

# Foundation Program

**Fall Session:** September 9<sup>th</sup> to October 26<sup>th</sup>, 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:** 12 – 13

**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 9am-10:30am*

**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