



Fraser Valley Academy Winter Training Sessions are BACK!!

Winter Training at the Yard:

- 60 minute training sessions once per week (Hitting, fielding, pitching & athletic movement)
- 4 time slot options/week for schedule ease
- Groups of 6-8 athletes with 2 coaches for better 1:1 opportunities
- Athletes will be exposed to high quality instruction therefore enhancing their development



Details:

Set 1: Nov 13-17, Nov 20-24, Nov 27- Dec 1, Dec 4-8

Set 2: Dec 11-15, Dec 18-22, Jan 1-5, Jan 8-12

Set 3: Jan 15-19, Jan 22-26, Jan 29-Feb 2, Feb 5-9

Set 4: Feb 12-16, Mar 4-8, Mar 11-15, Mar 18-22

Time Slots: Monday @4:30, Tuesday @4:30, Thurs @4:30, Friday @4:00 OR 5:00

Investment: \$126/month

- Post dated cheques if parents wish to sign up for multiple months
- 1 make up date per set
- 2 weeks withdrawal notice
- Location: 49517 Prairie Central Rd, Chilliwack BC V2P 6H3