

# FAMILY PROGRAMS

Trico Centre is committed to your family's wellness. We are offering several new fitness-focused classes for children and youth or that you can enjoy as a family.

## PARENT & TOT FITNESS Squats and Tots

This class covers it all, from strength to cardio to core and much more. Come meet other Moms looking to get some exercise and bring your tots (up to 4 yrs) with you!

**Monday** 1 – 2pm

January 16 – February 27 (6 classes)  
(no class Feb 20)

March 5 – April 23 (7 classes)  
(no class March 26)

**Wednesday** 1 – 2pm

January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)

(no class March 28)

M: \$67.20 (6 classes) \$84 (6 classes)

NM: \$78.40 (7 classes) NM: \$98 (7 classes)

## Salsa Tots (18 months – 5 yrs)

This parent and tot program is designed for older babies and tots who have outgrown a carrier and are ready to dance on their own two feet! Salsa Tots combines movement and play with lively Latin rhythms. Dance to Flamenco Flamingo, sing to Seista Fiesta, play to the Mexican Hat Dance and learn basic Spanish vocabulary.

**Tuesday** 4:45 – 5:30pm

January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)

(no class March 27)

Fee: \$126 **No member discounts.**

## Salsa Babies – Latin Beat for Tiny Feet

Dance back into shape with the best little partner of all – your baby! With the little ones snuggled into baby carriers, new Moms learn basic steps to popular Latin dances, while babies shake maracas and bounce along to the Salsa beat. Minimum age for babies is 6-8 weeks.

**Tuesday** 1 – 1:45pm

January 17 – February 28 (7 classes)  
March 6 – April 24 (8 classes)

(no class March 27)

Fee: \$126 (7 classes) \$144 (8 classes)

**No member discounts.**

These two classes offered in our facility by "Salsa Babies" with instructor Michelle Paradis. **No member discounts.**



## Parent & Child Karate (6+ yrs)

A recreational introduction to the basic techniques of karate. The class is taught in a safe and positive environment by a qualified karate instructor, with a focus on self-discipline.

**Saturdays** 10 – 11am

January 14 – March 24 (10 classes)  
(no class February 18)

M: \$112 NM: \$140 (Includes 1 parent & 1 child.) Additional child or parent \$30

## Parent & Child Tae Kwon Do (6+ yrs)

A recreational introduction to the basic techniques of Tae Kwon Do. The class focuses on self-discipline and is taught in a safe, positive environment by a qualified instructor.

**Tuesday** 6:15 – 7:15pm

January 17 – April 24 (14 classes)

(No class March 27)

M: \$144 NM: \$180 (Includes 1 parent & 1 child.) Additional child or parent \$30

## CHILDREN/YOUTH FITNESS

### New Children's Tang Soo Do Karate (3 – 5 yrs)

This class introduces the traditional art of Tang Soo Do Karate. Students will learn the basic kicks, strikes and blocks along with drills and skills for self-protection.

**Monday** 5:30 – 6:30pm

January 16 – February 27 (6 classes)  
(no class February 20)

March 5 – April 23 (7 classes)

**Thursday** 5 – 6pm

(no class March 26)

January 19 – March 1 (no class Feb 16)

March 8 – April 26 (no class March 29)

**Saturdays** 2:15 – 3:15pm (10 classes)

January 14 – March 24

(no class February 18)

M: \$72 (6 classes) \$84 (7 classes)

\$120 (10 classes)

NM \$90 (6 classes) \$105 (7 classes)

\$150 (10 classes)

### New Little Kickers Karate (4 – 5 yrs)

This class introduces the basic techniques of martial arts while building balance, motor skills, and focus through drills that are energetic and fun.

**Monday** 1:15 – 2pm

January 16 – February 27 (6 classes)  
(no class February 20)

March 5 – April 23 (7 classes)

(no class March 20)

**Saturday** 2:15 – 3:15pm (10 classes)

January 14 – March 24

(no class February 18)

M: \$72 (6 classes) \$84 (7 classes)

\$120 (10 classes) NM: \$90 (6 classes)

\$105 (7 classes) \$150 (10 classes)

## Karate (6–17 yrs)

Trico Centre is proud to be offering recreational karate, which focuses on integrating self-discipline and self-motivation.

