

Foundation Program

Winter I Session: October 30th – December 16th, 2017

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: October: 30, 31

November: 2, 4

6, 7, 9, 11

13, 14, 16, 18

20, 21, 23, 25X [No program]

27, 28, 30

December: 2,

4, 5, 7, 9

11, 12, 14, 16