



FALL 2024 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 | Sep 13 – December 6 | 4-5:30PM | \$282 + GST |
| | SUN | Sep 8 – December 8 | 11AM-12:30PM | \$282 + GST |

Shuttle 1 (*Ages 8-12)

| | | | | |
|--------------------|------|---------------------------|----------|-------------|
| 13 weeks | TUES | September 10 – December 3 | 4-6PM | \$377 + GST |
| | WED | September 11 – December 4 | 4-6PM | \$377 + GST |
| | FRI | September 13 – December 6 | 4-6PM | \$377 + GST |
| | FRI | September 13 – December 6 | 6-8PM | \$377 + GST |
| | SAT | September 7 – December 7 | 5-7PM | \$377 + GST |
| | SUN | September 8 – December 8 | 11AM-1PM | \$377 + GST |
| | SUN | September 8 – December 8 | 3-5PM | \$377 + GST |

Shuttle 2 (*Ages 13-18)

| | | | | |
|--------------------|------|---------------------------|----------|-------------|
| 13 weeks | TUES | September 10 – December 3 | 4-6PM | \$377 + GST |
| | TUES | September 10 – December 3 | 6-8PM | \$377 + GST |
| | WED | September 11 – December 4 | 4-6PM | \$377 + GST |
| | FRI | September 13 – December 6 | 4-6PM | \$377 + GST |
| | FRI | September 13 – December 6 | 6-8PM | \$377 + GST |
| | SAT | September 7 – December 7 | 5-7PM | \$377 + GST |
| | SUN | September 8 – December 8 | 11AM-1PM | \$377 + GST |
| | SUN | September 8 – December 8 | 3-5PM | \$377 + GST |

Shuttle 3 (*Ages 15-18)

| | | | | |
|--------------------|------|---------------------------|-------|-------------|
| 13 weeks | TUES | September 10 – December 3 | 6-8PM | \$390 + GST |
| | SAT | September 7 – December 7 | 3-5PM | \$390 + GST |
| | SUN | September 8 – December 8 | 1-3PM | \$390 + GST |

Adult (19+)

| | | | | |
|--------------------|-----|--------------------------|-------|-------------|
| 13 weeks | SUN | September 8 – December 8 | 1-3PM | \$390 + GST |
|--------------------|-----|--------------------------|-------|-------------|

Age is a guideline only, as coaches will assess player's skills for an appropriate program