



ATHLETICS / ATHLÉTISME

**TRACK & FIELD**  
**2023/2024 ASPIRE POWER SPEED**  
**Winter III PROGRAM**  
**AGES 14-16**

**LOCATION: - Louis Riel Dome- 1659 Bearbrook rd**

**NO TRAINING SESSIONS ON THE FOLLOWING DAYS:**

**Saturday September 30<sup>th</sup> & Monday October 9<sup>th</sup>**

**REGISTRATION/INFORMATION LINK**

<http://www.trackiereg.com/2023-24-OTT-Aspire-PS>

Days	Time
Monday	6:30pm – 8:00pm
Tuesday	6:30pm – 8:00pm
Thursday	6:30pm – 8:00pm
Saturday	10:00am – 12:00noon

**Program Fees: 1 practice/ week: \$230.00 2-3 practices / week: \$415.00**

- Payment of fees due upon registration on trackiereg.ca
- Cheque, cash accepted by the program manager or registrar
- T.I.P. cards & scholarships must be presented at a practice to redeem.
- During registration, please indicate the day and time slot which your child will be attending.

**REFUNDS ARE GRANTED WITHIN 3 DAYS OF REGISTRATION, SUBJECT TO A \$50 ADMIN FEE.**

**For more information:**

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Website: [www.ottawalions.com](http://www.ottawalions.com)