

www.panthersportsmedicine.com



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

- Physiotherapy
- 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

MEMBERSHIPS
FACILITY
FITNESS
CENTRE
ADULT
FITNESS
PARENT
& TOT
PRESCHOOL
CHILD & YOUTH
SKILL
BUILDER
AQUATICS
OUT OF SCHOOL
SKATING

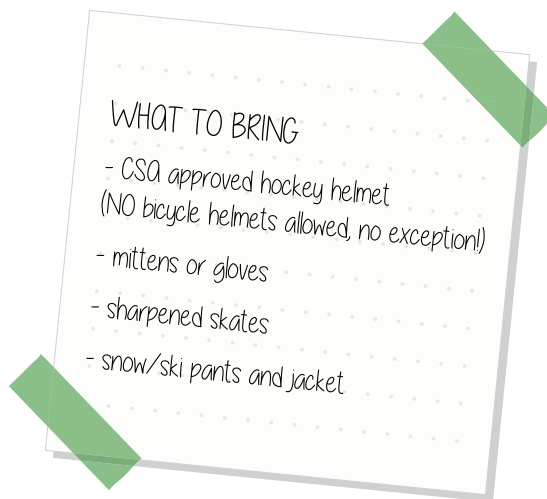
SKATING

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

SAFETY

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

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



SPECIALITY SKATING PROGRAMS (4-10 YRS)

BEGINNER POWER SKATE (4-6 YRS)

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

18679	Sept 12-Oct 24 No class Oct.10	F	1:15-2:00pm	\$132.00	6 Classes
18678	Sept 18-Oct 30	Th	4:45-5:30pm	\$154.00	7 Classes
18925	Nov 6-Dec 18	Th	4:45-5:30pm	\$154.00	7 Classes
18926	Nov 7-Dec 19	F	1:15-2:00pm	\$154.00	7 Classes
19242	Jan 9-Mar 13 No class Feb.13	F	1:15-2:00pm	\$220.00	10 Classes
19231	Jan 15-Mar 19	Th	4:45-5:30pm	\$220.00	10 Classes

POWER SKATE (7-10 YRS)

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

18924	Sept 18-Oct 30	Th	5:30-6:15pm	\$175.00	7 Classes
18927	Nov 6-Dec 18	Th	5:30-6:15pm	\$175.00	7 Classes
19232	Jan 15-Mar 19	Th	5:30-6:15pm	\$220.00	10 Classes

HOCKEY TYKES (4-5 YRS)

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

18759	Sept 12-Oct 24 No class Oct.10	F	12:30-1:15pm	\$126.00	6 Classes
18758	Sept 18-Oct 30	Th	4:00-4:45pm	\$140.00	7 Classes
18757	Oct 7-Oct 30	Tu/Th	9:15-10:00am	\$160.00	8 Classes
18938	Nov 4-Nov 27	Tu/Th	9:15-10:00am	\$140.00	7 Classes
18939	Nov 6-Dec 18	Th	4:00-4:45pm	\$140.00	7 Classes
18940	Nov 7-Dec 19	F	12:30-1:15pm	\$140.00	7 Classes
19233	Jan 15-Mar 19	Th	4:00-4:45pm	\$200.00	10 Classes
19234	Jan 9-Mar 13 No class Feb.13	F	12:30-1:15pm	\$200.00	10 Classes
19235	Jan 13-Jan 29	Tu/Th	9:15-10:00am	\$120.00	6 Classes
19236	Feb 3-Feb 26	Tu/Th	9:15-10:00am	\$160.00	8 Classes

PRIVATE SKATING LESSONS

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

 View private skating schedule online at WWW.TRICOCENTRE.CA/REGISTER

PRIVATE SKATING FEES

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

LEARN TO SKATE LESSONS

LESSON AGE GROUPS

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

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

DURATION	6 CLASSES	7 CLASSES	8 CLASSES	10 CLASSES
30 MIN	\$96.00	\$112.00	\$128.00	\$160.00
45 MIN	\$108.00	\$126.00	\$144.00	\$180.00

