

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

November, December 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.

Adults and Older Adults

- Registered programs started in November include Balance Builders, Bone and Balance, and Chair Yoga and continue throughout December
- Trico's Find Your Balance Event was a success, where there were demo classes.
- Drop In Fitness options for older adults: there are many options on the drop-in schedule that are specifically geared for older adults and a great way to connect with other seniors.
- Registered fitness programs starting again in November and December includes Cardio Kickboxing, Fitness Sampler for Beginners, Myofascial Stretch & Release, Ballet Barre Blast, Cardio Dance and Yoga Sampler for Beginners. Unfortunately because of low registration, Fitness Sampler and Cardio Dance were cancelled.
- Drop in fitness includes spin, zumba, yoga and more



Children & Youth

- Registered fall programs for Parent & Tot in November (Busy Bodies, Bubble Buddies, Messy Masterpiece, Nursery Rhymes & Storytime, Dance with Me, Gym Babies, Gym Tots, Mini Movers, Sportball) Preschool (A.B.L.E, ABC – 123, First Steps, Next steps, Funky Fridays, Kangaroos and Krocodiles, Trico Active Kids, YogArt, Bricks 4 Kids: Little Builders and many more) Children (Just for Girls, The Etiquette Factory, Try it Tuesdays, Young Rembrants, Circus Arts, Karate and Dancepl3y) and Youth (Sportsball and HIT the Gym)
- Skating and Swimming lessons run all throughout November and December



Special Events and Initiatives

- Skate with Santa - December 3rd

Continuous Monthly Passes Benefits

Affordable monthly continuous passes give you access to over 70 drop-in classes, 20% off all registered classes and personal training, an aquatics centre with wave pool, slide, hot tub and steam room, two NHL sized arenas hosting shinny hockey, stick and puck, leisure skating, and drop-in gymnasium activities.

Partner Sharing Program Benefit - Your Community Association is partnered with Trico Centre for Family Wellness. A member of your community association serves on the Board of Directors of Trico Centre. Buy a Continuous Monthly Pass and a small portion goes back into your community association!

