

The TLC Range of Professional Services

The TLC has a dynamic team of qualified staff to provide a diverse range of minor sport and activity services. Some resources you may be interested in taking advantage of in addition to renting facility space at the TLC are:

- General facility use with purchase of admission, pass or membership
 - Please note that team coaches are not permitted to provide strength and conditioning training and instruction to teams in public access spaces of the TLC, this includes the fitness centre, studios and track.
 - Teams may request to rent facility space for team training, subject to availability.
- Team Strength and Conditioning Packages
 - Working with TLC Personal Trainers and Fitness Instructors, a sport-specific training plan will be designed to improve sport performance and reduce risk of injury. The TLC can also schedule private fitness classes such as yoga or spin for your group.
 - \$400/6 weeks of 60-minute sessions*
 - \$600/6 weeks of 60-minute sessions for specialty instruction (for eg. Yoga, Zumba)*
- HIGH FIVE® Training course for coaches and community leaders
 - HIGH FIVE® Sport is a 5 hour training designed for coaches in a club or organization that work with athletes aged 6-12 in any sport or level of competition. Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development, HIGH FIVE® focuses on the social, emotional, and cognitive development and wellbeing of athletes. The training is based in research and has been designed to help coaches with issues such as dealing with parents, keeping the child's interest and creating an emotionally safe environment.
 - \$42 members/\$50 non-members, price per participant.
- NCCP Fundamental Movement Skills for coaches and community leaders
 - Fundamental movement skills are paramount to the development of sport-specific skills. Athletes who have not learned how to perform these skills correctly will have difficulty continuing their development in sport. Coaches of all levels need the ability to identify, observe, and instruct fundamental skills to ensure the continued development of their athletes. Coaches of athletes aged 6 to 9 in particular should include the development of all fundamental movement skills as a key component of training as these are the key ages for development.
 - 2 certification options (price per participant):
 - 8 hour community leader workshop, \$32 members/\$40 non-members
 - 3 hour coach professional development, \$12 members/\$15 non-members
- Nutrition Workshops
 - For groups of up to 20, book a 60-minute private group session with the TLC's Registered Dietitian. Specific content will be catered to your group's needs.
 - \$425 members/\$485 non-members*

*These packages can be modified to fit team budgets. Please contact Jennifer Telfer, Wellness Supervisor, if you are interested in learning more, at jtelfer@trileisure.com or at 780-948-3218.

