

Aspire Program

Fall Session: September 9th to October 26th 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: 14 – 16

Cost: \$200 for one session per week – Choose 1 of 4 days available
\$300 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times:

Monday 6pm-7:30pm

Tuesday 6pm-7:30pm

Thursday 6pm-7:30pm

Saturday 10:30am-12pm

Dates:

September

9, 10, 12, 14

16, 17, 19, 21

23, 24, 26, 28

30

October

1, 3, 5 [No Practice – Capital XC Challenge]

7, 8, 10, 12

14 [No Practice- Thanksgiving], 15, 17, 19

21, 22, 24, 26