

Chargers Spring Off-Ice Training Powered by



HEALTH
PERFORMANCE
INSTITUTE™



Spring Training Program

- Flexible Scheduling
- Age Specific Training
- Mirrors off-season development standards

Program Perks

- 25% OFF 10 Pack of Training
- Use discount code "Chargers25"
- JV Program (ages 10-13)
- Varsity Program (ages 14+)

Training Schedule

JV (ages 10-13)

Monday - Thursday: 4pm and 7pm

Friday: 4pm

Saturday: 10am

Varsity (ages 14+)

Monday - Thursday: 5pm and 6pm

Friday: 5pm

Saturday: 11am

Questions?

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[JV Training Pack](#)

[Varsity Training Pack](#)