**Saturday** 11am – 12pm

January 14 – March 24 (10 classes)  
(no class Feb 18)

M: \$100 NM: \$125

## FAMILY FITNESS

### New Family Tang Soo Do Karate 10+ yrs

An introduction to the traditional art of Tang Soo Do Karate. Family members learn basic techniques, skill-building exercises, and drills for self-protection.

**Mondays** 6:30 – 7:30pm

January 16 – February 27 (6 classes)  
(no class February 20)

March 5 – April 23 (7 classes)

(No class March 12)

**Thursday** 6 – 7pm

January 19 – March 1 (no class Feb 16)

March 8 – April 26 (no class March 29)

**Saturday** 3:15 – 4:15 (10 classes)

January 14 – March 24

(No class February 18)

M: \$72 (6 classes) \$84 (7 classes)

\$120 (10 classes)

NM: \$90 (6 classes) \$105 (7 classes)

\$150 (10 classes)

### Family Tree Yoga (12+ yrs)

Relax and release your muscles as a family. This class will let your family release tension in a positive environment.

**Sunday** 1 – 2pm

January 15 – March 25 (10 classes)

(no class Feb 19)

M: \$112 (10 classes)

NM: \$140 (10 classes)



# HOW TO REGISTER

## Member Registration: December 1 • Public Registration: December 2 and ongoing

### Registration Options

**By phone:** 403-278-7542  
**In Person:** Drop in to Guest Services

### Notes

GST is added to memberships and programs, except for children's programs which are GST exempt. Prices quoted in this brochure for programs or membership do not include GST.

M = Members NM = Non-Members

### Payment

Full payment must accompany registration. We accept cash, debit, cheque\*, Mastercard, VISA, and American Express.

\*a \$25 service fee will be charged on NSF payments



### Program Registration Policy

All programs are subject to being combined and/or cancelled, pending adequate registration. Every effort will be made to transfer to a suitable alternate program. If not possible, a full refund will be issued within two weeks or you may choose to leave a credit on your account to be applied to a future program (credit must be used within three months.)

### Why do programs get cancelled?

Sometimes excellent classes with super instructors will be cancelled or combined if registration is too low. Our staff make this decision about one week prior to the course start date, so register early to avoid disappointment.

### Refunds

All refund requests under \$5 will be credited to your account. Refunds for more than \$5 will be issued only for the reasons listed below. If refund request is received less than 5 days prior to course start date, a \$20 + GST admin fee will be charged however, this admin fee will be waived if you choose to leave the refund as a credit on your account (credit must be used within 3 months.) 1) Medical reason that occurs prior to start of program; applies to participant only and supported by a doctor's note; 2) Out of town relocation; 3) Death in the family.



### Missed Classes

In the event that a participant is unable to attend a class, makeup class(es) will not be offered.

### Transfers

Transfer requests from one program to another are permitted during the same session, must be 5 days prior to course start date and if transfer results in a higher fee, extra fee must be paid at time of transfer.

### Taking Photographs

The use of cell phones or any device designed to take photographs, is prohibited in all changeroom and washroom facility areas. The use of video cameras, cameras or other photographic devices in any Trico Center facility is prohibited except with permission from staff before start of filming. – this is for the safety and security of all children.



### We think you're picture perfect

We're proud of our programs and we like to show it. We may have photographers visiting our programs at different times looking for the picture perfect you. These photos are used to promote our services. Photographers must get both verbal and written permission from you before taking your or your child's picture. If you object to having you or your child's picture taken, please let our photographers or staff know. They will be happy to comply.

### Security System

Trico Centre has a Security System and Video Surveillance measures in our facility to act as a deterrent for criminal activity and to maintain a safe and secure facility. Signage is posted in areas where surveillance is or may be in operation.

### Participant Risk Acknowledgement and Information

As a condition of participation in this program, the participant does so at his/her own risk and the facility will not be liable for any loss, damage or injury in conjunction with such participation. The participants or parent/guardian of the participant agrees to pay for any ambulance services required and authorizes the facility to send the participant directly to the hospital by ambulance at their discretion. All participants with a disability, allergy, and/or medical condition which may affect their participation in a program, must inform our staff at time of registration.

