



# Trico Centre for Family Wellness

is a non-profit, community owned and operated recreational facility that promotes active living in partnership with our neighbouring community associations. At Trico Centre you can purchase a facility membership, register in one of our many programs, or rent our facility as an individual, school, corporate or community group.

Inside our facility is a large renovated 13,500 square foot fitness centre with a 3 lane running track and 2 fully equipped fitness studios, an aquatics facility including a 316 square foot indoor waterslide and wave pool, hot tub and steam room, two arenas, full size gymnasium, multi-purpose rooms, childcare facility, food services and seniors club centre.

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## KIDS KORNER

**Are you looking for quality child care while you work out at Trico Centre?**

Our childcare facility has a wonderful reputation thanks to our dedicated staff that have consistently provided high standards for over 13 years. They bring stability to our childcare facility so you can work out and not worry about your children.

*"Kids Korner is not your average gym babysitting. The main difference is the staff – they are the most wonderful child care professionals you will ever find. We love it. My children want to come every day – so do we!"*

*Thank you Kids Korner!"*  
**Jessica Pratt**