



# HOCKEY PERFORMANCE PROGRAM

SPEED  
80%

AGILITY  
72%

905.688.6800 | WHITEOAKSRESORT.COM



THE *Club* AT  
WHITE OAKS

Our spring/summer hockey performance training sessions consist of an effective combination of speed, power, strength, conditioning, flexibility, mobility, injury reduction and nutrition training. Sessions are delivered by our highly qualified staff in a 'high coach to athlete' ratio to ensure a safe environment and efficacy of our programs. We offer three different monthly package options to best suit your individual training needs and goals...



**GOLD** \$552<sup>+HST</sup> PER MONTH  
INCLUDES 5 90 MINUTE TRAINING SESSIONS PER WEEK

**SILVER** \$480<sup>+HST</sup> PER MONTH  
INCLUDES 3 90 MINUTE TRAINING SESSIONS PER WEEK

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For further information and registration, please contact Nick Tamburri by email: [ntamburri@whiteoaksresort.com](mailto:ntamburri@whiteoaksresort.com)