

Foundation 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: 12 – 13

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	9am-10:30am

Dates:

September:	10, 11, 13, 15 17, 18, 20, 22 24, 25, 27, 29
October:	1, 2, 4, 6 9,11 - (No practice on Oct. 8 - Thanksgiving or 13 - Capital XC Challenge) 15, 16, 18, 20 22, 23, 25, 27