**Parent and Tot programs help children develop physical and social skills - and they are lots of fun. Plus they are a great opportunity to connect with other families in our community.**

## Busy Bodies (2 – 3yrs with parent)

Arts & crafts, games, stories, active games and songs will help your toddler develop a sense of body awareness and gross motor skills.

**Monday** 9:15am – 10:15am  
January 16 – February 27 (6 classes)  
(no class Feb 20)  
March 5 – April 23 (7 classes)  
(no class March 26)

**Thursday** 10:15 – 1:15am  
January 19 – March 1 (6 classes)  
(no class Feb 16)  
March 8 – April 26 (7 classes)  
(no class March 29)  
M: \$52 (6 classes) \$60 (7 classes)  
NM: \$64 (6 classes) \$74 (7 classes)

## NEW Kids in Motion (2 – 3 yrs with parent)

An introduction to sports: floor hockey, soccer, basketball and others to enhance movement, coordination, social interaction and develop gross motor skills through free play.

**Monday** 9 – 9:45am  
January 16 – February 27 (6 classes)  
(no class Feb 20)  
March 5 – April 23 (7 classes)  
(no class March 26)  
**Thursday** 9 – 9:45am  
January 19 – March 1 (6 classes)  
(no class Feb 16)  
March 8 – April 26 (7 classes)  
(no class March 29)  
M: \$48 (6 classes) \$56 (7 classes)  
NM: \$60 (6 classes) \$70 (7 classes)

## New Mini Movers (Walking – 24 months)

Come on out and get “moving” with your toddler. This active class is designed to encourage fun-filled parent and tot play through movement, games, songs, stories and musical instruments.

**Tuesdays** 9:30 – 10:15am  
January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)  
(no class March 27)  
M: \$56 NM: \$70

## Messy Masterpieces (2 – 3 yrs with parent)

Let's get messy! Play with finger paints, watercolor, glue, play dough and glitter. Please wear old clothes, as we are sure to make a mess.

**Wednesday** 9:15 – 10am  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)  
M: \$56 NM: \$70

## Junior Sportball (16 – 24 months with parent)

This 45-minute program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more! Although these programs focus more on exploration, children will be introduced to a different sport each week.

**Wednesday** 10:15 – 11am  
January 11 – February 15 (6 classes)  
February 22 – March 21 (5 classes)  
**Thursday** 4:30 – 5:15pm  
January 12 – February 16 (6 classes)  
February 23 – March 22 (5 classes)  
**Saturday** 11 – 11:45am  
January 14 – February 11 (5 classes)  
February 25 – March 24 (5 classes)  
Fee: \$100 (5 classes) \$120 (6 classes)  
**No Member discounts** [www.sportball.ca](http://www.sportball.ca)

## Parent & Tot Sportball (2 – 3 yrs with parent)

Parents can have a direct hand in a preschoolers development through 8 different ball sports. Parent and tot classes teach children important introductory physical skills and help them develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes.

**Wednesday** 11 – 12am  
January 11 - February 15 (6 classes)  
February 22 – March 21 (5 classes)  
**Thursday** 5:15 – 6:15pm  
January 12 – February 16 (6 classes)  
February 23 – March 22 (5 classes)  
**Saturday** 12 – 1pm  
January 14 – February 11 (5 classes)  
February 25 – March 24 (5 classes)  
Fee: \$100 (5 classes) \$120 (6 classes)  
**No member discounts** [www.sportball.ca](http://www.sportball.ca)  
These classes are taught in our facility by Sportball Canada. No member discounts.

**Preschool programs facilitate an active and healthy option for preschoolers while promoting social, physical, emotional and cognitive development.**

## Kangaroos and Krocodiles (3 – 5 yrs)

Get ready, get wet.... go!. Starts in the gym with games, sports, songs and tons of fun and followed with a swimming lesson (instructor takes them to the pool). Parents must pick children up on deck after the swim lesson. The swim lesson is geared to our Preschool 1, 2 and 3 programs. Please register your child in the appropriate swim level. Parents must pick up children on deck at the end of swim lesson.

