

# Aspire Program

**Winter II Session:** January 7th – March 7th, 2019

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

**Ages:** 14 – 16

**Cost:** \$320 for one session per week – Choose 1 of 4 days available  
\$480 for up to 3 sessions per week – Choose out of the 4 days available

**Two Training themes:**

- Endurance
- Speed/Power

**Days/Times:**

*Monday* 6:30pm-8pm

*Tuesday* 6:30pm-8pm

*Thursday* 6:30pm-8pm

*Saturday* 10:30am-12pm

**Dates:**

*January*

7, 8, 10, 12

14, 15, 17, 19

21, 22, 24, 26

28, 29, 31

*February*

2

4, 5, 7, 9

11, 12, 14, 16

18 [*No Practice- Family Day*], 19, 21, 23

25, 26, 28

*March*

2

4, 5, 7