

Foundation 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: 12 – 13

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	9am-10:30am

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]