

12 Week **SPRING** Training

Speed/Strength & Elite Programs

Monday, March 4 – Wednesday, May 22, 2019

Registration is NOW OPEN!

JR SAQ/Strength

8-12yr old

Mon: 6:30PM

SR SAQ/Strength

13-18yr old

Mon: 7:30PM

Elite Speed (JR)

14-18yrs old

Wed: 6:30PM

Elite Speed (SR)

14-18yrs old

Wed: 6:30PM

CLASSES	AGE GROUP	DAY/TIME	Monthly Cost	8 Week Cost	12 Week Cost (10% savings)
Junior SAQ/STRENGTH	Ages 8-12yrs. old	MON / 6:30PM	\$80.00	\$160.00	\$216.00
Senior SAQ/STRENGTH	Ages 13-18yrs. old	MON / 7:30PM	\$90.00	\$180.00	\$243.00
ELITE SPEED	Ages 11-13yrs. old	WED / 6:30PM	\$150.00	\$300.00	\$405.00
ELITE SPEED	Ages 14-18yrs. old	WED / 7:30PM	\$150.00	\$300.00	\$405.00
ELITE/SAQ combo X2	Ages 11-13yrs. old	MON / 6:30PM WED / 6:30PM	\$230.00	\$460.00	\$621.00
ELITE/SAQ combo X2	Ages 14-18yrs. old	MON / 7:30PM WED / 7:30PM	\$240.00	\$480.00	\$648.00

Fees are Non-Refundable

Come or No Come Attendance Policy

Sibling Discount