



## **Fitness Training Packages**

### **U10 & U12 Teams**

**Package is valid from September 1, 2011 – March 31, 2012**

- **Gold Package**
    - 20 sessions
    - Sport Nutrition Seminar
    - **\$2999** or approx. **\$10** per player per session
  
  - **Silver Package**
    - 15 sessions
    - **\$2329** or approx. **\$10.50** per player per session
  
  - **Bronze Package**
    - 10 sessions
    - **\$1629** or approx. **\$11** per player per session
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### **Additional Training Services...**

#### **Small Group Training**

- (5-9 athletes) - **\$157.50**

#### **Personal Training**

- 1 athlete - **\$84** with VCH Staff or **\$105** with Glenn Vergie
- 2 athletes - **\$52.50** each
- 3 athletes - **\$42** each
- 4 athletes - **\$36.75** each

All Small Groups and Personal Athletes are required to pay up front for 10-sessions.