

Aspire Program

Spring II Session: April 29th – June 1st, 2019

OFSAA Prep Membership

This program is intended as a “tune-up” for our athletes with a goal to make it to OFSAA, and for athletes to come see if they have what it takes.

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: 14 – 16

Cost: \$225 for two 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: <i>April</i>	29, 30
<i>May</i>	2, 4
	6, 7, 9, 11
	13, 14, 16, 18
	21, 23, 25 [No Practice on the 20 th for Victoria Day]
	27, 28, 29 [Twilight Meet], 30
<i>June</i>	1