



PROGRAM GUIDE

Fall 2026 / Winter 2027

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

403-278-7542 | 11150 Bonaventure Drive SE, Calgary, AB.

Fall Member Registration: July 28th at 6:00am

Fall Non-Member Registration: July 30th at 6:00am

Winter Member Registration: November 3rd at 6:00am

Winter Non-Member Registration: November 5th at 6:00am





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

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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 once a week**, a monthly or annual membership is the best way to invest in your health!

TOP REASONS TO JOIN TRICO CENTRE FOR FITNESS, AQUATICS, SKATING, AND WELLNESS!

- 
MASSIVE FITNESS FACILITY
 20,000 sq ft with state-of-the-art equipment, 5 squat racks, a rubberized running track, 3 fitness studios, 50+ cardio machines, 65+ strength stations, and 3 stretching areas.
- 
FULL-SERVICE AMENITIES
 Enjoy drop-in sports in the gym, two NHL-sized arenas, and a full aquatics centre with wave pool, hot tub, and steam.
- 
GROUP FITNESS GALORE
 90+ weekly classes including rowing classes, yoga, barre, cycling, HIIT, older adult fitness, and more all included!
- 
AFFORDABLE & FAMILY-FRIENDLY
 Competitive rates, orientations, youth access, and registered classes for every life stage.
- 
EXPERT SUPPORT
 Award-winning instructors, personal training, specialty workshops, and beginner-friendly classes and orientations to get you started.
- 
EXCLUSIVE MEMBER DISCOUNTS
 Special member pricing on registered programs, personal training, birthday packages, and rentals, plus exclusive discounts with local partners (*see page 4 for full list*).

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
1 Month Membership Fixed	\$117.60	N/A

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.





EXCLUSIVE MEMBER DISCOUNTS!

At Trico Centre, we believe that community is an important key to our success. Working with businesses within our community allows us to build partnerships that gives greater value to your Trico Centre membership, courtesy of the great deals those businesses offer to you.

ALBERTA DANCE THEATRE FOR YOUNG PEOPLE - 15% off

Youth Program registration.

www.albertadancetheatre.com/join-adt

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

MASSAGE FOR HEALTH CLINIC - 10% off all regular-priced

services! www.message4health.ca

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 - 20% 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



Trico [Centre] is an amazing community hub for people of all ages! The facility offers something for everyone — from swimming and fitness programs to classes, incredible out-of-school care, and fun activities for kids, teens, adults, and seniors.



The programs are well organized, the facility is clean and well maintained, and there's a real sense of community every time you visit.

It's wonderful to have a place that brings people together while promoting health, learning, and fun. Highly recommend to families and anyone looking to stay active and connected in the community!"

- GOOGLE REVIEW, JENNIFER

REFERRAL REWARDS PROGRAM

At Trico Centre, we believe in the power of community, and we LOVE rewarding our members for helping us grow!

With our 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 (some restrictions apply).

Your friends will enjoy full access to everything Trico Centre has to offer, and you'll be recognized for paying it forward.

It's our way of saying thank you for helping us build a healthier, more connected place for everyone!

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

LET'S BUILD A VIBRANT COMMUNITY TOGETHER!

FLEXIBLE MEMBERSHIPS

At Trico Centre, we understand that life is constantly changing, and your fitness needs can change with it. 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 you through every stage. Join us and experience a membership that works for you, no matter where life takes you.

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 the 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

ACCESSIBLE ACCESS

OUR COMMITMENT TO INCLUSIVE RECREATION

Trico Centre is dedicated to creating welcoming, barrier-reduced spaces where children, youth, adults, and families of all abilities can participate fully. Through strong partnerships, specialized programming, and community-driven initiatives, we continue to expand opportunities for inclusive recreation.

INCLUSIVE PROGRAMS

From registered Skate Abilities (page 35), SwimAbilities (page 37), and Skill Builder workshops (page 9) to drop-in Sensory Swim opportunities, Trico Centre offers supportive environments where children and families of all abilities can learn new skills, stay active, and connect with their community.

ACCESS 2

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.

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

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 and fitness 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

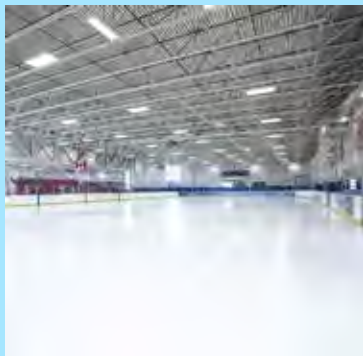
CATEGORIES	DAILY	10X PASS*
Infant (under 2 years old)	FREE	FREE
Preschooler (2-6 years old)	\$2.00	N/A
Child/Teen (7-17 years old)	\$3.75	\$33.75
Adult (18-59 years old)	\$6.50	\$58.50
60 Plus (60+ years old)	\$4.50	\$40.50
Family (1-2 adults, children under 18 included)	\$15.00	\$135.00
Shinny/Stick & Puck - Adult (16+ years old)	\$10.00	\$90.00
Figure Skating - Adult (16+ years old)		
Shinny/Stick & Puck - Youth (6-15 years old)	\$7.00	\$63.00
Figure Skating - Youth (6-15 years old)		
Stick & Puck - Preschool	\$3.25	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
\$147.75/hour	\$319.25/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 \$77.45/hour HALF \$56.20/hour	FULL \$116.70/hour HALF \$75.30/hour

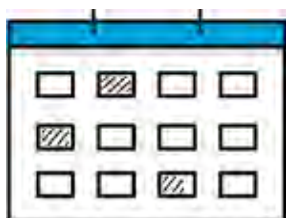


MULTI-PURPOSE ROOMS

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 \$59-\$92/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 \$53-\$67/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.



SPECIAL EVENTS AT TRICO CENTRE



LIL' PUMPKINS HALLOWEEN PARTY

(0-6 YRS - PARENTED)

Boo-tiful fun awaits at our Preschool Halloween Party! Little pumpkins, ghosts, and giggle-monsters (ages 0-6) can enjoy spooky-silly crafts, bouncy inflatables, magical balloon creations, games, and activities made just for tiny trick-or-treaters. Costumes encouraged for a fang-tastic time!

23318	Friday, October 30	10:00-12:00pm	\$15.00*ND
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FAMILY SKATE & SOCIAL WITH SANTA

(0-12 YRS - PARENTED)

Skate & Social with Santa is a joyful, interactive holiday experience designed for families to make magical memories together. The program begins with one hour of ice skating with Santa, giving children and parents the chance to enjoy festive time on the ice alongside the big guy himself.

After skating, families transition to a warm multi-purpose room for a cozy social. Social includes cookies and hot chocolate as well as themed activities. This is a family event and parent supervision is required both on-ice and in-room.

Registration for this event is per family.

23418	Saturday, December 5	11:30-1:30pm	\$25.00*ND
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HOLIDAY DROP 'N SHOP (3-8 YRS)

Need time to visit the mall and wrap up your holiday shopping? Take advantage of this 3-hour window! Drop your child(ren) off for a holiday movie and craft. Children must be fully potty trained to attend.

23425	Tuesday, December 8	4:30-7:30pm	\$35.00
23424	Saturday, December 12	9:00-12:00pm	\$35.00



LITTLE LOVEBUGS VALENTINES PARTY

(2-6 YRS - PARENTED)

Little Lovebugs is a playful Valentine's Day program where preschoolers and their caregivers explore simple games, music, art, and sensory activities at their own pace. Families move freely through a variety of Valentine-themed experiences, creating space for connection, imagination, and joyful celebration. Children also make their own valentines to take home.

23438	Sunday, February 7	2:30-4:00pm	\$15.00*ND
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COUPLES YOGA Feb 14th

Celebrate each other with a practice that's both heart-opening and relationship-affirming! Deepen your connection with your partner through the practice of couples yoga. Share an experience that nurtures both your bodies and your relationship as you explore poses that promote trust, balance, and communication. Together, you'll support each other in playful stretches and synchronized movements, strengthening both physical flexibility and emotional intimacy. Whether you're new to yoga or experienced practitioners, this session will create a sense of unity, encouraging you to grow together in a fun, relaxing, and meaningful way.



FREE TO MEMBERS (registration required)

Not a member? \$40 per pair. Registration must be for pairs.

Space is limited to the first 14 couples.

Check out some of Trico Centre partners (page 4) to book your dinner plans afterwards!

23466	Sunday, February 14	5:30-7:00pm
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SKILLBUILDER WORKSHOP SERIES: BUILDING RESILIENCE TOGETHER



This interactive parent and child workshop combines movement, creativity, and evidence-informed learning to help families build practical wellbeing habits they can use at home immediately. Participants will explore how stress shows up in both children and adults, learn simple self-regulation and co-regulation strategies, and develop stronger communication skills that foster connection and resilience. Through engaging activities and guided discussions, families will leave feeling empowered with realistic tools to support one another through everyday challenges.

This workshop is facilitated by Fledge Health (www.fledge.health).

23479	Thursday, November 5	6:00-8:00pm	\$40.00
23481	Tuesday, March 2	6:00-8:00pm	\$40.00

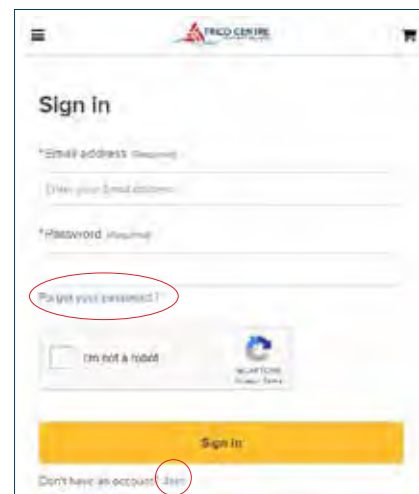
PROGRAM REGISTRATION

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

Fall registration opens at 6:00am on July 28th for members, and 6:00am on July 30th 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 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**.

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.

*\$30 +GST service fee will be charged on NSF payments. In case of fee discrepancy, online fees are most up-to-date.

**Credits in your Trico Centre account may be used toward any service at Trico Centre, and expire one year after issue date.





FITNESS AT TRICO 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.**

ORIENTATIONS

Get started with confidence in our Fitness Centre through guided orientations for both youth and adults. Youth ages 9-14 can gain safe access after completing a free orientation, helping them build healthy habits early. Adult orientations provide a supportive, 30-minute introduction to cardio and strength equipment - perfect for anyone new to the gym or looking for a refresher.

YOUTH

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

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

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.

BEND & BRUNCH (YOGA)

23482	Sunday, October 25
23485	Sunday, January 31
23489	Sunday, May 30

ZUMBA & BRUNCH

23484	Sunday, November 29
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PILATES & BRUNCH

23486	Sunday, Feb 28
23487	Sunday, April 25

BARRE & BRUNCH

23488	Sunday, April 4
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FITNESS CHALLENGES

FALL INTO FITNESS Oct 13th - Nov 10th

The sister event to our 40-Day Challenge, add a little pumpkin spice to your fitness routine! Whether you're a Trico Centre member or not, you're invited to exercise daily for four weeks. Complete the cornucopia of challenges to earn a fun participation prize, squash your goals and get entered to win exciting giveaways!

FREE TO MEMBERS (registration required)

Not a member? No problem - when you register for the challenge, you receive a Fitness Challenge Pass for \$84.00 (regular price: \$117.60/one month).

40 DAY FITNESS CHALLENGE Feb 8th - Mar 19th

HURRY - Last year's Challenge sold out!

Looking for motivation? Want to stay focused on your health and wellness? Join in our 40-Day Fitness Challenge and find out just how much fun it is to work out regularly and learn new exercises to incorporate into your routine.

FREE TO MEMBERS (registration required)

Not a member? No problem - when you register for the challenge, you receive a Fitness Challenge Pass for \$120.

Sign up by Feb 1, 2027 for Early Bird Registration and get an early BONUS to start your Challenge.

GROUP FITNESS

Move, sweat, and feel your best in our energizing group classes. Whether you're looking to build strength, improve cardio fitness, increase flexibility, or simply have fun, our instructor-led workouts offer options for every fitness level in a motivating and supportive community.

90+ GROUP CLASSES EVERY WEEK! INCLUDED IN MEMBERSHIPS!

WHY MEMBERS LOVE GROUP FITNESS

- ✓ CLASSES FOR EVERY FITNESS LEVEL
- ✓ MORNING, AFTERNOON & EVENING OPTIONS
- ✓ EXPERT INSTRUCTORS
- ✓ INCLUDED WITH MEMBERSHIP
- ✓ SUPPORTIVE COMMUNITY ATMOSPHERE



Lift
Row & Lift
Butts & Guts
Sculpt & Core
#TricoTough

STRENGTH & FUNCTIONAL FITNESS



Deep Water Workout
Aqua Attack
Aqua Bootcamp
Aqua Zumba

AQUATIC FITNESS



Cycling
Cycling 2.0
Rowing
Step
Meta-Bolic

CARDIO & CONDITIONING



Zumba
Barre
Fit & Fab
Cardio Dance

DANCE & MOVEMENT



Yoga (Vinyasa, Hatha, Yin/Restore, Strong)
Pilates
Meditation
Hip Neutral
Dadurday Yoga

MIND/BODY



View our Group Fitness Schedule to save your spot!

SUNDAY SCHOOL

Feeling overwhelmed by group exercise classes?

Sunday School is a rotating series of short demo classes designed to help you feel more confident before jumping into a full class.

CYCLING | ROWING | CYCLING 2.0 | BOOTCAMP

- ✓ LEARN THE BASICS
- ✓ ANSWER THE "AM I DOING THIS RIGHT?" QUESTIONS
- ✓ PREPARE FOR GROUP CLASS

PERSONAL TRAINING

Reach your goals faster with personalized coaching and expert support. Whether you're new to fitness, returning after a break, training for a specific goal, or looking to take your workouts to the next level, our certified trainers will create a customized plan designed to help you succeed safely and confidently.

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.

WHY CHOOSE PERSONAL TRAINING AT TRICO CENTRE?

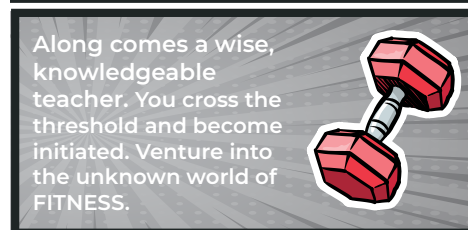
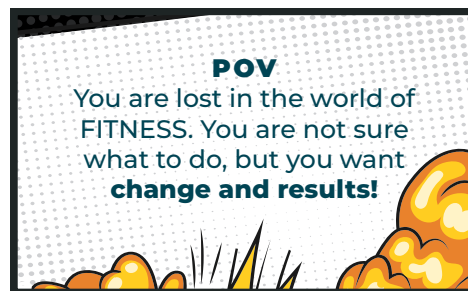
-  **FLEXIBLE PAY-AS-YOU-GO MODEL**
No contracts, no big upfront fees - just commit to three sessions to start, then train at your own pace.
-  **EXPERT TRAINERS**
Work with certified personal trainers and kinesiologists specializing in rehab, older adults, athletic performance, and healthy lifestyle coaching.
-  **TAILORED WORKOUTS**
Every session is personalized to your fitness level, goals, and health history for safe, effective results.
-  **AFFORDABLE OPTIONS**
Individual and semi-private sessions available, with discounted rates for Trico Centre members.



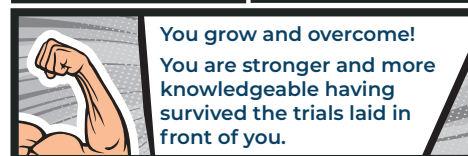
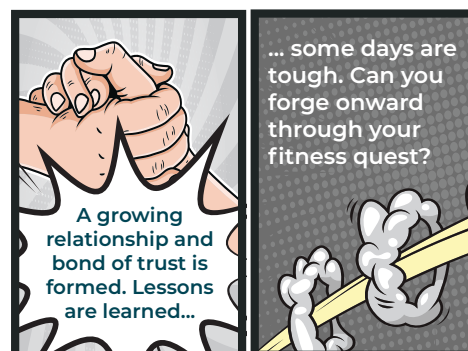
Sign up for your FREE Performance Planning Consultation today!

