

# Foundation Program

**Winter III Session:** March 2<sup>nd</sup> – April 18<sup>th</sup> 2020

\*no practices March 14<sup>th</sup> to 21<sup>st</sup> for March Break

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

**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:**

*March*

2, 3, 5, 7

9, 10, 12

23, 24, 26, 28

30, 31

*April*

2, 4

6, 7, 9, 11 [*Easter Bunny Pursuit*]

13 [*No Practice – Easter Monday*], 14, 16, 18