

Aspire Program

Summer Session: June 3rd - July 25th, 2019
*limited Saturday availability due to Competitions

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: \$510 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: *June* 3, 4, 6, 8
10, 11, 13, 15
17, 18, 19 [Twilight Meet], 20, 22
24, 25, 26 [Twilight Meet], 27, 29
July 1, 2, 3 [Twilight Meet], 4, 6
8, 9, 10 [Twilight Meet], 11, 13
15, 16, 17 [Twilight Meet], 18, 20
22, 23, 24 [Twilight Meet], 25