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

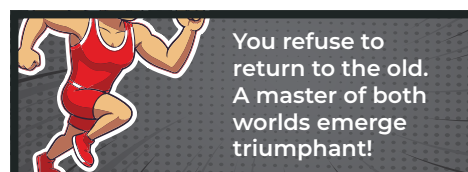
WWW.TRICOCENTRE.CA/PERSONAL-TRAINING



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.



PAY-AS-YOU-GO	MEMBER	PUBLIC
One-on-One Training	\$70.00/session	\$87.50/session
Pair Training (2 max)	\$52.50/session/person	\$65.63/session/person
Small Group Training (3)	\$42.00/session/person	\$52.50/session/person
Small Group Training (4+)	\$32.00/session/person	\$40.00/session/person

SMALL GROUP TRAINING

Start your journey with these intro packs of small group personal training. Train with Trico focuses on wellness, well-being and well-living by improving individual performance. Get the wisdom and knowledge from our dedicated team of trainers while simultaneously experiencing the community and camaraderie of a group.

WEEKEND WARRIOR WITH ELLIE

Supplement your training and performance to prepare, build resilience, and manage load for your weekend adult league. This class will address multi-sport conditioning for Hockey, Basketball, Volleyball or any of your other favourite pastimes.



23358	Sep 8-Sep 29	Tu	7:00-7:55pm	\$160.00	4 Classes
23423	Jan 5-Jan 26	Tu	7:00-7:55pm	\$160.00	4 Classes

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.

23359	Sep 8-Oct 15	Tu/Th	5:00-5:55pm	\$480.00	12 Classes
23360	Nov 3-Dec 10	Tu/Th	5:00-5:55pm	\$480.00	12 Classes
23421	Jan 5-Feb 11	Tu/Th	5:00-5:55pm	\$480.00	12 Classes
23422	Mar 2-Apr 8 No class Mar.26	Tu/Th	5:00-5:55pm	\$480.00	12 Classes

FIT & FAB 2.0 WITH WENDY

Wendy brings all the best parts of Fit & Fab to a small group setting, giving participants more individualized attention, personalized cues, and new and unique exercises. The result is maximized longevity, resilience and older adult wellness.



23352	Sep 11-Oct 2	F	1:15-2:15pm	\$160.00	4 Classes
23353	Nov 6-Nov 27	F	1:15-2:15pm	\$160.00	4 Classes
23412	Jan 8-Jan 29	F	1:15-2:15pm	\$160.00	4 Classes
23413	Mar 5-Apr 2	F	1:15-2:15pm	\$160.00	4 Classes

HIP NEUTRAL 2.0 WITH PAM

You may have heard of the Glutes and the Abductors, but do you don't know where your Gemellus, Obturator, Gracilis, Pectineus, and Piriformis is? 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.

23350	Sep 11-Oct 2	F	10:00-11:00am	\$160.00	4 Classes
23351	Nov 6-Nov 27	F	10:00-11:00am	\$160.00	4 Classes
23414	Jan 8-Jan 29	F	10:00-11:00am	\$160.00	4 Classes
23415	Mar 5-Apr 2 No class Mar.26	F	10:00-11:00am	\$160.00	4 Classes

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 Train with Trico is still cheaper than studio rates with better results.

23356	Sep 18-Oct 9	F	3:30-4:30pm	\$160.00	4 Classes
23357	Nov 6-Nov 27	F	3:30-4:30pm	\$160.00	4 Classes
23416	Jan 8-Jan 29	F	3:30-4:30pm	\$160.00	4 Classes
23417	Feb 26-Mar 19	F	3:30-4:30pm	\$160.00	4 Classes

SKI (& SNOWBOARD) CONDITIONING WITH ELLIE

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



23354	Sep 8-Sep 29	Tu	6:00-6:55pm	\$160.00	4 Classes
23355	Oct 6-Oct 27	Tu	6:00-6:55pm	\$160.00	4 Classes
23419	Jan 5-Jan 26	Tu	6:00-6:55pm	\$160.00	4 Classes

GOLF CONDITIONING WITH ELLIE

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



23420	Mar 2-Mar 23	Tu	6:00-6:55pm	\$160.00	4 Classes
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BUILDING BETTER

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

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.

23330	Sep 8-Oct 29	Tu/Th	12:00-12:50pm	\$199.00	16 Classes
23371	Nov 3-Dec 17	Tu/Th	12:00-12:50pm	\$199.00	14 Classes
23395	Jan 5-Feb 25	Tu/Th	12:00-12:50pm	\$199.00	16 Classes
23440	Mar 2-Apr 22	Tu/Th	12:00-12:50pm	\$199.00	16 Classes

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. A pre-assessment is required - please call 403-225-5561 to book and register.

Subsidized by Trico Cares.



23332	Sep 8-Oct 29	Tu/Th	1:00-1:50pm	\$128.00*ND	16 Classes
23333	Sep 8-Oct 29	Tu/Th	2:00-2:50pm	\$128.00*ND	16 Classes
23373	Nov 3-Dec 17	Tu/Th	1:00-1:50pm	\$112.00*ND	14 Classes
23374	Nov 3-Dec 17	Tu/Th	2:00-2:50pm	\$112.00*ND	14 Classes
23397	Jan 5-Feb 25	Tu/Th	1:00-1:50pm	\$128.00*ND	16 Classes
23398	Jan 5-Feb 25	Tu/Th	2:00-2:50pm	\$128.00*ND	16 Classes
23442	Mar 2-Apr 22	Tu/Th	1:00-1:50pm	\$128.00*ND	16 Classes
23443	Mar 2-Apr 22	Tu/Th	2:00-2:50pm	\$128.00*ND	16 Classes

BETTER BOOMERS

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

23335	Sep 9-Oct 28	W	1:00-1:50pm	\$104.00	8 Classes
23334	Sep 14-Oct 26 No class Oct.12	M	1:00-1:50pm	\$78.00	6 Classes
23375	Nov 2-Dec 14	M	1:00-1:50pm	\$91.00	7 Classes
23376	Nov 4-Dec 16 No class Nov.11	W	1:00-1:50pm	\$78.00	6 Classes
23399	Jan 4-Feb 22 No class Feb.15	M	1:00-1:50pm	\$91.00	7 Classes
23400	Jan 6-Feb 24	W	1:00-1:50pm	\$104.00	8 Classes
23444	Mar 1-Apr 19	M	1:00-1:50pm	\$104.00	8 Classes
23445	Mar 3-Apr 21	W	1:00-1:50pm	\$104.00	8 Classes

BETTER BACKS PROGRAM

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

23331	Sep 13-Oct 25 No class Oct.11	Su	11:45-12:45pm	\$78.00	6 Classes
23372	Nov 1-Dec 13	Su	11:45-12:45pm	\$91.00	7 Classes
23396	Jan 3-Feb 21 No class Feb.14	Su	11:45-12:45pm	\$91.00	7 Classes
23441	Feb 28-Apr 18	Su	11:45-12:45pm	\$91.00	7 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!

23336	Sep 10-Oct 29	Th	1:00-1:50pm	\$104.00	8 Classes
23377	Nov 5-Dec 17	Th	1:00-1:50pm	\$91.00	7 Classes
23401	Jan 7-Feb 25	Th	1:00-1:50pm	\$104.00	8 Classes
23446	Mar 4-Apr 22	Th	1:00-1:50pm	\$104.00	8 Classes

SPECIALIZED PROGRAMS

Explore programs designed to meet a wide range of fitness, wellness, and lifestyle goals. Whether you're managing a health condition, seeking a low-impact workout, building strength, or looking for a new way to stay active, our Specialized Programs provide expert guidance, supportive communities, and opportunities to move in ways that work for you.

AQUA FOR ARTHRITIS

This innovative warm-water class is designed for individuals with joint conditions such as osteoarthritis, rheumatoid arthritis, bursitis, and joint replacement recovery. Using Arthritis Foundation-recommended movements, participants improve mobility, flexibility, range of motion, and joint health through gentle deep-water exercises, followed by stretching and relaxation in the hot tub.

23340	Sep 9-Oct 28	W	10:00-10:50am	\$104.00	8 Classes
23381	Nov 4-Dec 16 No class Nov.11	W	10:00-10:50am	\$78.00	6 Classes
23405	Jan 6-Feb 24	W	10:00-10:50am	\$104.00	8 Classes
23451	Mar 3-Apr 21	W	10:00-10:50am	\$104.00	8 Classes

ZUMBA & LIFT

This music-driven workout fuses the high-energy fun of the Zumba® program with the muscle-sculpting power of strength training. Help build strength and boost endurance with intervals of dancing and weightlifting moves, all set to an electrifying playlist!

23473	Sep 11-Oct 30	F	9:30-10:20am	\$104.00	8 Classes
23476	Nov 6-Dec 18	F	9:30-10:20am	\$91.00	7 Classes
23477	Jan 8-Feb 26 No class Feb.12	F	9:30-10:20am	\$104.00	8 Classes
23478	Mar 5-Apr 23	F	9:30-10:20am	\$91.00	7 Classes

BELLY DANCING

Enjoy a fun, low-impact workout that blends traditional Middle Eastern dance with cardio and sculpting movements. Improve core strength, hip mobility, posture, and full-body tone while moving to great music. No experience needed - all fitness levels welcome.

23382	Oct 6-Dec 15	Tu	7:00-7:50pm	\$143.00	11 Classes
23406	Jan 5-Feb 23	Tu	7:00-7:50pm	\$104.00	8 Classes
23452	Mar 2-Apr 20	Tu	7:00-7:50pm	\$104.00	8 Classes



GENTLE TRX 65+

Using both TRX suspension trainers and the barre, this class lends a hand for balance while practicing strengthening movements. Squat, lunge, row, and press your way to improved strength and stability. Designed with no getting down on the floor, it is a fully standing class.



23342	Sep 10-Oct 29	Th	11:00-11:50am	\$104.00	8 Classes
23384	Nov 5-Dec 17	Th	11:00-11:50am	\$91.00	7 Classes
23408	Jan 7-Feb 25	Th	11:00-11:50am	\$104.00	8 Classes
23455	Mar 4-Apr 22	Th	11:00-11:50am	\$104.00	8 Classes

PARKINSONS & NEURO REHAB

Recognized in Parkinson Canada's "CareFinder". 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.

23348	Sep 14-Dec 9 No class Nov.11	M/W	12:00-12:50pm	\$299.00	24 Classes
23458	Jan 4-Mar 29	M/W	12:00-12:50pm	\$299.00	24 Classes

FITNESS KICKBOXING

This class has everything on your checklist: Strength training? Yes. Cardio training? Yes. Core? Yes. Cathartic? Maybe. Fun? Definitely!



23341	Sep 14-Oct 26 No class Oct.12	M	6:00-6:50pm	\$78.00	6 Classes
23383	Nov 2-Dec 14	M	6:00-6:50pm	\$91.00	7 Classes
23407	Jan 4-Feb 22 No class Feb.15	M	6:00-6:50pm	\$91.00	7 Classes
23426	Jan 7-Feb 25	Th	6:00-6:50pm	\$104.00	8 Classes
23453	Mar 1-Apr 19	M	6:00-6:50pm	\$104.00	8 Classes
23454	Mar 4-Apr 22	Th	6:00-6:50pm	\$104.00	8 Classes

40-DAY FIT START

Start off your new year, or jump start your 40-day challenge, with multi-movement, motivating, multi-day metabolic mash-up.



23428	Jan 4-Feb 5	M/W/F	5:00-5:50pm	\$150.00	15 Classes
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BABY & YOU

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

PRENATAL YOGA

Designed specifically for pregnancy, this class combines gentle stretching, strengthening, breathing, relaxation, and community support to help you feel more comfortable and confident throughout your pregnancy. Improve mobility, balance, and pelvic health while preparing physically, mentally, and emotionally for birth and postpartum recovery. Safe for all trimesters, with modifications provided.

23469	Sep 12-Oct 31 No class Oct.10	Sa	11:45-1:00pm	\$113.75	7 Classes
23470	Nov 7-Dec 19	Sa	11:45-1:00pm	\$113.75	7 Classes
23471	Jan 9-Feb 27 No class Feb.13	Sa	11:45-1:00pm	\$113.75	7 Classes
23472	Mar 6-Apr 24	Sa	11:45-1:00pm	\$113.75	7 Classes

BABY & YOU YOGA

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

23328	Sep 14-Oct 26 No class Oct.12	M	9:00-10:00am	\$78.00	6 Classes
23369	Nov 2-Dec 14	M	9:00-10:00am	\$91.00	7 Classes
23393	Jan 4-Feb 22 No class Feb.15	M	9:00-10:00am	\$91.00	7 Classes
23437	Mar 1-Apr 19	M	9:00-10:00am	\$104.00	8 Classes

BABY & YOU BARRE

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

23326	Sep 9-Oct 28	W	9:00-9:50am	\$104.00	8 Classes
23367	Nov 4-Dec 16 No class Nov.11	W	9:00-9:50am	\$78.00	6 Classes
23391	Jan 6-Feb 24	W	9:00-9:50am	\$104.00	8 Classes
23435	Mar 3-Apr 21	W	9:00-9:50am	\$104.00	8 Classes

BABY & YOU AQUAFIT

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

23325	Sep 10-Oct 29	Th	9:00-9:45am	\$104.00	8 Classes
23324	Sep 14-Oct 26 No class Oct.12	M	10:00-10:45am	\$78.00	6 Classes
23365	Nov 2-Dec 14	M	10:00-10:45am	\$91.00	7 Classes
23366	Nov 5-Dec 17	Th	9:00-9:45am	\$91.00	7 Classes
23389	Jan 4-Feb 22 No class Feb.15	M	10:00-10:45am	\$91.00	7 Classes
23390	Jan 7-Feb 25	Th	9:00-9:45am	\$104.00	8 Classes
23433	Mar 1-Apr 19	M	10:00-10:45am	\$104.00	8 Classes
23434	Mar 4-Apr 22	Th	9:00-9:45am	\$104.00	8 Classes

BABY & YOU STROLLERFIT

Meet new moms, enjoy the fresh air, and get fit! Enjoy a cardio and full body workout including hips, thighs, gluteals, core and some upper body. In poor weather, classes may move indoors to the Trico Centre gymnasium. Please dress baby and you appropriately for chilly temps and bring a blanket or yoga mat.

23327	Sep 10-Oct 29	Th	10:00-10:50am	\$104.00	8 Classes
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BABY & YOU STRONG

Get stronger together! A fun and functional workout designed for postpartum moms with babies. This class focuses on rebuilding core strength, improving posture, and increasing overall fitness through low-impact strength training and gentle cardio - all while bonding with your baby. Movements are tailored to suit postnatal recovery, with options for every fitness level. Pre-mobile babies recommended.

23368	Nov 5-Dec 17	Th	10:00-10:50am	\$91.00	7 Classes
23392	Jan 7-Feb 25	Th	10:00-10:50am	\$104.00	8 Classes
23436	Mar 4-Apr 22	Th	10:00-10:50am	\$104.00	8 Classes

MIND & BODY

Restore balance, build strength, and enhance well-being through mindful movement and relaxation. These classes focus on improving mobility, stability, flexibility, and stress management while fostering a deeper connection between body and mind in a supportive and welcoming environment.

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!

23337	Sep 9-Oct 28	W	1:00-2:00pm	\$104.00	8 Classes
23378	Nov 4-Dec 16	W	1:00-2:00pm	\$78.00	6 Classes
23402	Jan 6-Feb 24 No class Nov.11	W	1:00-2:00pm	\$104.00	8 Classes
23447	Mar 3-Apr 21	W	1:00-2:00pm	\$104.00	8 Classes

PILATES FOR THE PELVIC FLOOR

A lack of pelvic floor awareness results in weakness that impacts musculoskeletal, urinary, reproductive and digestive health. It can contribute to back pain and sacroiliac/hip instability and can affect anybody from the young and active to the older adult. In this class you'll gain awareness and re-learn how to properly utilize this often neglected musculature. All genders welcome!

