

# Foundation Program

**Spring II Session:** April 29<sup>th</sup> – June 1<sup>st</sup>, 2019

**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:** 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

<b>Days/Times:</b>	Monday	6:30pm-8pm
	Tuesday	6:30pm-8pm
	Thursday	6:30pm-8pm
	Saturday	9am-10:30am

<b>Dates:</b>	April	29, 30
	May:	2, 4
		6, 7, 9, 11
		13, 14, 16, 18
		21, 23, 25 [No Practice- Victoria Day]
		27, 28, 29 [Twilight Meet], 30
	June:	1