

# Foundation Program

**Winter I Session:** October 28<sup>th</sup> – December 12<sup>th</sup>, 2019

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

**Ages:** 12 – 13

**Cost:** \$245 for one session per week – Choose 1 of 4 days available  
\$350 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:**

*October*

28, 29, 31

*November*

2

4, 5, 7, 9

11, 12, 14, 16

18, 19, 21, 23

25, 26, 28, 30

*December*

2, 3, 5, 7

9, 10, 12, 14 [*Candy Cane Relays*]