

Aspire Program

Winter III Session: March 2nd to April 18th 2020

*no practices March 14th to 21st for March Break

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

Ages: 14 – 16

Cost: \$210 for one session per week – Choose 1 of 4 days available
\$315 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:

March

2, 3, 5, 7

9, 10, 12

23, 24, 26, 28

30, 31

April

2, 4

6, 7, 9, 11 [*Easter Bunny Pursuit*]

13 [*No Practice – Easter Monday*], 14, 16, 18