



PROGRAM GUIDE

Spring / Summer 2026

Member Registration: March 3rd at 6:00am
Non-Member Registration: March 5th at 6:00am

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, health and recreation facility serving individuals and families across south Calgary. Our multi-sport facility features a state-of-the-art fitness and wellness centre, two NHL-sized rinks, an aquatics centre, a gymnasium, out-of-school care programs, and ten versatile multi-purpose rooms.

Trico Centre is also home to several health- and wellness-related businesses. By offering services that support physical, emotional, and intellectual well-being, these tenants enhance our shared mission of promoting community connection and lifelong wellness for families of all ages.



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)*	\$22.50	\$270.00
Teen (12-17 years old)	\$37.25	\$447.00
Young Adult (18-24 years old)	\$63.00	\$756.00
Adult (25-59 years old)	\$84.00	\$1,008.00
Adult Couple (18-59 years old)	\$136.50	\$1,638.00
60 Plus (60+ years old)	\$62.20	\$746.40
60 Plus Couple (60+ years old)	\$96.30	\$1,155.60
Family: One Adult 1 adult, children under 18 included**	\$92.75	\$1,113.00
Family: Two Adults 2 adults, children under 18 included**	\$145.50	\$1,746.00

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

**Children must be from the same household.

Refunds on memberships are not permitted.

MEMBERSHIP BENEFITS

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

SPECIAL MEMBER PRICING ON REGISTERED PROGRAMS AND PERSONAL TRAINING.

2-DAY PRIORITY PROGRAM REGISTRATION.

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

MORE THAN 90 GROUP FITNESS CLASSES INCLUDED IN YOUR MEMBERSHIP.

EXCLUSIVE MEMBER RENTAL RATES.

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

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

DROP-IN GYM ACTIVITIES FOR ALL.

WELLNESS ACCESS

Trico Centre's Wellness Access program offers 50% off monthly memberships and general admission fees to anyone who presents a **City of Calgary Fee Assistance Card**.

WA MEMBERSHIP OPTIONS	MONTHLY	DAILY
Infant (under 2 years old)	FREE	FREE
Preschooler (2-6 years old)	N/A	\$2.05
Child (7-11 years old)*	\$11.25	\$3.62
Teen (12-17 years old)	\$18.63	\$5.38
Young Adult (18-24 years old)	\$31.50	\$7.35
Adult (18-59 years old)	\$42.00	\$9.15
Adult Couple (18-59 years old)	\$68.25	N/A

WA MEMBERSHIP OPTIONS	MONTHLY	DAILY
60 Plus (60+ years old)	\$31.10	\$5.25
60 Plus Couple (60+ years old)	\$48.15	N/A
Family: One Adult 1 adult, children under 18 included**	\$46.38	\$13.75
Family: Two Adults 2 adults, children under 18 included**	\$72.75	\$17.58

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.

ALBERTA DANCE THEATRE FOR YOUNG PEOPLE - 15% off Summer Intensive registration this August. www.albertadancetheatre.com/summerintensive

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

CELL PHONE REPAIR - Up to 20% off repairs, accessories, chargers, and cases! NE location only. www.cellphonerepair.com

CODE NINJA - 10% discount for our coding programs & camps. Willow Park location only. www.codeninjas.com

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 online 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.

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

CIR REALTY

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

* Rewards are applied after your three month commitment.

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.

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.

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.

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

Massage for Health Clinic

- ✓ Therapeutic/Relaxation/TMJ/Pregnancy massage
- ✓ Soprano Laser Hair Removal
- ✓ Reflexology/Thai foot massage
- ✓ Ear Candling
- ✓ Manual Osteopathy/Craniosacral Therapy/Reiki

Located above the arena in the Trico Centre
www.message4health.ca
403-225-0763



20% off any regular priced service. You must mention this promotion when booking!

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.



Join ADT! Serious Art, Joyfully Made

Where young artists don't just perform, they co-create, collaborate, and let their wild ideas loose!

GRADES 1-12
www.albertadancetheatre.com



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 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



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)	\$4.10	\$36.86
Child (7-11 years old)	\$7.25	\$65.21
Teen (12-17 years old)	\$10.75	\$96.75
Young Adult (18-24 years old)	\$14.70	\$132.30
Adult (18-59 years old)	\$18.30	\$164.70
60 Plus (60+ years old)	\$10.50	\$94.50
Family: One Adult 1 adult, children under 18 included**	\$27.50	\$247.50
Family: Two Adults 2 adults, children under 18 included**	\$35.15	\$316.35
One Month Unlimited access for one month	\$117.60 / 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)	\$9.00	\$81.00
Shinny/Stick & Puck - Youth (6-15 years old)	\$6.25	\$56.25
Figure Skating - Youth (6-15 years old)	\$6.25	\$56.25
Stick & Puck - Preschool	\$3.00	N/A

SPECIAL PRICING GST INCLUDED

CATEGORIES	DAILY	DETAILS
Early Bird & Last Hour Swim	\$10.00	Enjoy our pool one hour at opening or one hour prior to closing.
Parent & Tot Swim (1 adult, up to 2 preschoolers)	\$15.00	Special weekday swim times without waves.
Family Swim (2 adults, children under 18 included)	\$20.00	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

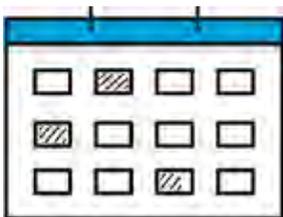


MULTI-PURPOSE ROOMS

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

POP-UP FITNESS CLASSES

GLOW CYCLING / GLOW ZUMBA

Step into the dark and light up your ride! Glow Cycle and Glow Zumba takes our classic classes and turns them into a neon-lit party under black lights. With glowing paint, upbeat music, and vibrant vibes, you'll sweat your way through an unforgettable workout. All fitness levels welcome - just bring your energy and get ready to glow!



Glow Cycling	21543	March 21	Sa	5:00-6:00pm	\$20.00/non-member
Glow Zumba	21544	March 21	Sa	6:30-7:30pm	\$20.00/non-member

FAMILY ZUMBA April

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



20104	April 4	Sa	10:00-11:00am	Special drop-in family pricing (varies)/non-member
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FITNESS CHALLENGES

SPRING BLOSSOM May 4th - May 18th

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



EVENTS

TRICO CENTRE CHARITY GOLF CLASSIC

Thursday, June 25th. Learn more on page 27!

MEMBER APPRECIATION

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



“ I love being a member at Trico Centre. Great facilities and the staff are fantastic. Always ready to help you on your fitness journey. You can be sure you'll be welcome here and the modern up to date fitness equipment will help to keep you healthy.

- MEMBER, 60+ Couple (3+ YEARS)

practice makes possibilities

Math and Reading Program

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

Millions of families trust Kumon's practice-based enrichment programs to prepare their kids for success in high school, college and beyond.

KUMON®

LEARNING CENTRES



In-Centre and **Virtual** classes available

Kumon Math and Reading Centre of Calgary - South Centre

11150 Bonaventure Dr SE, Unit 210 (Trico Centre)

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

*Most Kumon Centres are independently owned and operated. See Centre for applicable terms and conditions. ©2022 Kumon North America, Inc. All rights reserved.

MEMBERSHIPS

FACILITY

FITNESS CENTRE

ADULT FITNESS

PARENT & TOT

PRESCHOOL

CHILD & YOUTH

SKATING

OUT OF SCHOOL

AQUATICS

DAY CAMPS

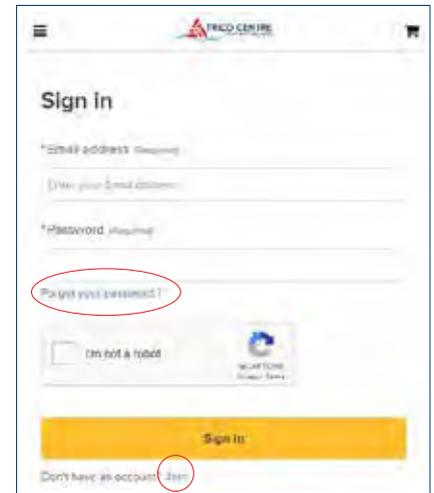
PROGRAM REGISTRATION

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

Spring/Summer Registration opens at 6:00am on March 3rd for members, and 6:00am on March 5th 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 you are 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.

“ I joined Trico Centre for the 40-day challenge, and I couldn't be happier with my experience! The gym has a welcoming and supportive atmosphere, and all the other patrons are so friendly. There's a great variety of classes that fit my schedule, and the instructors are fantastic - always encouraging and willing to provide modifications when needed. It's been a great place to stay active and motivated! **”**

- MEMBER (1 YEAR)

FITNESS CENTRE

Proud Silver Winner of Reader's Choice for Best Recreation & Fitness Centre, our award-winning 20,000-square-foot Fitness & Wellness Area is built to motivate and inspire. The space features dedicated studios, separate change rooms, and a premium training environment equipped with state-of-the-art cardio and strength machines, free weights, five squat racks, and four training platforms.

Stay active year-round on our three-lane indoor running track with a rubberized surface, perfect for walkers, joggers, and runners alike. **Whether you're just getting started or working toward your next goal, it's never too late to begin your fitness journey - and there's no better place to do it.**

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**
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.

21550	Apr 10-May 1	F	10:00-11:00am	\$160.00	4 Sessions
21473	May 22-Jun 12	F	10:00-11:00am	\$160.00	4 Sessions
21468	Jul 10-Aug 14	F	7:45-8:45am	\$160.00	4 Sessions



FUNCTIONAL GOLF STRENGTH WITH CHRISTINE

Prepare for the golf season and the **Trico Centre Charity Golf Classic!** For golfers of all levels, this functional training program is designed to improve the quality of your swing and your overall fitness while minimizing your risk of injury.

21477	May 6-Jun 10	W	6:00-6:55pm	\$240.00	6 Sessions
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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.

21467	May 8-May 29	F	3:15-4:15pm	\$160.00	4 Sessions
21474	Jul 10-Aug 14 No classes July 31	F	3:15-4:15pm	\$160.00	4 Sessions



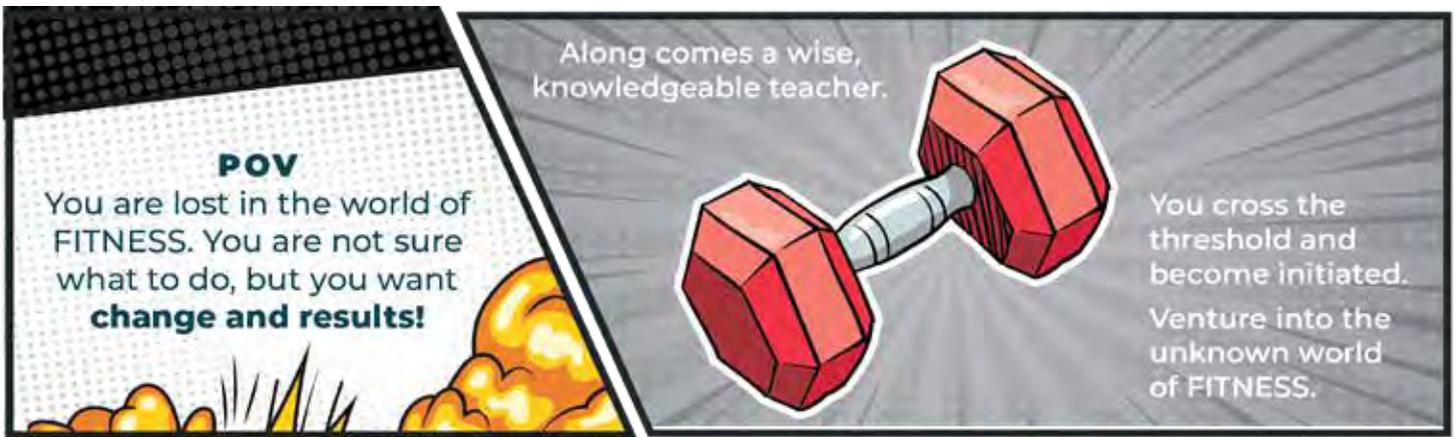
STRENGTH TRAINING FOR (PERI) MENOPAUSE

Leave the weighted vest at home. This class is designed to support women preparing for or experiencing (peri) menopause; a time when strength training becomes critical for wellness and a powerful tool for feeling better in your body.