**Monday** 1 – 2:30pm  
(swim lesson 2 – 2:30 pm)  
January 16 – February 27 (6 classes)  
(no Class Feb 20)  
March 5 – April 23 (7 classes)  
(no class March 26)  
**Wednesday** 9:15 – 10:45am  
(swim lesson 10:15 – 10:45am)  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)  
M: \$75 (6 classes) \$88 (7 classes)  
NM: \$93 (6 classes) \$109 (7 classes)

## Trico Active Kids (3 – 5 yrs)

Are you looking for a program loaded with fun and activities? Your child will participate hear stories, make crafts and participate in sports and games in the gym, swim in the pool , and come home tired and happy.

**Tuesday** 1 – 3:30pm  
January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)  
(no class March 27)  
**Wednesday** 1 – 3:30pm  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)  
**Thursday** 9 – 11:30am  
January 19 – February 23 (6 classes)  
March 1 – April 26 (8 classes)  
(no class March 29)  
M: \$76 (6 classes) \$89 (7 classes)  
\$101 (8 classes)  
NM: \$95 (6 classes) \$111 (7 classes)  
\$126 (8 classes)



# PRESCHOOL PROGRAMS

3 - 5 years Active Preschoolers

## New Sportarama (3 – 4yrs)

Sports, sports and more sports! This class will introduce your child to the wide world of sports through fun games and activities with a brand new sport introduced weekly. Other active games may also be included.

**Friday** 11:15 – 12pm

January 20 – March 16 (8 classes)  
(no class Feb 17)

M: \$64 NM: \$80

## New Soccer Tykes (4 – 5 yrs)

Your little soccer star will love this introductory class to basic soccer skills. Children will learn to kick, pass, and dribble and trap the ball. Each class will end with a scrimmage, enhancing your child's gross motor skills.

**Wednesday** 10:45 – 11:30am

January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)

**Friday** 10:15 – 11am

January 20 – March 16 (8 classes)  
(no class Feb 17)

M: \$56 (7 classes) \$64 (8 classes)  
NM: \$70 (7 classes) \$80 (8 classes)

## Shakers and Movers (3 – 5yrs)

Hop aboard for a new adventure each day! This exciting program offers young children weekly theme-based activities with an emphasis on gross motor skills and socialization. Activities include crafts, stories, songs and lots of active, fun-filled games in our gymnasium.

**Monday** 10:30 – 12pm

January 16 – February 27 (6 classes)  
(no class Feb 20)

March 5 – April 23 (7 classes)  
(no class March 26)

**Tuesday** 10:30 – 12pm

January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)  
(no class March 27)

M: \$58 (6 classes) \$68 (7 classes)  
NM: \$72 (6 classes) \$84 (7 classes)

## Music Masters (4 – 5 yrs)

Does your child enjoy music? Let them experience this fun-filled class that will explore music through a variety of mediums. Weekly children will create their own musical instruments, sing songs and read stories.

**Wednesday** 10:30 – 11:30am

January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)

M: \$60 NM: \$74

## Pee Wee Floor Hockey (4-5 yrs)

Shoot, pass, score! Children will develop the basic skills of floor hockey while learning the concepts of teamwork and fair play.

**Thursday** 1:15 – 2pm

January 19 – February 23 (6 classes)(no class February 16)

March 1 – April 26 (8 classes) (no class March 26)

**Friday** 9:15 – 10am

January 20 – March 16 (8 classes)  
(no class Feb 17)

**Saturday** 9:15-10am

January 14 – March 24 (10 classes)  
(no class Feb 18)

M: \$48 (6 classes) \$64 (8 classes)  
\$80 (10 classes)

NM: \$60 (6 classes) \$80 (8 classes)  
\$100 (10 classes)

## On My Own (3 – 4yrs)

This class is specially designed for the confident child starting to attend classes on their own and join our experienced teacher for songs, rhymes, stories and art and craft masterpieces to take home and finish off with fun games.

**Tuesday** 1:15 – 2:15pm

January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)

(no class March 27)

M: \$60 NM: \$74

## Drop-In Parent & Tot Playtime (2 – 6 yrs)

Would you like time to socialize with friends while children play? We will provide the equipment and the instructor in our gymnasium. Maximum 30 participants.

