



# Elite Spring Training Program

*Are you developing your game this spring?*

Spring and Summer is a time to develop individual strength and skill. If you feel this hasn't been happening in your current spring hockey program, join our Elite Spring Training Program. There are two packages to choose from to suit your schedule and budget! Our program incorporates:

## **PACKAGE A INCLUDES**

1 hr. Gym 2x per week  
2hr. Skatemill/Core per week  
1hr. 3on3/week  
\$67.25/week! (paid monthly)

## **PACKAGE B INCLUDES**

1 hr. Gym 2x per week  
2hr. Skatemill/Core per week  
\$57.25/week!

# **BE READY!**

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