In our supportive, no-pressure environment, we embrace and understand your fluctuations in energy, sleep, and hormones. We'll focus on building and maintaining muscle, supporting bone density, improving joint stability, and boosting metabolism. Options for all experience levels, and an emphasis on education, proper form, recovery, and listening to your body. You'll leave feeling stronger, more capable, and more confident in how your body moves, both inside and outside the gym..

21475	May 4-Jun 1	M/W	11:00-11:55am	\$320.00	8 Sessions
21476	May 4-Jun 1	M/W	12:00-12:55pm	\$320.00	8 Sessions
21470	Jul 6-Jul 29	M/W	11:00-11:55am	\$320.00	8 Sessions
21471	Jul 6-Jul 29	M/W	12:00-12:55pm	\$320.00	8 Sessions

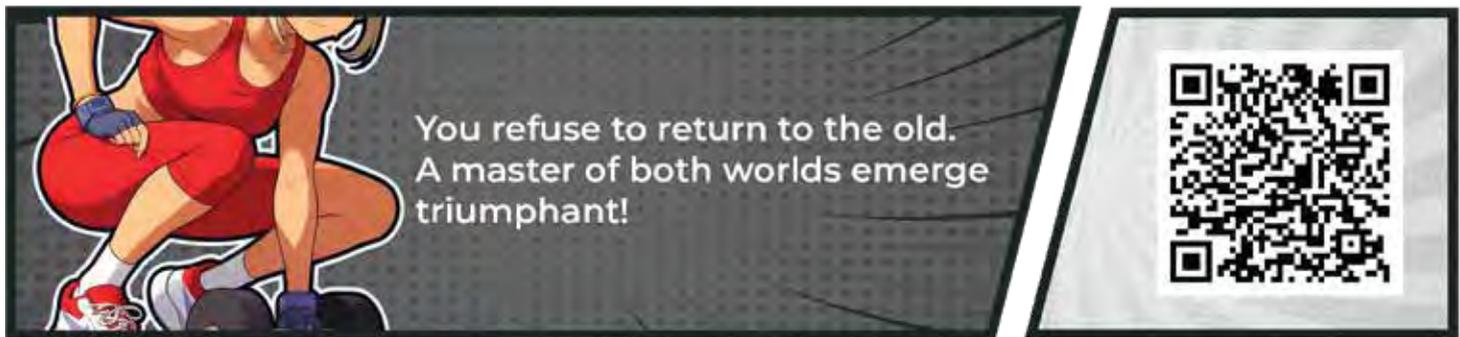
MEMBERS GET 20% OFF!



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
One-on-One Training	\$66.40/session	\$83.00/session
Pair Training (2 max)	\$52.00/session/person	\$65.00/session/person
Small Group Training (3)	\$41.00/session/person	\$51.00/session/person
Small Group Training (4+)	\$32.00/session/person	\$40.00/session/person

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

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GROUP FITNESS CLASSES

Trico Centre employs educated, experienced, and award-winning fitness instructors, offering an extensive aquasize program and the largest 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

“ I really enjoy the group fitness classes especially how you can attend as many as you would like by [signing up] online.”

- MEMBER, Adult (1 YEAR)

Your Trico Centre membership includes over **90 group fitness classes every week** - at no extra cost. Drop-in rates at other studios range from \$19 to \$36 per class, while 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. OUR UNBEATABLE VALUE.



DOWNLOAD
GROUP FITNESS
SCHEDULE



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** (no member discount) 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.



BARRE & BRUNCH

18912 Sunday, March 29

BEND & BRUNCH (YOGA)

18913 Sunday, April 26

PILATES & BRUNCH

18914 Sunday, May 24

SPECIALIZED PROGRAMS

ROW: CREW

Developed in-house, it is the first of its kind WORLDWIDE! If you're sexy and you row it, 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 our drop-in Rowing is necessary. Includes a limited edition Trico Centre Row Jersey!

20148	May 3-Jun 21 No classes May 17	Su	8:00-8:50am	\$125.00	7 Classes
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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.

20147	May 7-Jun 25	Th	11:00-11:50am	\$104.00	8 Classes
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AQUA FOR ARTHRITIS

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

20146	May 6-Jun 17	W	10:00-10:50am	\$91.00	7 Classes
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BELLY DANCING

Belly Dance blends cardio, rhythm, and sculpting moves for a workout that feels like a dance party. Traditional Middle Eastern dance moves together with the music. This class focuses on core strength, hip mobility, posture, and full-body toning. No dance experience needed - just a willingness to move, groove, and have a great time! Perfect for all fitness levels, anyone looking for a low-impact but dynamic workout.



20425	May 5-Jun 23	Tu	7:00-7:50pm	\$104.00	8 Classes
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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.

21465	Apr 6-Jun 24 No classes May 18	M/W	12:00-12:50pm	\$299.00	23 Classes
20224	Jul 6-Aug 26 No classes Aug 3	M/W	12:00-12:50pm	\$195.00	15 Classes

TEEN GIRLS ON WEIGHTS (TOW)

This Train with Trico introduction is a safe comfortable environment for TEEN 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 & power. Machine exercise, free weights, cardio and core are all covered. **This program is generously sponsored and subsidized by Trico Cares!**



20150	May 5-Jun 23	Tu	5:00-5:55pm	\$64.00	8 Classes
20151	May 7-Jun 25	Th	5:00-5:55pm	\$64.00	8 Classes
20225	Jul 7-Aug 25	Tu	5:00-5:55pm	\$64.00	8 Classes

BUILDING BETTER

Building Better is a series of specialized programs designed to increase function and performance. In some cases that's literal, like improving balance or bone density; in some cases its more figurative, like boners or 'betes.

BETTER BOOMERS

Better Boomers: Move through life with spontaneity and confidence! Focused on maintaining functional independence, creating strength and power, minimizing your risk of falling. This class includes ground-to-stand training and makes our seniors strong!

20215	May 4-Jun 22 No classes May 18	M	1:00-1:50pm	\$91.00	7 Classes
20214	May 6-Jun 24	W	1:00-1:50pm	\$104.00	8 Classes
20222	Jul 6-Aug 24 No classes Aug 3	M	1:00-1:50pm	\$91.00	7 Classes

BETTER 'BETES PROGRAM

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

20209	May 5-Jun 25	Tu/Th	10:00-10:50am	\$199.00	16 Classes
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BETTER BALANCE PROGRAM

Based off the AHS Move & Mingle, this program is designed to help you prevent falls, improve balance, stay strong and maintain independence. The exercises focus on core stability, balance and gait, muscle strengthening, and joint range of motion. This program is for adults 65 years of age and over. Please call 403-225-5561 to register.



20211	May 5-Jun 25	Tu/Th	1:00-1:50pm	\$128.00*ND	16 Classes
20212	May 5-Jun 25	Tu/Th	2:00-2:50pm	\$128.00*ND	16 Classes
20220	Jul 7-Aug 27	Tu/Th	1:00-1:50pm	\$128.00*ND	16 Classes
20221	Jul 7-Aug 27	Tu/Th	2:00-2:50pm	\$128.00*ND	16 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.

20216	May 7-Jun 25	Th	1:00-1:50pm	\$104.00	8 Classes
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BETTER BACKS PROGRAM

Too much slouching over a desk? Stiff and sore from daily activities or lack there of? 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 needs to relax a little.

20210	May 3-Jun 21 No classes May 17	Su	11:45-12:45pm	\$91.00	7 Classes
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“Routines are well thought out and fluid, we work all body parts. Class is fun and upbeat and a great workout.”

- BETTER BOOMER REGISTRANT

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BABY & YOU

BABY & YOU AQUAFIT

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

20140	May 4-Jun 15 No classes May 18	M	10:00-10:45am	\$78.00	6 Classes
20141	May 7-Jun 18	Th	9:00-9:45am	\$91.00	7 Classes

BABY & YOU BARRE

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

20142	May 6-Jun 24	W	9:00-9:50am	\$104.00	8 Classes
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BABY & YOU STROLLERFIT

Gentle stretches, range of motion, core strengthening and general strength is addressed, all designed and appropriate for newer moms. Pre-mobile babies recommended (please bring blankets and/or yoga mat).

20143	May 7-Jun 25	Th	10:00-10:50am	\$104.00	8 Classes
20228	Jul 9-Aug 27	Th	10:00-10:50am	\$104.00	8 Classes

BABY & YOU YOGA

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

20144	May 4-Jun 22 No classes May 18	M	9:00-10:00am	\$91.00	7 Classes
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BABY & YOU: YOGA IN THE PARK

Targeted, gentle poses designed for the changing needs of your body and mind. This outdoor supportive class helps rebuild core strength, improve posture, increase energy levels and reduce symptoms of postpartum depression. Help your body heal! Pre-mobile babies recommended (please bring blankets and/or yoga mat).



20227	Jul 6-Aug 24 No classes Aug 3	M	12:00-1:00pm	\$91.00	7 Classes
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MIND/BODY

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

20217	May 6-Jun 24	W	1:15-2:15pm	\$104.00	8 Classes
20229	Jul 8-Aug 26	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.

20149	Apr 6-Jun 22 No classes May 18	M	7:15-8:15pm	\$143.00	11 Classes
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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!

20218	May 3-Jun 21 No classes May 17	Su	9:00-9:45am	\$91.00	7 Classes
20223	Jul 5-Aug 23 No classes Aug. 2	Su	9:00-9:45am	\$91.00	7 Classes



There is so much I love about Trico; the variety of fitness classes, the instructors, the gym area with state of the art equipment, socializing and making new friends, the contests that give the incentive to try out new classes and gym equipment with the bonus of winning prizes. What is there not to like? Joining Trico is the best thing I have ever joined."

- MEMBER, 60+ Couple (4+ YEARS)

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.

SPORTBALL OUTDOOR MULTI-SPORT (16M-2 YRS)

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

20447	Jul 8-Aug 26	W	9:15-10:00am	\$225.00*ND	8 Classes
20446	Jul 8-Aug 26	W	10:00-10:45am	\$225.00*ND	8 Classes

MUSIC AND MOVEMENT (2-3 YRS)

Our 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.

21439	Apr 10-Jun 19	F	9:00-9:45am	\$180.00	10 Classes
	No classes May 15				

TINY TUMBLERS (2-3 YRS)

Introduce your toddler to the joy of movement in this fun, parent-participation class! Tiny Tumblers builds gross motor skills, coordination, and confidence through playful tumbling, basic gymnastics, songs, and games in a safe, nurturing environment - perfect for first-time gym-goers.