**Tuesday** 9:30 – 11am

January 10 – April 24

**M: included in Membership**

NM: \$5parent/\$1 per child per day

## Kinder Karate (4-6 yrs)

A beginner recreational introduction to karate for children ages 4-6 yrs, which focuses on self-discipline. A qualified karate instructor teaches skills in a safe and positive environment.

**Saturday** 9:15 – 10am

January 14 – March 24 (10 classes)  
(no class Feb 18)

M: \$96 NM: \$120



## Multi Sport (3 – 5 yrs)

Sportball is a dynamic sports program focusing on skill development in 8 different sports: floor hockey, baseball, basketball, soccer, football, tennis, volleyball and golf. This creative, non-competitive and self-esteem building program prepares all children for a future of confident sports participation.

**Wednesday** 5:15 – 6:15pm

January 11 - February 15 (6 classes)  
February 22 – March 21 (5 classes)

**Saturday** 1 – 2pm

January 14 – February 11 (5 classes)  
February 25 – March 24 (5 classes)

Fee : \$100 (5 classes) \$120 (6 classes)

**No member discounts.** [www.sportball.ca](http://www.sportball.ca)

**These classes are taught in our facility by Sportball Canada. No member discounts**

## Fabulous Fridays (3-5 yrs)

Need some quiet time to get your errands done? Try out this fun filled drop-in program that incorporates a different theme each week, explored through games, songs, crafts, equipment play, creative movement and other fun activities. This program is designed for preschoolers that do not need the security of an adult with them. Please bring a small nutritious snack, water bottle and indoor runners each week. Parents must fill out an information sheet and do not have to remain in the building. Register early as limited spaces are available and bring your receipt along as you need to give it to the instructor. Location: Multi-purpose Room #2

**Friday** 1 – 3:30pm

January 13 – March 16 (no class Feb 17)  
M : \$15 per day NM : \$19 per day  
(pre-registration is recommended as limited spaces are available)

## First Steps (2.5 – 3 yrs non-parented)

This class is designed for the confident 2.5 year old who is seeking independence and is comfortable being away from mom. This class offers an entry level program that will encourage activities to promote socialization, physical, language and emotional development, through games, stories, circle time, crafts and gym time. Give your child the "First Steps" in preparing for Preschool.

**Friday** 9 – 11am

January 20 – March 16 (8 classes)  
(no class Feb 17)

M: \$106 NM: \$132

# GYMNASTICS

## Gymnastics

Why register your child in gymnastics? The skills learned in Trico gymnastics cover gross motor development skills required as a basis for all sports, including the development of strength, flexibility, agility, coordination, and balance.

### Gym Babies (Walking – 24 mths plus parent)

This is an energetic, fun-filled class for the toddler with lots of energy. Learning will be through play using various equipment (balls, hoops, and bean bags), music and gymnastics equipment (low beam, mats mini trampoline, vaults).

**Thursday** 9:15 – 10am  
January 19 – March 1 (6 classes)  
(no class Feb 16)

March 8 – April 26 (7 classes)  
(no class March 29)

M: \$51 (6 classes) \$59 (7 classes)  
NM: \$63 (6 classes) \$74 (7 classes)

### Gym Tots (2 – 3 yrs plus parent)

Join us with your preschooler for a fun, interactive and creative gymnastics program designed to develop your child's gross motor skills. A variety of gymnastics and play equipment are utilized to make this program exciting.

**Wednesday** 1 – 1:45pm  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)

**Thursday** 10 – 10:45am  
January 19 – March 1 (6 classes)  
(no class Feb 16)  
March 8 – April 26 (7 classes)  
(no class March 29)

**Saturday** 9 – 9:45am  
January 14 – March 24 (10 classes)  
(no class Feb 18)  
M: \$52 (6 classes) \$60 (7 classes)  
\$84 (10 classes)  
NM: \$64 (6 classes) \$74 (7 classes)  
\$105 (10 classes)

### Kinder Gym Kids (4 – 5 yrs)

This introductory program is a continuation of the fundamentals learned in the Gym Tots program. Kinder Gym Kids combines skills involving height, flight, rolling, jumping and balance with the use of gymnastics apparatus (beams, vaults, bars, spring board and mats).

This introductory program will further the development of your child's body awareness, rhythm, coordination, and balance.