23338	Sep 13-Oct 25 No class Oct.11	Su	9:00-9:45am	\$78.00	6 Classes
23379	Nov 1-Dec 13	Su	9:00-9:45am	\$91.00	7 Classes
23403	Jan 3-Feb 21 No class Feb.14	Su	9:00-9:45am	\$91.00	7 Classes
23448	Feb 28-Apr 18	Su	9:00-9:45am	\$91.00	7 Classes

TAI CHI / QI GONG

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

23343	Sep 14-Dec 7 No class Oct.12	M	7:15-8:15pm	\$156.00	12 Classes
23494	Jan 4-Mar 29 No class Feb.4	M	7:15-8:15pm	\$156.00	12 Classes



SOUNDBATH



The ultimate occasion to recover, rebalance and reset using sound healing. Set to the soothing and mystical sounds of singing bowls, this practice offers you space to fully recharge and even nap without guilt. Some frequencies may trigger epileptic fits in certain people. This class is not recommended for pregnancy; or those with a pace-maker, cardiac stent or shunt, artificial heart valves, implanted defibrillator or any other metal objects in their bodies as the vibrations could shake or disturb these devices causing harm.

23345	Sep 9-Oct 28	W	11:45-12:45pm	\$104.00	8 Classes
23344	Sep 10-Oct 29	Th	7:15-8:15pm	\$104.00	8 Classes
23386	Nov 4-Dec 16 No class Nov.11	W	11:45-12:45pm	\$78.00	6 Classes
23385	Nov 5-Dec 17	Th	7:15-8:15pm	\$91.00	7 Classes
23410	Jan 6-Feb 24	W	11:45-12:45pm	\$104.00	8 Classes
23409	Jan 7-Feb 25	Th	7:15-8:15pm	\$104.00	8 Classes
23457	Mar 3-Apr 21	W	11:45-12:45pm	\$104.00	8 Classes
23456	Mar 4-Apr 22	Th	7:15-8:15pm	\$104.00	8 Classes

“Sound baths don't just “feel good.” Studies show measurable improvements across several health markers:

- **Heart Rate Variability:** Increases, signaling parasympathetic dominance
- **Cortisol:** Levels drop, easing stress
- **Blood Pressure:** Reductions recorded in multiple studies
- **Pain Management:** People with fibromyalgia, arthritis, and post-surgical pain have reported reduced pain and improved mobility after repeated sound sessions

-SOURCE: INNERSUMMITS.CA



Free Teeth whitening session with a booked dental cleaning

Different chair, same care.

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



Lifeline Smiles
DENTAL HYGIENE CLINIC

Located at Trico Centre

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DANCE
ACT**



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ALL AGES | NO AUDITIONS

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

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JOIN YOUTH SINGERS OF CALGARY!



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YOUTHSINGERS.ORG

INSPIRING CALGARY'S YOUTH THROUGH PERFORMING ARTS SINCE 1985.

PARENT & TOT (16 MOS. TO 4 YEARS)

A fun, interactive introduction to learning and play for young children and their caregivers. Through music, movement, and hands-on activities, little ones build confidence, coordination, and social skills while strengthening their bond with their grown-up in a supportive, playful environment.

SPORTBALL JUNIOR (16 MONTHS - 2 YRS)

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills, and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level, and coaches help grown-ups understand proven teaching techniques that can be applied outside of Sportball classes.

23220	Sep 13-Oct 25 No class Oct.11	Su	9:15-10:00am	\$159.00*ND	6 Classes
23227	Nov 1-Dec 13	Su	9:15-10:00am	\$185.50*ND	7 Classes
23235	Jan 10-Mar 14 No class Feb.14	Su	9:15-10:00am	\$238.50*ND	9 Classes

MESSY HANDS (1.5 -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.

23146	Sep 13-Oct 25 No class Oct.11	Su	1:00-1:45pm	\$111.00	6 Classes
23118	Sep 14-Oct 26 No class Oct.12	M	5:00-5:45pm	\$111.00	6 Classes
23257	Nov 1-Dec 13	Su	1:00-1:45pm	\$129.50	7 Classes
23179	Nov 2-Dec 14	M	5:00-5:45pm	\$129.50	7 Classes
23312	Jan 10-Mar 14 No class Feb.14	Su	1:00-1:45pm	\$166.50	9 Classes

MINI MOVERS (1.5-3 YRS)

This active 30-minute program encourages running, jumping, throwing, and kicking through songs, games, sports, and open play. The perfect class for busy toddlers!

23123	Sep 15-Oct 27	Tu	5:15-5:45pm	\$112.00	7 Classes
23189	Nov 3-Dec 15	Tu	5:15-5:45pm	\$112.00	7 Classes
23269	Jan 12-Mar 16	Tu	5:15-5:45pm	\$160.00	10 Classes

NINJA SEEDLINGS (1.5-3 YRS)

For toddlers and their grown-ups to jump, crawl, and sneak through a world of playful ninja-themed adventures - together. Little ones build early balance, coordination, and confidence as they tiptoe across soft-stepping stones, climb over mini-obstacles, and practice simple ninja moves with the comfort and support of a parent right beside them. With imaginative challenges, gentle physical exploration, and lots of giggles, this program helps your tiny ninja develop focus, agility, and body awareness in a safe, encouraging, and connection-filled environment.

23155	Sep 11-Oct 23 No class Oct.9	F	9:00-9:45am	\$111.00	6 Classes
23205	Nov 6-Dec 11	F	9:00-9:45am	\$111.00	6 Classes
23285	Jan 8-Mar 12 No class Feb.12	F	9:00-9:45am	\$166.50	9 Classes

SLIME TIME (1.5-3 YRS)

Slime Time is a joyful parented program where little ones dive into hands-on, messy sensory play. Together, caregivers and toddlers explore squishy textures, stretchy mixtures, and colourful goop as they build early fine-motor skills, curiosity, and confidence. Each class features playful sensory activities and safe materials to discover. From fluffy slime and oozing gel bags to bubbly foam, families enjoy an environment where getting messy is all part of the fun.

23317	Jan 11-Mar 15 No class Feb.15	M	5:00-5:45pm	\$166.50	9 Classes
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SPORTS COMBO (1.5-3 YRS)

An introduction to movement and play, this parent and child class helps little ones explore fundamental skills like running, jumping, rolling, throwing, and balancing. Each week features simple, playful activities inspired by intro sports that are all adapted for early learners and supported by their grown-ups.

23167	Sep 12-Oct 31 No class Oct.10	Sa	9:00-9:30am	\$112.00	7 Classes
23211	Nov 7-Dec 12	Sa	9:00-9:30am	\$96.00	6 Classes
23291	Jan 9-Mar 13 No class Feb.13	Sa	9:00-9:30am	\$144.00	9 Classes

TINY TUMBLERS (2-3 YRS)

Introduce your toddler to the joy of movement in this fun and supportive parent-participation class! This class helps little ones develop gross motor skills, coordination, and confidence through playful tumbling activities, basic gymnastics, songs, and games. With a focus on social interaction and physical exploration, children will climb, jump, balance, and roll alongside their caregiver in a safe and nurturing environment. Perfect for first-time gym-goers!

23119	Sep 15-Oct 27	Tu	9:00-9:30am	\$112.00	7 Classes
23183	Nov 3-Dec 15	Tu	9:00-9:30am	\$112.00	7 Classes
23263	Jan 12-Mar 16	Tu	9:00-9:30am	\$160.00	10 Classes

EXPLORERS (2-3 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).

23117	Sep 14-Oct 26 No class Oct.12	M	9:00-10:30am	\$123.00	6 Classes
23178	Nov 2-Dec 14	M	9:00-10:30am	\$143.50	7 Classes
23259	Jan 11-Mar 15 No class Feb.15	M	9:00-10:30am	\$184.50	9 Classes

PARENT & TOT DANCE

TINY GROOVERS (1.5-3 YRS)

Step into the fun with Tiny Groovers! This upbeat, parented class invites little movers and their grown-ups to explore hip hop rhythms, creative movement, and playful beginner acro skills side by side. With music, imaginative movement games, and gentle floor-based tricks, toddlers build confidence, coordination, and body awareness - all while bonding with their caregiver. It's a joyful blend of wiggles, giggles, and early acro exploration in a warm, supportive space designed just for tiny dancers.



23161	Sep 12-Oct 31 No class Oct.10	Sa	9:15-9:45am	\$119.00	7 Classes
23162	Sep 13-Oct 25 No class Oct.11	Su	12:15-12:45pm	\$102.00	6 Classes
23252	Nov 1-Dec 13	Su	12:15-12:45pm	\$119.00	7 Classes
23242	Nov 7-Dec 12	Sa	9:15-9:45am	\$102.00	6 Classes
23297	Jan 9-Mar 13 No class Feb.13	Sa	9:15-9:45am	\$153.00	9 Classes
23309	Jan 10-Mar 14 No class Feb.14	Su	12:15-12:45pm	\$153.00	9 Classes

Mon Tues Wed Thurs Fri Sat Sun

SPORTBALL MULTI-SPORT (2-3 YRS)

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

23217	Sep 12-Oct 31 No class Oct.10	Sa	9:00-9:45am	\$185.50*ND	7 Classes
23221	Sep 13-Oct 25 No class Oct.11	Su	10:00-10:45am	\$159.00*ND	6 Classes
23228	Nov 1-Dec 13	Su	10:00-10:45am	\$185.50*ND	7 Classes
23231	Nov 7-Dec 12	Sa	9:00-9:45am	\$159.00*ND	6 Classes
23238	Jan 9-Mar 13 No class Feb.13	Sa	9:00-9:45am	\$238.50*ND	9 Classes
23236	Jan 10-Mar 14 No class Feb.14	Su	10:00-10:45am	\$238.50*ND	9 Classes

“Our family has had wonderful experience with the Trico [Centre] dance program over the years. This year I signed my 2.5 year old up for parent and tot and we really enjoyed our time with Ms. Maddie. The classes were engaging and followed a routine that I think really helped kids build confidence from week to week. I like how she structured classes around a theme each week and that it was very play based.

- PARENT, CHELSEA R.

TINY TOES (1.5-3 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.

23142	Sep 13-Oct 25 No class Oct.11	Su	11:00-11:30am	\$102.00	6 Classes
23127	Sep 16-Oct 28	W	6:00-6:30pm	\$119.00	7 Classes
23250	Nov 1-Dec 13	Su	11:00-11:30am	\$119.00	7 Classes
23197	Nov 4-Dec 16 No class Nov.11	W	6:00-6:30pm	\$102.00	6 Classes
23305	Jan 10-Mar 14 No class Feb.14	Su	11:00-11:30am	\$153.00	9 Classes
23277	Jan 13-Mar 17	W	6:00-6:30pm	\$170.00	10 Classes

*ND = NO MEMBER DISCOUNT

PRESCHOOL (3 TO 6 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.

SPORTS COMBO (3-4 YRS)



Sports Combo is an action-packed program where kids explore a wide variety of fundamental movement skills and try out many different intro sports in a fun, supportive environment. Each week features a new mix of activities - running, jumping, throwing, balancing, teamwork games, and sport-specific skills - chosen based on the interests and energy of each age group. With plenty of variety and lots of chances to move, play, and discover what they enjoy, Sports Combo helps young athletes build confidence, coordination, and a love of staying active.

23157	Sep 12-Oct 31 No class Oct.10	Sa	9:30-10:15am	\$129.50	7 Classes
23212	Nov 7-Dec 12	Sa	9:30-10:15am	\$111.00	6 Classes
23292	Jan 9-Mar 13 No class Feb.13	Sa	9:30-10:15am	\$166.50	9 Classes

LITTLE KICKERS (3-4 YRS)

Our Little Kickers program introduces children aged 3 and 4 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!

23130	Sep 17-Oct 29	Th	10:15-11:00am	\$129.50	7 Classes
23281	Jan 14-Mar 18	Th	10:15-11:00am	\$185.00	10 Classes

LITTLE LEARNERS (3-5 YRS)

Get your little one classroom-ready with this lively 2-hour adventure designed just for 3-5 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!

23115	Sep 15-Oct 15	T/Th	9:30-11:30am	\$220.00	10 Classes
23182	Nov 17-Dec 17	T/Th	9:30-11:30am	\$220.00	10 Classes
23262	Jan 26-Mar 4	T/Th	9:30-11:30am	\$264.00	12 Classes

FUNDAMENTAL MOVEMENT (3-5 YRS)



FUNDamental Movement is an energetic, active-based program that helps preschoolers build essential fundamental movement skills inspired by the NCCP model. Children run, jump, balance, crawl, and move their bodies in all kinds of creative ways as they explore a variety of obstacle courses and movement-based games each week. With a focus on confidence and coordination, FUNdamental Movement provides building blocks for future sport success - while keeping the fun front and center.

23159	Sep 12-Oct 31 No class Oct.10	Sa	2:00-2:45pm	\$129.50	7 Classes
23215	Nov 7-Dec 12	Sa	2:00-2:45pm	\$111.00	6 Classes
23272	Jan 12-Mar 16	Tu	6:00-6:45pm	\$185.00	10 Classes

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.

23129	Sep 17-Oct 29	Th	9:00-10:30am	\$147.00	7 Classes
23200	Nov 5-Dec 17	Th	9:00-10:30am	\$147.00	7 Classes
23280	Jan 14-Mar 18	Th	9:00-10:30am	\$210.00	10 Classes

LITTLE MOVERS (3-5 YRS)

Little Movers is a developmentally-appropriate and movement-based preschool program that is built on the Active Start phase of Sport for Life. Each two hour session blends physical literacy, beginner sports skills, creative movement, yoga, and free play with engaging circle time, songs, and games. Little Movers helps children build confidence, coordination, social skills, and a lifelong love of movement in a warm, playful environment.

23116	Oct 5-Oct 28 No class Oct.12	M/W	9:30-11:30am	\$154.00	7 Classes
23177	Nov 16-Dec 16	M/W	9:30-11:30am	\$220.00	10 Classes
23258	Jan 25-Mar 3 No class Feb.15	M/W	9:30-11:30am	\$242.00	11 Classes



LITTLE DRIBBLERS (3-5 YRS)

Little Dribblers introduces young children to basketball through playful movement, simple ball-handling, and imagination-based games. Designed for ages 3 to 5, the program builds early coordination, confidence, listening skills, and teamwork in a fun, supportive setting. It's all about exploring the game, staying active, and celebrating every small success.

23201	Nov 5-Dec 17	Th	10:15-11:00am	\$129.50	7 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 on "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.

23121	Sep 15-Oct 27	Tu	10:15-11:00am	\$129.50	7 Classes
23131	Sep 11-Oct 23 No class Oct.9	F	10:00-10:45am	\$111.00	6 Classes
23185	Nov 3-Dec 15	Tu	10:15-11:00am	\$129.50	7 Classes
23206	Nov 6-Dec 11	F	10:00-10:45am	\$111.00	6 Classes
23286	Jan 8-Mar 12 No class Feb.12	F	10:00-10:45am	\$166.50	9 Classes
23265	Jan 12-Mar 16	Tu	10:15-11:00am	\$185.00	10 Classes

SPORTBALL BASKETBALL (3-5 YRS)

Sportball Basketball introduces the fundamentals of gameplay and teaches essential skills such as dribbling, passing, catching, shooting, and defense in a supportive, non-competitive environment. Through fun and engaging activities, children build confidence, develop teamwork skills, and learn the game while staying active.

23223	Sep 17-Oct 29	Th	5:15-6:10pm	\$185.50*ND	7 Classes
23225	Nov 5-Dec 17	Th	5:15-6:10pm	\$185.50*ND	7 Classes
23230	Jan 14-Mar 18	Th	5:15-6:10pm	\$265.00*ND	10 Classes

SPORTBALL MULTI-SPORT (3-5 YRS)

Sportball Multi-Sport exposes children to a different sport each class. Under the guidance of trained, certified coaches, children learn the basics of eight popular sports - hockey, soccer, football, baseball, basketball, volleyball, golf, and tennis. They learn values such as teamwork, independence, and playing for the love of the game.