20484	Apr 14-Jun 16	Tu	9:00-9:45am	\$180.00	10 Classes
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MINI-MOVERS (2-3 YRS)

A lively 45-minute class where little ones build confidence and coordination through running, jumping, throwing, and kicking. Featuring songs, games, early sport skills, and open play, this is the perfect program for energetic toddlers and the move!

21479	Apr 7-May 12	Tu	5:15-6:00pm	\$108.00	8 Classes
21438	Apr 10-Jun 19	F	10:00-10:45am	\$180.00	10 Classes
	No classes May 15				

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MESSY HANDS (2-3 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. 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. This is a parented program.

21456	Apr 13-Jun 22 No classes May 18	M	9:30-10:30am	\$190.00	10 Classes
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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.

20464	Apr 11-Jun 20 No classes May 16	Sa	9:00-9:30am	\$150.00	10 Classes
20465	Apr 12-Jun 21 No classes May 17	Su	9:00-9:30am	\$150.00	10 Classes

EXPLORERS (2.5-3 YRS)

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

21437	Apr 8-Jun 17	W	9:15-10:45am	\$220.00	11 Classes
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SPORTBALL INDOOR/OUTDOOR SOCCER/T-BALL (2-3 YRS)

Instructors provide children with the knowledge and ability to play soccer and t-ball 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. Parent must actively participate in program. Children receive jersey and ball.

Please bring a water bottle and running shoes.

04/12-05/10, classes are held in multi-purpose room 7/8
05/24-06/21, classes are held outside in southeast soccer field (rain or shine).

20354	Apr 12-Jun 21 No classes May 17	Su	9:15 -10:00am	\$282.00*ND	10 Classes
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SPORTBALL INDOOR/OUTDOOR SOCCER (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, and the second half puts those lessons to work in an exciting, non-competitive game.

04/11-05/09, classes are held in gym B

05/23-06/20 classes are held on soccer field, rain or shine.

20407	Apr 11-Jun 20 No classes May 16	Sa	9:45 -10:30am	\$282.00*ND	10 Classes
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SPORTBALL OUTDOOR SOCCER (2-3 YRS)

Instructors provide children with the knowledge and ability to play soccer 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. Meet instructors on the soccer field each week.

20442	May 21-Jun 25	Th	6:00-6:45 pm	\$173.00*ND	6 Classes
20448	Jul 2-Aug 27	Th	6:00-6:45 pm	\$255.00*ND	9 Classes
20449	Jul 4-Aug 29	Sa	9:00 -9:45am	\$225.00*ND	8 Classes
20450	Jul 4-Aug 29	Sa	9:45 -10:30am	\$225.00*ND	8 Classes

SPORTBALL OUTDOOR SOCCER/T-BALL (2-3 YRS)

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

20451	Jul 5-Aug 30	Su	9:15 -10:00am	\$225.00*ND	8 Classes
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Trico Centre is very fortunate to have many strategic partnerships that help us maintain and improve its facility and its services.

As a not-for-profit organization, we rely on the support of our members, visitors, sponsors and advertisers, and donors to help us provide inclusive, accessible programming to our community.

*You can donate to Trico Centre – and receive a charitable receipt – by visiting our **CanadaHelps website**.*

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)

Help your child take their first confident stride into preschool life! This playful and nurturing program gently introduces early learners to routines and skills that support independence and social development. Through stories, crafts, imaginative play, and active games, children build confidence while learning key life skills like handwashing, tidying up, and playing cooperatively. Guided by our warm and experienced Children's Program Facilitator, First Steps fosters growth during this exciting stage of development. Parental participation is optional.

21453	Apr 9-Jun 18	Th	9:15-11:15am	\$220.00	11 Classes
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LITTLE LEARNERS (3-4 YRS)

Get your little one classroom-ready with this lively 2-hour adventure designed just for 3-4 year-olds! Each session is packed with hands-on learning, creative crafts, active games, and center-based play that support key developmental milestones. Children build early literacy and numeracy skills, follow routines, practice listening, and learn to work cooperatively - all essential for a smooth transition to kindergarten. With circle time, snack breaks, and plenty of social fun, this program nurtures confidence, independence, and a love of learning. It's the perfect preschool warm-up for your future kindergartener!

20488	Apr 13-Jun 3 No classes May 18	M/W	9:15-11:15am	\$300.00	15 Classes
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KANGAROOS & KROCODILES (3-5 YRS)

Your little one will kick off the morning with high-energy fun - hopping, bouncing, and laughing their way through exciting games and sports in the gym! Along the way, they'll build coordination, confidence, and plenty of smiles. Afterward, it's time to cool down with a refreshing swim lesson tailored to Preschool Swim Levels 1-3, helping them grow comfortable in the water while learning key swimming skills. Swim Lesson Note: Parents must remain on the pool deck from 10:00-10:30 a.m. during the swim session.

20487	Apr 9-Jun 18	Th	9:00-10:30am	\$231.00	11 Classes
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LITTLE KICKERS (3-5 YRS)

Our Little Kickers program introduces children aged 3 to 5 to the fun and fundamentals of soccer in a supportive, high-energy environment. Through age-appropriate games and imaginative play, young players develop basic soccer skills such as dribbling, passing, and shooting - while also building coordination, listening skills, and confidence. Each session emphasizes teamwork, sportsmanship, and most importantly, having fun! No experience necessary - just bring a smile and a willingness to play!

21454	Apr 11-May 9	Sa	9:00-9:45am	\$95.00	5 Classes
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NINJA SPROUTS (3-5 YRS)

Watch your little one leap into action with Ninja Sprouts! This playful, high-energy program is packed with ninja-themed adventures designed just for preschoolers. From balancing across "lava beams" to jumping over soft obstacles and mastering sneaky moves, kids will build strength, coordination, and confidence - all while having a blast. With imaginative challenges and non-stop fun, Ninja Sprouts helps your tiny warrior grow their focus, agility, and ninja spirit in a safe, supportive space.

21436	Apr 10-Jun 19 No classes May 15	F	10:00-10:45am	\$190.00	10 Classes
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PETITE PIROUETTE (3-5 YRS)

Twirl into the magical world of ballet with Petite Pirouette! This enchanting class introduces young dancers to the basics of ballet through gentle movement, imaginative play, and classical music. Dancers will learn foundational steps, improve coordination, and express themselves creatively - all while building confidence and having fun in a nurturing environment.

20463	Apr 12-Jun 21 No classes May 17	Su	10:10-10:40am	\$150.00	10 Classes
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TINY TWIRLERS (3-5 YRS)

Step into the joy of dance with Tiny Twirlers! This playful and imaginative class introduces young movers to the world of dance through music, movement games, and creative exploration. It's the perfect way to build confidence, coordination, and a love for dancing - all while having tons of fun in a supportive classroom setting!

20466	Apr 11-Jun 20 No classes May 16	Sa	9:35-10:05am	\$150.00	10 Classes
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20467	Apr 12-Jun 21 No classes May 17	Su	9:35-10:05am	\$150.00	10 Classes
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SPORTBALL INDOOR/OUTDOOR SOCCER (3-5 YRS)

Instructors provide children with the knowledge and ability to play soccer 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. No class May 17. Parent must actively participate in program. Program includes an additional equipment fee for the soccer kit which includes jersey and ball. Please bring a water bottle and running shoes. April 11 - May 9, classes are held in multi-Purpose Room 7/8, May 23 - June 20, classes are held outside in southeast soccer field (rain or shine).

20355	Apr 11-Jun 20 No classes May 16	Sa	10:30 -11:15am	\$282.00*ND	10 Classes
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SPORTBALL INDOOR/OUTDOOR SOCCER/T-BALL (3-5 YRS)

Instructors provide children with the knowledge and ability to play soccer and t-ball 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.

20414	Apr 12-Jun 21 No classes May 17	Su	10:00 -11:00am	\$282.00*ND	10 Classes
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SPORTBALL OUTDOOR MULTI-SPORT (3-5 YRS)

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

20445	Jul 8-Aug 26	W	10:45 -11:45am	\$225.00*ND	8 Classes
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SPORTBALL OUTDOOR SOCCER (3-5 YRS)

Instructors provide children with the knowledge and ability to play soccer 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. Meet instructors on the soccer field each week.

20443	May 21-Jun 25	Th	5:00-6:00pm	\$173.00*ND	6 Classes
20452	Jul 4-Aug 29	Sa	10:30 -11:30am	\$225.00*ND	8 Classes
20455	Jul 2-Aug 27	Th	5:00-6:00pm	\$255.00*ND	9 Classes

SPORTBALL OUTDOOR SOCCER/T-BALL (3-5 YRS)

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

20458	Jul 5-Aug 30	Su	10:00 -11:00am	\$225.00*ND	8 Classes
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DRAWING WITH YOUNG REMBRANDTS (4-5 YRS)

April showers bring May flowers and springtime is the right time to sign up your early learner for a Young Rembrandts class! We will begin our adventure with an imaginary trip to the hardware store as we illustrate and learn about different tools. We'll continue to stomp away springtime boredom as we draw and color a mighty dinosaur. The sky is the limit as we draw a colorful, patterned butterfly. And we'll soar to new heights with our fantastic kite drawing. There's no better time than now to enroll your student!

21458	Apr 9-Jun 18	Th	5:30-6:15pm	\$242.00*ND	11 Classes
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TUMBLE TYKES (4-5 YRS)

Tumble Tykes is a fun and energetic introductory gymnastics program designed especially for children ages 4 to 5. This class encourages young gymnasts to explore movement, develop motor skills, and build confidence in a safe and supportive environment. Through age-appropriate activities and playful instruction, children will learn basic gymnastics skills such as rolls, balances, jumps, and coordination exercises. Build foundational strength, flexibility, and coordination. Basic gymnastics terminology and skills are introduced as we foster confidence and independence through structured play, social interaction and teamwork.

21455	Apr 14-Jun 16	Tu	9:45-10:30am	\$190.00	10 Classes
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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 centre-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!

20486	Apr 11-Jun 20 No classes May 16	Sa	9:30-10:30am	\$200.00	10 Classes
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SPORTARAMA (4-6 YRS)

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

21479	Apr 7-May 12	Tu	6:15-7:15pm	\$114.00	6 Classes
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CHILD & YOUTH (6 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 introduces children ages 5-7 to STEM through hands-on experiments, creative building, simple coding, math games, and nature-based exploration. This playful, curiosity-driven program builds foundational skills while encouraging young learners to ask questions, problem-solve, and discover how the world works.

20470	Apr 11-Jun 20 No classes May 16	Sa	10:45-11:45am	\$200.00	10 Classes
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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!

20460	Apr 12-Jun 21 No classes May 17	Su	10:45-11:30am	\$157.50	10 Classes
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SPORTBALL INDOOR/OUTDOOR SOCCER/ T-BALL (6-8 YRS)

Instructors provide children with the knowledge and ability to play soccer and t-ball 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.

20413	Apr 12-Jun 21 No classes May 17	Su	11:00-12:00pm	\$282.00	10 Classes
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SPORTBALL OUTDOOR SOCCER (6-8 YRS)

Instructors provide children with the knowledge and ability to play soccer 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. Meet instructors on the soccer field each week.

