

Trico Centre Information for Community Bulletin Boards, Community Association Board Meetings, Community Association Websites

April/May 2017

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. At Trico Centre, you can work out in the fitness centre, use the gymnasium, swim, or skate, plus we have fun, active programs for all ages. Check the Program Guide or www.tricocentre.ca for more information on any of the activities and events listed below. Check the Program Guide or www.tricocentre.ca for more details.

Events and Helping Others

- Mother's Day: bring a mom for free on Sunday, May 14.
- Help a Ronald McDonald House Mom Out: during the month of May, Trico Centre is a drop-off point for items for the Ronald McDonald House wish list. Check www.tricocentre.ca or pick up wish list at Trico.
- Bare Bottom Diaper Drive: Trico Centre is a drop off location for diapers for moms in need.
- The Trico Cares program offers **fee assistance** for passes and admissions. With a City of Calgary Fee Assistance card, you qualify for 60% off the price of passes and admissions. Plus, Trico Centre is an approved partner of Canadian Tire Jumpstart, KidzFirst, KidsSport for programs.



Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care.
- Don't need a full week of camp? Come to daily camps for a full day or half day, and day all summer long.
- Themed camps for preschool or children/youth. Some camps include field trips, swimming. All camps include fun and friends.
- Featured camps for 6-12 yrs: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls.
- Cool Camps for Preschoolers: Sportarama, Nature Wonders, Kinder Karate, Mini Chefs and more.



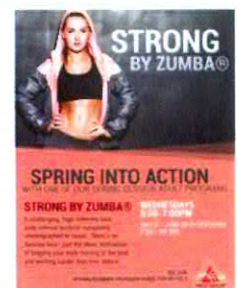
Children & Youth

- Swim lessons start in May: parent & tot, preschool, swimmer, swim patrol, adult. Private lessons too!
- After 33 years of children's programs, basketball games, preschool gymnastics, and badminton, Trico Centre's gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www.tricocentre.ca for a special schedule of classes during this period.
- Student Summer Pass: stay active all summer long! Post-secondary pass available April 15 to August 31, 20 weeks, for \$151; Youth Pass available for 12-17 yrs, June 1 to August 31, \$59. Pro-ratable at time of joining.



Adults/Older Adults

- Adult registered fitness starting in May: includes Cardio Kickboxing, Cardio Dance, Focus on Powerlifting – plus **NEW** classes Yoga Sampler for Beginners, Golf Conditioning, and Strong by Zumba.
- Mommy and Me programs starting in May: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafitness.
- Great price, small group: Trim and Tone, Power Lifting, Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, and the **NEW** Strength Training for Runners.




- Wilderness and Remote First Aid: get your standard First Aid and CPR plus techniques for wilderness and remote areas.
- Registered programs for older adults that start in May: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.
- Included in your affordable Trico Centre pass are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

Affordable Monthly Continuous Pass

Since January 2017, Trico Centre has been offering a convenient monthly continuous pass. Check out our pass prices at www.tricocentre.ca or in the Spring Summer Program Guide. Included in your affordable Trico Centre pass are:

- FREE access to more than 70 Drop-In Group Fitness classes a week
- All-Day FREE access to the well-equipped Fitness Centre
- FREE entry to children’s drop-in activities
- PRIORITY program registration (passholders only registration)
- 20% OFF on registered classes and personal training
- FREE access to wave pool, waterslide, hot tub, steam rooms
- FREE entry to Drop-In Gym activities
- FREE entry to Shinny Hockey, Leisure Skate, Stick & Puck
- PASSHOLDER-ONLY discounted monthly continuous childcare pass

PRICES AS OF APRIL 1



THE ALL-IN MONTHLY CONTINUOUS PASS

ENJOY ALL THESE PASSHOLDER BENEFITS

- FREE access to more than 70 Drop-In Group Fitness classes a week
- All-Day FREE access to the well-equipped Fitness Centre
- FREE entry to children’s drop-in activities like Drop-In Playtime
- PRIORITY program registration (Passholders only registration)
- 20% OFF on registered classes and personal training
- FREE access to wave pool, waterslide, hot tub, steam rooms
- FREE entry to Drop-In Gym activities
- FREE entry to Shinny Hockey, Leisure Skate, Stick & Puck
- PASSHOLDER-ONLY affordable monthly continuous childcare pass
- \$50 COUPON when you buy a new pass

| CATEGORIES | Continuous Monthly Fee |
|--|------------------------|
| Child (newborn - 11 yrs) | \$16.19 |
| Youth (12 - 17 yrs) | \$26.19 |
| Full-Time Student (18 - 24 yrs) (Student ID and Timetable required) | \$44.76 |
| Adult (18 - 59 yrs) | \$55.05 |
| Adult Couple (19 - 59 yrs) | \$92.86 |
| Family: 2 Adults (2 Adults, Children under 18 included) | \$97.14 |
| Family: 1 Adult (1 Adult, Children under 18 included) | \$62.86 |
| 60 Plus (60+ yrs) | \$42.86 |
| 60 Plus Couple (60+ yrs) | \$64.76 |

• NO HIDDEN FEES
• AFFORDABLE (COMPARE OUR PRICES TO OTHER FACILITIES)
• TRICO CENTRE SUPPORTS COMMUNITIES*
* a small portion of your pass fee is sent to your community association

TRICO CENTRE FOR FAMILY WELLNESS
IS A NON-PROFIT CHARITABLE ORGANIZATION

