

FALL 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)

| | | | | |
|--------------------|-----|--------------------------|--------------|-------------|
| 13 weeks | FRI | September 5 – December 5 | 4-5:30PM | \$296 + GST |
| | SUN | September 7 – December 7 | 11AM-12:30PM | \$296 + GST |

Shuttle 1 (*Ages 8-12)

| | | | | |
|--------------------|------|---------------------------|----------|-------------|
| 13 weeks | TUES | September 9 – December 16 | 4-6PM | \$390 + GST |
| | WED | September 10 – December 3 | 4-6PM | \$390 + GST |
| | FRI | September 5 – December 5 | 4-6PM | \$390 + GST |
| | FRI | September 5 – December 5 | 6-8PM | \$390 + GST |
| | SAT | September 6 – December 6 | 5-7PM | \$390 + GST |
| | SUN | September 7 – December 7 | 11AM-1PM | \$390 + GST |
| | SUN | September 7 – December 7 | 3-5PM | \$390 + GST |

Shuttle 2 (*Ages 13-18)

| | | | | |
|--------------------|------|---------------------------|----------|-------------|
| 13 weeks | TUES | September 9 – December 16 | 4-6PM | \$390 + GST |
| | TUES | September 9 – December 16 | 6-8PM | \$390 + GST |
| | WED | September 10 – December 3 | 4-6PM | \$390 + GST |
| | FRI | September 5 – December 5 | 4-6PM | \$390 + GST |
| | FRI | September 5 – December 5 | 6-8PM | \$390 + GST |
| | SAT | September 6 – December 6 | 5-7PM | \$390 + GST |
| | SUN | September 7 – December 7 | 11AM-1PM | \$390 + GST |
| | SUN | September 7 – December 7 | 3-5PM | \$390 + GST |

Shuttle 3 (*Ages 15-18)

| | | | | |
|--------------------|------|---------------------------|-------|-------------|
| 13 weeks | TUES | September 9 – December 16 | 6-8PM | \$416 + GST |
| | SAT | September 6 – December 6 | 3-5PM | \$416 + GST |
| | SUN | September 7 – December 7 | 1-3PM | \$416 + GST |

Adult (19+)

| | | | | |
|--------------------|-----|--------------------------|-------|-------------|
| 13 weeks | SUN | September 7 – December 7 | 1-3PM | \$416 + GST |
|--------------------|-----|--------------------------|-------|-------------|

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