

Aspire Program

Spring Session/OFSAA Prep: April 20th to June 2nd 2020

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: \$245 for one session per week – Choose 1 of 4 days available

\$350 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:

April

20, 21, 23, 25

27, 28, 30

May

2

4, 5, 7, 9

11, 12, 14, 16

18 [No Practice- Victoria Day], 19, 21, 23

25, 26, 28, 30

June

1, 2