



FALL VIRTUAL TRAINING PROGRAMS

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

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

EMAIL INFO@JENNERHOCKEY.COM TO REGISTER