

Aspire Program

Fall Session: September 10th to October 27th, 2018

Location: Terry Fox Athletic Facility – Mooney’s Bay Park, 2960 Riverside Dr.
This is an outdoor location, so please dress for the weather as we train in all conditions

Ages: 14 – 16

Cost: \$200 for one session per week – Choose 1 of 4 days available
\$300 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday 6:15pm-7:45pm

Tuesday 6:15pm-7:45pm

Thursday 6:15pm-7:45pm

Saturday 10:30am-12pm

Dates: *September* 10, 11, 13, 15
17, 18, 20, 22
24, 25, 27, 29
October 1, 2, 4, 6
9, 11, 8 [No Practice Oct. 8 Thanksgiving or 13 Capital XC Challenge]
15, 16, 18, 20
22, 23, 25, 27