

# SPRING PARENT & TOT PROGRAMS

Walking to 3 years with parent or caregiver



Join us at Trico Centre for our parent and tot programs, which will give you a chance to connect and network with families in your community.

## **NEW!** Busy Bodies

(2-3yrs & parent or caregiver)

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

Mondays

9:30am-10:30 am

April 12 – May 10 (5 classes)

May 17 – June 28 (no class May 24) (6 classes)

Fee: \$52.00 (5 classes)

Fee: \$62.00 (6 classes)

## **NEW!** Rockin' Tot Jocks

(2 – 3 yrs with parent or caregiver)

An introduction to a variety of sports including floor hockey, soccer, basketball and many others to enhance movement, coordination, social interaction and develop gross motor skill development through free play.

Mondays

9:30 - 10:15 am

April 12 – May 10 (5 classes)

May 17 – June 28 (no class May 24) (6 classes)

Fee: \$50.00 (5 classes)

Fee: \$60.00 (6 classes)

## **NEW!** Groovin 'n Moovin

(Walking – 2 yrs)

Come on out and get "Groovin 'n Moovin" 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 – 10:15 am

April 13 – May 11 (5 classes)

May 18 – June 29 (7classes)

Fee: \$50.00 (5 classes)

Fee: \$70.00 (7 classes)

## **NEW!** Messy Masterpieces

(2-3yrs with parent or caregiver)

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.

Wednesdays

9:30am – 10:15 am

April 7 – May 12 (6 classes)

May 19 – June 23 (6 classes)

Fee: \$60.00

## **NEW!** Nursery Rhymes and Story Tymes

(Walking -2 yrs & parent or caregiver)

The perfect venue for the young socialite! This program emphasizes socialization within the preschool environment through stories, songs, finger puppets and more.

Fridays

11:15 – 12:00 pm

April 9 – May 14 (6 classes)

May 21 - June 25 (6 classes)

Fee: \$60.00

# SPRING PRESCHOOL PROGRAMS

3 – 5 years Active Preschoolers

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

## **NEW!** Sports Spectacular (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.

Fridays

11:15 am – 12:00 pm

April 9 – May 14 (6 classes)

May 21 – June 25 (6 classes) Fee: \$60.00

## **NEW!** Moovin 'n Groovin'

(4- 5 yrs)

Enhance your child's educational experience. This class incorporates creative movement to music, which will improve a child's fitness, build motor skills, increase body awareness and enhance language and social skills.

Fridays

1:15 – 2:00 pm

April 9 – May 14 (6 classes)

May 21 – June 25 (6 classes)

Fee: \$60.00

## **Trico Active Kids (3-5yrs)**

Are you looking for a program loaded with fun and activities? Your child will participate in sports and games in the gym, swim in the pool for 45 minutes, and come home tired and happy.

Wednesdays

1:00 – 3:30 pm

April 14 – May 12 (5 classes)

May 19 – June 23 (6 classes)

Thursdays

9:00 – 11:30 am

April 15 – May 13 (5 classes)

May 20 – June 24 (6 classes)

Fee: \$77.50 (5 classes)

\$93.00 (6 classes)

**NEW! Little Kickers Soccer (3-4yrs)**

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

Wednesdays

**10:30 – 11:15 am**

**April 7 – May 12 (6 classes)**

**May 19 – June 23 (6 classes)** Fee: \$60.00

Fridays

**10:15 – 11:00 am**

**April 9 – May 14 (6 classes)**

**May 21 – June 25 (6 classes)** Fee: \$60.00

**Tykes Soccer (4-5yrs)**

Your budding star will learn how to pass, kick, dribble and trap the ball. Each class will have a scrimmage component encouraging the development of team play.

