

All Sport One Day @ Trico Centre for Family  
Wellness

June 15th Schedule

9:45AM-11:00AM

Sport	Age Group
Curling	8-12
Ringette	9-14
Taekwondo	10-17
Soccer	6-11
Karate	6-8

11:15AM-12:15PM

Sport	Age Group
Curling	10-17
Ringette	6-8
Dance	8-14
Taekwondo	6-11
Soccer	10-17
Karate	8-12

12:45PM-1:45PM

Sport	Age Group
Curling	8-12
Taekwondo	6-11
Soccer	6-11
Dance	8-14
Broomball	10-17

2:00PM-3:00PM

Sport	Age Group
Taekwondo	6-11
Soccer	6-11
Dance	8-14
Kendo	8-17

## Session a Description

Sport	Session Description
Curling	<p>The session will focus on learn-to-curl where the participants will be introduced to the sport of curling. This is the perfect opportunity to be introduced to the basics!</p> <p>The Calgary Youth Curling Association is dedicated to getting youth involved in the sport of curling, providing opportunities for young curlers to develop skills and learn the game.</p>
Ringette	<p>Come try Ringette! The sessions will be led by current ringette players. This will be a fun hour where participants will be introduced to the sport of ringette!</p> <p>Ringette Calgary is the governing body for the sport of Ringette in Calgary.</p>
Dance	<p>This session will be a beginner dance class! Our classes for youngsters are designed to encourage a lifelong appreciation for dance, social interaction and a focus on fitness.</p> <p>At DC Dance Club we provide private fun dance classes in all styles of partner dancing including Ballroom Latin, Swing, Country, Salsa and more. We cater to ALL levels, including the absolute beginner!</p>
Taekwondo	<p>Come try out the sport of Taekwondo! During this session, participants will be introduced to punches, blocks, kicks, board breaks, and self-defense.</p> <p>Studio Group Martial Arts is owned and operated in Calgary. We are a full-time World Taekwondo Martial Arts School.</p>
Soccer	<p>Participants will practice their shooting, dribbling and passing and will be get to play some small area games!</p> <p>For over 30 years, our Calgary-based soccer club has been a thriving hub for U3-U19 players, nurturing their passion for the beautiful game. Since our inception, we have provided a supportive and inclusive environment, fostering skill development, teamwork, and a love for soccer in countless young athletes.</p>
Karate	<p>Join us for this session and be introduced to transformative sport of karate!</p> <p>At Champion Karate club, we welcome aspiring martial artists from as young as four years old, all the way up to adults, regardless of their skill level, including advanced practitioners. Sensei Yevhen, our dedicated leader, established Champion Karate in 2022 in Calgary, bringing over 20 years of invaluable coaching expertise to our club.</p>
Kendo	<p>Kendo is a modern Japanese martial art, descended from kenjutsu, that uses bamboo swords as well as protective armor. This is the perfect opportunity to learn the art of Kendo! You will swing shinai and get your stress away.</p> <p>Chinook Kendo Dojo was established in 2004, practicing the martial art of Kendo, Japanese traditional martial art. Kendo meaning 'Way of Sword' focuses on discipline and growth of human character through application of the principle of the sword. Head Instructor Kyle Lee is the former captain of Canadian National Team and Canadian Men's champion.</p>
Broomball	<p>You will learn how to run properly on the ice, how to pass the ball and how to shoot the ball. Then we will have a little scrimmage game for fun!</p> <p>Calgary Amateur Broomball Association is a non-profit organization. Broomball is a fun and exciting sport to play with lots of opportunities to take part in some big tournaments throughout the world.</p>