**Wednesday** 1:45 – 2:45pm  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)

**Thursday** 10:45 – 11:45am  
January 19 – March 1 (6 classes)  
(no class Feb 16)  
March 8 – April 26 (7 classes)  
(no class March 29)

**Saturday** 9:45 – 10:45am  
January 14 – March 24 (10 classes)  
(no class Feb 18)  
M: \$60 (6 classes) \$70 (7 classes)  
\$100 (10 classes)  
NM: \$75 (6 classes) \$88 (7 classes)  
\$125 (10 classes)

### Recreational Gymnastics Level 1 (6 – 10 yrs)

Modified from the AGF Can Gym program, this class is non competitive with an emphasis on personal success, enjoyment and self-esteem. Progressive skill development is taught on all gymnastics apparatus with an emphasis on fun, fitness and fundamentals.

**Saturday** 11 am – 12pm  
January 14 – March 24 (10 classes)  
(no class Feb 18)  
M: \$100 (10 classes)  
NM: \$125 (10 classes)

### Recreational Gymnastics Level 2 (6 – 10 yrs)

Continuation of our active Level 1 program. Prerequisite: Successful completion of level 1

**Saturday** 11 am – 12pm  
January 14 – March 24 (10 classes)  
(no class Feb 18)  
M: \$100 (10 classes)  
NM: \$125 (10 classes)

**NEW**

### Drop-In Family Gymnastics (Walking – 5 yrs)

**Parent participation required.**

Join us for an active morning with a qualified instructor. Experience a variety of gymnastics fundamentals with your child. Skills involving height, flight, rolling, jumping and balance with the use of gymnastics apparatus (beams, vaults, bars, spring board and mats) to promote your child's body awareness, rhythm, coordination and balance. Registration for each day is required (for members and non-members) as space in the gym is limited to 20 participants.

**Monday** 10am – 11:30am  
January 16 – March 19  
(no class Feb 20)  
M: included in Membership  
NM: \$5parent/\$1 per child per day



# DANCE

## Dance

### Footloose Kids (5 – 8 yrs)

Join our energetic dance instructor Michelle Paradis and learn ballet and jazz in this combo class. No previous dance experience required.

**Tuesday** 5:30 – 6:30pm

January 17 – February 28 (7 classes)

March 6 – April 24 (7 classes)

(no class March 27)

M: \$67 (7 classes) NM: \$84 (7 classes)

### Jazz it Up! (3 – 5 yrs)

Learn basic jazz steps and movement to great jazzy music in this energy packed class. Recommended: slippers/body suit/tights.

**Wednesday** 9:45 am – 10:15am

January 18 – February 29 (7 classes)

March 7 – April 25 (7 classes)

(no class March 28)

**Friday** 10:15 – 10:45am

January 20 – March 16 (8 classes)

M: \$56 (7 classes) \$64 (8 classes)

NM: \$70 (7 classes) \$80 (8 classes)

### Little Ballerinas 1 (3 – 5 yrs)

This is an ideal class for preschoolers who are ready to be introduced to basic ballet in a structured class. Recommended: slippers/body suit/tights. Prerequisite: Gotta Dance

**Wednesday** 10:45 – 11:30am

January 18 – February 29 (7 classes)

March 7 – April 25 (7 classes)

(no class March 28)

**Friday** 10:45 – 11:30am

January 20 – March 16 (8 classes)

(no class Feb 17)

**Saturday** 11 – 11:45am

January 14 – March 24 (10 classes)

(no class Feb 18)

M: \$56 (7 classes) \$64 (8 classes)

\$80 (10 classes)

NM: \$70 (7 classes) \$80 (8 classes)

\$100 (10 classes)

### Little Ballerinas 2 (4 – 5 yrs)

Prerequisite Little Ballerinas 1

**Saturday** 11:45 – 12:30 pm

January 14 – March 24 (10 Classes)

(no class Feb 18)

M: \$80 (10 classes)

NM: \$100 (10 classes)

### Gotta Dance! (3 – 5 yrs)

Your preschooler will be introduced to dance through this fun and creative program featuring a variety of music and imovement to develop your child's rhythm, balance and coordination

**Wednesday** 10:15 – 10:45am

January 18 – February 29 (7 classes)

March 7 – April 25 (7 classes)

(no class March 28)

**Friday** 9:45 – 10:15 am

January 20 – March 16 (8 classes)

(no class Feb 17)

**Saturday** 10 – 10:30 am

January 14 – March 24 (10 classes)

(no class Feb 18)

M: \$56 (7 classes) \$64 (8 classes)

\$80 (10 classes)

NM: \$70 (7 classes) \$80 (8 classes)

\$100 (10 classes)

### Tots and Tutus (2 – 3 yrs with Parent)

Creative movement, small equipment, songs and games will have your preschooler grooving to the beat. Recommended: bare feet and comfortable clothing.