Mondays and Wednesdays

**4:45 – 5:45 pm**

**June 2 – June 30 (9 classes)**

**July 5 – July 28 (8 classes)**

**August 4 – Aug 30 (8 classes)**

Fee: \$80.00 (8 classes) \$90.00 (9 classes)

**NEW! 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.

Mondays

**1:00 – 2:30 pm**

**April 12 – May 10 (5 classes)**

**May 17 – June 28 (6 classes) (no class May 24)**

Fee: \$55.00 (5 classes) \$65.00 (6 classes)

Tuesdays

**10:30 - 12:00 pm**

**April 6 – May 11 (6 classes)**

**May 18 – June 29 (7 classes)**

Fee: \$66.00 (6 classes) \$75.00 (7 classes)

**NEW! Camping Fun (3 – 5 yrs)**

Summer and camping are just around the corner! Let our experienced instructors reinvent the camping experience indoors with lots of props, crafts, games and much more.

Mondays

**10:45 – 11:45 am**

**April 12 – May 10 (5 classes)**

**May 17 – June 28 (6 classes) (no class May 24)**

Fee: \$52.00 (5 classes) Fee: \$62.00 (6 classes)

**NEW! 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.

Thursdays

**1:15 – 2:00 pm**

**April 8 – May 13 (6 classes)**

**May 20 – June 24 (6 classes)** Fee: \$60.00

Fridays

**9:15 – 10:00 am**

**April 9 – May 14 (6 classes)**

**May 21 – June 25 (6 classes)** Fee: \$60.00

**NEW! Gym n Fun (4 – 5 yrs)**

An energetic program for your active preschooler. Children will work up a sweat engaging in a variety of gym activities utilizing different equipment and themes such as "parachutes and bubbles".

Mondays

**10:30 – 11:15am**

**April 12 – May 10 (5 classes)**

**May 17 – June 28 (6 classes) (no class May 24)**

Fees: \$50.00 (5 classes) \$60.00 (6 classes)

**NEW! Bugs and Butterflies (3-5yrs)**

Springtime is finally here! Sensory exploration is an important part of child development. In this program children are free to make choices and engage in nature activities through simple crafts and activities.

Tuesdays

**1:15 – 2:15 pm**

**April 13 – May 11 (5 classes)**

**May 18 – June 29 (7 classes)**

Fee: \$52.00 (5 classes) \$72.00 (7 classes)

**NEW! Up and Away (3 – 5 yrs)**

Each week your child will create experiences that float, fly, and flutter from kites to bubbles. Our exceptional instructor will incorporate stories, crafts and games to further enhance the creations.

Wednesdays

**10:30 – 11:30am**

**April 7 – May 12 (6 classes)**

**May 19 – June 23 (6 classes)** Fee: \$62.00

**Kinder Karate (4-6 yrs)**

A beginner recreational introduction to karate for children ages 4-6 yrs which focuses on self-discipline. Skills are taught in a safe and positive environment by a qualified karate instructor.

Saturdays

**9:15 – 10:00 am**

**April 10 – June 26 (11classes)**

**(no class May 22)** Fee: \$110.00

**Little Warriors (4- 6 yrs)**

Come join instructor Darren Robson for this exciting class which offers the fundamentals in punch, kicks, knees and elbows in a positive controlled environment. This class will have your preschooler begging for more!

Tuesdays

**1:15 -2:00 pm**

**April 6- June 29 (13 classes)** Fee: \$120.00

**Fabulous Fridays (3-5 yrs)**

Need some quite 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

Fridays

**1:00 – 3:30 pm**

**April 16 – June 18**

FEE: \$15.00 per day (pre-registration is recommended as limited spaces are available)

**NEW! Kangaroos and Krocodiles (3-5 yrs)**

Get ready, get wet.... go! This program includes games, sports and a swim lesson. Starts in the gym with games, sports, songs and tons of fun and followed with a swimming lesson (instructor takes them). 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.

Wednesdays

**9:15- 10:45 am (swim lesson 10:15 – 10:45 am)**

**April 14 – May 19 (6 classes)**

**May 26 - June 23 (5 classes)**

Mondays

**1:15 – 2:45 pm (swim lesson 2:15 – 2:45 pm) Parents must pick up children on deck.**

**April 19 -June 21 (9 classes) (no class May 24)**

Fees: \$75.00 (5 classes)

\$90.00 (6 classes)

\$135.00 (9 classes)