20444	May 21-Jun 25	Th	6:45-7:45pm	\$173.00	6 Classes
20453	Jul 4-Aug 29	Sa	11:30-12:30pm	\$225.00	8 Classes
20456	Jul 2-Aug 27	Th	6:00-7:00pm	\$255.50	9 Classes

SPORTBALL OUTDOOR SOCCER/T-BALL (6-8 YRS)

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

20459	Jul 5-Aug 30	Su	11:00-12:00pm	\$225.00	8 Classes
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JUNIOR DRIBBLERS BASKETBALL (6-8 YRS)

Our Junior Dribblers Basketball program introduces kids ages 6-8 to basketball in a fun, supportive environment. Through age-appropriate drills and games, participants build fundamental skills like dribbling, passing, shooting, and teamwork while developing confidence, coordination, and sportsmanship. Perfect for beginners and budding players alike.

20471	Apr 11-May 9	Sa	9:50-10:45am	\$100.00	5 Classes
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FEET & FINS (6-9 YRS)

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

20468	Apr 7-Jun 16	Tu	6:00-7:30pm	\$231.00	11 Classes
20469	Apr 9-Jun 11	Th	6:00-7:30pm	\$210.00	10 Classes

FLOOR HOCKEY ALL STARS (6-9 YRS)

Stick up, game on! Floor Hockey All-Stars brings the excitement of the rink to the gym in this fast-paced, action-packed program. Kids will learn essential skills like passing, shooting, stickhandling, and teamwork through fun drills and friendly games. With a focus on fair play, fitness, and fundamentals, players build confidence, coordination, and a love for the game! Perfect for beginners and budding hockey stars alike.

20473	Apr 7-Jun 16	Tu	5:15-6:00pm	\$198.00	11 Classes
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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!

21446	Apr 9-Jun 18	Th	5:15-6:00pm	\$198.00	11 Classes
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DRAWING WITH YOUNG REMBRANDTS (6-12 YRS)

If your children are baseball fans, they will love our baseball still life lesson. Learning about warm colors and cool colors will be the focus as our artists draw a detailed exterior of a house. We'll also learn about and draw the legendary Mars Rover. Finally, we'll take an imaginary trip to Japan and learn about the artistry of the kimono. Sign up for classes today!

21457	Apr 9-Jun 18	Th	6:20-7:20pm	\$242.00*ND	11 Classes
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DRAWING CARTOONS WITH YOUNG REMBRANDTS (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.

20474	Apr 9-Jun 18	Th	7:30-8:30pm	\$242.00*ND	11 Classes
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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 YEAR OLDS

21444	Apr 9-Jun 18	Th	5:15-6:15pm	\$220.00	11 Classes
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10-14 YEAR OLDS

21445	Apr 9-Jun 18	Th	6:15-7:15pm	\$220.00	11 Classes
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SENIOR DRIBBLERS BASKETBALL (9-12 YRS)

The Senior Dribblers program helps athletes ages 9-12 advance their basketball skills in a dynamic, supportive setting. Players refine ball-handling, shooting, defense, and decision-making through structured drills, small-sided games, and scrimmages - building confidence, teamwork, and a deeper understanding of the game.

20472	Apr 11-May 9	Sa	11:00-12:00pm	\$100.00	5 Classes
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HIP HOP (5-12 YRS)

Get ready to move and groove! This high-energy class introduces young dancers to the basics of hip hop through fun, age-appropriate moves, upbeat music, and creative expression. Kids will learn rhythm, coordination, and confidence while exploring their own style in a positive, playful environment. Perfect for beginners who love to dance and have fun!

5-7 YEAR OLDS

20461	Apr 11-Jun 20	Sa	10:10-10:55am	\$157.50	10 Classes
No classes May 16					

8-12 YEAR OLDS

20462	Apr 11-Jun 20	Sa	11:00-11:45am	\$157.50	10 Classes
No classes May 16					

YOUNG INNOVATORS STEM LAB (8-10 YRS)

Fuel your child's curiosity and creativity in our hands-on STEM Lab! Kids will explore science, technology, engineering, and math through fun experiments, coding, building, and problem-solving challenges. Each week brings new projects that inspire teamwork, critical thinking, and a love of learning. Perfect for young innovators ready to explore, create, and discover!

21449	Apr 11-Jun 20	Sa	12:30-1:30pm	\$200.00	10 Classes
No classes May 16					

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.

9-12 YEAR OLDS

21440	Apr 10-May 8	F	4:15-5:15pm	\$100.00	5 Classes
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12-14 YEAR OLDS

21441	Apr 10-May 8	F	5:15-6:15pm	\$100.00	5 Classes
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TEEN GIRLS ON WEIGHTS (GOW) (13-18 YRS)

This Train with Trico introduction is a safe comfortable environment for TEEN 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 & power. Machine exercise, free weights, cardio and core are all covered. **This program is generously sponsored and subsidized by Trico Cares!**



20150	May 5-Jun 23	Tu	5:00-5:55pm	\$64.00	8 Classes
20151	May 7-Jun 25	Th	5:00-5:55pm	\$64.00	8 Classes
20225	Jul 7-Aug 25	Tu	5:00-6:00pm	\$64.00	8 Classes

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

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

20357	Apr 11-Apr 11	Sa	10:00-12:00pm	\$50.00*ND	1 Class
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LEADER-IN-TRAINING PROGRAM (13-17 YRS)

Want to gain leadership experience, build your confidence, and have a blast this summer?

Our Leader-in-Training (LIT) program is perfect for teens who have aged out of camper programs and are ready to take the next step toward becoming a Day Camp Leader.

General Requirements for LIT program:

- Must participate in 3-4 weeks (registrants will be contacted late spring for specific availability).
- Must be available to attend the mandatory training day, listed below.

Skills Required for LIT Program:

- Previous experience (such as babysitting, school clubs, sports teams, or community organizations)
- Reliable, responsible, and committed
- Shows qualities of a caring leader (kindness, empathy, patience, and a positive attitude)
- Enjoys working with children ages 4-12 years old

Outcomes for LIT Program:

- Learn leadership, teamwork, and problem-solving skills
- Assist with camp activities and games
- Make new friends and connect with other motivated teens
- Gain valuable work experience to build your resume
- Participate in a written Performance Evaluation & Self Evaluation

Those in the program who successfully complete all requirements (completion of all selected weeks, adhering to code of conduct, successful results of performance evaluation and self-evaluation) are eligible to request a reference letter. All reference letter requests must be submitted by August 23, 2026.

CHILD SAFE CANADA: BABYSITTER SAFETY (10+ YRS)

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

Course Objectives:

- Roles and responsibilities of a babysitter
- Explore developmental stages of kids and appropriate games, foods
- Practice skill such as diapering, first aid and handling behavioural issues of all ages

The students will engage in role playing, discussion, workbook to address each of the course objectives. Each class may be altered to meet the needs within the family

20358	Jun 13-Jun 13	Sa	10:00-5:00pm	\$80.00*ND	1 Class
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CODE	CAMP DATES	MANDATORY TRAINING DAY	
20352	JULY	Sunday, June 21	\$125.00*ND
20353	AUGUST		\$125.00*ND

SKILL BUILDER PROGRAM

6-14 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



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

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

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

NON-COMPETITIVE SPORTS ENVIRONMENT

SELF-ESTEEM AND CONFIDENCE

SOCIAL SKILLS

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 YEAR OLDS

21447	Apr 8-Jun 17	W	5:00-6:00pm	\$220.00	11 Classes
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9-12 YEAR OLDS

21448	Apr 8-Jun 17	W	6:30-7:30pm	\$220.00	11 Classes
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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.

21450	Apr 12-May 10	Su	1:00-2:00pm	\$102.50	5 Classes
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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 YEAR OLDS

21451	Apr 12-May 10	Su	2:00-3:00pm	\$102.50	5 Classes
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9-14 YEAR OLDS

21452	Apr 12-May 10	Su	3:15-4:15pm	\$102.50	5 Classes
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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!"

- REGISTRANT PARENT

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.



WHAT TO BRING

- CSA approved hockey helmet (NO bicycle helmets allowed, no exception!)
- mittens or gloves
- sharpened skates
- snow/ski pants and jacket

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.



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 FEES

DURATION	AGE	6 CLASSES
30 MIN	2.5-12 YRS	\$96.00
45 MIN	2.5-12 YRS	\$126.00
45 MIN	12+ YRS	\$132.00

LEARN TO SKATE SPRING

LEVEL	SATURDAYS APRIL 4 - MAY 9TH
PARENT & TOT 1	9:00-9:30am (20402) 10:00-10:30am (20403)
PARENT & TOT 2	9:30-10:00am (20406)
PRESCHOOL 1	9:00-9:30am (20419) 9:45-10:15am (20426) 10:15-10:45am (20421) 10:30-11:00am (20422)
PRESCHOOL 2	9:30-10:00am (20428) 10:00-10:30am (20429)
PRESCHOOL 3	10:45-11:15am (20431)
YOUTH 1	9:00-9:30am (20433) 9:30-10:00am (20434) 10:45-11:15am (20435)
YOUTH 2	9:00-9:45am (20437) 10:00-10:45am (20438) 10:30-11:15am (20439)
YOUTH 3	9:00-9:45am (20441)
YOUTH 4	9:45-10:30am (20492)
YOUTH 5/6	10:30-11:15am (20494)



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



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.



2026 TRICO CENTRE CHARITY GOLF CLASSIC

THURSDAY, JUNE 25, 2026
Blue Devil Golf Club

Over the past three years, our golfers, sponsors, and donors have helped raise \$100,000+ to support child and youth programs at Trico Centre.

Your swing can make a difference.
Join us as a sponsor, golfer, or prize donor, and build a healthier community!

\$50,000
FUNDRAISING GOAL

SPONSORSHIP OPPORTUNITIES AVAILABLE:

- Title Sponsor
- Gift Bag Sponsor
- Luncheon Sponsor
- Hole Sponsor
- ~~SOLD~~ - Cart Sponsor
- And more!

\$300 INDIVIDUAL, \$575 TWOSOME, \$1100 FOURSOME

For more information on sponsor packages, prize donation, or event participation contact Jason MacAskill
jmacaskill@tricocentre.ca | 403.225.5558

WWW.TRICOCENTRE.CA/GOLF-CLASSIC



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MEMBERSHIPS

FACILITY

FITNESS CENTRE

ADULT FITNESS

PARENT & TOT

PRESCHOOL

CHILD & YOUTH

SKATING

OUT OF SCHOOL

AQUATICS

CAMP TRICO

TRICO CENTRE OUT OF SCHOOL CARE



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, and Sam Livingston.

Program fees starting from **\$490.00** (morning OR afternoon) to **\$605.00** (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



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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**

AQUATICS

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

View our drop-in schedule online at WWW.TRICOCENTRE.CA/FACILITIES-SCHEDULE for swim times.

LEARN TO SWIM SWIMMING LESSONS

Trico Centre swim lessons follow the internationally acclaimed Lifesaving Society Swim for Life Program. The program starts by teaching fundamental swimming skills that encourage students to make safe choices in and around water, and continually challenges swimmers to learn more.



? **TRANSITION:** If you are transitioning from another program or you're unsure of your child's level placement, please call Trico Centre Aquatics at (403) 225-5564 to book a complimentary swim assessment. Prerequisite tracking and checking is in effect to ensure safety.

