



SPRING 2023

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

Competitive Programs

By Invitation Only & Must Be

Approved by Performance Director ** NO EXCEPTIONS **

(*Age is guideline only)

Pre-1C (*Ages 7-12)

8 weeks	TUES	May 2 – June 27 (no class June 20)	4-6PM	\$464 + GST
	FRI	May 5 – June 30 (no class June 23)	6-8PM	

Shuttle 1C (*Ages 8-12)

8 weeks	MON	May 1 – June 26 (no class May 22)	4-6PM	\$672 + GST
	WED	May 3 – June 28 (no class June 21)	6-8PM	
	SAT	May 6 – June 24	1-3PM	

Shuttle 2C (*Ages 13-18)

8 weeks	MON	May 1 – June 26 (no class May 22)	6-8PM	\$672 + GST
	THURS	May 4 – June 29 (no class June 22)	4-6PM	
	SAT	May 6 – June 24	9-11AM	

Shuttle 3C (*Age 15+)

8 weeks	MON	May 1 – June 26 (no class May 22)	8-10PM	\$672 + GST
	THURS	May 4 – June 29 (no class June 22)	6-8PM	
	SAT	May 6 – June 24	11AM-1PM	

Shuttle 4 DOUBLES SPECIALIZATION: 2 Days

(Prerequisite: Passed PHASE 2 of SH3 & participate in year-end club tournament)

8 weeks	TUES	May 2 – June 27 (no class June 20)	6-8PM	\$464 + GST
	SAT	May 6 – June 24	3-5PM	

Senior Elite: Day 4 of Training

8 weeks	SUN	April 30 – June 18 (no class June 25)	9-11AM	\$160 + GST
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