

Make your own Tournament Capital Centre Experience Book!

Materials Needed:

Scissors (ask for an adult's help)

Stapler or Hole Punch

Ribbon, Yarn, String, or Metal Fasteners (if using hole punch)

How to Create Your Book:

1. Download and print the TCC Experience Book.pdf file. It is 6 pages.
2. With an adult's help, cut along the dotted lines on each page.
3. Once all of the pages are cut, you will have 15 pages of equal size.
4. The cover page is called "My visit to the Tournament Capital Centre". Arrange the other pages by page number 1 to 14.
5. Fasten the pages together by stapling or by using a hole punch and adding a ribbon, yarn, string, or metal fastener.

We look forward to seeing you
at the Tournament Capital Centre!



Canada's Tournament Capital

**My visit to the
Tournament Capital Centre**



I am going to the Tournament Capital Centre!

I am going to have lots of fun!

What kind of fun things will I get to do?

Page 1



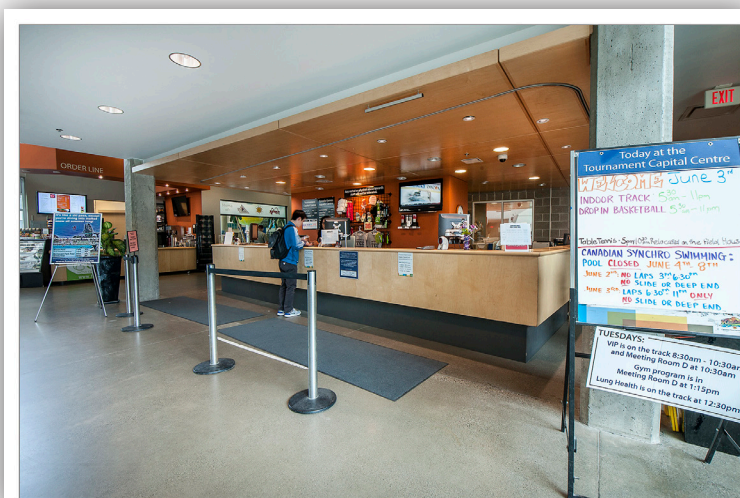
The Tournament Capital Centre is very big.

Lots of people visit it every day.

The people may be excited and loud. That is okay!

If it is too loud, I can cover my ears.

Page 2



When I arrive at the Tournament Capital Centre, I will have to wait my turn to go in.

Page 3



When I get to the front of the line, a friendly person will put a wristband on my arm so I can go in.

Page 4



There are lots of lockers, so I can put my things in them.

My things will be safe while I go and have fun!

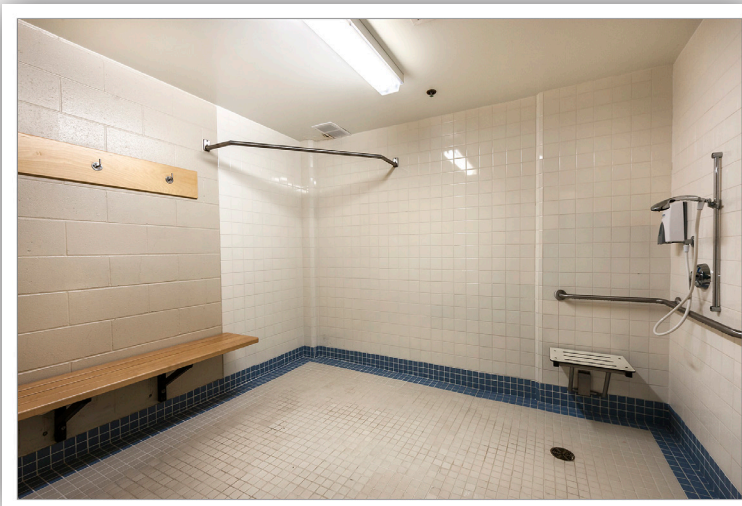
Page 5



I can use the change room to get into my swimsuit!