LEARN TO SWIM REGISTRATION FEES

LEVEL	DURATION	5 CLASSES	6 CLASSES	7 CLASSES	8 CLASSES
PARENT & TOT AND PRESCHOOL	30 MIN	\$82.50	\$99.00	\$115.50	\$132.00
SWIMMER 1	30 MIN	\$95.00	\$114.00	\$133.00	\$152.00
SWIMMER 2-4 & SWIMABILITIES®	45 MIN	\$110.00	\$132.00	\$154.00	\$176.00
SWIMMER 5/6 AND ADULT	60 MIN	\$115.00	\$138.00	\$161.00	\$184.00
SWIM PATROL	90 MIN	\$130.00	\$156.00	\$182.00	\$208.00
PRIVATE	30 MIN	\$275.00	\$330.00	\$385.00	\$440.00



CONTAMINATION PREVENTION

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

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

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

SWIMABILITIES® (3-16 YRS)

SwimAbilities® is a program geared for children ages 3-16 with diverse needs who need additional support to achieve their beginner swim goals and increase their safety awareness. This class helps to build independence and enjoyment in and around the water. Classes are 45 minutes long with 30 minutes of class time and 15 minutes for transitions from the pool and play.

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

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

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



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 2026 season today!

GET YOUR TICKETS AT CAVALRYFC.CA/TICKETS





LEARN TO SWIM LEVELS



Visit our website for more comprehensive descriptions of each level:

WWW.TRICOCENTRE.CA/SWIM-LEVELS

PARENT & TOT (4 MOS - 3 YRS PARENTED)

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

PARENT & TOT 1: 4 - 12 months

PARENT & TOT 2: 1 - 2 years

PARENT & TOT 3: 2 - 3 years

PRESCHOOL (3 - 5 YRS)

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

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

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

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

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

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

SWIMMER (6 - 17 YRS)

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

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

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

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

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

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

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

PRIVATE LESSONS (4+ YRS)

PRIVATE: One-on-one dedicated instruction.

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

ADULT LEVELS (16+ YRS)

ADULT BEGINNER: Work at your own pace as you become comfortable in the water, explore basic swimming skills, and learn about water safety.

ADULT INTERMEDIATE: Set your own goals as you refine your swimming strokes and continue to understand water safety.

CANADIAN SWIM PATROL ROOKIE, RANGER & STAR

This three-level program develops swimming strength with emphasis on personal responsibility. Students will be introduced to four elements: water proficiency, emergency recognition, rescue, and first aid. **Prerequisite:** Swimmer 6.

BRONZE MEDALLION

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

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

Please note that anyone under the age of 13 who wishes to enter the course must have Bronze Star certification and must contact the Aquatics Office to register at AQUATICS@TRICOCENTRE.CA.



BRONZE CROSS ASSISTANT LIFEGUARD

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

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

LEARN TO SWIM - SPRING #1 PRIVATE LESSONS

MONDAYS APR 6 - MAY 4 (5)	TUESDAYS APR 7 - MAY 12 (6)	WEDNESDAYS APR 8 - MAY 13 (6)	THURSDAYS APR 9 - MAY 14 (6)	SATURDAYS APR 11 - MAY 9 (5)	SUNDAYS APR 12 - MAY 10 (5)
10-10:30am (20386)	9:30-10am (20399)	9-9:30am (20508)	10:30-11am (20521)	8:30-9am (20206)	8:30-9am (20372)
10:30-11am (20387)	10:30-11am (20400)	10-10:30am (20509)	4:30-5pm (20522)	9-9:30am (20359)	8:30-9am (20373)
4:30-5pm (20388)	4:30-5pm (20495)	10:30-11am (20510)	5-5:30pm (20523)	9-9:30am (20360)	9-9:30am (20374)
4:30-5pm (20389)	4:30-5pm (20496)	4:30-5pm (20511)	5:30-6pm (20524)	9:30-10am (20361)	9:30-10am (20375)
5-5:30pm (20390)	5-5:30pm (20497)	4:30-5pm (20512)	6-6:30pm (20525)	9:45-10:15am (20362)	10-10:30am (20376)
5:45-6:15pm (20391)	5:30-6pm (20498)	5-5:30pm (20513)	6-6:30pm (20526)	10-10:30am (20363)	10:30-11am (20377)
6-6:30pm (20392)	6-6:30pm (20499)	5:30-6pm (20514)	6:15-6:45pm (20527)	10-10:30am (20364)	10:30-11am (20378)
6:15-6:45pm (20393)	6-6:30pm (20500)	5:45-6:15pm (20515)	6:45-7:15pm (20528)	10:30-11am (20365)	11:15-11:45am (20379)
6:30-7pm (20394)	6:30-7pm (20501)	6-6:30pm (20516)	7:30-8pm (20529)	11:15-11:45am (20366)	11:15-11:45am (20380)
7-7:30pm (20395)	6:45-7:15pm (20502)	7-7:30pm (20517)	7:30-8pm (20530)	11:15-11:45am (20367)	11:45-12:15pm (20381)
7-7:30pm (20396)	7-7:30pm (20503)	7-7:30pm (20518)	7:30-8pm (20531)	11:45-12:15pm (20368)	12-12:30pm (20382)
7-7:30pm (20397)	7:30-8pm (20504)	7-7:30pm (20519)	7:30-8pm (20532)	12-12:30pm (20369)	12-12:30pm (20383)
7-7:30pm (20398)	7:30-8pm (20505)	7-7:30pm (20520)		12:15-12:45pm (20370)	12:15-12:45pm (20384)
	7:30-8pm (20506)			12:45-1:15pm (20371)	12:45-1:15pm (20385)
	7:30-8pm (20507)				

LEARN TO SWIM - SPRING #2 PRIVATE LESSONS

MONDAYS MAY 11 - JUN 15 (5) No lessons May 18	TUESDAYS MAY 19 - JUN 16 (5)	WEDNESDAYS MAY 20 - JUN 17 (5)	THURSDAYS MAY 21 - JUN 18 (5)	SATURDAYS MAY 23 - JUN 20 (5)	SUNDAYS MAY 24 - JUN 21 (5)
10-10:30am (21115)	9:30-10am (21257)	9-9:30am (21272)	10:30-11am (21285)	8:30-9am (21297)	8:30-9am (21311)
10:30-11am (21245)	10:30-11am (21258)	10-10:30am (21273)	4:30-5pm (21286)	9-9:30am (21298)	8:30-9am (21312)
4:30-5pm (21246)	4:30-5pm (21259)	10:30-11am (21274)	5-5:30pm (21287)	9-9:30am (21299)	9-9:30am (21313)
4:30-5pm (21247)	4:30-5pm (21260)	4:30-5pm (21275)	5:30-6pm (21288)	9:30-10am (21300)	9:30-10am (21314)
5-5:30pm (21248)	5-5:30pm (21261)	4:30-5pm (21276)	6-6:30pm (21289)	9:45-10:15am (21301)	10-10:30am (21315)
5:45-6:15pm (21249)	5:30-6pm (21262)	5-5:30pm (21277)	6-6:30pm (21290)	10-10:30am (21302)	10:30-11am (21316)
6-6:30pm (21250)	6-6:30pm (21263)	5:30-6pm (21278)	6:15-6:45pm (21291)	10-10:30am (21303)	10:30-11am (21317)
6:15-6:45pm (21251)	6-6:30pm (21264)	5:45-6:15pm (21279)	6:45-7:15pm (21292)	10:30-11am (21304)	11:15-11:45am (21318)
6:30-7pm (21252)	6:30-7pm (21265)	6-6:30pm (21280)	7:30-8pm (21293)	11:15-11:45am (21305)	11:15-11:45am (21319)
7-7:30pm (21253)	6:45-7:15pm (21266)	7-7:30pm (21281)	7:30-8pm (21294)	11:15-11:45am (21306)	11:45-12:15pm (21320)
7-7:30pm (21254)	7-7:30pm (21267)	7-7:30pm (21282)	7:30-8pm (21295)	11:45-12:15pm (21307)	12-12:30pm (21321)
7-7:30pm (21255)	7:30-8pm (21268)	7-7:30pm (21283)	7:30-8pm (21296)	12-12:30pm (21308)	12-12:30pm (21322)
7-7:30pm (21256)	7:30-8pm (21269)	7-7:30pm (21284)		12:15-12:45pm (21309)	12:15-12:45pm (21323)
	7:30-8pm (21270)			12:45-1:15pm (21310)	12:45-1:15pm (21324)
	7:30-8pm (21271)				

