

Foundation Program

Winter II Session: January 6th – February 29th, 2020

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

Ages: 12 – 13

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 9am-10:30am

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