

FALL 2023

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

Competitive Programs

By Invitation Only & Must Be

*Approved by Performance Director ** NO EXCEPTIONS ***

*(*Age is guideline only)*

Pre-1C (*Ages 7-12)

13 weeks	TUES (& SUN)	Sept 10 – Dec 12 <i>(no class Oct 15, Oct 31 & Dec 17)</i>	4-6PM	\$780 + GST
	FRI (& SUN)	Sept 15 – Dec 10 <i>(no class Oct 15, Dec 15 & Dec 17)</i>	6-8PM	

Shuttle 1C (*Ages 8-12)

13 weeks	MON	Sept 11 – Dec 18 <i>(no class Oct 9 & Nov 13)</i>	4-6PM	\$1131 + GST
	WED	Sept 13 – Dec 6	6-8PM	
	SAT	Sept 9 – Dec 9 <i>(no class Oct 14 & Dec 16)</i>	1-3PM	

Shuttle 2C (*Ages 13-18)

13 weeks	MON	Sept 11 – Dec 18 <i>(no class Oct 9 & Nov 13)</i>	6-8PM	\$1131 + GST
	THURS	Sept 14 – Dec 7	4-6PM	
	SAT	Sept 9 – Dec 9 <i>(no class Oct 14 & Dec 16)</i>	9-11AM	

Shuttle 3C (*Age 15+)

13 weeks	MON	Sept 11 – Dec 18 <i>(no class Oct 9 & Nov 13)</i>	8-10PM	\$1131 + GST
	THURS	Sept 14 – Dec 7	6-8PM	
	SAT	Sept 9 – Dec 9 <i>(no class Oct 14 & Dec 16)</i>	11AM-1PM	

Shuttle 4 DOUBLES SPECIALIZATION: 2 Days

Prerequisite: Passed PHASE 2 of SH3 & participate in Rising Stars Circuit: Price includes Adult League (4)

13 weeks	TUES	Sept 12 – Dec 12 <i>(no class Oct 31)</i>	6-8PM	\$840 + GST
	SAT	Sept 9 – Dec 9 <i>(no class Oct 14 & Dec 16)</i>	3-5PM	

Senior Elite: Day 4 of Training (10 classes)

13 weeks	SUN	Sept 10 – Dec 10 <i>(no class Oct 15 & Dec 17)</i>	9-11AM	\$180 + GST
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