**Wednesday** 9:15 – 9:45 am

January 18 – February 29 (7 classes)

March 7 – April 25 (7 classes)

(no class March 28)

**Friday** 9:15 – 9:45am

January 20 – March 16 (8 classes)

(no class Feb 17)

**Saturday** 10:30 – 11am

January 14 – March 24 (10 classes)

(no class Feb 18)

M: \$56 (7 classes) \$64 (8 classes)

\$80 (10 classes)

NM: \$70 (7 classes) \$80 (8 classes)

\$100 (10 classes)



One Small Step For You

One Giant Leap for Your Child

**GreenDoor**  
PRESCHOOL

**Midnapore**

231, 153 Ave. SE

☎ (403) 870-7367

**Bonaventure**

11150 Bonaventure Dr. SE

☁ [www.GreenDoorSchool.ca](http://www.GreenDoorSchool.ca)

# CHILD AND YOUTH SPORTS

6-17 years

## Floor Hockey Night at Trico (6-8 yrs)

Shooting...passing...scoring...non-stop action! This class offers basic floor skills for floor and ball hockey. A strong emphasis on teamwork and sportsmanship is highlighted in non-competitive scrimmages. Equipment is provided. Please wear non-marking runners.

**Friday** 4:15 – 5:15pm

January 20 – March 16 (8 classes) (no class Feb 17)

M: \$80 NM: \$100

## Sport Extravaganza (7–10 yrs)

Looking for an active class after school? Engage in a variety of sports with a different sport covered each week including soccer, basketball, floor hockey and more. Bring your runners and your enthusiasm and we'll provide the rest.

**Wednesday** 5:30 – 6:30pm

January 18 – Feb 29 (7 classes)

March 7 – April 25 (7 classes)

(no class March 28)

M: \$71 NM: \$89

## Youth Basketball (9- 12 yrs)

Slam dunk your way to a great time with this learn to play basketball program. Players develop their game through drills in running, passing, dribbling, shooting and non competitive scrimmage. Fitness, skill development, sportsmanship and fun are the focus. Please wear non-marking runners.

**Friday** 5:15 – 6:15pm

January 20 – March 16 (8 classes) (no class Feb 17)

M: \$80 NM: \$100

## Babysitter Safety Course (12+ yrs)

Become a certified babysitter and learn childcare, safety, emergency prevention, and basic first aid skills, as certified by the Canada Safety Council standards. Certifications are issued upon successful completion of the course. Attendance to all classes is mandatory.

**Friday** 6 – 9 pm

**Saturday** 9 – 4pm

Feb 24 and 25

M \$56 NM \$70



**Pharmacy**   
at **SAFEMAY** 

# Get your vaccinations TODAY.

## IT'S EASY!

Many vaccinations offered.

Flu, shingles, meningococcal, pneumonia, Human Papillomavirus (HPV) and more.

- Convenient services on a walk-in or appointment basis.\*
- Vaccination services available for businesses and other organizations.
- See Pharmacy for details. **Fee for service.**

\* Age restrictions do apply. Available vaccinations vary by location.



Any questions? **See me first**



# CHRISTMAS and SPRING BREAK CAMPS

## Holiday Drop-In Day Camps (6 – 12 yrs)

Spend your holidays with us and have fun doing crafts, sports, games and wave pool fun. Drop in any day of the week for the morning or afternoon or for the full day. All camps are GUARANTEED TO RUN. Make sure to bring a bagged lunch, swimsuit and runners. Pre-registration is preferred due to limited spaces.

