



**Mondays 28.5 hours Training for HS boys**

**Group I Fr/So 6:30 to 8:00**

**Group II Jr/Se 8:00 to 9:30**

**19 Sessions of 1.5hrs. FEE: \$250**

**Nov. 5-12-19-26**

**Dec. 3-10-17**

**Jan. 7-14-21-28**

**Feb. 4-11-18-25**

**Mar. 4-11-18-25**