23218	Sep 12-Oct 31 No class Oct.10	Sa	9:45-10:45am	\$185.50*ND	7 Classes
23219	Sep 12-Oct 31 No class Oct.10	Sa	10:45-11:45am	\$185.50*ND	7 Classes
23222	Sep 13-Oct 25 No class Oct.11	Su	10:45-11:45am	\$159.00*ND	6 Classes
23229	Nov 1-Dec 13	Su	10:45-11:45am	\$185.50*ND	7 Classes
23233	Nov 7-Dec 12	Sa	9:45-10:45am	\$159.00*ND	6 Classes
23232	Nov 7-Dec 12	Sa	10:45-11:45am	\$159.00*ND	6 Classes
23240	Jan 9-Mar 13 No class Feb.13	Sa	9:45-10:45am	\$238.50*ND	9 Classes
23241	Jan 9-Mar 13 No class Feb.13	Sa	10:45-11:45am	\$238.50*ND	9 Classes
23237	Jan 10-Mar 14 No class Feb.14	Su	10:45-11:45am	\$238.50*ND	9 Classes



FALL ART (3-6 YRS)

Fall Art is a creative autumn-themed art program where young makers explore seasonal colors, textures, and materials through hands-on projects. Each class blends process art, sensory exploration, and guided crafts to help build fine-motor skills and artistic expression. Children will create painted leaf prints, apple-stamped trees, scarecrow puppets, tissue-paper autumn forests, and pinecone creatures with a focus on natural materials.

23163	Sep 13-Oct 25 No class Oct. 11	Su	11:30-12:15pm	\$111.00	6 Classes
23147	Sep 14-Oct 26 No class Oct.12	M	6:00-6:45pm	\$111.00	6 Classes

SPORTARAMA (3-6 YRS)

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

23124	Sep 15-Oct 27	Tu	6:00-6:45pm	\$129.50	7 Classes
23192	Nov 3-Dec 15	Tu	6:00-6:45pm	\$129.50	7 Classes
23295	Jan 9-Mar 13 No class Feb.13	Sa	2:00-2:45pm	\$166.50	9 Classes

HOLIDAY ART (3-6 YRS)

Holiday Art is a seasonal program where young artists explore colours, textures, and materials connected to winter, celebrations, and the cozy spirit of the season. Each class blends process art, sensory play, and guided crafting to support fine motor development, imagination, and confidence. Children will create sparkling snow texture paintings, handmade keepsake ornaments, winter forest silhouettes, and giftable mixed media pieces using natural materials and kid-friendly crafting tools.



23256	Nov 1-Dec 13	Su	11:30-12:15pm	\$129.50	7 Classes
23180	Nov 2-Dec 14	M	6:00-6:45pm	\$129.50	7 Classes

WINTER WONDERS ART (3-6 YRS)

Winter Wonders Art is a seasonal program where young artists explore the colours, textures, and materials inspired by frosty landscapes, shimmering light, and the magic of wintertime. Each class blends process art, sensory play, and guided crafting to support fine motor development, creativity, and confidence. Children will create icy watercolor resist paintings, sparkling winter-sky collages, frosted forest silhouettes, and mixed-media pieces using natural materials and kid-friendly crafting tools.



23261	Jan 11-Mar 15 No class Feb. 15	M	6:00-6:45pm	\$166.50	9 Classes
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SWIM & PLAY (3.5-5.5 YRS)

Swim & Play blends water fun with creative, play-based activities. Each session includes three or more instructor-led fun swim days, where children build comfort and confidence in the water through free swim and games. On non-swim days, the class features a mix of games, songs, crafts, outdoor play, and sensory play.



23148	Sep 15-Oct 27	Tu	1:00-3:00pm	\$154.00	7 Classes
23186	Nov 3-Dec 15	Tu	1:00-3:00pm	\$154.00	7 Classes
23266	Jan 12-Mar 16	Tu	1:00-3:00pm	\$220.00	10 Classes

FINE MOTOR FUN (4-6 YRS)

With facilitator guidance, children play with fine motor manipulatives and practice hand-strengthening exercises. Fine motor practice helps with buttoning, zipping, drawing, and brushing teeth. This targeted program helps build confidence and independence!

23255	Nov 1-Dec 13	Su	10:15-11:15am	\$136.50	7 Classes
23310	Jan 10-Mar 14 No class Feb. 14	Su	10:15-11:15am	\$175.50	9 Classes

KINDER COMBO (4-6 YRS)

Kinder Combo is a fun, active mid-day program that blends movement, creativity, and exploration in a preschool-style format. Each week, children rotate through a variety of engaging activities including sports, group games, outdoor play, crafts and sensory activities, plus a fun swim and unique experiences. With a balance of physical activity, creativity, and social play, Kinder Combo keeps children excited, confident, and moving through a variety of enriching weekly adventures.



23152	Sep 16-Oct 28	W	11:30-1:00pm	\$143.50	7 Classes
	Nov 4-Dec 16				
23193	No class Nov. 11	W	11:30-1:00pm	\$123.00	6 Classes
23273	Jan 13-Mar 17	W	11:30-1:00pm	\$205.00	10 Classes

SUPERHERO COMBO (4-6 YRS)

Superhero Combo lets preschoolers step into a new heroic identity each week through themed games, crafts, and movement adventures. Children leap, dash, crawl, and "fly" through imaginative challenges inspired by classic superhero powers - rescuing stuffed-animal citizens, navigating obstacle-course cityscapes, and practicing their best power poses. Each class features a different superhero theme, with matching crafts and activities that spark creativity and big-time fun. With plenty of action, teamwork, and pretend play, Superhero Combo helps little heroes build confidence, coordination, and a supercharged sense of adventure.

23160	Sep 12-Oct 31 No class Oct. 10	Sa	3:00-4:30pm	\$143.50	7 Classes
23216	Nov 7-Dec 12	Sa	3:00-4:30pm	\$123.00	6 Classes
23296	Jan 9-Mar 13 No class Feb. 13	Sa	3:00-4:30pm	\$184.50	9 Classes

ARTFUL ANTICS (4-6 YRS)

Artful Antics is a class where young creators dive into playful exploration with colours, textures, and kid-friendly materials. Each session blends process art, guided crafting, and imaginative prompts to spark creativity, build fine-motor skills, and nurture artistic confidence. Children experiment with paint, collage, simple sculpture, and mixed media as they create whimsical works like splatter-pattern creatures, textured shape collages, silly character portraits, and vibrant abstract designs - all while embracing the joyful, anything-can-happen spirit of artful play.



23311	Jan 10-Mar 14 No class Feb. 14	Su	11:30-12:15pm	\$166.50	9 Classes
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TUMBLE TYKES (4-6 YRS)

Tumble Tykes is a fun and energetic introductory gymnastics program designed especially for children ages 4 to 6. 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, introduce basic gymnastics terminology and skills, foster confidence and independence through structured play, encourage social interaction and teamwork.



23120	Sep 15-Oct 27	Tu	9:30-10:15am	\$129.50	7 Classes
23184	Nov 3-Dec 15	Tu	9:30-10:15am	\$129.50	7 Classes
23264	Jan 12-Mar 16	Tu	9:30-10:15am	\$185.00	10 Classes

PRESCHOOL DANCE

FROZEN FUN BALLET (3-5 YRS)

Frozen Fun Ballet is a magical preschool experience where little dancers journey into the world of Frozen through imaginative movement and simple ballet basics. Children adventure through Arendelle using music, storytelling, and creative dance. Young movers explore themes of friendship, bravery, and icy enchantment while twirling, gliding, and letting their inner magic shine.



23315	Jan 11-Mar 15 No class Feb. 15	M	5:15-6:00pm	\$171.00	9 Classes
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KINDER GROOVE (4-6 YRS)

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

23137	Sep 12-Oct 31	Sa	10:40-11:25am	\$133.00	7 Classes
23126	Sep 16-Oct 28	W	5:15-6:00pm	\$133.00	7 Classes
23196	Nov 4-Dec 16 No class Nov. 11	W	5:15-6:00pm	\$114.00	6 Classes
23244	Nov 7-Dec 12	Sa	10:40-11:25am	\$114.00	6 Classes
23299	Jan 9-Mar 13 No class Feb. 13	Sa	10:40-11:25am	\$171.00	9 Classes
23276	Jan 13-Mar 17	W	5:15-6:00pm	\$190.00	10 Classes

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NUTCRACKER BALLET (3-5 YRS)

Nutcracker Ballet is a playful preschool mini-session where little dancers explore the story of The Nutcracker through imaginative movement and simple ballet basics. Children step into characters like Clara, the Nutcracker, and swirling snowflakes as they travel through the tale using music, storytelling, and creative dance.



23313	Nov 23-Dec 14	M	5:15-6:00pm	\$76.00	4 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!

23136	Sep 12-Oct 31 No class Oct. 10	Sa	9:50-10:35am	\$133.00	7 Classes
23143	Sep 13-Oct 25 No class Oct. 11	Su	11:30-12:15pm	\$114.00	6 Classes
23128	Sep 16-Oct 28	W	6:30-7:15pm	\$133.00	7 Classes
23251	Nov 1-Dec 13	Su	11:30-12:15pm	\$133.00	7 Classes
23199	Nov 4-Dec 16 No class Nov. 11	W	6:30-7:15pm	\$114.00	6 Classes
23243	Nov 7-Dec 12	Sa	9:50-10:35am	\$114.00	6 Classes
23298	Jan 9-Mar 13 No class Feb. 13	Sa	9:50-10:35am	\$171.00	9 Classes
23306	Jan 10-Mar 14 No class Feb. 14	Su	11:30-12:15pm	\$171.00	9 Classes
23278	Jan 13-Mar 17	W	6:30-7:15pm	\$190.00	10 Classes

CHILD & YOUTH (5 TO 17 YEARS)

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

MINI MINDS STEM LAB (5-7 YRS)

Mini Minds STEM lab introduces children aged 5 to 7 to the exciting world of STEM through hands-on learning, playful experimentation, and creative problem-solving. Designed to spark curiosity and build foundational skills, this program encourages young learners to ask questions, explore ideas, and discover how the world works. What We Do: Each session features age-appropriate activities in science, technology, engineering, and math, simple science experiments using everyday materials, building and design challenges (e.g., towers, bridges, mazes), introductory coding and robotics using kid-friendly tools, math games that build confidence and number sense, outdoor exploration, and nature-based investigations.

	Sep 12-Oct 31				
23138	No class Oct.10	Sa	12:30-1:30pm	\$143.50	7 Classes
23125	Sep 16-Oct 28	W	4:30-5:30pm	\$143.50	7 Classes
	Nov 4-Dec 16				
23194	No class Nov.11	W	4:30-5:30pm	\$123.00	6 Classes
23246	Nov 7-Dec 12	Sa	12:30-1:30pm	\$123.00	6 Classes
	Jan 9-Mar 13				
23301	No class Feb.13	Sa	12:30-1:30pm	\$184.50	9 Classes
23274	Jan 13-Mar 17	W	4:30-5:30pm	\$205.00	10 Classes

SPORTS COMBO (5-7 YRS)

Sports Combo is an action-packed program where kids explore a wide variety of fundamental movement skills and try out many different intro sports in a fun, supportive environment. Each week features a new mix of activities - running, jumping, throwing, balancing, teamwork games, and sport-specific skills - chosen based on the interests and energy of each age group. With plenty of variety and lots of chances to move, play, and discover what they enjoy, Sports Combo helps young athletes build confidence, coordination, and a love of staying active.



23158	Sep 12-Oct 31	Sa	10:15-11:00am	\$129.50	7 Classes
	No class Oct.10				
23213	Nov 7-Dec 12	Sa	10:15-11:00am	\$111.00	6 Classes
23293	Jan 9-Mar 13	Sa	10:15-11:00am	\$166.50	9 Classes
	No class Feb.13				

FLOOR HOCKEY ALL-STARS (5-10 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.

5-7 YRS

23144	Sep 13-Oct 25	Su	12:45-1:30pm	\$111.00	6 Classes
	No class Oct.11				

8-10 YRS

23145	Sep 13-Oct 25	Su	1:30-2:15pm	\$111.00	6 Classes
	No class Oct.11				

CRAYONS & CROCODILES (6-8 YRS)

Crayons & Crocodiles starts with creative fun as kids dive into crafts and hands-on art activities, then finishes with a swim lesson geared toward Swimmer Levels 1-3. After crafting time, children transition to the pool for their instructor-led lesson from 7:00-7:30pm, where they build water confidence and foundational skills.



23153	Sep 16-Oct 28	W	6:00-7:30pm	\$154.00	7 Classes
	Nov 4-Dec 16				
23195	No class Nov.11	W	6:00-7:30pm	\$132.00	6 Classes
23275	Jan 13-Mar 17	W	6:00-7:30pm	\$220.00	10 Classes

HOLIDAY ART (6-9 YRS)

Holiday Art is a seasonal program where young artists explore colours, textures, and materials connected to winter, celebrations, and the cozy spirit of the season. Each class blends process art, sensory play, and guided crafting to support fine motor development, imagination, and confidence. Children will create sparkling snow texture paintings, handmade keepsake ornaments, winter forest silhouettes, and giftable mixed media pieces using natural materials and kid friendly crafting tools.



23181	Nov 2-Dec 14	M	7:00-7:45pm	\$129.50	7 Classes
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WINTER WONDERS ART (6-9 YRS)

Winter Wonders Art is a seasonal program where young artists explore the colours, textures, and materials inspired by frosty landscapes, shimmering light, and the magic of wintertime. Each class blends process art, sensory play, and guided crafting to support fine motor development, creativity, and confidence. Children will create icy watercolor resist paintings, sparkling winter-sky collages, frosted forest silhouettes, and mixed-media pieces using natural materials and kid-friendly crafting tools.



23260	Jan 11-Mar 15 No class Feb.15	M	7:00-7:45pm	\$166.50	9 Classes
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SPORTBALL BASKETBALL (6-9 YRS)

Sportball Basketball introduces the fundamentals of gameplay and teaches essential skills such as dribbling, passing, catching, shooting, and defense in a supportive, non-competitive environment. Through fun and engaging activities, children build confidence, develop teamwork skills, and learn the game while staying active.

23224	Sep 17-Oct 29	Th	6:15-7:10pm	\$185.50*ND	7 Classes
23226	Nov 5-Dec 17	Th	6:15-7:10pm	\$185.50*ND	7 Classes
23234	Jan 14-Mar 18	Th	6:15-7:10pm	\$265.00*ND	10 Classes

JUNIOR DRIBBLERS BASKETBALL (6-8 YRS)

Our Junior Dribblers basketball program introduces young athletes to the exciting world of basketball in a fun, supportive, and energetic environment. Designed for children ages 6 to 8, this program focuses on developing fundamental skills such as dribbling, passing, shooting, and teamwork through age-appropriate drills and games. Emphasis is placed on building confidence, coordination, and a love for the game, all while promoting sportsmanship and cooperation. Whether your child is picking up a ball for the first time or already showing promise, this is the perfect place to learn, play, and grow.

23253	Nov 1-Dec 13	Su	12:45-1:30pm	\$129.50	7 Classes
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SENIOR DRIBBLERS BASKETBALL (8-10 YRS)

The Senior Dribblers program is designed for young athletes ready to take their basketball journey to the next level. Tailored for ages 8-10, this program builds on foundational skills with increased focus on game understanding, skill refinement, and team play. Players will develop stronger ball-handling, shooting technique, defensive positioning, and decision-making through structured drills, small-sided games, and scrimmages. Whether your child is preparing for competitive play or simply growing their love for the game, Senior Dribblers offers a dynamic and encouraging environment to elevate their game and confidence on the court.