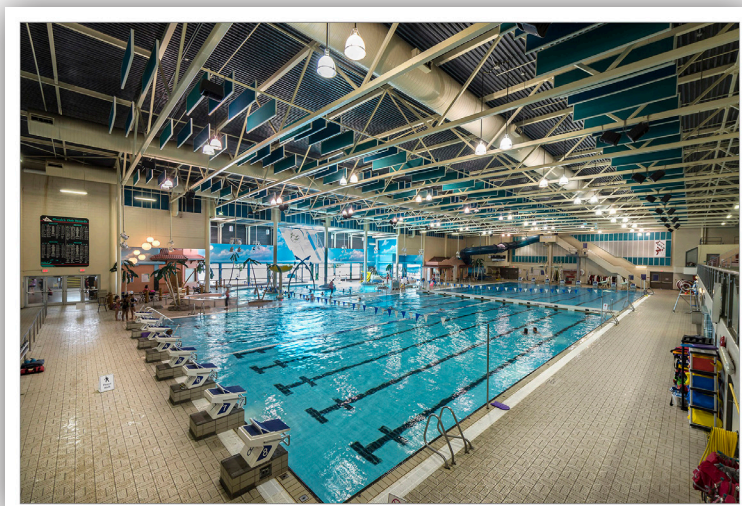
I will be really careful to not slip and fall on the wet floor.

Page 6



If it is too loud in the change room, I can use one of the many family change rooms where it will be quieter.

Page 7



Now I am ready to go swimming!

I will have lots of fun in the pool!

The people at the pool may be excited and loud. That is okay!

If I get lost, I can ask a lifeguard in a red shirt for help.

Page 8



There is a small pool for children to play.

The water is warm and there are lots of fun things I can play with! I will have to share the toys with other children.

The children in the small pool might be excited and splash the water. That is okay!

I can splash and play too!

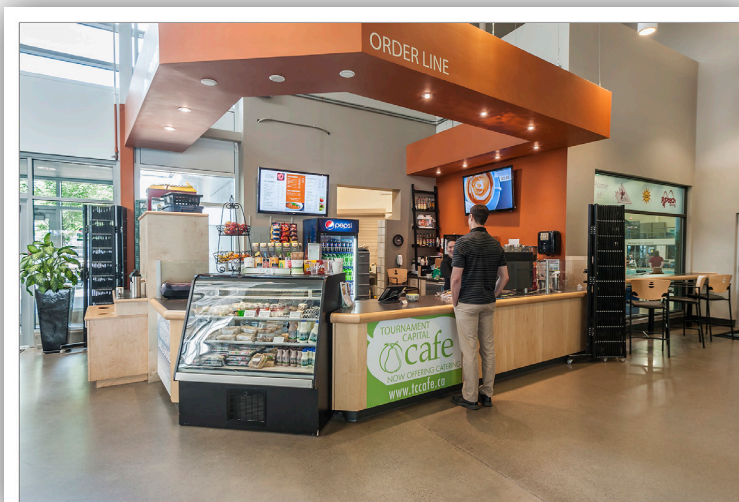
Page 9



My mom and dad can watch me swim in the pool!

If I get tired, I can sit with my mom and dad and watch everyone play in the pool.

Page 10



If I am hungry while I am at the Tournament Capital Centre, I can ask for a snack.

There is a café where I can buy food.

I have to line up and wait my turn to order my food and pay for it.

Page 11



I can eat my food at the nearby tables.

There may be other people sitting close by who are eating too.

While I am eating, I can watch everyone playing on the track.

Page 12



I am finished my visit to the Tournament Capital Centre. I had lots of fun!

I can tell everyone about my favourite part of the Tournament Capital Centre.

Maybe I can come back again soon!

Page 13

Come back soon!



Canada's Tournament Capital

Page 14