LEARN TO SWIM - SPRING #1 SESSION

LEVEL	MONDAYS APR 6 - MAY 4 (5)	TUESDAYS APR 7 - MAY 12 (6)	WEDNESDAYS APR 8 - MAY 13 (6)	THURSDAYS APR 9 - MAY 14 (6)	SATURDAYS APR 11 - MAY 9 (5)	SUNDAYS APR 12 - MAY 10 (5)
P & T 1/2	9:30-10am (20231) 5-5:30pm (20232)	10-10:30am (20233)	9:30-10am (20234) 5-5:30pm (20235)	9:30-10am (20236)	9:15-9:45am (20194)	9:15-9:45am (20230)
P & T 2/3	9-9:30am (20238) 5:30-6pm (20239)	9:30-10am (20240) 5:30-6pm (20241)	10:30-11am (20242) 6-6:30pm (20243)	10:30-11am (20244) 5:30-6pm (20245)	10-10:30am (20195)	10-10:30am (20237)
PRESCHOOL 1	9-9:30am (20257) 10:30-11am (20258) 4:30-5pm (20259) 5-5:30pm (20260) 5:30-6pm (20261) 6-6:30pm (20262)	9-9:30am (20263) 4:30-5pm (20264) 5-5:30pm (20265) 5:45-6:15pm (20266) 6:30-7pm (20267)	9:30-10am (20268) 10-10:30am (20269) 4:30-5pm (20270) 5:30-6pm (20271) 5:45-6:15pm (20272)	9-9:30am (20273) 5-5:30pm (20274) 5:15-5:45pm (20275) 5:45-6:15pm (20276) 6:30-7pm (20277) 6:30-7pm (20278)	8:30-9am (20196) 9:15-9:45am (20246) 9:45-10:15am (20247) 10:30-11am (20248) 11:45-12:15pm (20249) 12:45-1:15pm (20250)	8:30-9am (20251) 9-9:30am (20252) 9:45-10:15am (20253) 10:30-11am (20254) 11:15-11:45am (20255) 12:15-12:45pm (20256)
PRESCHOOL 2	9:30-10am (20290) 4:30-5pm (20291) 6-6:30pm (20292) 6:30-7pm (20293)	9-9:30am (20294) 10-10:30am (20295) 4:30-5pm (20296) 5:15-5:45pm (20297) 6-6:30pm (20298) 6:30-7pm (20299)	9-9:30am (20300) 4:30-5pm (20301) 5:30-6pm (20302) 6-6:30pm (20303) 6:30-7pm (20304)	9-9:30am (20305) 4:30-5pm (20306) 5:30-6pm (20307) 6-6:30pm (20308) 6:45-7:15pm (20309)	8:30-9am (20197) 9:30-10am (20279) 10-10:30am (20280) 11-11:30am (20281) 11:30-12pm (20282) 12:15-12:45pm (20283)	8:30-9am (20284) 9:30-10am (20285) 11-11:30am (20286) 11:30-12pm (20287) 12:15-12:45pm (20288) 12:45-1:15pm (20289)
PRESCHOOL 3	10-10:30am (20319) 4:30-5pm (20320) 5:15-5:45pm (20321) 6:15-6:45pm (20322)	10:30-11am (20323) 4:30-5pm (20324) 5-5:30pm (20325) 5:45-6:15pm (20326) 6:15-6:45pm (20327)	4:30-5pm (20328) 5-5:30pm (20329) 5:30-6pm (20330) 6:30-7pm (20331)	9:30-10am (20332) 5:15-5:45pm (20333) 6:15-6:45pm (20334) 7-7:30pm (20335)	8:30-9am (20198) 9:30-10am (20310) 10:30-11am (20311) 11-11:30am (20312) 12:45-1:15pm (20313)	9:30-10am (20314) 10:30-11am (20315) 11-11:30am (20316) 11:45-12:15pm (20317) 12:45-1:15pm (20318)
PRESCHOOL 4/5	4:30-5pm (20341) 5:45-6:15pm (20342) 6:30-7pm (20343)	5-5:30pm (20344) 5:30-6pm (20345) 6-6:30pm (20346)	4:30-5pm (20347) 5-5:30pm (20348) 6:15-6:45pm (20349)	4:30-5pm (20350) 5:45-6:15pm (20351)	9-9:30am (20199) 10:15-10:45am (20336) 12:45-1:15pm (20337)	9-9:30am (20338) 10:15-10:45am (20339) 11:45-12:15pm (20340)
SWIMMER 1	4:30-5pm (20549) 5-5:30pm (20550) 5:30-6pm (20551) 6-6:30pm (20552) 6:30-7pm (20553) 7-7:30pm (20554)	4:30-5pm (20555) 5:30-6pm (20556) 6-6:30pm (20557) 6:30-7pm (20558) 7-7:30pm (20559) 7:30-8pm (20560)	4:30-5pm (20561) 5-5:30pm (20562) 5:30-6pm (20563) 6-6:30pm (20564) 6:30-7pm (20565) 7-7:30pm (20566)	4:30-5pm (20567) 5-5:30pm (20568) 5:30-6pm (20569) 6:30-7pm (20570) 6:45-7:15pm (20571)	8:30-9am (20200) 9-9:30am (20535) 9:30-10am (20536) 10:15-10:45am (20537) 10:30-11am (20538) 11:15-11:45am (20539) 12:15-12:45pm (20540) 12:45-1:15pm (20541)	8:30-9am (20542) 9-9:30am (20543) 9:30-10am (20544) 10-10:30am (20545) 11:15-11:45am (20546) 12:15-12:45pm (20547) 12:45-1:15pm (20548)
SWIMMER 2	4:30-5:15pm (20584) 5:30-6:15pm (20585) 6:15-7pm (20586) 6:45-7:30pm (20587)	4:30-5:15pm (20588) 5:15-6pm (20589) 6:15-7pm (20590) 6:45-7:30pm (20591) 7:15-8pm (20592)	4:30-5:15pm (20593) 6-6:45pm (20594) 6:15-7pm (20595)	4:30-5:15pm (20596) 5:15-6pm (20597) 6-6:45pm (20598) 6:45-7:30pm (20599) 7:15-8pm (20600)	8:30-9:15am (20201) 9:15-10am (20572) 10-10:45am (20573) 11:15-12pm (20574) 11:45-12:30pm (20575) 12-12:45pm (20576) 12:30-1:15pm (20577)	8:30-9:15am (20578) 9:15-10am (20579) 10-10:45am (20580) 11-11:45am (20581) 11:30-12:15pm (20582) 12:30-1:15pm (20583)
SWIMMER 3	5-5:45pm (20607) 5:45-6:30pm (20608)	4:30-5:15pm (20609) 6-6:45pm (20610) 7:15-8pm (20611)	5-5:45pm (20612) 6:15-7pm (20613) 6:45-7:30pm (20614)	5-5:45pm (20615) 6-6:45pm (20616) 7:15-8pm (20617)	8:30-9:15am (20202) 10-10:45am (20601) 11:30-12:15pm (20602) 12:30-1:15pm (20603)	8:30-9:15am (20604) 10-10:45am (20605) 12:30-1:15pm (20606)
SWIMMER 4	5-5:45pm (20623) 6:45-7:30pm (20624)	5-5:45pm (20625) 6:30-7:15pm (20626)	5-5:45pm (20627) 6:45-7:30pm (20628)	4:30-5:15pm (20629) 5:45-6:30pm (20630) 7:15-8pm (20631)	8:30-9:15am (20203) 11-11:45am (20618) 12-12:45pm (20619)	10-10:45am (20620) 11:45-12:30pm (20621)
SWIMMER 5/6	5-6pm (20635) 6:30-7:30pm (20636)	5-6pm (20637) 7-8pm (20638)	5:15-6:15pm (20639) 6:30-7:30pm (20640)	4:30-5:30pm (20641)	9-10am (20204) 11-12pm (20632)	9-10am (20633) 11-12pm (20634)
SWIM PATROL				6:30-8pm (20534)	11:45-1:15pm (20205)	11:45-1:15pm (20533)
ADULT (BEG)						8:30-9:30am (20192)
ADULT (INT)						9:30-10:30am (20193)
SWIM ABILITIES (1/2)				4:30-5:15pm (20207)		12:30-1:15pm (21481)

MEMBERSHIPS

FACILITY

FITNESS
CENTRE

ADULT
FITNESS

PARENT
& TOT

PRESCHOOL

CHILD &
YOUTH

SKILL
BUILDER

OUT OF
SCHOOL

AQUATICS

DAY
CAMPS

LEARN TO SWIM – SPRING #2 SESSION

LEVEL	MONDAYS MAY 11 - JUN 15 (5) No lessons May 18	TUESDAYS MAY 19 - JUN 16 (5)	WEDNESDAYS MAY 20 - JUN 17 (5)	THURSDAYS MAY 21 - JUN 18 (5)	SATURDAYS MAY 23 - JUN 20 (5)	SUNDAYS MAY 24 - JUN 21 (5)
PARENT & TOT 1/2	9:30-10am (21109) 5-5:30pm (21123)	10-10:30am (21124)	9:30-10am (21125) 5-5:30pm (21126)	9:30-10am (21127)	9:15-9:45am (21128)	9:15-9:45am (21129)
PARENT & TOT 2/3	9-9:30am (21110) 5:30-6pm (21130)	9:30-10am (21131) 5:30-6pm (21132)	10:30-11am (21133) 6-6:30pm (21134)	10:30-11am (21135) 5:30-6pm (21136)	10-10:30am (21137)	10-10:30am (21138)
PRESCHOOL 1	9-9:30am (21111) 10:30-11am (21139) 4:30-5pm (21140) 5-5:30pm (21141) 5:30-6pm (21142) 6-6:30pm (21143)	9-9:30am (21144) 4:30-5pm (21145) 5-5:30pm (21146) 5:45-6:15pm (21147) 6:30-7pm (21148)	9:30-10am (21149) 10-10:30am (21150) 4:30-5pm (21151) 5:30-6pm (21152) 5:45-6:15pm (21153)	9-9:30am (21154) 5-5:30pm (21155) 5:15-5:45pm (21156) 5:45-6:15pm (21157) 6:30-7pm (21158) 6:30-7pm (21159)	8:30-9am (21160) 9:15-9:45am (21161) 9:45-10:15am (21162) 10:30-11am (21163) 11:45-12:15pm (21164) 12:45-1:15pm (21165)	8:30-9am (21166) 9-9:30am (21167) 9:45-10:15am (21168) 10:30-11am (21169) 11:15-11:45am (21170) 12:15-12:45pm (21171)
PRESCHOOL 2	9:30-10am (21112) 4:30-5pm (21172) 6-6:30pm (21173) 6:30-7pm (21174)	9-9:30am (21175) 10-10:30am (21176) 4:30-5pm (21177) 5:15-5:45pm (21178) 6-6:30pm (21179) 6:30-7pm (21180)	9-9:30am (21181) 4:30-5pm (21182) 5:30-6pm (21183) 6-6:30pm (21184) 6:30-7pm (21185)	9-9:30am (21186) 4:30-5pm (21187) 5:30-6pm (21188) 6-6:30pm (21189) 6:45-7:15pm (21190)	8:30-9am (21191) 9:30-10am (21192) 10-10:30am (21193) 11-11:30am (21194) 11:30-12pm (21195) 12:15-12:45pm (21196)	8:30-9am (21197) 9:30-10am (21198) 11-11:30am (21199) 11:30-12pm (21200) 12:15-12:45pm (21201) 12:45-1:15pm (21202)
PRESCHOOL 3	10-10:30am (21113) 4:30-5pm (21203) 5:15-5:45pm (21204) 6:15-6:45pm (21205)	10:30-11am (21206) 4:30-5pm (21207) 5-5:30pm (21208) 5:45-6:15pm (21209) 6:15-6:45pm (21210)	4:30-5pm (21211) 5-5:30pm (21212) 5:30-6pm (21213) 6:30-7pm (21214)	9:30-10am (21215) 5:15-5:45pm (21216) 6:15-6:45pm (21217) 7-7:30pm (21218)	8:30-9am (21219) 9:30-10am (21220) 10:30-11am (21221) 11-11:30am (21222) 12:45-1:15pm (21223)	9:30-10am (21224) 10:30-11am (21225) 11-11:30am (21226) 11:45-12:15pm (21227) 12:45-1:15pm (21228)
PRESCHOOL 4/5	4:30-5pm (21114) 5:45-6:15pm (21229) 6:30-7pm (21230)	5-5:30pm (21231) 5:30-6pm (21232) 6-6:30pm (21233)	4:30-5pm (21234) 5-5:30pm (21235) 6:15-6:45pm (21236)	4:30-5pm (21237) 5:45-6:15pm (21238)	9-9:30am (21239) 10:15-10:45am (21240) 12:45-1:15pm (21241)	9-9:30am (21242) 10:15-10:45am (21243) 11:45-12:15pm (21244)
SWIMMER 1	4:30-5pm (21118) 5-5:30pm (21327) 5:30-6pm (21328) 6-6:30pm (21329) 6:30-7pm (21330) 7-7:30pm (21331)	4:30-5pm (21332) 5:30-6pm (21333) 6-6:30pm (21334) 6:30-7pm (21335) 7-7:30pm (21336) 7:30-8pm (21337)	4:30-5pm (21338) 5-5:30pm (21339) 5:30-6pm (21340) 6-6:30pm (21341) 6:30-7pm (21342) 7:30-8pm (21343)	4:30-5pm (21344) 5-5:30pm (21345) 5:30-6pm (21346) 6:30-7pm (21347) 6:45-7:15pm (21348)	8:30-9am (21349) 9-9:30am (21350) 9:30-10am (21351) 10:15-10:45am (21352) 10:30-11am (21353) 11:15-11:45am (21354) 12:15-12:45pm (21355) 12:45-1:15pm (21356)	8:30-9am (21357) 9-9:30am (21358) 9:30-10am (21359) 10-10:30am (21360) 11:15-11:45am (21361) 12:15-12:45pm (21362) 12:45-1:15pm (21363)
SWIMMER 2	4:30-5:15pm (21119) 5:30-6:15pm (21364) 6:15-7pm (21365) 6:45-7:30pm (21366)	4:30-5:15pm (21367) 5:15-6pm (21368) 6:15-7pm (21369) 6:45-7:30pm (21370) 7:15-8pm (21371)	4:30-5:15pm (21372) 6-6:45pm (21373) 6:15-7pm (21374)	4:30-5:15pm (21375) 5:15-6pm (21376) 6-6:45pm (21377) 6:45-7:30pm (21378) 7:15-8pm (21379)	8:30-9:15am (21380) 9:15-10am (21381) 10-10:45am (21382) 11:15-12pm (21383) 11:45-12:30pm (21384) 12-12:45pm (21385) 12:30-1:15pm (21386)	8:30-9:15am (21387) 9:15-10am (21388) 10-10:45am (21389) 11-11:45am (21390) 11:30-12:15pm (21391) 12:30-1:15pm (21392)
SWIMMER 3	5-5:45pm (21120) 5:45-6:30pm (21393)	4:30-5:15pm (21394) 6-6:45pm (21395) 7:15-8pm (21396)	5-5:45pm (21397) 6:15-7pm (21398) 6:45-7:30pm (21399)	5-5:45pm (21400) 6-6:45pm (21401) 7:15-8pm (21402)	8:30-9:15am (21403) 10-10:45am (21404) 11:30-12:15pm (21405) 12:30-1:15pm (21406)	8:30-9:15am (21407) 10-10:45am (21408) 12:30-1:15pm (21409)
SWIMMER 4	5-5:45pm (21121) 6:45-7:30pm (21410)	5-5:45pm (21411) 6:30-7:15pm (21412)	5-5:45pm (21413) 6:45-7:30pm (21414)	4:30-5:15pm (21415) 5:45-6:30pm (21416) 7:15-8pm (21417)	8:30-9:15am (21418) 11-11:45am (21419) 12-12:45pm (21420)	10-10:45am (21421) 11:45-12:30pm (21422)
SWIMMER 5/6	5-6pm (21122) 6:30-7:30pm (21424)	5-6pm (21425) 7-8pm (21426)	5:15-6:15pm (21427) 6:30-7:30pm (21428)	4:30-5:30pm (21429)	9-10am (21430) 11-12pm (21431)	9-10am (21432) 11-12pm (21433)
SWIM PATROL				6:30-8pm (21116)	11:45-1:15pm (21325)	11:45-1:15pm (21326)
ADULT (BEG)						8:30-9:30am (21107)
ADULT (INT)						9:30-10:30am (21108)
SWIM ABILITIES 1/2				4:30-5:15pm (21117)		12:30-1:15pm (21481)

