Individual and Small Group Plans Are Built on a 1-month Format

1 on 1 Sessions

60 minutes of SAQ/Individual Ball work/Position Specific Training

8 sessions for $200 at 2x per week (40% Discount)

4 sessions for $120 at 1x per week

1 session only for $40

Small Group Sessions

2 player Session- 1-hour Training. \*\*Note these rates are per player

8 sessions for $170 at 2x per week (30% Discount)

4 sessions for $100 at 1x per week

1 session only for $30

3-6 Players Session- 1-hour Training. \*\*Note these rates are per player

8 sessions for $100 at 2x per week ($60 Discount)

4 sessions for $60 at 1x per week

1 session only for $20

Discounts

Sibling Discount= 20% off total cost for siblings

Book with a Friend Discount= 10% off your selected package (per person)

Refer a Friend= $10 off your current selected package