



WINTER 2024

- ✓ 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

Competitive Programs

**By Invitation Only & Must Be
Approved by Performance Director ** NO EXCEPTIONS ****

(*Age is guideline only)

Shuttle Pre-1C (*Ages 7-12)

13 weeks	TUE & SUN	Jan 7 – April 21 (no class Jan 28, Mar 19, Mar 24, Mar 26 & Mar 31)	4-6PM 9-11AM	\$780 + GST
	FRI & SUN	Jan 7 – April 26 (no class Jan 28, Mar 22, Mar 24, Mar 29 & Mar 31)	6-8PM 9-11AM	

Shuttle 1C (*Ages 8-12)

13 weeks	MON	Jan 8 – April 22 (no class Feb 19, Mar 18 & Mar 25)	4-6PM	\$1131 + GST
	WED	Jan 10 – April 24 (no class Mar 20 & Mar 27)	6-8PM	
	SAT	Jan 6 – April 20 (no class Jan 27, Mar 12, Mar 23 & Mar 30)	1-3PM	

Shuttle 2C (*Ages 13-18)

13 weeks	MON	Jan 8 – April 22 (no class Feb 19, Mar 18 & Mar 25)	6-8PM	\$1131 + GST
	THU	Jan 11 – April 25 (no class Mar 21 & Mar 28)	4-6PM	
	SAT	Jan 6 – April 20 (no class Jan 27, Mar 12, Mar 23 & Mar 30)	9-11AM	

Shuttle 3C (*Age 15+)

13 weeks	MON	Jan 8 – April 22 (no class Feb 19, Mar 18 & Mar 25)	8-10PM	\$1131 + GST
	THU	Jan 11 – April 25 (no class Mar 21 & Mar 28)	6-8PM	
	SAT	Jan 6 – April 20 (no class Jan 27, Mar 12, Mar 23 & Mar 30)	11AM-1PM	

Shuttle 4 DOUBLES SPECIALIZATION: 2 Days

Prerequisite: Passed PHASE 2 of SH3 & participate in Rising Stars Circuit: Price included Adult Doubles League

13 weeks	TUES	Jan 9 – Apr 16 (no class Mar 19 & Mar 26)	6-8PM	\$840 + GST
	SAT	Jan 6 – April 20 (no class Jan 27, Mar 23 & Mar 30)	3-5PM	

Senior Elite: Day 4 of Training

13 weeks	SUN	Jan 7 – April 21 (no class Jan 28, Mar 24 & Mar 31)	9-11AM	\$180 + GST
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