

Foundation Program

Spring Session: April 20th – May 30th 2020

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: \$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 9am-10:30am

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