

# Foundation Program

**Summer Session:** June 3<sup>rd</sup> – July 25<sup>th</sup>, 2019

\* limited Saturday availability due to Competitions

**Location:** Terry Fox Athletic Facility – Mooney’s Bay Park on Riverside Dr.

This is an outdoor location, so please dress for the weather as we train in all conditions

**Ages:** 12 – 13

**Cost:** \$220 for one session per week – Choose 1 of 4 days available

\$400 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:**

June:	3, 4, 5 [Twilight Meet], 6, 8 10, 11, 12 [Twilight Meet], 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