23135	Sep 12-Oct 31 No class Oct.10	Sa	11:00-11:45am	\$129.50	7 Classes
23254	Nov 1-Dec 13	Su	1:30-2:15pm	\$129.50	7 Classes
23214	Nov 7-Dec 12	Sa	11:00-11:45am	\$111.00	6 Classes

FEET & FINS (6-9 YRS)

Get ready for a fun-filled adventure with Feet and Fins! This exciting 90-minute program kicks off with energetic sports and games in the gym, where kids can burn off energy and enjoy active play with friends. Afterward (7:00-7:30pm), 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.

23122	Sep 15-Oct 27	Tu	6:00-7:30pm	\$154.00	7 Classes
23188	Nov 3-Dec 15	Tu	6:00-7:30pm	\$154.00	7 Classes
23268	Jan 12-Mar 16	Tu	6:00-7:30pm	\$220.00	10 Classes

SHE PLAYS (6-12 YRS)

She Plays introduces girls to a variety of sports and movement styles in a fun, inclusive setting that celebrates effort over perfection. Each session blends sport fundamentals, agility and coordination drills, creative movement, and confidence-building games. With supportive coaching and a focus on friendship, She Plays helps girls discover what they enjoy, try new skills, and feel proud of their progress.



6-8 YRS

23150	Sep 15-Oct 27	Tu	5:45-6:30pm	\$129.50	7 Classes
23190	Nov 3-Dec 15	Tu	5:45-6:30pm	\$129.50	7 Classes
23270	Jan 12-Mar 16	Tu	5:45-6:30pm	\$185.00	10 Classes

9-12 YRS

23151	Sep 15-Oct 27	Tu	6:30-7:15pm	\$129.50	7 Classes
23191	Nov 3-Dec 15	Tu	6:30-7:15pm	\$129.50	7 Classes
23271	Jan 12-Mar 16	Tu	6:30-7:15pm	\$185.00	10 Classes

SOCCER (6-12 YRS)

Our recreational soccer program supports children physically, mentally, emotionally, and socially. We provide children with the opportunity to be part of a group, learn fundamental movement skills, exercise, build confidence, and have fun!

6-8 YRS

23307	Jan 10-Mar 14 No class Feb.14	Su	12:45-1:30pm	\$166.50	9 Classes
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8-10 YRS

23308	Jan 10-Mar 14 No class Feb.14	Su	1:30-2:15pm	\$166.50	9 Classes
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9-12 YRS

23267	Jan 12-Mar 16	Tu	5:15-6:00pm	\$185.00	10 Classes
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BADMINTON BASICS (6-12 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.

6-8 YRS

23132	Sep 11-Oct 23 No class Oct.9	F	4:15-5:00pm	\$111.00	6 Classes
23207	Nov 6-Dec 11	F	4:15-5:00pm	\$111.00	6 Classes
23287	Jan 8-Mar 12 No class Feb.12	F	4:15-5:00pm	\$166.50	9 Classes

9-12 YRS

23133	Sep 11-Oct 23 No class Oct.9	F	5:45-6:30pm	\$111.00	6 Classes
23209	Nov 6-Dec 11	F	5:45-6:30pm	\$111.00	6 Classes
23289	Jan 8-Mar 12 No class Feb.12	F	5:45-6:30pm	\$166.50	9 Classes

BADMINTON LEVEL UP (8-12 YRS)

Badminton Level Up is designed for young athletes who already understand the basics and are ready to sharpen their skills. Through dynamic drills, rally-based practice, and guided gameplay, participants refine their technique, improve consistency, and build stronger court awareness. In a supportive, growth-focused environment, players develop confidence, learn new strategies, and take their game to the next level - perfect for those eager to advance beyond beginner play.



23156	Sep 11-Oct 23 No class Oct.9	F	5:00-5:45pm	\$111.00	6 Classes
23208	Nov 6-Dec 11	F	5:00-5:45pm	\$111.00	6 Classes
23288	Jan 8-Mar 12 No class Feb.12	F	5:00-5:45pm	\$166.50	9 Classes

BADMINTON RALLY READINESS (10-14 YRS)

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

23134	Sep 11-Oct 23 No class Oct.9	F	6:30-7:15pm	\$111.00	6 Classes
23210	Nov 6-Dec 11	F	6:30-7:15pm	\$111.00	6 Classes
23290	Jan 8-Mar 12 No class Feb.12	F	6:30-7:15pm	\$166.50	9 Classes

MEGA SPORTS (8-10 YRS)

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

23294	Jan 9-Mar 13 No class Feb.13	Sa	11:00-11:45am	\$166.50	9 Classes
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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!

23139	Sep 12-Oct 31 No class Oct.10	Sa	1:45-2:45pm	\$143.50	7 Classes
23247	Nov 7-Dec 12	Sa	1:45-2:45pm	\$123.00	6 Classes
23302	Jan 9-Mar 13 No class Feb.13	Sa	1:45-2:45pm	\$184.50	9 Classes

YOGA (8-12 YRS)

Yoga offers an engaging, age-appropriate way for youth to build strength, stamina, and flexibility while developing lifelong skills that support their overall well-being. This program introduces participants to foundational yoga postures, mindful movement, and simple breathing techniques that help improve focus, emotional regulation, and stress management.



23429	Nov 5-Dec 17	Th	5:00-5:45pm	\$129.50	7 Classes
23431	Jan 14-Mar 18	Th	5:00-5:45pm	\$185.00	10 Classes

BALL SPORT BASICS (9-12 YRS)

A fun, skill-building program that introduces soccer, basketball, lacrosse, and volleyball. Through drills, teamwork activities, and games, participants build coordination, confidence, and sport-specific skills while staying active in a positive, supportive environment. Perfect for young athletes looking to explore new sports and develop a strong foundation.



23149	Sep 15-Oct 27	Tu	5:15-6:00pm	\$129.50	7 Classes
23187	Nov 3-Dec 15	Tu	5:15-6:00pm	\$129.50	7 Classes

VOLLEYBALL BASICS (7-14 YRS)

A fun and engaging program that uses interactive games and activities to teach the fundamentals of volleyball. In a positive, non-competitive setting, young athletes build confidence, develop key skills, and discover a love for the game - whether they're brand new to volleyball or just getting started.

7-9 YRS

23154	Sep 17-Oct 29	Th	5:15-5:55pm	\$122.50	7 Classes
23202	Nov 5-Dec 17	Th	5:15-5:55pm	\$122.50	7 Classes
23282	Jan 14-Mar 18	Th	5:15-5:55pm	\$175.00	10 Classes

10-14 YRS

23164	Sep 17-Oct 29	Th	5:55-6:35pm	\$122.50	7 Classes
23203	Nov 5-Dec 17	Th	5:55-6:35pm	\$122.50	7 Classes
23283	Jan 14-Mar 18	Th	5:55-6:35pm	\$175.00	10 Classes

VOLLEYBALL LEVEL UP (10-14 YRS)

Designed for athletes with a solid foundation in volleyball, this program helps participants refine skills, improve consistency, and build court awareness through focused instruction, drills, and game-style play. Emphasizing confidence, communication, and teamwork, players will be better prepared for advanced or competitive volleyball. The program concludes with dryland training in our fitness area.

23165	Sep 17-Oct 29	Th	6:35-7:35pm	\$143.50	7 Classes
23204	Nov 5-Dec 17	Th	6:35-7:35pm	\$143.50	7 Classes
23284	Jan 14-Mar 18	Th	6:35-7:35pm	\$205.00	10 Classes

LEADERSHIP IN TRAINING- 1 (13-17 YRS)

The Leadership in Training (LIT) program is designed for teens ages 13-17 to build leadership skills, confidence, and hands-on experience. Participants develop abilities in communication, teamwork, inclusion, and leading activities, preparing them for future roles in recreation, community programs, and the workforce.



	Nov 4-Dec 16				
23427	No class Nov.11	W	6:00-7:00pm	\$180.00	6 Classes
23430	Jan 13-Mar 17	W	6:00-7:00pm	\$300.00	10 Classes

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CHILD & YOUTH DANCE

HIP HOP & ACRO (6-8 YRS)

An upbeat class that blends Hip Hop movement with beginner acro skills. Dancers learn age-appropriate hip-hop moves, grooves and simple combinations while also building strength, balance and body awareness through foundational acro skills like bridges, rolls and wall handstands. This 45 minute class gives young dancers a supportive space to move, tumble and explore their own style.



23168	Sep 12-Oct 31 No class Oct.10	Sa	11:30-12:15pm	\$133.00	7 Classes
23245	Nov 7-Dec 12	Sa	11:30-12:15pm	\$114.00	6 Classes
23300	Jan 9-Mar 13 No class Feb.13	Sa	11:30-12:15pm	\$171.00	9 Classes

JAZZ & HIP HOP (6-8 YRS)

A high energy blend of Jazz and Hip Hop, this class introduces young dancers to rhythm, groove, and confident movement. Dancers explore classic jazz foundations while also learning age-appropriate hip-hop moves that encourage musicality, creativity and self expression.

23166	Sep 16-Oct 28	W	7:15-8:00pm	\$133.00	7 Classes
23198	Nov 4-Dec 16	W	7:15-8:00pm	\$114.00	6 Classes
23279	Jan 13-Mar 17	W	7:15-8:00pm	\$190.00	10 Classes

K-POP & HOP (6-8 YRS)

K-Pop & Hop is a class where dancers train like a high-energy hero squad on a mission to save the world K-Pop style. Students learn a dynamic mix of musical theatre, hip-hop, and jazz as they build character, confidence, and performance skills. Each week, dancers master K-Pop-inspired choreography, storytelling, and teamwork-driven combos. With bold moves, expressive acting, and electrifying music, dancers unleash their inner heroes while leveling up strength, rhythm, and stage presence.



23316	Jan 11-Mar 15 No class Feb.15	M	6:00-6:45pm	\$171.00	9 Classes
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NUTCRACKER BALLET (6-8 YRS)

Nutcracker Ballet is a playful mini-session where dancers explore the story of The Nutcracker through imaginative movement and simple ballet basics. Children step into characters like Clara, the Nutcracker, and swirling snowflakes as they travel through the tale using music, storytelling, and creative dance.



23314	Nov 23-Dec 14	M	6:00-6:45pm	\$76.00	4 Classes
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HIP HOP (6-9 YRS)

Get ready to move and groove in this high-energy class that blends classic hip-hop styles with today's hottest music! Perfect for dancers who love rhythm, creativity, and having fun while learning fresh moves.

23140	Sep 13-Oct 25 No class Oct.11	Su	9:30-10:15am	\$114.00	6 Classes
23248	Nov 1-Dec 13	Su	9:30-10:15am	\$133.00	7 Classes
23303	Jan 10-Mar 14 No class Feb.14	Su	9:30-10:15am	\$171.00	9 Classes

BALLET AND STRETCH (8-10 YRS)

Exploring Classical Ballet through basic fundamentals, body awareness, and creative movement. This class will include traditional ballet techniques including barre, center exercises, and variations. Come to dance and have fun!

23141	Sep 13-Oct 25 No class Oct.11	Su	10:15-11:00am	\$114.00	6 Classes
23249	Nov 1-Dec 13	Su	10:15-11:00am	\$133.00	7 Classes
23304	Jan 10-Mar 14 No class Feb.14	Su	10:15-11:00am	\$171.00	9 Classes

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SKATING

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

SAFETY

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

- Only children registered in the program are permitted on the ice during lesson time.
- Only Parent & Tot adults are permitted on the ice, no exceptions.
- All skaters must enter and exit through the dressing room entrances only.

What to bring: CSA approved hockey helmet, mittens/gloves, sharpened skates, snow/ski pants and jacket

LEARN TO SKATE LESSONS

LESSON AGE GROUPS

Parent & Tot	2.5 - 4 years
Preschool	3 - 5 years
Youth	6 - 12 years
Teen	13 - 17 years
Adult	18+ years

LEARN TO SKATE FEES

AGE	DURATION	6 CLASSES	7 CLASSES	8 CLASSES	9 CLASSES	10 CLASSES
Child/Youth	30 MIN	\$105.00	\$122.50	\$140.00	\$157.50	\$175.00
Child/Youth	45 MIN	\$117.00	\$136.50	\$156.00	\$175.50	\$195.00
Teen/Adult	45 MIN	\$144.00	\$168.00	\$192.00	\$216.00	\$240.00



Visit our website for more detailed descriptions of each level.

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.

All Learn to Skate lessons are unparented (exception: Parent & Tot). Parents are not permitted on ice during lessons. Ice cleats are recommended for Parents/Support in Parent & Tot and Skate Abilities (see page 35 for details on Skate Abilities).

PARENT & TOT 1 | 30 MIN

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

PARENT & TOT 2 | 30 MIN

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

LEVEL 1 | PRESCHOOL / YOUTH 30 MIN

For participants who are on skates for the first time, and are unable to stand on the ice unassisted.

LEVEL 2 | PRESCHOOL 30 MIN / YOUTH 45 MIN

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

LEVEL 3 | PRESCHOOL 30 MIN / YOUTH 45 MIN

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

LEVEL 4 | PRESCHOOL 30 MIN / YOUTH 45 MIN

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

LEVEL 5 | YOUTH 45 MIN

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

LEVEL 6 | YOUTH 45 MIN

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

TEEN | 45 MIN

For those teens who have always wanted to skate or just improve their skills.

ADULT | 45 MIN

For those adults who have always wanted to skate or just improve their skills.

LEARN TO SKATE – FALL SESSION #1

	Fridays SEPT 11-OCT 23 (6) No lessons Oct.9	Saturdays SEPT 12-OCT 31 (7) No lessons Oct.10	Sundays SEPT 13-OCT 25 (6) No lessons Oct.11	Tues/Thurs OCT 6-OCT 29 (8)
PARENT & TOT 1	4:00-4:30pm (22770) 5:00-5:30pm (22771)	9:00-9:30am (22773) 10:00-10:30am (22774)	9:00-9:30am (22775) 10:00-10:30am (22776)	9:45-10:15am (22777)
PARENT & TOT 2	4:30-5:00pm (22779)	9:30-10:00am (22780)	9:30-10:00am (22781)	
PRE 1	4:00-4:30pm (22784) 5:15-5:45pm (22786) 5:30-6:00pm (22783) 5:45-6:15pm (22785)	9:00-9:30am (22790) 9:45-10:15am (22788) 10:15-10:45am (22789) 10:30-11:00am (22787)	9:00-9:30am (22792) 9:30-10:00am (22793) 10:15-10:45am (22795) 10:30-11:00am (22791) 10:45-11:15am (22794)	10:15-10:45am (22796)
PRE 2	4:30-5:00pm (22798) 4:45-5:15pm (22799)	9:30-10:00am (22800) 10:00-10:30am (22801)	9:00-9:30am (22803) 9:30-10:00am (22804) 10:00-10:30am (22802)	10:45-11:15am (22805)
PRE 3	5:45-6:15pm (22807)	10:45-11:15am (22808)	9:45-10:15am (22810) 10:45-11:15am (22809)	
YOUTH 1	4:00-4:30pm (22813) 4:30-5:00pm (22814) 5:45-6:15pm (22812)	9:00-9:30am (22817) 9:30-10:00am (22816) 10:45-11:15am (22815)	9:00-9:30am (22818) 9:30-10:00am (22819) 10:45-11:15am (22820)	
YOUTH 2	4:00-4:45pm (22822) 5:00-5:45pm (22823)	9:00-9:45am (22824) 10:00-10:45am (22825) 10:30-11:15am (22826)	9:00-9:45am (22829) 10:00-10:45am (22828) 10:30-11:15am (22827)	
YOUTH 3	4:00-4:45pm (22832) 5:00-5:45pm (22831)	9:00-9:45am (22833)	10:00-10:45am (22834)	
YOUTH 4	4:45-5:30pm (22836)	9:45-10:30am (22837)		
YOUTH 5/6	5:30-6:15pm (22839)	10:30-11:15am (22840)		
TEEN	12:45-1:30pm (22851)			
ADULT	12:00-12:45pm (22854)			

