

Foundation Program

Summer Session: June 1st – July 23rd 2020

*limited Saturday availability due to Competitions, details will be sent via email

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: \$240 for one session per week – Choose 1 of 4 days available
\$400 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:

June

1, 2, 4, 6

8, 9, 11, 13

15, 16, 18, 20

22, 23, 25, 27

29, 30

July

2, 4

6, 7, 9, 11

13, 14, 16, 18

20, 21, 23