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

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

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

PARENT & TOT 1 | 30 MIN

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

PARENT & TOT 2 | 30 MIN

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

LEVEL 1 | PRESCHOOL / YOUTH 30 MIN

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

LEVEL 2 | PRESCHOOL 30 MIN / YOUTH 45 MIN

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

LEVEL 3 | PRESCHOOL 30 MIN / YOUTH 45 MIN

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

LEVEL 4 | PRESCHOOL 30 MIN / YOUTH 45 MIN

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

LEVEL 5 | YOUTH 45 MIN

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

LEVEL 6 | YOUTH 45 MIN

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

TEEN & ADULTS | (12+ YEARS) 45 MIN

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

LEARN TO SKATE – FALL SESSION #1

	TUES & THURS OCT 7-OCT 30 (8)	THURS SEPT 18-OCT 30 (7)	FRI SEPT 12-OCT 24 (6) NO CLASS OCT 10	SAT SEPT 13-OCT 25 (6) NO CLASS OCT 11	SUN SEPT 14-OCT 26 (6) NO CLASS OCT 12
PARENT & TOT 1	9:15-9:45am (18686)		4:00-4:30pm (18681) 5:00-5:30pm (18682)	9:00-9:30am (18683) 10:00-10:30am (18684)	9:00-9:30am (18685) 10:00-10:30am (19593)
PARENT & TOT 2			4:30-5:00pm (18688)	9:30-10:00am (18689)	9:30-10:00am (18690)
PRE 1	9:45-10:15am (18755)	4:00-4:30 (18763) 4:30-5:00pm (18764)	4:00-4:30pm (18692) 5:15-5:45pm (18693) 5:30-6:00pm (18694) 5:45-6:15pm (18695)	9:00-9:30am (18696) 9:45-10:15am (18697) 10:15-10:45am (18698) 10:30-11:00am (18699)	9:00-9:30am (18700) 9:30-10:00am (18701) 10:15-10:45am (18702) 10:30-11:00am (18703) 10:45-11:15am (18704)
PRE 2	10:15-10:45am (18756)	4:00-4:30pm(18765)	4:30-5:00pm (18706) 4:45-5:15pm (18707)	9:30-10:00am (18708) 10:00-10:30am (18709)	9:00-9:30am (18710) 9:30-10:00am (18711) 10:00-10:30am (18712)
PRE 3			5:45-6:15pm (18716)	10:45-11:15am (18717)	9:45-10:15am (18730) 10:45-11:15am (18718)
YOUTH 1		5:00-5:30pm (18766)	4:00-4:30pm (18720) 4:30-5:00pm (18721) 5:45-6:15pm (18722)	9:00-9:30am (18723) 9:30-10:00am (18724) 10:00-10:45am (18725)	9:00-9:30am (18727) 9:30-10:00am (18728) 10:45-11:15am (18729)
YOUTH 2		5:30-6:15 (18767)	4:00-4:45pm (18732) 5:00-5:45pm (18733)	9:00-9:45am (18734) 10:00-10:45am (18735) 10:30-11:15am (18736)	9:00-9:45am (18737) 10:00-10:45am (18738) 10:30-11:15am (18739)
YOUTH 3			4:00-4:45pm (18747) 5:00-5:45pm (18748)	9:00-9:45am (18749)	10:00-10:45am (19594)
YOUTH 4			4:45-5:30pm (18750)	9:45-10:30am (18751)	
YOUTH 5/6			5:30-6:15pm (18752)	10:30-11:15am (18753)	
TEEN/ADULT	10:00-10:45am (18760)	5:30-6:15pm (18761)	1-1:45 (18762)		

LEARN TO SKATE – FALL SESSION #2

	TUES & THURS NOV 4-27 (7) NO CLASS NOV 11	THURS NOV 6-DEC 18 (7)	FRI NOV 7-DEC 19 (7)	SAT NOV 1 DEC 13 (7)	SUN NOV 2-DEC 14 (7)
PARENT & TOT 1	9:15-9:45am (18952)		4:00-4:30pm (18919) 5:00-5:30pm (18962)	9:00-9:30am (18981) 10:00-10:30am (18982)	9:00-9:30am (18984) 10:00-10:30am (18983)
PARENT & TOT 2			4:30-5:00pm (18970)	9:30-10:00am (18985)	9:30-10:00am (18953)
PRE 1	9:45-10:15am (19031)	4:00-4:30pm (19035) 4:30-5:00pm (19034)	4:00-4:30pm (18963) 4:30-5:00pm (18966) 5:15-5:45pm (18965) 5:30-6:00pm (18954) 5:45-6:15pm (18964)	9:00-9:30am (18989) 9:30-10:00am (18990) 9:45-10:15am (18987) 10:15-10:45am (18988) 10:30-11:00am (18986) 10:45-11:15am (18991)	9:00-9:30am (19002) 9:30-10:00am (19004) 10:15-10:45am (19006) 10:30-11:00am (19001) 10:45-11:15am (19005)
PRE 2	10:15-10:45am (19032)	4:00-4:30pm (19033)	4:00-4:30pm (18968) 4:30-5:00pm (18955) 4:45-5:15pm (18967) 5:00-5:30pm (18969)	9:00-9:30am (18994) 9:30-10:00am (18992) 10:00-10:30am (18993)	9:00-9:30am (19012) 9:30-10:00am (19013) 10:00-10:30am (19010)
PRE 3			5:45-6:15pm (18956)	10:45-11:15am (18995)	9:45-10:15am (19017) 10:45-11:15am (19015)
YOUTH 1		5:00-5:30pm (19036)	4:00-4:30pm (18976) 4:30-5:00pm (18977) 5:45-6:15pm (18975)	9:00-9:30am (18957) 9:30-10:00am (18997) 10:45-11:15am (18996)	9:00-9:30am (19019) 9:30-10:00am (19022) 10:45-11:15am (19021)
YOUTH 2		5:30-6:15pm (19037)	4:00-4:45pm (18972) 5:00-5:45pm (18973) 5:30-6:15pm (18974)	9:00-9:45am (18998) 10:00-10:45am (18999) 10:30-11:15am (18958)	9:00-9:45am (19025) 10:00-10:45am (19024) 10:30-11:15am (19023)
YOUTH 3			4:00-4:45pm (18978) 5:00-5:45pm (18971)	9:00-9:45am (19000) 10:00-10:45am (18959)	9:00-9:45am (19028) 10:00-10:45am(19027)
YOUTH 4			4:45-5:30pm (18979)	9:45-10:30am (18960)	9:45-10:30am (19029)
YOUTH 5/6			5:30-6:15pm (18980)	10:30-11:15am (18961)	10:30-11:15am (19030)
TEEN/ADULT	10:00-10:45am (18941)	5:30-6:15pm (18942)	1-1:45pm (19038)		