LEARN TO SKATE – FALL SESSION #2

	Fridays NOV 6-DEC 11 (6)	Saturdays NOV 7-DEC 12 (6)	Sundays NOV 1-DEC 13 (7)	Tues/Thurs NOV 2-NOV 28 (8)
PARENT & TOT 1	4:00-4:30pm (22860) 5:00-5:30pm (22861)	9:00-9:30am (22862) 10:00-10:30am (22863)	9:00-9:30am (22864) 10:00-10:30am (22865)	9:45-10:15am (22866)
PARENT & TOT 2	4:30-5:00pm (22868)	9:30-10:00am (22869)	9:30-10:00am (22870)	
PRE 1	4:00-4:30pm (22873) 4:30-5:00pm (22886) 5:15-5:45pm (22875) 5:30-6:00pm (22872) 5:45-6:15pm (22874)	9:00-9:30am (22879) 9:30-10:00am (22887) 9:45-10:15am (22877) 10:15-10:45am (22878) 10:30-11:00am (22876) 10:45-11:15am (22888)	9:00-9:30am (22881) 9:30-10:00am (22882) 10:30-11:00am (22880) 10:15-10:45am (22884) 10:45-11:15am (22883)	10:15-10:45am (22885)
PRE 2	4:00-4:30pm (22892) 4:30-5:00pm (22890) 4:45-5:15pm (22891) 5:00-5:30pm (22893)	9:00-9:30am (22896) 9:30-10:00am (22894) 10:00-10:30am (22895)	9:00-9:30am (22898) 9:30-10:00am (22899) 10:00-10:30am (22897)	10:45-11:15am (22900)
PRE 3	5:45-6:15pm (22902)	10:45-11:15am (22903)	9:45-10:15am (22905) 10:45-11:15am (22904)	
YOUTH 1	4:00-4:30pm (22908) 4:30-5:00pm (22909) 5:45-6:15pm (22907)	9:00-9:30am (22915) 9:30-10:00am (22914) 10:45-11:15am (22913)	9:00-9:30am (22916) 9:30-10:00am (22917) 10:45-11:15am (22918)	
YOUTH 2	4:00-4:45pm (22920) 5:00-5:45pm (22921) 5:30-6:15pm (22922)	9:00-9:45am (22923) 10:00-10:45am (22924) 10:30-11:15am (22925)	9:00-9:45am (22928) 10:00-10:45am (22927) 10:30-11:15am (22926)	
YOUTH 3	4:00-4:45pm (22931) 5:00-5:45pm (22930)	9:00-9:45am (22933) 10:00-10:45am (22932)	9:00-9:45am (22935) 10:00-10:45am (22934)	
YOUTH 4	4:45-5:30pm (22937)	9:45-10:30am (22938)	9:45-10:30am (22939)	
YOUTH 5/6	5:30-6:15pm (22941)	10:30-11:15am (22942)	10:30-11:15am (22943)	
TEEN	12:45-1:30pm (22945)			
ADULT	12:00-12:45pm (22944)			

LEARN TO SKATE – WINTER SESSION

	Fridays JAN 8-MAR 12 (9) No lessons Feb.12	Saturdays JAN 9-MAR 13 (9) No lessons Feb.13	Sundays JAN 10-MAR 14 (9) No lessons Feb.14	Tues JAN 12-MAR 16 (10)	Thurs JAN 14-MAR 18 (10)
PARENT & TOT 1	4:00-4:30pm (22961) 5:00-5:30pm (22962)	9:00-9:30am (22963) 10:00-10:30am (22964)	9:00-9:30am (22965) 10:00-10:30am (22966)	9:45-10:15am (22967)	9:45-10:15am (22970)
PARENT & TOT 2	4:30-5:00pm (23019)	9:30-10:00am (23020)	9:30-10:00am (23021)		
PRE 1	4:00-4:30pm (23024) 4:30-5:00pm (23040) 5:15-5:45pm (23026) 5:30-6:00pm (23023) 5:45-6:15pm (23025)	9:00-9:30am (23030) 9:30-10:00am (23041) 9:45-10:15am (23028) 10:15-10:45am (23029) 10:30-11:00am (23027) 10:45-11:15am (23042)	9:00-9:30am (23032) 9:30-10:00am (23033) 10:15-10:45am (23035) 10:30-11:00am (23031) 10:45-11:15am (23034)	10:15-10:45am (23036)	10:15-10:45am (23043)
PRE 2	4:00-4:30pm (23047) 4:30-5:00pm (23045) 4:45-5:15pm (23046) 5:00-5:30pm (23048)	9:00-9:30am (23051) 9:30-10:00am (23049) 10:00-10:30am (23050)	9:00-9:30am (23053) 9:30-10:00am (23054) 10:00-10:30am (23052)	10:45-11:15am (23056)	10:45-11:15am (23057)
PRE 3	5:45-6:15pm (23059)	10:45-11:15am (23060)	9:45-10:15am (23062) 10:45-11:15am (23061)		
YOUTH 1	4:00-4:30pm (23065) 4:30-5:00pm (23066) 5:45-6:15pm (23064)	9:00-9:30am (23069) 9:30-10:00am (23068) 10:45-11:15am (23067)	9:00-9:30am (23070) 9:30-10:00am (23071) 10:45-11:15am (23072)		
YOUTH 2	4:00-4:45pm (23074) 5:00-5:45pm (23075) 5:30-6:15pm (23076)	9:00-9:45am (23077) 10:00-10:45am (23078) 10:30-11:15am (23079)	9:00-9:45am (23082) 10:00-10:45am (23081) 10:30-11:15am (23080)		
YOUTH 3	4:00-4:45pm (23085) 5:00-5:45pm (23084)	9:00-9:45am (23087) 10:00-10:45am (23086)	9:00-9:45am (23089) 10:00-10:45am (23088)		
YOUTH 4	4:45-5:30pm (23091)	9:45-10:30am (23092)	9:45-10:30am (23093)		
YOUTH 5/6	5:30-6:15pm (23095)	10:30-11:15am (23096)	10:30-11:15am (23097)		
TEEN	12:45-1:30pm (23114)				
ADULT	12:00-12:45pm (23099)				

KUMON®

➔ **Preschool – High School**
■ **Math and Reading Program**

practice makes possibilities™

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 school and beyond.



**Kumon Math and Reading Centre of
Calgary - South Centre**

Trico Centre

11150 Bonaventure Dr SE, Unit 210

Calgary, AB T2J 6R9

southcentre@ikumon.com • 403.457.0068



PRIVATE SKATING LESSONS

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



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

PRIVATE SKATING FEES

DURATION	6 CLASSES	7 CLASSES	10 CLASSES
30 MIN	\$210.00	\$245.00	\$350.00

SPECIALTY SKATING PROGRAMS (4-12 YRS)

INTRO TO HOCKEY ADULT & CHILD (4-5 YRS)

Great intro for children who want to start playing hockey and need additional support from an adult. Must be able to skate forward. Parents are required to assist their child on the ice. Full hockey equipment with stick is mandatory for children, and the adult must have skates, helmet and stick.

22841	Sep 17-Oct 29	Th	4:00-4:45pm	\$168.00	7 Classes
22858	Nov 5-Dec 17	Th	4:00-4:45pm	\$168.00	7 Classes
23098	Jan 14-Mar 18	Th	4:00-4:45pm	\$240.00	10 Classes

PRE-POWER SKATE (4-6 YRS)

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

22843	Sep 11-Oct 23	F	12:30-1:15pm	\$180.00	6 Classes
22844	Sep 11-Oct 23	F	1:15-2:00pm	\$180.00	6 Classes
22846	Sep 17-Oct 29	Th	4:00-4:45pm	\$210.00	7 Classes
22845	Oct 6-Oct 29	T/Th	9:45-10:30am	\$240.00	8 Classes
22950	Nov 3-Nov 26	T/Th	9:45-10:30am	\$240.00	8 Classes
22951	Nov 5-Dec 17	Th	4:00-4:45pm	\$210.00	7 Classes
22947	Nov 6-Dec 11	F	12:30-1:15pm	\$180.00	6 Classes
22949	Nov 6-Dec 11	F	1:15-2:00pm	\$180.00	6 Classes
23105	Jan 8-Mar 12	F	12:30-1:15pm	\$270.00	9 Classes
23106	Jan 8-Mar 12	F	1:15-2:00pm	\$270.00	9 Classes
23107	Jan 12-Mar 16	Tu	9:45-10:30am	\$300.00	10 Classes
23112	Jan 14-Mar 18	Th	9:45-10:30am	\$300.00	10 Classes
23113	Jan 14-Mar 18	Th	10:30-11:15am	\$300.00	10 Classes
23108	Jan 14-Mar 18	Th	4:00-4:45pm	\$300.00	10 Classes

SKATE ABILITIES 1 (6-12 YRS)

Skate Abilities is a program geared for children and youth ages 6-12 who require additional support to develop beginner skating skills and increase their safety and awareness on the ice. This class helps build independence, confidence, and enjoyment both on and off the ice. Classes are 45 minutes in length, including 30 minutes of instructional time and 15 minutes for transitions on and off the ice. Each participant MUST have a support person on the ice at all times to assist them throughout the lesson.

Skate Abilities 1: Child has never participated in skating lessons and may be uncomfortable on the ice or unable to stand independently in skates. This is an introductory level focused on becoming familiar with the ice and basic movement.

23475	Jan 12-Mar 16	Tu	10:30-11:15am	\$195.00	10 Classes
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POWER SKATE (7-11 YRS)

Build balance, agility, speed, endurance, and power through fun, high-energy skating drills designed to enhance game-time performance. Participants will improve confidence, athleticism, and on-ice skills in an engaging environment. Note: This is not a Learn to Skate program. Participants must be able to get up and down independently and move across the ice without assistance.

LEVEL 1

22847	Sep 17-Oct 29	Th	4:45-5:30pm	\$245.00	7 Classes
22953	Nov 5-Dec 17	Th	4:45-5:30pm	\$245.00	7 Classes
23100	Jan 14-Mar 18	Th	4:45-5:30pm	\$350.00	10 Classes

LEVEL 2

22849	Sep 17-Oct 29	Th	5:30-6:15pm	\$245.00	7 Classes
22955	Nov 5-Dec 17	Th	5:30-6:15pm	\$245.00	7 Classes
23102	Jan 14-Mar 18	Th	5:30-6:15pm	\$350.00	10 Classes

TRICO CENTRE

OUT OF SCHOOL CARE



Daily Activity Centres



Skating Days



Swimming Days



Field Trips



Daily Gym Activities

2026/2027 OUT OF SCHOOL CARE IS FULL.

Join the waitlist for 2027/2028 (see below).



We offer a licensed Out of School Care program for Grades 1 - 6, with **transportation** to/from:

- David Thompson
- FFCA Southeast Middle School
- FFCA Southeast Elementary
- Maple Ridge
- RT Alderman
- Sam Livingston

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 THE WAITLIST, AND MORE INFORMATION ABOUT FEES AND POLICIES,
PLEASE VISIT TRICOCENTRE.CA/OUT-OF-SCHOOL-CARE,
PHONE (403) 225-5553, OR EMAIL OUTOFSCHOOLCARE@TRICOCENTRE.CA

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 pool liner, acoustic ceiling clouds, energy-efficient LED lighting, and a sound system.

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	9 CLASSES	10 CLASSES
PARENT & TOT AND PRESCHOOL	30 MIN	\$82.50	\$99.00	\$115.50	\$132.00	\$148.50	\$165.00
SWIMMER 1	30 MIN	\$95.00	\$114.00	\$133.00	\$152.00	\$171.00	\$190.00
SWIMMER 2-4 & SWIMABILITIES®	45 MIN	\$110.00	\$132.00	\$154.00	\$176.00	\$198.00	\$220.00
SWIMMER 5/6 AND ADULT	60 MIN	\$115.00	\$138.00	\$161.00	\$184.00	\$207.00	\$230.00
SWIM PATROL	90 MIN	\$130.00	\$156.00	\$182.00	\$208.00	\$234.00	\$260.00
PRIVATE	30 MIN	\$275.00	\$330.00	\$385.00	\$440.00	\$495.00	\$550.00

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



**RIDE
WITH
US.**

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.

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.

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.

