

Foundation Program

Spring I Session: March 19th – April 21st, 2018

Location: Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet

1659 Bearbrook Rd, Gloucester, ON K1B 4N3

Ages: 12 – 13

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

\$340 for up to 3 sessions per week – Choose out of the 4 days available

Two Training themes:

- Endurance
- Speed/Power

Days/Times: Monday 6:15pm-7:45pm

Tuesday 6:15pm-7:45pm

Thursday 6:15pm-7:45pm

Saturday 9am-10:30am

Dates: March: 19, 20, 22, 24

26, 27, 29, 31

April: 2 [No practice- Easter], 3, 5, 7

9, 10, 12, 14

16, 17, 19, 21