

Make your own Tournament Capital Centre Weight Rooms 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 Weight Rooms". 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
Weight Rooms**



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



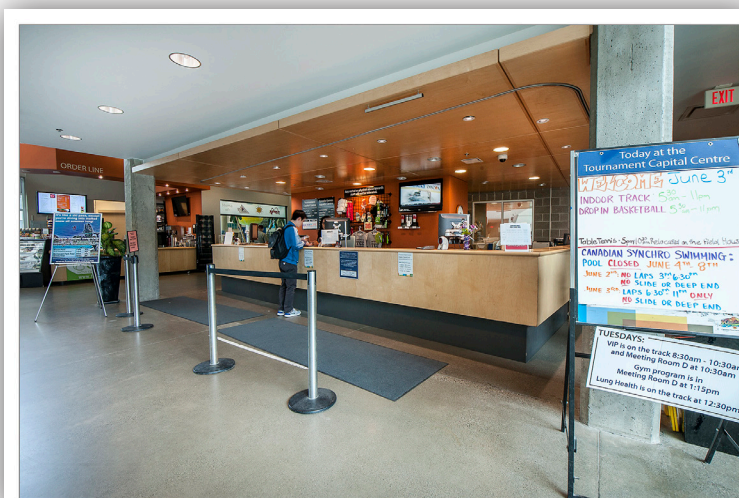
The Tournament Capital Centre is very big.

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.

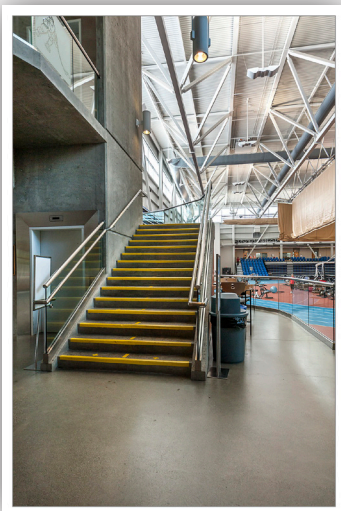
Page 4



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

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

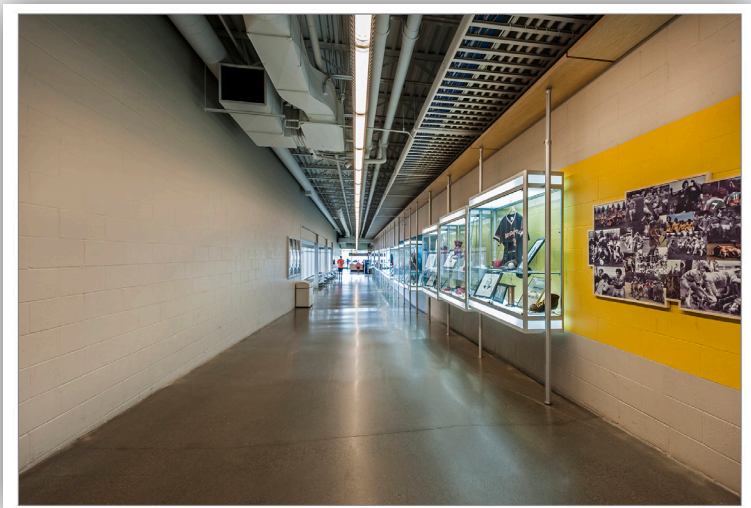
Page 5



Please be careful walking up the stairs.

I can hold the hand rail!

Page 6



I get to walk down a long hallway.

I can look at lots of fun sports stuff!

I will remember not to run in the hallway.

Page 7



Lots of people come here to get strong and feel good!

I can try lots of different things.

I will ask someone to show me how to use the equipment the right way.

People may be excited and loud. That's okay!

Page 8



Lots of people come here to get strong and feel good!

I can try lots of different things.

I will ask someone to show me how to use the equipment the right way.

Page 9



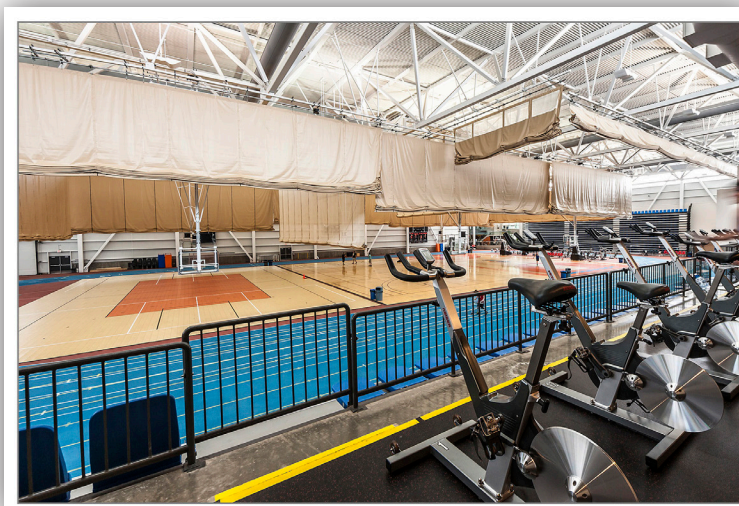
Lots of people come here to get strong and feel good!

I can try lots of different things.

I will ask someone to show me how to use the equipment the right way.

People may be excited and loud. That's okay!

Page 10

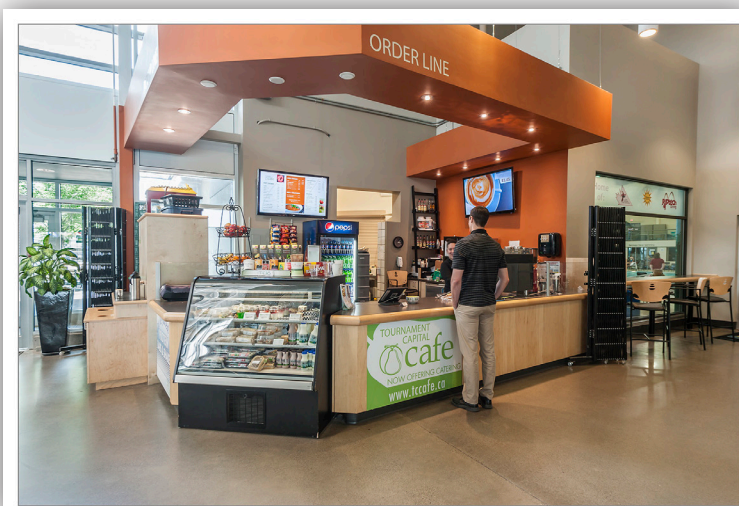


I can ride the bikes!

It is fun to watch people while I ride the bike.

Exercise is fun!

Page 11



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 pick my food and pay for it.

Page 12



I can eat my food at the tables nearby.

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

While I'm eating, I can watch everyone playing on the track!

Page 13



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

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

Maybe I can come back soon!

Page 14

Come back soon!



Canada's Tournament Capital