



Protec Elite Performance

Strength and Conditioning Programs

Spring Pricing Sheet

Program		Before April 16	Cost per Session	After April 16	Cost per Session	Notes
Spring Off-Ice Development Camp	Squirt/Peewee	\$320/Total	\$20	\$400/Total	\$25	8 week program. Squirts/Peewees will start April 26 and end June 18. Bantams/Midgets will start April 19 and end June 11. Squirts/Peewees will go through 16 sessions, while Bantams/Midgets will go through 24 sessions total.
	Bantam/Midget	\$360/Total	\$15	\$480/Total	\$20	
Spring Goalie Development Camp	Protec Goalies	\$320/Total	\$20	\$400/Total	\$25	8 week program. Same start and end dates as players, but goalies are at 3 pm. Bantams/Midgets on Monday/Wednesday and Squirts/Peewees on Tuesday/Thursday. Protec Goalies get a discount while non-Protec goalies do not.
	Non-Protec Goalies	\$400/Total	\$25	\$480/Total	\$30	
Adult Functional Training	x2/Week			\$200/Total	\$25	Starting in May. Adults in our x2/week program will have a total of 8 sessions/month. Whereas adults in our x3/week program will have a total of 12 sessions/month.
	x3/Week			\$240/Total	\$20	
		First Time Buyer	Cost per Session	Monthly Cost	Cost per Session	
Private 1:1	x2/Week	\$480/Total	\$60	\$560/Total	\$70	This is a monthly cost/membership. Individuals participating in x2/week training will get 8 60-min sessions. Whereas someone in x3/week will get 12 60-min sessions. First Time Buyers will receive a complimentary assessment and discount per session.
	x3/Week	\$600/Total	\$50	\$720/Total	\$60	
(2-5 participants)	x2/Week	\$240/Total	\$30	\$280/Total	\$35	Individuals participating in Semi-Private training pay a monthly cost just as Privates do. However, the payments are per a person. For example, a small group of 3 people sign up for x2/week, then they will each pay \$240 for the first month, and \$280 after that.
	x3/Week	\$300/Total	\$25	\$360/Total	\$30	