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 – FALL #1 SESSION

LEVEL	MONDAYS SEPT 14-OCT 26 (6) No lessons Oct.12	TUESDAYS SEPT 15-OCT 27 (7)	WEDNESDAYS SEPT 16-OCT 28 (7)	THURSDAYS SEPT 17-OCT 29 (7)	SATURDAYS SEPT 12-OCT 31 (7) No lessons Oct.10	SUNDAYS SEPT 13-OCT 25 (6) No lessons Oct.11
P & T 1/2	9:30-10am (21665) 5-5:30pm (21675)	10-10:30am (21647)	9:30-10am (21660) 5-5:30pm (21661)	9:30-10am (21662)	9:15-9:45am (21663)	9:30-10am (21664)
P & T 2/3	9-9:30am (21673) 5:30-6pm (21674)	9:30-10am (21648) 5:00-5:30pm (21666)	10:30-11am (21667) 6-6:30pm (21668)	10:30-11am (21669) 5:30-6pm (21670)	10-10:30am (21671)	10:30-11am (21672)
Preschool 1	9-9:30am (21703) 10:30-11am (21704) 4:30-5pm (21705) 5-5:30pm (21706) 5:30-6pm (21707) 6-6:30pm (21708)	9-9:30am (21649) 4:30-5pm (21676) 5-5:30pm (21677) 5:30-6:00pm (21678) 6:00-6:30pm (21679)	9:30-10am (21680) 10-10:30am (21681) 4:30-5pm (21682) 5:30-6pm (21683) 5:45-6:15pm (21684)	9-9:30am (21685) 4:30-5pm (21686) 5-5:30pm (21688) 5:15-5:45pm (21687) 5:45-6:15pm (21689) 6:30-7pm (21690)	8:30-9am (21691) 9:15-9:45am (21692) 9:45-10:15am (21693) 10:30-11am (21694) 11:45-12:15pm (21695) 12:45-1:15pm (21696)	8:30-9am (21697) 9-9:30am (21698) 9:45-10:15am (21699) 10:30-11am (21700) 11:15-11:45am (21701) 11:45-12:15pm (21702)
Preschool 2	9:30-10am (21734) 4:30-5pm (21735) 5-5:30pm (21736) 6-6:30pm (21737)	9-9:30am (21650) 10-10:30am (21709) 4:30-5pm (21710) 5:15-5:45pm (21711) 5:30-6:00pm (21712)	9-9:30am (21713) 4:30-5pm (21714) 5:30-6pm (21715) 6-6:30pm (21716) 6:30-7pm (21717)	9-9:30am (21718) 4:30-5pm (21719) 5:30-6pm (21720) 6-6:30pm (21721) 6:45-7:15pm (21722)	9-9:30am (21723) 9:30-10am (21724) 10-10:30am (21725) 11-11:30am (21726) 11:30-12pm (21727) 12:15-12:45pm (21728)	8:30-9am (21729) 9:30-10am (21730) 11-11:30am (21731) 11:30-12pm (21732) 12:15-12:45pm (21733)
Preschool 3	10-10:30am (21760) 4:30-5pm (21761) 5:15-5:45pm (21762) 6:15-6:45pm (21763)	10:30-11am (21651) 4:30-5pm (21738) 5-5:30pm (21739) 5:45-6:15pm (21740) 6:15-6:45pm (21741)	4:30-5pm (21742) 5-5:30pm (21743) 5:30-6pm (21744) 6:30-7pm (21745)	9:30-10am (21746) 5:15-5:45pm (21747) 6:15-6:45pm (21748) 7-7:30pm (21749)	8:30-9am (21750) 9:30-10am (21751) 10:30-11am (21752) 11-11:30am (21753) 12:45-1:15pm (21754)	9:30-10am (21755) 10-10:30am (21756) 11-11:30am (21757) 11:45-12:15pm (21758) 12:45-1:15pm (21759)
Preschool 4/5	4:30-5pm (21778) 5:45-6:15pm (21779) 6:30-7pm (21780)	5-5:30pm (21652) 6-6:30pm (21764) 6:30-7pm (21765)	4:30-5pm (21766) 5-5:30pm (21767) 6:15-6:45pm (21768)	5-5:30pm (21769) 5:45-6:15pm (21770) 7-7:30pm (21771)	9-9:30am (21772) 10:15-10:45am (21773) 12:45-1:15pm (21774)	9-9:30am (21775) 10:15-10:45am (21776) 12:15-12:45pm (21777)
Swimmer 1	4:30-5pm (21814) 5-5:30pm (21815) 5:30-6pm (21816) 6-6:30pm (21817) 6:30-7pm (21818) 7-7:30pm (21819)	4:30-5pm (21655) 5:30-6pm (21784) 6-6:30pm (21785) 6:45-7:15pm (21786) 7-7:30pm (21787)	4:30-5pm (21788) 5-5:30pm (21789) 5:30-6pm (21790) 6:30-7pm (21791) 7-7:30pm (21792)	5-5:30pm (21793) 5:30-6pm (21794) 6:15-6:45pm (21795) 6:30-7pm (21796) 6:45-7:15pm (21797) 7-7:30pm (21798)	8:30-9am (21799) 9-9:30am (21800) 9:30-10am (21801) 10:15-10:45am (21802) 10:30-11am (21803) 11:15-11:45am (21804) 12:15-12:45pm (21805) 12:45-1:15pm (21806)	8:30-9am (21807) 9-9:30am (21808) 9:30-10am (21809) 10:15-10:45am (21810) 11:15-11:45am (21811) 12:15-12:45pm (21812) 12:45-1:15pm (21813)
Swimmer 2	4:30-5:15pm (21845) 5:30-6:15pm (21846) 6:15-7pm (21847) 6:45-7:30pm (21848)	4:30-5:15pm (21656) 5:00-5:45pm (21820) 5:45-6:30pm (21821) 6:30-7:15pm (21822) 7:15-8pm (21823)	4:30-5:15pm (21824) 6-6:45pm (21825) 6:15-7pm (21826)	4:30-5:15pm (21827) 5:15-6pm (21828) 6-6:45pm (21829) 6:45-7:30pm (21830) 7:15-8pm (21831)	8:30-9:15am (21832) 9:15-10am (21833) 10-10:45am (21834) 11:15-12pm (21835) 11:45-12:30pm (21836) 12-12:45pm (21837) 12:30-1:15pm (21838)	8:30-9:15am (21839) 9:15-10am (21840) 10-10:45am (21841) 11-11:45am (21842) 11:30-12:15pm (21843) 12:30-1:15pm (21844)
Swimmer 3	5-5:45pm (21893) 5:45-6:30pm (21895)	5:00-5:45pm (21657) 6:15-7:00pm (21865) 7:15-8pm (21867)	5-5:45pm (21868) 6:15-7pm (21869) 6:45-7:30pm (21870)	5-5:45pm (21871) 6-6:45pm (21872) 7:15-8pm (21873)	8:30-9:15am (21877) 10-10:45am (21879) 11:30-12:15pm (21881) 12:30-1:15pm (21883)	8:30-9:15am (21885) 10-10:45am (21886) 12:30-1:15pm (21888)
Swimmer 4	5-5:45pm (21910) 6:45-7:30pm (21911)	5:30-6:15pm (21658) 7:15-8pm (21899)	5-5:45pm (21900) 6:45-7:30pm (21901)	4:30-5:15pm (21902) 5:45-6:30pm (21903) 7:15-8pm (21904)	8:30-9:15am (21905) 11-11:45am (21906) 12-12:45pm (21907)	9-9:45am (21908) 11:45-12:30pm (21909)
Swimmer 5/6	5-6pm (21920) 6:30-7:30pm (21921)	4:30-5:30pm (21659) 6-7pm (21912)	5:15-6:15pm (21913) 6:30-7:30pm (21914)	4:30-5:30pm (21915)	10-11am (21916) 11-12pm (21917)	10-11 (21918) 11-12pm (21919)
Swim Patrol		6:30-8pm (21654)		6:30-8pm (21781)	11:45-1:15pm (21782)	11:45-1:15pm (21783)
Adult - Beginner						8:30-9:30am (22002)
Adult - Intermediate						9:30-10:30am (22003)
SwimAbilities				4:30-5:15pm (22005)		12:30-1:15pm (22004)

Bronze Medallion	22317	Sept.19-27	Sa/Su	6:00-10:00pm	\$240.00	4 Classes
Bronze Cross (Assistant Lifeguard)	22318	Sept.19-27	Sa/Su	5:00-10:00pm	\$240.00	4 Classes

Private Swim Lessons can be found on page 44.

LEARN TO SWIM - FALL #2 SESSION

LEVEL	MONDAYS NOV 2-DEC 14 (7)	TUESDAYS NOV 3-DEC 15 (7)	WEDNESDAYS NOV 4-DEC 16 (6) No lessons Nov.11	THURSDAYS NOV 5-DEC 17 (7)	SATURDAYS NOV 7-DEC 12 (6)	SUNDAYS NOV 1-DEC 13 (7)
P & T 1/2	9:30-10am (21874) 5-5:30pm (21875)	10-10:30am (21876)	9:30-10am (21878) 5-5:30pm (21880)	9:30-10am (21882)	9:15-9:45am (21884)	9:30-10am (21853)
P & T 2/3	9-9:30am (21887) 5:30-6pm (21889)	9:30-10am (21890) 5:00-5:30pm (21891)	10:30-11am (21892) 6-6:30pm (21894)	10:30-11am (21896) 5:30-6pm (21897)	10-10:30am (21898)	10:30-11am (21854)
Preschool 1	9-9:30am (22011) 10:30-11am (22012) 4:30-5pm (22013) 5-5:30pm (22014) 5:30-6pm (22015) 6-6:30pm (22016)	9-9:30am (22017) 4:30-5pm (22018) 5-5:30pm (22019) 5:30-6:00pm (22020) 6:00-6:30pm (22021)	9:30-10am (22028) 10-10:30am (22029) 4:30-5pm (22030) 5:30-6pm (22031) 5:45-6:15pm (22032)	9-9:30am (22022) 4:30-5pm (22023) 5-5:30pm (22024) 5:15-5:45pm (22025) 5:45-6:15pm (22026) 6:30-7pm (22027)	8:30-9am (22033) 9:15-9:45am (22034) 9:45-10:15am (22035) 10:30-11am (22036) 11:45-12:15pm (22037) 12:45-1:15pm (22038)	8:30-9am (21855) 9-9:30am (22006) 9:45-10:15am (22007) 10:30-11am (22008) 11:15-11:45am (22009) 11:45-12:15pm (22010)
Preschool 2	9:30-10am (22043) 4:30-5pm (22044) 5-5:30pm (22045) 6-6:30pm (22046)	9-9:30am (22047) 10-10:30am (22048) 4:30-5pm (22049) 5:15-5:45pm (22050) 5:30-6:00pm (22051)	9-9:30am (22057) 4:30-5pm (22058) 5:30-6pm (22059) 6-6:30pm (22060) 6:30-7pm (22061)	9-9:30am (22052) 4:30-5pm (22053) 5:30-6pm (22054) 6-6:30pm (22055) 6:45-7:15pm (22056)	9-9:30am (22062) 9:30-10am (22063) 10-10:30am (22064) 11-11:30am (22065) 11:30-12pm (22066) 12:15-12:45pm (22067)	8:30-9am (21856) 9:30-10am (22039) 11-11:30am (22040) 11:30-12pm (22041) 12:15-12:45pm (22042)
Preschool 3	10-10:30am (22072) 4:30-5pm (22073) 5:15-5:45pm (22074) 6:15-6:45pm (22075)	10:30-11am (22076) 4:30-5pm (22077) 5-5:30pm (22078) 5:45-6:15pm (22079) 6:15-6:45pm (22080)	4:30-5pm (22085) 5-5:30pm (22086) 5:30-6pm (22087) 6:30-7pm (22088)	9:30-10am (22081) 5:15-5:45pm (22082) 6:15-6:45pm (22083) 7-7:30pm (22084)	8:30-9am (22089) 9:30-10am (22090) 10:30-11am (22091) 11-11:30am (22092) 12:45-1:15pm (22093)	9:30-10am (21857) 10-10:30am (22068) 11-11:30am (22069) 11:45-12:15pm (22070) 12:45-1:15pm (22071)
Preschool 4/5	4:30-5pm (22096) 5:45-6:15pm (22097) 6:30-7pm (22098)	5-5:30pm (22099) 6-6:30pm (22100) 6:30-7pm (22101)	4:30-5pm (22105) 5-5:30pm (22106) 6:15-6:45pm (22107)	5-5:30pm (22102) 5:45-6:15pm (22103) 7-7:30pm (22104)	9-9:30am (22108) 10:15-10:45am (22109) 12:45-1:15pm (22110)	9-9:30am (21858) 10:15-10:45am (22094) 12:15-12:45pm (22095)
Swimmer 1	4:30-5pm (22143) 5-5:30pm (22144) 5:30-6pm (22145) 6-6:30pm (22146) 6:30-7pm (22147) 7-7:30pm (22148)	4:30-5pm (22149) 5-5:30pm (22150) 6-6:30pm (22151) 6:45-7:15pm (22152) 7-7:30pm (22153)	4:30-5pm (22160) 5-5:30pm (22161) 5:30-6pm (22162) 6:30-7pm (22163) 7-7:30pm (22164)	5-5:30pm (22154) 5:30-6pm (22155) 6:15-6:45pm (22156) 6:30-7pm (22157) 6:45-7:15pm (22158) 7-7:30pm (22159)	8:30-9am (22165) 9-9:30am (22166) 9:30-10am (22167) 10:15-10:45am (22168) 10:30-11am (22169) 11:15-11:45am (22170) 12:15-12:45pm (22171) 12:45-1:15pm (22172)	8:30-9am (21861) 9-9:30am (22137) 9:30-10am (22138) 10:15-10:45am (22139) 11:15-11:45am (22140) 12:15-12:45pm (22141) 12:45-1:15pm (22142)
Swimmer 2	4:30-5:15pm (22195) 5:30-6:15pm (22196) 6:15-7pm (22197) 6:45-7:30pm (22198)	4:30-5:15pm (22199) 5:00-5:45pm (22200) 5:45-6:30pm (22201) 6:30-7:15pm (22202) 7:15-8pm (22203)	4:30-5:15pm (22209) 6-6:45pm (22210) 6:15-7pm (22211)	4:30-5:15pm (22204) 5:15-6pm (22205) 6-6:45pm (22206) 6:45-7:30pm (22207) 7:15-8pm (22208)	8:30-9:15am (22212) 9:15-10am (22213) 10-10:45am (22214) 11:15-12pm (22215) 11:45-12:30pm (22216) 12-12:45pm (22217) 12:30-1:15pm (22218)	8:30-9:15am (21862) 9:15-10am (22190) 10-10:45am (22191) 11-11:45am (22192) 11:30-12:15pm (22193) 12:30-1:15pm (22194)
Swimmer 3	5-5:45pm (22175) 5:45-6:30pm (22176)	5:00-5:45pm (22177) 6:15-7:00pm (22178) 7:15-8pm (22179)	5-5:45pm (22183) 6:15-7pm (22184) 6:45-7:30pm (22185)	5-5:45pm (22180) 6-6:45pm (22181) 7:15-8pm (22182)	8:30-9:15am (22186) 10-10:45am (22187) 11:30-12:15pm (22188) 12:30-1:15pm (22189)	8:30-9:15am (21863) 10-10:45am (22173) 12:30-1:15pm (22174)
Swimmer 4	5-5:45pm (22125) 6:45-7:30pm (22126)	5:30-6:15pm (22127) 7:15-8pm (22128)	5-5:45pm (22132) 6:45-7:30pm (22133)	4:30-5:15pm (22129) 5:45-6:30pm (22130) 7:15-8pm (22131)	8:30-9:15am (22134) 11-11:45am (22135) 12-12:45pm (22136)	9-9:45am (21864) 11:45-12:30pm (22124)
Swimmer 5/6	5-6pm (22115) 6:30-7:30pm (22116)	4:30-5:30pm (22117) 6-7pm (22118)	5:15-6:15pm (22120) 6:30-7:30pm (22121)	4:30-5:30pm (22119)	10-11am (22122) 11-12pm (22123)	10-11am (21866) 11-12pm (22114)
Swim Patrol		6:30-8pm (22111)		6:30-8pm (22112)	11:45-1:15pm (22113)	11:45-1:15pm (21860)
Adult - Beginner						8:30-9:30am (21849)
Adult - Intermediate						9:30-10:30am (21850)
SwimAbilities				4:30-5:15pm (21852)		12:30-1:15pm (21851)

Bronze Medallion	22319	Nov.21-Nov.29	Sa/Su	6:00-10:00pm	\$240.00	4 Classes
Bronze Cross (Assistant Lifeguard)	22318	Nov.21-Nov.29	Sa/Su	5:00-10:00pm	\$240.00	4 Classes

Private Swim Lessons can be found on page 44.

