

# Aspire Program

**Winter I Session:** October 29th – December 15th, 2018

**Location:** Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet  
1659 Bearbrook Rd, Gloucester, ON K1B 4N3

**Ages:** 14 – 16

**Cost:** \$245 for one session per week – Choose 1 of 4 days available  
\$350 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:** *October* 29, 30  
*November* 1, 3  
5, 6, 8, 10  
12, 13, 15, 17  
19, 20, 22, 24  
26, 27, 29  
*December* 1,  
3, 4, 6, 8  
10, 11, 13, 15 [*Candy Cane Relays*]