LEARN TO SWIM - SUMMER AM - ONE WEEK

LEVEL	TIME	JUL 6-10 5 SESSIONS	JUL 13-17 5 SESSIONS	JUL 20-24 5 SESSIONS	JUL 27-31 5 SESSIONS	AUG 4-7 4 SESSIONS	AUG 10-14 5 SESSIONS	AUG 17-21 5 SESSIONS	AUG 24-28 5 SESSIONS
PARENT & TOT 1/2	9:30-10:00am	20642		20670			20709		20735
PARENT & TOT 2/3	9:30-10:00am		20657		20685			20722	
PRESCHOOL 1	9:00-9:30am	20644	20658	20672	20686	9:00-9:45am (20698)	20710	20723	20736
	10:00-10:30am								21020
	10:15-10:45am	20797	20830	20866	20899		20951	20987	
	11:15-11:45am								21021
	11:45-12:15pm	20798	20831	20867	20900		20952	20988	
PRESCHOOL 2	9:00-9:30am	20645	20659	20673	20687	9:30-10:15am (20699)	20711	20724	20737
	10:00-10:30am	20799	20832	20868	20901		20953	20989	
	10:30-11:00am								21022
	11:15-11:45am	20800	20833	20869	20902		20954	20990	
	11:45-12:15pm								21023
PRESCHOOL 3	9:30-10:00am	20646	20660	20674	20688	10:00-10:45am (20700)	20712	20725	20738
	10:30-11:00am		20834		20903		20955		
	12:15-12:45pm	20801	20835	20870	20904		20956	20991	21024
PRESCHOOL 4/5	9:30-10:00am		20661		20689	11:15-12:00pm (20701)	20713		
	10:00-10:30am								20739
	11:15-11:45am	20647	20836	20675	20905		20957	20726	
	12:15-12:45pm								21025
SWIMMER 1	9:00-9:30am	20650	20664	20678	20691	9:00-9:45am (20703) 10:15-11:00am (20945) 11:45-12:30pm (20946)	20716	20728	20741
	9:30-10:00am								21040
	9:45-10:15am	20815	20851	20884	20920		20972	21005	
	10:15-11:00am								
	10:30-11:00am	20816	20852	20885	20921		20973	21006	21041
	11:15-11:45am								21042
	11:30-12:00pm	20817	20853	20886	20922		20974	21007	
	11:45-12:15pm								21043
	12:15-12:45pm	20818	20854	20887	20923		20975	21008	
	12:45-1:15pm	20819	20855	20888	20924		20976	21009	21044
SWIMMER 2	9:00-9:45am	20651	20665	20679	20692	9:00-10:00am (20704) 9:45-10:45am (20947) 11:00-12:00pm (20948) 11:30-12:30pm (20949)	20717	20729	20742
	9:30-10:15am	20820	20856	20889	20925		20977	21010	
	10:00-10:45am	20821	20857	20890	20926		20978	21011	21045
	11:00-11:45am	20822	20858	20891	20927		20979	21012	21046
	11:15-12:00pm	20823	20859	20892	20928		20980	21013	
	11:45-12:30pm	20824	20860	20893	20929		20981	21014	
	12:30-1:15pm								21047
SWIMMER 3	9:45-10:30am	20652	20666	20680	20693	9:45-10:45am (20705)	20718	20730	20743
	10:00-10:45am	20825	20861	20894	20930		20982	21015	
	11:00-11:45am	20826	20862	20895	20931		20983	21016	
	11:30-12:15pm								21048
	11:45-12:30pm	20827	20863	20896	20932		20984	21017	
SWIMMER 4	9:00-9:45am	20653	20667	20681	20694	11:00-12:00pm (20706)	20719	20731	
	9:30-10:15am								20744
	11:15-12:00pm	20828	20864	20897	20933		20985	21018	
	11:45-12:30pm								21049
SWIMMER 5/6	9:00-10:00am	20654	20668	20682	20695	9:00-10:00am (20707) 11:30-12:30pm (20950)	20720	20732	
	9:30-10:30am								20745
	11:00-12:00pm	20829	20865	20898	20934		20986	21019	
	12:15-1:15pm								21050
SWIM PATROL	9:30-11:00am	20649		20677			20733		

*Please note: August 4-7 consists of four extended classes. Pricing is based on approximately five classes.



SWIM ABILITIES 1/2 21542 July 11 - August 29 Sa 9:15-10:00am \$154.00 7 Classes

LEARN TO SWIM - SUMMER PM - TWO WEEKS

LEVEL	TIME	JUL 6-16 8 SESSIONS (MON-THURS)	JUL 20-30 8 SESSIONS (MON-THURS)	AUG 4-13 7 SESSIONS (MON-THURS)	AUG 17-27 8 SESSIONS (MON-THURS)
PARENT & TOT 1/2	5:00-5:30pm	20747		20773	
PARENT & TOT 2/3	5:00-5:30pm		20759		20785
PRESCHOOL 1	5:00-5:30pm	20748	20760	20774	
	5:30-6:00pm	21051		21083	
	5:45-6:15pm		21068		20786
PRESCHOOL 2	5:00-5:30pm	20749	20761	20775	
	5:30-6:00pm	21052		21084	
	6:00-6:30pm		21069		20787
PRESCHOOL 3	5:00-5:30pm	20750		20776	
	5:30-6:00pm		20762		20788
	6:00-6:30pm	21053	21070	21085	
PRESCHOOL 4/5	6:00-6:30pm	20751		20777	
	6:30-7:00pm		20763		20789
SWIMMER 1	5:00-5:30pm	20753	20766	20779	20792
	5:30-6:00pm	21062	21077	21094	
	6:00-6:30pm	21063	21078	21095	21104
	6:30-7:00pm	21064	21079	21096	21105
SWIMMER 2	5:00-5:45pm	20754	20767	20780	20793
	5:30-6:15pm	21065	21080	21097	
	5:45-6:30pm	21066		21098	
	6:15-7:00pm	21067	21081	21099	21106
SWIMMER 3	5:00-5:45pm		20768		20794
	5:45-6:30pm		21082		
	6:15-7:00pm	20755		20781	
SWIMMER 4	5:00-5:45pm	20756		20782	
	5:45-6:30pm				20795
	6:15-7:00pm		20769		
SWIMMER 5/6	5:00-6:00pm		20770		20796
	6:00-7:00pm	20757		20783	
SWIM PATROL	5:30-7:00pm		20765		20791

“ My family visited the pool for the first time in December and were really impressed with the professionalism of the lifeguards! As a former aquatic manager myself I was really impressed with their rule enforcement, scanning and identification of hazards. We had a nice visit and will definitely come back.”

- DROP-IN GUEST

Join Our FlipGive Team to Support Our Not-for-Profit Facility While You Shop



GUILT FREE SHOPPING

LEARN TO SWIM – SUMMER AM PRIVATE – ONE WEEK

JUL 6-10 5 SESSIONS	JUL 13-17 5 SESSIONS	JUL 20-24 5 SESSIONS	JUL 27-31 5 SESSIONS
9-9:30am (20648)	9-9:30am (20662)	9-9:30am (20676)	9-9:30am (20690)
9-9:30am (20802)	9-9:30am (20837)	9-9:30am (20871)	9-9:30am (20906)
9:30-10:00am (20803)	9:30-10:00am (20838)	9:30-10:00am (20872)	9:30-10:00am (20907)
10-10:30am (20804)	10-10:30am (20839)	10-10:30am (20873)	10-10:30am (20908)
10:15-10:45am (20805)	10-10:30am (20840)	10:15-10:45am (20874)	10-10:30am (20909)
10:30-11:00am (20806)	10:15-10:45am (20841)	10:30-11:00am (20875)	10:15-10:45am (20910)
10:30-11:00am (20807)	10:30-11:00am (20842)	10:30-11:00am (20876)	10:30-11:00am (20911)
11-11:30am (20808)	10:30-11:00am (20843)	11-11:30am (20877)	10:30-11:00am (20912)
11:45-12:15pm (20809)	11-11:30am (20844)	11:45-12:15pm (20878)	11-11:30am (20913)
12-12:30pm (20810)	11:45-12:15pm (20845)	12-12:30pm (20879)	11:45-12:15pm (20914)
12:45-1:15pm (20811)	12-12:30pm (20846)	12:45-1:15pm (20880)	12-12:30pm (20915)
12:45-1:15pm (20812)	12:45-1:15pm (20847)	12:45-1:15pm (20881)	12:45-1:15pm (20916)
12:45-1:15pm (20813)	12:45-1:15pm (20848)	12:45-1:15pm (20882)	12:45-1:15pm (20917)
12:45-1:15pm (20814)	12:45-1:15pm (20849)	12:45-1:15pm (20883)	12:45-1:15pm (20918)
	12:45-1:15pm (20850)		12:45-1:15pm (20919)

