



WINTER 2025

Recreational Programs

- ✓ 2018-2019 Best of BC Awards Club Winner
- ✓ Academy Setting for Optimal Learning
- ✓ Highly Qualified NCCP Certified Coaches
- ✓ Taraflex Sports Flooring with best safety and performance standard

Pre-Shuttle (*Ages 5-7)

13 weeks	FRI	January 10 – April 25	4-5:30PM	\$282 + GST
	SUN	January 5 – April 20	11AM-12:30PM	\$282 + GST

Shuttle 1 (*Ages 8-12)

13 weeks	TUES	January 7 – April 15	4-6PM	\$377 + GST
	WED	January 8 – April 16	4-6PM	\$377 + GST
	FRI	January 10 – April 25	4-6PM	\$377 + GST
	FRI	January 10 – April 25	6-8PM	\$377 + GST
	SAT	January 4 – April 26	5-7PM	\$377 + GST
	SUN	January 5 – April 20	11AM-1PM	\$377 + GST
	SUN	January 5 – April 20	3-5PM	\$377 + GST

Shuttle 2 (*Ages 13-18)

13 weeks	TUES	January 7 – April 15	4-6PM	\$377 + GST
	TUES	January 7 – April 15	6-8PM	\$377 + GST
	WED	January 8 – April 16	4-6PM	\$377 + GST
	FRI	January 10 – April 25	4-6PM	\$377 + GST
	FRI	January 10 – April 25	6-8PM	\$377 + GST
	SAT	January 4 – April 26	5-7PM	\$377 + GST
	SUN	January 5 – April 20	11AM-1PM	\$377 + GST
	SUN	January 5 – April 20	3-5PM	\$377 + GST

Shuttle 3 (*Ages 15-18)

13 weeks	TUES	January 7 – April 15	6-8PM	\$390 + GST
	SAT	January 4 – April 26	3-5PM	\$390 + GST
	SUN	January 5 – April 20	1-3PM	\$390 + GST

Adult (19+)

13 weeks	SUN	January 5 – April 20	1-3PM	\$390 + GST
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Age is a guideline only, as coaches will assess player's skills for an appropriate program