

Aspire Program

Winter I Session: October 28th to December 12th 2019

Location: Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet
1659 Bearbrook Rd, Gloucester, ON K1B 4N3

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:

October

28, 29, 31

November

2

4, 5, 7, 9

11, 12, 14, 16

18, 19, 21, 23

25, 26, 28, 30

December

2, 3, 5, 7

9, 10, 12, 14 [*Candy Cane Relays*]