

Foundation 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: 12 – 13

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 9am-10:30am

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