AUG 4-7 4 SESSIONS	AUG 10-14 5 SESSIONS	AUG 17-21 5 SESSIONS	AUG 24-28 5 SESSIONS
9-9:30am (20702)	9-9:30am (20714)	9-9:30am (20727)	9-9:30am (20740)
9-9:45am (20942)	9-9:30am (20958)	9-9:30am (20992)	9-9:30am (21026)
9:45-10:15am (20935)	9:30-10:00am (20959)	9:30-10:00am (20993)	10:15-10:45am (21027)
10-10:45am (20943)	10-10:30am (20960)	10-10:30am (20994)	10:30-11:00am (21028)
10:15-10:45am (20936)	10-10:30am (20961)	10:15-10:45am (20995)	10:30-11:00am (21029)
11-11:30am (20937)	10:15-10:45am (20962)	10:30-11:00am (20996)	11-11:30am (21030)
11-11:30am (20938)	10:30-11:00am (20963)	10:30-11:00am (20997)	11:15-11:45am (21031)
11-11:45am (20944)	10:30-11:00am (20964)	11-11:30am (20998)	11:15-11:45am (21032)
12-12:30pm (20939)	11-11:30am (20965)	11:45-12:15pm (20999)	11:45-12:15pm (21033)
12-12:30pm (20940)	11:45-12:15pm (20966)	12-12:30pm (21000)	11:45-12:15pm (21034)
12-12:30pm (20941)	12-12:30pm (20967)	12:45-1:15pm (21001)	12:15-12:45pm (21035)
	12:45-1:15pm (20968)	12:45-1:15pm (21002)	12:15-12:45pm (21036)
	12:45-1:15pm (20969)	12:45-1:15pm (21003)	12:45-1:15pm (21037)
	12:45-1:15pm (20970)	12:45-1:15pm (21004)	12:45-1:15pm (21038)
	12:45-1:15pm (20971)		12:45-1:15pm (21039)

LEARN TO SWIM – SUMMER PM PRIVATE – TWO WEEKS

JUL 6-16 8 SESSIONS (MON-THURS)	JUL 20-30 8 SESSIONS (MON-THURS)	AUG 4-13 7 SESSIONS (MON-THURS)	AUG 17-27 8 SESSIONS (MON-THURS)
5:00-5:30pm (20752)	5:00-5:30pm (20764)	5:00-5:30pm (20778)	5:00-5:30pm (20790)
5:30-6:00pm (21054)	5:30-6:00pm (21071)	5:30-6:00pm (21086)	5:30-6:00pm (21100)
5:30-6:00pm (21055)	6:00-6:30pm (21072)	5:30-6:00pm (21087)	6:00-6:30pm (21101)
5:45-6:16pm (21056)	6:30-7:00pm (21073)	5:45-6:16pm (21088)	6:30-7:00pm (21102)
6:00-6:30pm (21057)	6:30-7:00pm (21074)	6:00-6:30pm (21089)	6:30-7:00pm (21103)
6:30-7:00pm (21058)	6:30-7:00pm (21075)	6:30-7:00pm (21090)	
6:30-7:00pm (21059)		6:30-7:00pm (21091)	
6:30-7:00pm (21060)		6:30-7:00pm (21092)	
6:30-7:00pm (21061)		6:30-7:00pm (21093)	

MEMBERSHIPS

FACILITY

FITNESS CENTRE

ADULT FITNESS

PARENT & TOT

PRESCHOOL

CHILD & YOUTH

SKATING

OUT OF SCHOOL

AQUATICS

CAMP TRICO



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

HOW TO REGISTER



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

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

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

PARENT PORTAL

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

- Parent Handbook
- Day Camp Activity Schedules
- Feedback Submission
- Forms

CAMP TRICO CENTRE POLICIES

- Leader / Camper ratio is 1:8 for 4-5 year olds, and 1:15 for 6-14 year olds (maximum determined by camp activity and space).
- On day 1, bring the completed medication form to our camp check-in desk or pre-fill and submit via email. Clearly print the type of medication, dosage, administration, and other necessary information. Medication must be brought daily in its original container and given directly to the camp leader.
- Before Care: **At no additional cost**, caregiver is welcome to drop camper off between 7:30-9:00am.
- Late or absent participants are not called to see if they are participating that day.
- After Care: **At no additional cost**, caregiver or approved pick-up person (provided by caregiver at time of registration) is welcome to pick up camper between 4:00-5:30pm. Please advise all authorized pick-up individuals to bring government-issued photo ID every day.
- Late Fee: After 5:30pm, a \$15.00 late fee will be processed on the camper’s account.

DAILY SUMMER DAY CAMPS

(6 TO 12 YEARS)

Looking for fun and flexible childcare options this summer?

Our full-day camps offer a fun-filled schedule with games, crafts, outdoor play, and a daily afternoon swim!

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



BEFORE CARE	DATES	DAYS OF WEEK	DAILY DAY CAMP	AFTER CARE	FEE
7:30am-9:00am	JULY 2 - AUGUST 28	M, TU, W, TH, F	9:00am-4:00pm	4:00pm-5:30pm	\$80.00/day *ND

JULY DAY CAMP SCHEDULE

AGE	JULY 6-10 (5)	JULY 13-17 (5)	JULY 20-24 (5)	JULY 27-31 (5)
4-5 yrs	STEM Explorers (\$310)	Active All Stars (\$310)	STEM Explorers (\$310)	Active All Stars (\$310)
6-12 yrs	DAILY CAMP 9:00am-4:00pm (Before Care 7:30am-9:00am After Care 4:00pm-5:30pm)			
6-8 yrs	Aqua Adventures (\$340)	Aqua Adventures (\$340)	Aqua Adventures (\$340)	Aqua Adventures (\$340)
	Creators (\$310)	Creators (\$310)	Creators (\$310)	Creators (\$310)
	Sportastic (\$310)	Sportastic (\$310)	Sportastic (\$310)	Sportastic (\$310)
	Squishy Squashy Science (\$310)	Squishy Squashy Science (\$310)	Squishy Squashy Science (\$310)	Squishy Squashy Science (\$310)
9-12 yrs	Aqua Adventures (\$340)	Aqua Adventures (\$340)	Aqua Adventures (\$340)	Aqua Adventures (\$340)
	Outdoor Adventures (\$310)	Outdoor Adventures (\$310)	Outdoor Adventures (\$310)	Outdoor Adventures (\$310)
	Try Sport (\$310)	Try Sport (\$310)	Try Sport (\$310)	Try Sport (\$310)
11-14 yrs	Ridge Riders Bike Camp (\$375)	Discover YYC (\$375)	Hit the Gym (\$375)	Discover YYC (\$375)

AUGUST DAY CAMP SCHEDULE

AGE	AUGUST 4-7 (4)	AUGUST 10-14 (5)	AUGUST 17-21 (5)	AUGUST 24-28 (5)
4-5 yrs	STEM Explorers (\$248)	Active All Stars (\$310)	STEM Explorers (\$310)	
6-12 yrs	DAILY CAMP 9:00am-4:00pm (Before Care 7:30am-9:00am After Care 4:00pm-5:30pm)			
6-8 yrs	Aqua Adventures (\$272)	Aqua Adventures (\$340)	Aqua Adventures (\$340)	Sportastic (\$310)
	Creators (\$248)	Creators (\$310)	Creators (\$310)	
	Sportastic (\$248)	Sportastic (\$310)	Sportastic (\$310)	
	Squishy Squashy Science (\$248)	Squishy Squashy Science (\$310)	Squishy Squashy Science (\$310)	
9-12 yrs	Aqua Adventures (\$272)	Aqua Adventures (\$340)	Aqua Adventures (\$340)	Try Sport (\$310)
	Outdoor Adventures (\$248)	Outdoor Adventures (\$310)	Outdoor Adventures (\$310)	
	Try Sport (\$248)	Try Sport (\$310)	Try Sport (\$310)	
11-14 yrs	Ridge Riders Bike Camp (\$300)	Discover YYC (\$375)	Hit the Gym (\$375)	

Free Teeth whitening session with a booked dental cleaning

Staffed by Registered Dental Hygienists. Fees 10% less than Alberta Fee Guide

Different chair, same care.

Located at Trico Centre

Lifetime Smiles DENTAL HYGIENE CLINIC

PRESCHOOL DAY CAMP DESCRIPTIONS

*All camps remain on-site

STEM EXPLORERS

This camp introduces early learners to STEM through hands-on experiments and creative problem-solving that build curiosity, confidence, and foundational skills. Campers will enjoy a balanced day of engaging activities, teamwork, outdoor play, and gym games - all in a fun, supportive environment. This camp does not swim.

● #20480 | 4-5 years old

ACTIVE ALL STARS

Get ready for a high-energy adventure! This camp is designed for ages 4-5 and packed with fun activities that keep kids moving. From exciting sports and group games to outdoor play and recreational challenges, campers will build confidence, teamwork, and a love for active living - all in a safe and supportive environment. This camp does not swim.

● #20489 | 4-5 years old

CHILD/YOUTH DAY CAMP DESCRIPTIONS

*ALL CAMPS INCLUDE SWIM 1X/WEEK UNLESS OTHERWISE INDICATED.

** Camps may participate in off-site activities (see parent portal for more info)

AQUA ADVENTURES

Aqua Adventures is the perfect camp for water-loving kids! Each day, campers will enjoy a swim lesson tailored to their skill level (Swimmer Levels 1-6). They'll stay busy on dryland with fun games, crafts, sports, and plenty of outdoor play in our greenspace - featuring a gaga-ball pit for extra fun!

● #20475 | 6-8 years old ● #20476 | 9-12 years old

CREATORS

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

● #20477 | 6-8 years old

SQUISHY SQUASHY SCIENCE

In this camp, kids will become junior scientists, asking questions like "how," "where," and "why" as they explore the world around them! Through hands-on activities, games, and crafts, they'll discover how fun learning can be while developing their curiosity and problem-solving skills.

● #20479 | 6-8 years old

SPORTASTIC

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

● #20478 | 6-8 years old

TRY SPORT

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

● #20482 | 9-12 years old

OUTDOOR ADVENTURES

This camp is perfect for adventurous kids! Campers will have a blast exploring Calgary's parks and waterparks, trying geocaching, playing frisbee golf, and so much more. Each day is filled with exciting games and activities that will keep your child active and challenged all week long!

● #20481 | 9-12 years old

HIT THE GYM

Perfect for teens who want to get active, this fitness-focused camp features swimming, cycling and/or rowing, strength training, Pilates & yoga, boot camp challenges, obstacle courses, and recovery sessions. Campers complete a Youth Orientation to gain the confidence and skills to use the Fitness Centre independently. **BONUS: Teens who attend this camp receive a fitness membership for the rest of the same month.**

● #20490 | 11-14 years old

DISCOVER YYC

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

● #20483 | 11-14 years old

RIDGE RIDERS BIKE CAMP

Ridge Riders takes youth on daily biking adventures through Calgary's pathways and scenic ridge routes. Riders build confidence, learn safe cycling skills, and explore new areas each day. Campers enjoy a mix of rides, outdoor games, and a mid-week pool visit for a fun break from the trails.

● #21466 | 11-14 years old

● 4-5 YRS ● 5-6 YRS ● 6-8 YRS ● 9-12 YRS ● 11-14 YRS



The Elite features and tech you expect in the home you love.

AT TRICO, THEY'RE ON THE HOUSE.

MORE
BUILT-IN.
*More
to love.*

See what's included in your new Trico Elite home.

VIEW
DETAILS ►



Trico's Elite homes are known for **premium finishes and next-level features**—and in 2026, we go even further, at no added cost.

Trico's new 2026 Specifications deliver more design, more technology, and more everyday comfort at no added cost.

What others offer as a pricey upgrades, Trico builds in from day one, including an **elevated kitchen, Samsung appliances** and a professionally installed **Smart Home Package** powered by Samsung SmartThings—**plus a 55" television at no added cost!**

Visit our showhomes and you'll agree - Trico is the clear choice for Elite living.

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