

# SPSC FALL WARM UP AUG 26 – AUG 30, 2024

AUG 26	AUG 27	AUG 28	Aug 29	AUG 30
1:30-2:30 SR FREE 2:45-3:45 SR/INT A FREE 3:45-4:00 SR/INT A GRP	1:30-2:30 SR FREE 2:45-3:45 SR/INT A FREE 3:45-4:00 SR/INT A GRP	1:30-2:30 SR FREE 2:45-3:45 SR/INT A FREE 3:45-4:00 SR/INT A GRP	1:30-2:30 SR FREE 2:45-3:45 SR/INT A FREE 3:45-4:00 SR/INT A GRP	1:30-2:30 SR FREE 2:45-3:45 SR/INT A FREE 3:45-4:00 SR/INT A GRP

## **COST:**

**SR 5 DAY PACKAGE \$115.00 (10 FREE, 5 GROUP)**

**INT A 5 DAY PACKAGE \$64.00 (5 FREE, 5 GROUP)**

**MEMBER DROP IN \$20.00/HR**

**DEADLINE TO REGISTER: AUGUST 10<sup>TH</sup>**

**ALL SESSIONS AT GLEN ALLAN REC**