



# WINTER 2023 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 standards

(\*Age is guideline only as coaches will assess appropriate level)

## Pre-Shuttle (\*Ages 5-7)

<b>13</b> weeks	FRI	Jan 6 – Apr 28 (no class Mar 10, 17, 24 & Apr 7)	4-5:30PM	\$257+ GST
	SUN	Jan 8 – Apr 23 (no class Jan 29, Mar 12 & 19)	11AM-12:30PM	\$257 + GST

## Shuttle 1 (\*Ages 8-12)

<b>13</b> weeks	TUES	Jan 10 – Apr 18 (no class Mar 14 & 21)	4-6PM	\$338 + GST
	WED	Jan 11 – Apr 19 (no class Mar 15 & 22)	4-6PM	\$338 + GST
	FRI	Jan 6 – Apr 28 (no class Mar 10, 17, 24 & Apr 7)	4-6PM	\$338 + GST
	FRI	Jan 6 – Apr 28 (no class Mar 10, 17, 24 & Apr 7)	6-8PM	\$338 + GST
	SAT	Jan 7 – Apr 29 (no class Jan 28, Mar 11, 18 and 25)	5-7PM	\$338 + GST
	SUN	Jan 8 – Apr 23 (no class Jan 29, Mar 12 & 19)	11AM-1PM	\$338 + GST

## Shuttle 2 (\*Ages 13-18)

<b>13</b> weeks	TUES	Jan 10 – Apr 18 (no class Mar 14 & 21)	4-6PM	\$338 + GST
	TUES	Jan 10 – Apr 18 (no class Mar 14 & 21)	6-8PM	\$338 + GST
	WED	Jan 11 – Apr 19 (no class Mar 15 & 22)	4-6PM	\$338 + GST
	FRI	Jan 6 – Apr 28 (no class Mar 10, 17, 24 & Apr 7)	4-6PM	\$338 + GST
	FRI	Jan 6 – Apr 28 (no class Mar 10, 17, 24 & Apr 7)	6-8PM	\$338 + GST
	SAT	Jan 7 – Apr 29 (no class Jan 28, Mar 11, 18 and 25)	5-7PM	\$338 + GST
	SUN	Jan 8 – Apr 23 (no class Jan 29, Mar 12 & 19)	11AM-1PM	\$338 + GST

## Shuttle 3 (\*Ages 15-18)

<b>13</b> weeks	TUES	Jan 10 – Apr 18 (no class Mar 14 & 21)	6-8PM	\$351 + GST
	SAT	Jan 7 – Apr 29 (no class Jan 28, Mar 11, 18 and 25)	3-5PM	\$351 + GST
	SUN	Jan 8 – Apr 23 (no class Jan 29, Mar 12 & 19)	1-3PM	\$351 + GST

## Adult (19+)

<b>13</b> weeks	SUN	Jan 8 – Apr 23 (no class Jan 29, Mar 12 & 19)	1-3PM	\$351 + GST
--------------------	-----	---	-------	-------------