

**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

