



SPRING 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)

8 weeks	FRI	May 2 – June 20	4-5:30PM	\$182 + GST
	SUN	May 4 – June 22	11AM-12:30PM	\$182 + GST

Shuttle 1 (*Ages 8-12)

8 weeks	TUES	April 29 – June 17	4-6PM	\$240 + GST
	WED	April 30 – June 18	4-6PM	\$240 + GST
	FRI	May 2 – June 20	4-6PM	\$240 + GST
	FRI	May 2 – June 20	6-8PM	\$240 + GST
	SAT	May 3 – June 21	5-7PM	\$240 + GST
	SUN	May 4 – June 22	11AM-1PM	\$240 + GST
	SUN	May 4 – June 22	3-5PM	\$240 + GST

Shuttle 2 (*Ages 13-18)

8 weeks	TUES	April 29 – June 17	4-6PM	\$240 + GST
	TUES	April 29 – June 17	6-8PM	\$240 + GST
	WED	April 30 – June 18	4-6PM	\$240 + GST
	FRI	May 2 – June 20	4-6PM	\$240 + GST
	FRI	May 2 – June 20	6-8PM	\$240 + GST
	SAT	May 3 – June 21	5-7PM	\$240 + GST
	SUN	May 4 – June 22	11AM-1PM	\$240 + GST
	SUN	May 4 – June 22	3-5PM	\$240 + GST

Shuttle 3 (*Ages 15-18)

8 weeks	TUES	April 29 – June 17	6-8PM	\$256 + GST
	SAT	May 3 – June 21	3-5PM	\$256 + GST
	SUN	May 4 – June 22	1-3PM	\$256 + GST

Adult (19+)

8 weeks	SUN	May 4 – June 22	1-3PM	\$256 + GST
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Age is a guideline only, as coaches will assess player's skills for an appropriate program