LEARN TO SKATE - WINTER SESSION

	TUES & THURS JAN 13-JAN 29 (6)	TUES & THURS FEB 3-FEB 26 (8)	THURS JAN 15-MAR 19 (10)	FRI JAN 9-MAR 13 (9) NO CLASS FEB 13	SAT JAN 10-MAR 14 (9) NO CLASS FEB 14	SUN JAN 11-MAR 15 (9) NO CLASS FEB 15
PARENT & TOT 1	9:15-9:45am (19243)	9:15-9:45am (19244)		4:00-4:30pm (19158) 5:00-5:30pm (19159)	9:00-9:30am (19160) 10:00-10:30am (19161)	9:00-9:30am (19162) 10:00-10:30am (19163)
PARENT & TOT 2				4:30-5:00pm (19164)	9:30-10:00am (19165)	9:30-10:00am (19166)
PRE 1	9:45-10:15am (19245)	9:45-10:15am (19246)	4:00-4:30pm (19184) 4:30-5:00pm (19183)	4:00-4:30pm (19167) 4:30-5:00pm (19168) 5:15-5:45pm (19169) 5:30-6:00pm (19170) 5:45-6:15pm (19171)	9:00-9:30am (19172) 9:30-10:00am (19173) 9:45-10:15am (19174) 10:15-10:45am (19175) 10:30-11:00am (19176) 10:45-11:15am (19177)	9:00-9:30am (19178) 9:30-10:00am (19179) 10:15-10:45am (19180) 10:30-11:00am (19181) 10:45-11:15am (19182)
PRE 2	10:15-10:45am (19247)	10:15-10:45am (19248)	4:00-4:30pm (19249)	4:00-4:30pm (19185) 4:30-5:00pm (19186) 4:45-5:15pm (19188) 5:00-5:30pm (19187)	9:00-9:30am (19189) 9:30-10:00am (19190) 10:00-10:30am (19191)	9:00-9:30am (19192) 9:30-10:00am (19193) 10:00-10:30am (19194)
PRE 3				5:45-6:15pm (19195)	10:45-11:15am (19196)	9:45-10:15am (19197) 10:45-11:15am (19198)
YOUTH 1			5:00-5:30pm (19209)	4:00-4:30pm (19200) 4:30-5:00pm (19201) 5:45-6:15pm (19202)	9:00-9:30am (19203) 9:30-10:00am (19204) 10:45-11:15am (19205)	9:00-9:30am (19206) 9:30-10:00am (19207) 10:45-11:15am (19208)
YOUTH 2			5:30-6:00pm (19240)	4:00-4:45pm (19210) 5:00-5:45pm (19211) 5:30-6:15pm (19212)	9:00-9:45am (19213) 10:00-10:45am (19214) 10:30-11:15am (19215)	9:00-9:45am (19216) 10:00-10:45am (19217) 10:30-11:15am (19218)
YOUTH 3				4:00-4:45pm (19219) 5:00-5:45pm (19220)	9:00-9:45am (19221) 10:00-10:45am (19222)	9:00-9:45am (19223) 10:00-10:45am (19224)
YOUTH 4				4:45-5:30pm (19225)	9:45-10:30am (19226)	9:45-10:30am (19227)
YOUTH 5/6				5:30-6:15pm (19228)	10:30-11:15am (19229)	10:30-11:15am (19230)
TEEN/ADULT	10:00-10:45am (19237)	10:00-10:45am (19238)	5:30-6:15pm (19239)	1-1:45pm (19241)		

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