

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)



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

[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