

SPRING CHILD & YOUTH PROGRAMS

6 – 17 years

Parent & Child Karate (6 + years)

A recreational introduction to the basic techniques of karate as well as an excellent opportunity for parent and child to spend some time learning together. The focus of the class is on self-discipline, while being taught in a safe and positive environment by a qualified karate instructor.

Tuesdays

7:30 – 8:30 pm

April 6 – June 29 (13 classes)

Fee: \$130.00 (Includes 1 parent & 1 child) Additional child or parent \$30.00

Saturdays

10:00 – 11:00 am

April 10 – June 26 (no class May 22) (11 classes)

Fee: \$110.00 (Includes 1 parent & 1 child) Additional child or parent \$30.00

Karate (6 – 17 yrs)

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

Saturdays

11:00 – 12:00 pm

April 10 – June 26 (no class May 22) (11 classes)

Fee: \$110.00

Tuesdays

6:30 – 7:30 pm

April 6 – June 29 (13 classes)

Fee: \$130.00

NEW! Flag Football (9- 12 yrs)

An introduction to flag football. Will be played outside weather permitting. All equipment supplied.

Wednesdays

5:15 – 6:15 pm

April 7 – June 23 (12 classes)

Fee: \$125.00

Babysitter Safety Course (11+ 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 – 4 pm

May 14 and 15

Fee: \$70.00



NEW! Basketball Basics (6-8 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.

Fridays

4:15 pm – 5:15 pm

April 9 – June 25 (12 classes)

Fee: \$125.00

NEW! Hockey Night at Trico (9-12 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.

Fridays

5:15 – 6:15 pm

April 9 – June 25 (12 classes)

Fee: \$125.00