

# Aspire Program

**Winter II Session:** January 6<sup>th</sup> to February 29<sup>th</sup> 2020

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

**Ages:** 14 – 16

**Cost:** \$280 for one session per week – Choose 1 of 4 days available  
\$420 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:**

*January*

6, 7, 9, 11

13, 14, 16, 18

20, 21, 23, 25

27, 28, 30

*February*

1

3, 4, 6, 8

10, 11, 13, 15

17 [*No Practice- Family Day*], 18, 20, 22

24, 25, 27, 29