

Foundation Program

Spring I Session: March 18th – April 20th, 2019

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

Ages: 12 – 13

Cost: \$180 for one session per week – Choose 1 of 4 days available

\$270 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:

March:	18, 19, 21, 23 25, 26, 28, 30
April:	1, 2, 4, 6 8, 9, 11, 13 15, 16, 18, 20 [Easter Bunny Pursuit]