



# FALL VIRTUAL TRAINING PROGRAMS

TRAIN WITH BRIANNE TO GEAR UP FOR THE UPCOMING HOCKEY SEASON. EACH PROGRAM WILL BE A GREAT COMPLEMENT TO ANY ON-ICE PRACTICES.

	PROGRAM	TIMING	DATES
A	<b>IN-SEASON TRAINING GROUP: SKILLS AND ATHLETIC DEVELOPMENT</b>  AGES 7-10 \$176 + HST	MON. AND THURS. EVENINGS 4:30PM-6:00PM	AUG. 31, SEPT. 3, SEPT. 10, SEPT. 14, SEPT. 21, SEPT. 24, SEPT. 28, OCT. 1
B	<b>IN-SEASON TRAINING GROUP: CONDITIONING FOCUS</b>  AGES 11-15 \$109 + HST	MON. EVENINGS 6:30PM-8:00PM	AUG. 31, SEPT. 14, SEPT. 21, , SEPT. 28,
C	<b>HOCKEY INTELLIGENCE: TACTICS AND SKILLS</b>  AGES 11-15 \$109 + HST	THURS. EVENINGS 6:30PM-8:00PM	SEPT. 3, SEPT. 10, , SEPT. 24, OCT. 1
	<b>FALL TRAINING SERIES PACKAGE</b>  AGES 11-15 \$176 + HST	COMBINATION OF B AND C PROGRAMS	

EMAIL [INFO@JENNERHOCKEY.COM](mailto:INFO@JENNERHOCKEY.COM) TO REGISTER