December 27, 28, 29, 30, 2011 and January 2 – 6, 2012  
Teachers Convention: February 16 and 17  
Public School Spring Break: March 26, 27, 28, 29 & 30  
Separate School Spring Break: April 9, 10, 11, 12, 13

M : \$15 for half day (8:30am – 12pm or 1 – 4:30pm)  
\$28 for full day (8:30am – 4:30pm)  
NM: \$19 for half day (8:30am – 12pm or 1pm – 4:30pm)  
\$36 for full day (8:30am – 4:30pm)

## Winter Wonders (6 – 12 yrs) Week-Long Holiday Day Camp

Looking for an active camp while the kids are off of school? Join us for days filled with games, crafts swimming and more!! This camp swims every afternoon.

January 2 – 6 from 9am – 4 pm

M: \$140 NM: \$175

## New Adventure Spring Break Camp (6 – 8 yrs and 9 – 2 yrs)

Take a break from school and join the fun. Sports, games and crafts will make this program a great way to spend spring break. This camp swims daily. Field trip included in this camp.

March 26 – 30 from 9am – 4 pm

M: \$140 NM: \$175

## New Little Springers Spring Break Camp (4 – 5 yrs)

Come join us for this action-packed camp and let your preschooler jump into spring. This camp offers, games, crafts, stories, and activities in our gymnasium. This camp does not swim

March 26 – 30 from 9am – 12pm or 1pm – 4pm

M: \$72 NM: \$90

## Multi Sportball Camp (3 – 5 yrs or 6 – 8 yrs)

This camp runs for either three hours in the morning (3 - 5 yrs) or in the afternoon (6 - 8 yrs) for 1 week (Monday to Friday with Sportball instructors ([www.sportball.ca](http://www.sportball.ca)) Children learn about eight different ball sports: soccer, hockey, basketball, baseball, football, volleyball, tennis, and golf. Camps also include co-operative games, snack time and theme days. Camps are run outdoors or indoors depending on the location and weather. Please note: Not all sports are played each day.

March 26 – March 30

3 – 5 yrs from 9am – 12pm; 6 – 8 yrs from 1 – 4pm

Fee: \$200 (per morning or afternoon camp)

This class offered in our facility by Sportball Canada.

No member discounts. [www.sportball.ca](http://www.sportball.ca)

## Extra Supervision: Early and Late

Trico Centre provides early and late supervision for the camps listed on this page. We provide COMPLIMENTARY supervision from 8:30 – 9am and 4 – 4:30 (for those camps that start at 9am and end at 4pm.) We also provide FEE-BASED supervision from 7am-8:30am and from 4:30-6pm. Just let us know your supervision needs when you register your child.

Fee: Complimentary from 8:30-9am and 4-4:30pm; \$5 for morning supervision between 7am-8:30am each day and \$5 for afternoon supervision 4:30-6pm each day.

No member discounts.

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## Kids Korner Childcare

With 28 years of experience, **Trico Centre's Kids Korner** has a great reputation along with a strong team of nurturing, qualified staff. Members and non-members can drop off their children in our safe, welcoming and friendly environment, leaving you free to work out with peace of mind.



## Hours

**Regular Hours: Drop-In**  
**Monday – Friday**  
8:30am – 3:30pm

**Extended Hours: Must Pre-Book**  
**Monday – Thursday Evenings**  
5:30pm – 7:30pm  
**Saturdays**  
9:00 am – 12:00 noon  
To pre-book call 403-278-7542 ext. 237.

Ages: Newborn to ten years.  
Maximum length of stay is 2 hours.  
For information on rates and fees visit our website or pick up our Kids Korner brochure.

**Members Only:** Purchase an unlimited use pass (see p. 4.)

## Before and After School Program

Are you looking for quality childcare while you are at work? Our program operates during the regular school year. Convenient monthly payment plan.

Schools we service: St. Williams, Acadia, David Thompson, Maple Ridge, RT Alderman, Sam Livingston, Alice M. Curtis, and Andrew Davidson. We also provide coverage for professional days and early dismissals.

**Times: Monday to Thursday 7-9am and Friday 7-9am and 12-6pm**

We also provide coverage for professional days and early dismissals. We offer sports and recreation, crafts, games, and special events, swimming and field trips. Plus children 9+ can register for additional recreation programs (e.g. swim programs.) Call 403-225-5553 for more information or check our website.

