

# Trico Centre Information for Community Bulletin Boards, Community Association Board Meetings, Community Association Websites

February - April 2019

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. At Trico Centre, you can work out in the fitness centre, use the gymnasium, swim, or skate, plus we have fun, active programs for all ages. Check the Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca) for more information on any of the activities and events listed below. Check the Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca) for more details.

## 2019 Spring/Summer Programs

### Spring/Summer 2019 Guide

Registration is will begin March 13, 2019 for Spring/Summer Programs. Our program guide is available on our new website at <https://tricocentre.ca/online-registration/program-guide> . New programs will be live on our website February 22, 2019.



**TRICO CENTRE**  
FOR FAMILY WELLNESS



Spring & Summer 2019  
Program Guide

April 19 - August 31

**REGISTRATION OPENS**

March 11 & 12 (members)  
March 13 (public)

VISIT OUR NEW WEBSITE  
Register Online: [www.tricocentre.ca](http://www.tricocentre.ca)

11150 Bonaventure Dr SE | 403-278-7542 |

### Adults and Older Adults

- Fitness - Fall Programs for Adults include classes like Barre Total Body, Cardio Dance, Personal Training, Small Group Training, Certifications (i.e. CPR), and more.
- Older Adults – Balance Builders: Fall Prevention Program (65+), Cooking for Health & Well -Being, Chair Yoga, and more.
- Wellness Workshop include Myofascial Release and a new Thai Massage Playshop!
- Drop in fitness includes spin, Zumba, yoga and more.

## Parents & Tots (16 months to 4 years)

- Fitness – Mommy & Me Fitness, Mommy & Me Barre, Stroller Fit, and more.
- Aquatics – Mommy & Me Aquafit, parent & tot swimming lessons, preschool (3-5 years) swimming lessons, and more.
- Fun programs – Busy Bodies, Messy Masterpiece, Dance with Me, Gym Babies, Mini Movers, Sportball, Zubmbini, and more.

## Preschooler (3 to 6 years)

- ABC – 123, Next Steps, Energy Busters, Funky Friday, Kangaroos and Crocodiles, Trico Active Kids, Ballet/Jazz Combo, Creation Kids, Gotta Dance, Little Ballerina, Young Rembrandts, Bricks 4 Kidz, Discovery time, Natures Wonders, Junior Gymnastics, Kinder Gymnastics, Rhythmic Gymnastics, Kinder Karate, Mini Hoops, Pee Wee Floor Hockey, Sportarama, Sportball Multi Sport, and more.

## Children & Youth (6 to 14 years)

- HIT the Gym, Circus Arts, DANCEPL3Y Kids, Hip Hop, Young Rembrandts, Young Rembrandts Cartooning, Brick 4 Kidz Early Engineers, Brick 4 Kidz Future Programmers, The Etiquette Factory, Just for Girls, Karate, Rhythmic Gymnastics, Badminton Club, Basketball, Dodgeball, Floor Hockey, First Serve Tennis, Sportball Multi Sport, Sportball: Basketball & Ball Hockey, Yogart, Yogart for Teens, Resistance Training, and more.

## Skating Programs

- Learn to Skate for all ages.
- Specialty skating programs including Intro to Hockey (4-5 yrs, 6-8 yrs, 8-12 yrs), Intro to Hockey Adult & Child (4 yrs +), Power Skating (7-12 yrs).



**LEARN TO SKATE** For all ages, from tots - to adults.  
See our program guide for more information.

## Swimming Programs

- Swimming lessons all ages.
- SwimAbilities program designed for children with special needs.
- Now offering Bronze Star, and Bronze Medallion at Trico Centre! These classes are the stepping stones to all further certifications, including Lifeguard, and Swim Instructor.



**SWIMABILITIES**  
A program for children ages 3 - 16 with special needs.  
CALL GUEST SERVICES OR GO TO [WWW.TRICOCENTRE.CA](http://WWW.TRICOCENTRE.CA) TO REGISTER

**TRICO CENTRE**  
FOR FAMILY WELLNESS

**SwimAbilities®**  
Learn to Swim Program for Children with Special Needs

The advertisement features a light blue background with the program name in large, bold, dark blue letters. Below the name is a subtitle and a call to action. The Trico Centre logo is positioned at the bottom left. On the right side, there are three circular inset photos showing children and adults in a swimming pool, with the program name and tagline above them.