LEARN TO SWIM – WINTER SESSION

LEVEL	MONDAYS JAN 11-MAR 15 (9) No lessons Feb.15	TUESDAYS JAN 12-MAR 12 (10)	WEDNESDAYS JAN 13-MAR 17 (10)	THURSDAYS JAN 14-MAR 18 (10)	SATURDAYS JAN 9-MAR 13 (9) No lessons Feb.13	SUNDAYS JAN 10-MAR 14 (9) No lessons Feb.14
P & T 1/2	9:30-10am (22350) 5-5:30pm (22351)	10-10:30am (22321)	9:30-10am (22345) 5-5:30pm (22346)	9:30-10am (22347)	9:30-10am (22348)	9:15-9:45am (22349)
P & T 2/3	9-9:30am (22358) 5:30-6pm (22359)	9:30-10am (22322) 5:30-6pm (22335)	10-10:30am (22352) 5:30-6pm (22353)	10:30-11am (22354) 5:30-6pm (22355)	10-10:30am (22356)	10-10:30am (22357)
Preschool 1	9-9:30am (22383) 10:00-10:30am (22384) 4:30-5pm (22385) 5-5:30pm (22386) 5:30-6pm (22387) 6-6:30pm (22388)	9-9:30am (22323) 4:30-5pm (22336) 5-5:30pm (22337) 5:45-6:15pm (22338) 6:30-7pm (22339)	9:30-10am (22360) 10-10:30am (22361) 4:30-5pm (22362) 5:30-6pm (22363) 5:45-6:15pm (22364)	9-9:30am (22365) 5-5:30pm (22366) 5:15-5:45pm (22367) 5:45-6:15pm (22368) 6:30-7pm (22369) 7-7:30pm (22370)	8:30-9am (22371) 9:15-9:45am (22372) 10-10:30am (22373) 10:30-11am (22374) 11:45-12:15pm (22375) 12:45-1:15pm (22376)	8:30-9am (22377) 9-9:30am (22378) 9:45-10:15am (22379) 10:30-11am (22380) 11:15-11:45am (22381) 12:15-12:45pm (22382)
Preschool 2	9:30-10am (22411) 4:30-5pm (22412) 5-5:30pm (22413) 6-6:30pm (22414)	9-9:30am (22324) 10-10:30am (22340) 4:30-5pm (22341) 5:15-5:45pm (22342) 6:15 - 6:45pm (22343)	9-9:30am (22389) 4:30-5pm (22390) 5-5:30pm (22391) 5:30-6pm (22392) 6-6:30pm (22393)	9-9:30am (22394) 4:30-5pm (22395) 5:15-5:45pm (22396) 6-6:30pm (22397) 6:30-7pm (22398)	8:30-9am (22399) 9:15-9:45am (22400) 9:45-10:15am (22401) 11-11:30am (22402) 11:30-12pm (22403) 12:15-12:45pm (22404)	8:30-9am (22405) 9-9:30am (22406) 11-11:30am (22407) 11:30-12pm (22408) 12:15-12:45pm (22409) 12:45-1:15pm (22410)
Preschool 3	10-10:30am (22437) 4:30-5pm (22438) 5:15-5:45pm (22439) 6:15-6:45pm (22440)	10:30-11am (22325) 10-10:30am (22344) 5-5:30pm (22417) 5:30 - 6pm (22415) 6:45 - 7:15pm (22416)	10:30-11am (22418) 4:30-5pm (22419) 5-5:30pm (22420) 5:30-6:00pm (22421) 6:30-7pm (22422)	9:30-10am (22423) 5-5:30pm (22424) 6:15-6:45pm (22425) 7-7:30pm (22426)	8:30-9am (22427) 9:30-10am (22428) 10:30-11am (22429) 11-11:30am (22430) 12:45-1:15pm (22431)	9:30-10am (22432) 10:30-11am (22433) 11-11:30am (22434) 11:45-12:15pm (22435) 12:45-1:15pm (22436)
Preschool 4/5	5:15 - 5:45pm (22455) 5:45-6:15pm (22456) 6:30-7pm (22457)	5-5:30pm (22326) 6-6:30pm (22441) 6:30-7:00pm (22442)	4:30-5pm (22443) 5-5:30pm (22444) 6:15-6:45pm (22445)	5-5:30pm (22446) 5:45-6:15pm (22447) 7-7:30pm (22448)	9-9:30am (22449) 10:15-10:45am (22450) 12:45-1:15pm (22451)	9-9:30am (22452) 10:15-10:45am (22453) 11:45-12:15pm (22454)
Swimmer 1	4:30-5pm (22486) 5-5:30pm (22487) 5:30-6pm (22488) 6-6:30pm (22489) 6:30-7pm (22490) 7-7:30pm (22491)	4:30-5pm (22330) 5:30-6pm (22458) 6-6:30pm (22459) 7-7:30pm (22460) 7:30-8pm (22461)	5-5:30pm (22462) 5:30-6pm (22463) 6-6:30pm (22464) 6:30-7pm (22465)	4:30-5pm (22466) 5:30-6pm (22467) 6-6:30pm (22468) 6:30-7pm (22469) 7-7:30pm (22470) 7:30-8pm (22471)	8:30-9am (22472) 9-9:30am (22473) 9:30-10am (22474) 10:15-10:45am (22475) 10:30-11am (22476) 11:15-11:45am (22477) 12:15-12:45pm (22478) 12:45-1:15pm (22479)	9-9:30am (22480) 9:30-10am (22481) 10-10:30am (22482) 11:15-11:45am (22483) 12:15-12:45pm (22484) 12:45-1:15pm (22485)
Swimmer 2	4:30-5:15pm (22516) 5:30-6:15pm (22517) 6:15-7pm (22518) 6:45-7:30pm (22519)	4:30-5:15pm (22331) 5:15-6pm (22492) 5:45-6:30pm (22493) 6:45-7:30pm (22494) 7:15-8pm (22495)	5:30 - 6:15pm (22496) 6-6:45pm (22497) 6:15-7pm (22498)	4:30-5:15pm (22499) 5:15-6pm (22500) 6:30 - 7:15pm (22501) 7:15-8pm (22502)	8:30-9:15am (22503) 9:15-10am (22504) 10-10:45am (22505) 11:15-12pm (22506) 11:45-12:30pm (22507) 12-12:45pm (22508) 12:30-1:15pm (22509)	8:30-9:15am (22510) 9:15-10am (22511) 10-10:45am (22512) 11-11:45am (22513) 11:30-12:15pm (22514) 12:30-1:15pm (22515)
Swimmer 3	5-5:45pm (22535) 5:45-6:30pm (22536)	4:30-5:15pm (22332) 6-6:45pm (22520) 7:15-8pm (22521)	4:30 - 5:15pm (22522) 6:15-7pm (22523) 6:45-7:30pm (22524)	5-5:45pm (22525) 6:15-7pm (22526) 7:15-8pm (22527)	8:30-9:15am (22528) 10-10:45am (22529) 11:30-12:15pm (22530) 12:30-1:15pm (22531)	8:30-9:15am (22532) 10-10:45am (22533) 12:30-1:15pm (22534)
Swimmer 4	4:30-5:15pm (22547) 6:45-7:30pm (22548)	5-5:45pm (22333) 6:30-7:15pm (22537)	5-5:45pm (22538) 6:45-7:30pm (22539)	4:30-5:15pm (22540) 5:45-6:30pm (22541)	8:30-9:15am (22542) 11-11:45am (22543) 12-12:45pm (22544)	10-10:45am (22545) 11:45-12:30pm (22546)
Swimmer 5/6	5-6pm (22558) 6:30-7:30pm (22559)	5-6pm (22334) 6-7:00pm (22549)	4:30-5:30pm (22550) 6:30-7:30pm (22551)	4:30-5:30pm (22552) 6-7pm (22553)	9:30-10:30am (22554) 11-12pm (22555)	9-10am (22556) 11-12pm (22557)
Swim Patrol		6:30-8pm (22328)		6:30-8pm (22560)	11:45-1:15pm (22561)	11:45-1:15pm (22562)
Adult - Beginner						8:30-9:30am (22644)
Adult - Intermediate						9:30-10:30am (22645)
SwimAbilities				4:30-5:15pm (22329)		12:30-1:15pm (22563)

Private Swim Lessons can be found on page 44.

LEARN TO SWIM – SPRING BREAK

MONDAY-THURSDAY MAR 22-MAR 25 (4)				
Preschool 1	9-9:45am (22968) 10:15-11am (22969)	5:00-5:45pm (22971) 6-6:45pm (22972)	Swimmer 2	5-6pm (22990) 6-7pm (22991) 7-8pm (22992)
Preschool 2	9:45-10:30am (22973)	5:00-5:45pm (22974) 6:15-7pm (22975)	Swimmer 3	5-6pm (22993) 7-8pm (22994)
Preschool 3	9-9:45am (22976) 10:15-11am (22977)	5:30-6:15pm (22978) 6:30-7:15pm (23493)	Swimmer 4	5:45-6:45pm (22995) 7-8pm (22996)
Preschool 4/5	9-9:45am (22979) 9:30-10:15am (22980)	5:45-6:30pm (22981) 6:45-7:30pm (22982)	Swimmer 5/6	5-6pm (22997) 7-8pm (22998)
Swimmer 1	9-9:45am (22983) 9:45-10:30am (22984) 10:15-11am (22985)	5:00-5:45pm (22986) 5:45-6:30pm (22987) 6:45-7:30pm (22988) 7:15-8pm (22989)	Swim Patrol	5:30-7pm (22999)

Private Swim Lessons can be found on page 44.



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

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



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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**

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South Fish Creek Rec Complex

333 Shawville Blvd SE **403.225.0210**

Trico Centre

11150 Bonaventure Drive SE **403.278.5311**

Walden

130, 19606 Walden Blvd **587.356.4327**

PRIVATE LESSONS – FALL #1 SESSION

MONDAYS SEPT 14-OCT 26 (6) No lessons Oct. 12	TUESDAYS SEPT 15-OCT 27 (7)	WEDNESDAYS SEPT 16-OCT 28 (7)	THURSDAYS SEPT 17-OCT 29 (7)	SATURDAYS SEPT 12-OCT 31 (7) No lessons Oct. 10	SUNDAYS SEPT 13-OCT 25 (6) No lessons Oct. 11
10-10:30am (21988) 10:30-11am (21989) 4:30-5pm (21990) 4:30-5pm (21991) 5:45-6:15pm (21992) 6-6:30pm (21993) 6:15-6:45pm (21994) 6:30-7pm (21995) 6:30-7pm (21996) 7-7:30pm (21997) 7-7:30pm (21998) 7-7:30pm (21999) 7-7:30pm (22000)	9:30-10am (21653) 10:30-11am (21922) 4:30-5pm (21923) 4:30-5pm (21924) 5:30-6pm (21925) 5:45-6:15pm (21926) 6:15-6:45pm (21927) 6:30-7pm (21928) 6:45-7:15pm (21929) 7-7:30pm (21930) 7:30-8pm (21931) 7:30-8pm (21932) 7:30-8pm (21933) 7:30-8pm (21934)	9-9:30am (21935) 10-10:30am (21936) 10:30-11am (21937) 4:30-5pm (21938) 4:30-5pm (21939) 5-5:30pm (21940) 5:30-6pm (21941) 5:45-6:15pm (21942) 6-6:30pm (21943) 6-6:30pm (21944) 7-7:30pm (21945) 7-7:30pm (21946)	10:30-11am (21947) 4:30-5pm (21948) 4:30-5pm (21949) 5:30-6pm (21950) 6-6:30pm (21951) 6-6:30pm (21952) 6:30-7pm (21953) 6:45-7:15pm (21954) 7:30-8pm (21955) 7:30-8pm (21956) 7:30-8pm (21957) 7:30-8pm (21958)	8:30-9am (21959) 8:30-9am (21960) 9-9:30am (21961) 9-9:30am (21962) 9:30-10am (21963) 9:30-10am (21964) 9:45-10:15am (21965) 10-10:30am (21966) 11:15-11:45am (21967) 11:15-11:45am (21968) 11:45-12:15pm (21969) 12-12:30pm (21970) 12:15-12:45pm (21971) 12:45-1:15pm (21972)	8:30-9am (21973) 8:30-9am (21974) 9-9:30am (21975) 9:15-9:45am (21976) 9:45-10:15am (21977) 10-10:30am (21978) 10:30-11am (21979) 11:15-11:45am (21980) 11:15-11:45am (21981) 11:45-12:15pm (21982) 12-12:30pm (21983) 12-12:30pm (21984) 12:15-12:45pm (21985) 12:45-1:15pm (21986) 12:45-1:15pm (21987)

PRIVATE LESSONS – FALL #2 SESSION

MONDAYS NOV 2-DEC 14 (7)	TUESDAYS NOV 3-DEC 15 (7)	WEDNESDAYS NOV 4-DEC 16 (6) No lessons Nov. 11	THURSDAYS NOV 5-DEC 17 (7)	SATURDAYS NOV 7-DEC 12 (6)	SUNDAYS NOV 1-DEC 13 (7)
10-10:30am (22233) 10:30-11am (22234) 4:30-5pm (22235) 4:30-5pm (22236) 5:45-6:15pm (22237) 6-6:30pm (22238) 6:15-6:45pm (22239) 6:30-7pm (22240) 6:30-7pm (22241) 7-7:30pm (22242) 7-7:30pm (22243) 7-7:30pm (22244) 7-7:30pm (22245)	9:30-10am (22246) 10:30-11am (22247) 4:30-5pm (22248) 4:30-5pm (22249) 5:30-6pm (22250) 5:45-6:15pm (22251) 6:15-6:45pm (22252) 6:30-7pm (22253) 6:45-7:15pm (22254) 7-7:30pm (22255) 7-7:30pm (22256) 7:30-8pm (22257) 7:30-8pm (22258) 7:30-8pm (22259)	9-9:30am (22272) 10-10:30am (22273) 10:30-11am (22274) 4:30-5pm (22275) 4:30-5pm (22276) 5-5:30pm (22277) 5:30-6pm (22278) 5:45-6:15pm (22279) 6-6:30pm (22280) 6-6:30pm (22281) 7-7:30pm (22282) 7-7:30pm (22283)	10:30-11am (22260) 4:30-5pm (22261) 4:30-5pm (22262) 5:30-6pm (22263) 6-6:30pm (22264) 6-6:30pm (22265) 6:30-7pm (22266) 6:45-7:15pm (22267) 7:30-8pm (22268) 7:30-8pm (22269) 7:30-8pm (22270) 7:30-8pm (22271)	8:30-9am (22284) 8:30-9am (22285) 9-9:30am (22286) 9-9:30am (22287) 9:30-10am (22288) 9:30-10am (22289) 9:45-10:15am (22290) 10-10:30am (22291) 11:15-11:45am (22292) 11:15-11:45am (22293) 11:45-12:15pm (22294) 12-12:30pm (22295) 12:15-12:45pm (22296) 12:45-1:15pm (22297)	8:30-9am (21859) 8:30-9am (22219) 9-9:30am (22220) 9:15-9:45 (22221) 9:45-10:15 (22222) 10-10:30am (22223) 10:30-11am (22224) 11:15-11:45am (22225) 11:15-11:45am (22226) 11:45-12:15pm (22227) 12-12:30pm (22229) 12-12:30pm (22228) 12:15-12:45pm (22230) 12:45-1:15pm (22231) 12:45-1:15pm (22232)

PRIVATE LESSONS – WINTER SESSIONS

MONDAYS JAN 11-MAR 15 (9) No lessons Feb. 15	TUESDAYS JAN 12-MAR 12 (10)	WEDNESDAYS JAN 13-MAR 17 (10)	THURSDAYS JAN 14-MAR 18 (10)	SATURDAYS JAN 9-MAR 13 (9) No lessons Feb. 13	SUNDAYS JAN 10-MAR 14 (9) No lessons Feb. 14
10:30-11am (22631) 10:30-11am (22632) 4:30-5pm (22633) 4:30-5pm (22634) 5:45-6:15pm (22635) 6-6:30pm (22636) 6:15-6:45pm (22637) 6:30-7pm (22638) 6:30-7pm (22639) 7-7:30pm (22640) 7-7:30pm (22641) 7-7:30pm (22642) 7-7:30pm (22643)	9:30-10am (22327) 10:30-11am (22564) 4:30-5pm (22565) 4:30-5pm (22566) 5-5:30pm (22567) 5:30-6pm (22568) 6-6:30pm (22569) 6:30-7pm (22570) 6-6:30pm (22571) 7-7:30pm (22572) 7:30-8pm (22573) 7:30-8pm (22574) 7:30-8pm (22575) 7:30-8pm (22576)	9-9:30am (22577) 10:30-11am (22578) 4:30-5pm (22579) 4:30-5pm (22580) 5:15-5:45pm (22581) 5:45-6:15pm (22582) 6-6:30pm (22583) 6-6:30pm (22584) 6:30-7pm (22585) 7-7:30pm (22586) 7-7:30pm (22587) 7-7:30pm (22588)	10:30-11am (22589) 4:30-5pm (22590) 4:30-5pm (22591) 5:30-6pm (22592) 5:30-6pm (22593) 6-6:30pm (22594) 6-6:30pm (22595) 6:45-7:15pm (22596) 7-7:30pm (22597) 7:30-8pm (22598) 7:30-8pm (22599) 7:30-8pm (22600) 7:30-8pm (22601)	8:30-9am (22602) 9-9:30am (22603) 9-9:30am (22604) 9-9:30am (22605) 9:30-10am (22606) 9:45-10:15am (22607) 10-10:30am (22608) 10:30-11am (22609) 11:15-11:45am (22610) 11:15-11:45am (22611) 11:45-12:15pm (22612) 12-12:30pm (22613) 12:15-12:45pm (22614) 12:45-1:15pm (22615)	8:30-9am (22616) 8:30-9am (22617) 8:30-9am (22618) 9:30-10am (22619) 9:30-10am (22620) 10-10:30am (22621) 10:30-11am (22622) 10:30-11am (22623) 11:15-11:45am (22624) 11:15-11:45am (22625) 11:45-12:15pm (22626) 12-12:30pm (22627) 12-12:30pm (22628) 12:15-12:45pm (22629) 12:45-1:15pm (22630)

PRIVATE LESSONS – SPRING BREAK

MONDAY-THURSDAY MAR 22-MAR 25 (4)			
9:00-9:30am (23002) 9:00-9:30am (23003) 9:30-10:15am (23000) 9:45-10:15am (23004) 9:45-10:15am (23005)	10:30-11am (23007) 10:30-11am (23006) 10:15-11am (23001)	5:00-5:30pm (23008) 5:00-5:30pm (23009) 6-6:30pm (23010) 6:30-7pm (23011) 6:30-7pm (23012)	7-7:30pm (23013) 7:30-8pm (23014) 7:30-8pm (23015) 7:30-8pm (23016)



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