## Wellness Workshops

Myofascial Stretch & Release, Yoga for Chest & Shoulders, Yoga for Golfers, Yoga for back Pain, and more.

## Childcare

**Kids Korner** – With over 35 years of experience, Trico Centre has a great reputation upheld by a strong team of nurturing and qualified staff. Children aged 2 ½ years and up will enjoy our Big Kid Room, morning crafts, story time games, active time, and free play. Maximum length of stay is 2 hours. Regular Hours Monday to Friday, 8:30am – 3:30pm. Must pre-book for extended hours. Purchase a Kids Korner continuous pass for members and save. Call 587-393-9551.

**Out of School Childcare (OSC)** – Trico offers an accredited and licensed program for children Grades 1 – 6. Includes weekly gym activities, physical literacy, fundamental movement skills, daily crafts, swimming, skating, and monthly field trip with our 72 passenger bus, Programs run September to June. Contact [outofschoolcare@tricocentre.ca](mailto:outofschoolcare@tricocentre.ca) or General Inquiries: 403-225-5553

## Upcoming Events

**Nerf Wars is back at Trico Centre!** - Join us on Saturdays from 6:30 - 7:15pm AND 7:30 - 8:15pm for action packed fun in our gymnasium. We supply the Nerf bullets, you can bring your own Nerf gun, and eye protection, or borrow ours! Admission is included in your membership at Trico Centre, or pay a Drop-In fee!



**Super Soaker Wars!** - Super Soaker Wars is back at Trico Centre! Join us on Saturday evenings from 6-8pm for Super Soaker Wars! Bring your own Super Soaker (no backpack style please!) and come to our pool between 6-8pm for some super soaker fun. Come splash with us!



## Drop-In Playtime

Join us Tuesday and Friday mornings to play in our gymnasium with a variety of active equipment appropriate for ages walking - 6 years. This is a parented activity while our facilitator is there to encourage play and ensure safety of all participants.

Visit Guest Services for your entry wristband: \$3.00/participating child, FREE with your Family or Child membership



## Spring break Day Camps - March 25-29, 2019

Games, arts & crafts, indoor and outdoor activities, and a dip in the wave pool! Half day (9:00am-12:00pm or 1:00pm-4:00pm) or full-day (9:00am-4:00pm) camps available! Children ages 6 – 12 years.

**Daily Camp Fees:** All of our daily camp fees are as follows:

**Members-**       ½ day - \$17.20  
                          Full day- \$34.45

**Non-Members-** ½ day - \$21.50  
                          Full day- \$43.00

**Spring break Swimming lessons – March 25-29, 2019. See page 28 in program guide or website for more information.**

## Summer Day Camps - July and August 2019

- Preschool: Animal Adventures, Aqua Squirts, Backyard Fun, Crafty Kids N’ Swim, Dino Dig, Disney, Kinder Dance, Squishy Squashy Science and more!
- Youth: Babysitter & Leadership, Comic Camp, Discover YYC, Fun Seekers, Harry Potter, Imaginarium, Mega sports, Outdoor Adventures, Trico’s Got Talent and more!

## Be a Member of our Family - Benefits

Affordable membership gives you full access to fitness centre, over 70 drop-in classes, 20% off all registered classes and personal training, an aquatics centre with wave pool, slide, hot tub and steam room, two NHL sized arenas hosting shinny hockey, stick and puck, leisure skating, and drop-in gymnasium activities.



*Above images can be used for your community association website, newsletters and/or social media platform.*

*Simply copy and paste the images in this document.*

*If you require more information and questions about images, please contact:*

**Marketing Coordinator**

**Amber Shevchenko**

**403-225-5565**

**[ashevchenko@tricocentre.ca](mailto:ashevchenko@tricocentre.ca)**