



PREP SKILLS TRAINING GROUP TRAINING LOCATIONS, DAYS & TIMES

BRAMPTON AREA

Location: David Suzuki Secondary School
Address: 45 Daviselm Drive, Brampton, L6X 0Z3
Day: Monday, Tuesday & Thursday
Time: 6:30 pm – 8:00 pm
Note: The team trains at this location from May 1 until August 31.
There is a \$75 annual facility fee to help offset the cost of the team's track rental at David Suzuki.

FALL LOCATION

Location: Chinguacousy Park
Address: 9050 Bramalea Road, Brampton, L6S 6G7
Training Days: Monday, Tuesday & Thursday
Time: 6:00 pm – 7:30 pm
The team trains at this location from September 1 until October 31.

INDOOR LOCATION (OPTION #1)

Location: Toronto Track & Field Centre at York University
Address: 231 Ian MacDonald Boulevard, North York, M7J 1P3
Day: Monday, Wednesday & Thursday; Jumps training takes place on Tuesdays
Time: 6:30 pm – 8:00 pm
Note: The team trains at this location from November 1 until April 30.
There is a \$3.25 daily fee to use the Toronto Track & Field Centre

INDOOR LOCATION (OPTION #2)

Location: Mattamy National Cycling Centre
Address: 2015 Pan Am Boulevard, Milton, L9E 0K7
Day: Monday & Friday
Time: 6:30 pm – 8:00 pm
Note: The team trains at this location from November 1 until April 30.
There is a \$20.25 annual facility fee to use the Mattamy National Cycling Centre

DURHAM AREA

Location: Father Leo J. Austin Catholic Secondary School
Address: 1020 Dryden Boulevard, Whitby, L1R 2A2
Day: Tuesday, Thursday, & Saturday (10:30 – Noon)
Time: 6:30 pm – 8:00 pm
Note: The team trains at this location from May 1 until October 31.
There is a \$75 facility fee to help offset the cost of the team's track rental at Father Leo Austin.

INDOOR LOCATION

Location: Oshawa Civic Recreation Complex

Address: 99 Thornton Road South, Oshawa, L1J 5Y1
Day: Tuesday, Thursday, & Saturday (10:30 – Noon)
Time: 6:30 pm – 8:00 pm
Note: The team trains at the Indoor Facility from November 1 until April 30.
There is a \$175 annual facility fee to help offset the cost of the team's lane rental at the Oshawa Civic Recreation Complex.

ETOBICOKE AREA

Location: Father Henry Carr CSS
Address: 1760 Martin Grove Rd, Etobicoke, M9V 3S4
Day: Monday, Tuesday & Thursday
Time: 6:30 pm – 8:00 pm
Note: The team trains at this location from May 1 until August 31.
There is a \$75 annual facility fee to help offset the cost of the team's track rental at Father Henry Carr.

FALL LOCATION

Location: Esther Lorrie Park
Address: West Humber Boulevard, Etobicoke, M9W 3M6
Training Days: Monday, Tuesday & Thursday
Time: 6:00 pm – 7:30 pm
The team trains at this location from September 1 until October 31.

INDOOR LOCATION

Location: Toronto Track & Field Centre at York University
Address: 231 Ian MacDonald Boulevard, North York, M7J 1P3
Day: Monday, Tuesday & Thursday; Jumps training takes place on Tuesdays
Time: 6:30 pm – 8:00 pm
Note: The team trains at the Indoor Facility from November 1 until April 30.
There is a \$3.25 daily fee to use the Toronto Track & Field Centre

MARKHAM AREA

Location: Bill Crothers Secondary School
Address: 44 Main Street, Unionville, L3R 2E4
Day: Monday, Wednesday & Friday
Time: 6:30 pm – 8:00 pm
Note: The team trains at this location from May 1 until October 31.

INDOOR LOCATION (OPTION #1)

Location: Oshawa Civic Recreation Complex
Address: 99 Thornton Road South, Oshawa, L1J 5Y1
Day: Tuesday, Thursday, & Saturday (10:30 – Noon)
Time: 6:30 pm – 8:00 pm
Note: The team trains at this facility from November 1 until April 30.
There is a \$175 annual facility fee to help offset the cost of the team's lane rental at the Oshawa Civic Recreation Complex.

INDOOR LOCATION (OPTION #2)

Location: Toronto Track & Field Centre at York University
Address: 231 Ian MacDonald Boulevard, North York, M7J 1P3
Day: Monday, Wednesday & Friday; Jumps training takes place on Tuesdays
Time: 6:30 pm – 8:00 pm
Note: The team trains at this facility from November 1 until April 30.
There is a \$3.25 daily fee to use the Toronto Track & Field Centre

MISSISSAUGA AREA

Location: Loyola Catholic Secondary School
Address: 4010 Sladeview Crescent, Mississauga, L5L 6B1
Day: Monday, Wednesday & Friday
Time: 6:30 pm – 8:00 pm
Note: The team trains at this facility from May 1 until October 31.

INDOOR LOCATION (OPTION #1)

Location: Mattamy National Cycling Centre
Address: 2015 Pan Am Boulevard, Milton, L9E 0K7
Day: Monday & Friday
Time: 6:30 pm – 8:00 pm
Note: The team trains at this facility from November 1 until April 30.
There is a \$20.25 annual facility fee to use the Mattamy National Cycling Centre

INDOOR LOCATION (OPTION #2)

Location: Toronto Track & Field Centre at York University
Address: 231 Ian MacDonald Boulevard, North York, M7J 1P3
Day: Monday, Wednesday & Thursday; Jumps training takes place on Tuesdays
Time: 6:00 pm – 8:00 pm
Note: The team trains at this facility from November 1 until April 30.
There is a \$3.25 daily fee to use the Toronto Track & Field Centre

NORTH YORK AREA

Location: Toronto Track & Field Centre at York University
Address: 231 Ian MacDonald Boulevard, North York, M7J 1P3
Day (Group #1): Monday, Wednesday & Friday; Jumps training takes place on Tuesdays
Day (Group #2): Monday, Wednesday & Thursday; Jumps training takes place on Tuesdays
Time: 6:00 pm – 8:00 pm
Note: *There is a \$3.25 daily fee to use the Toronto Track & Field Centre*

SCARBOROUGH AREA

Location: Birchmount Park
Address: 93 Birchmount Road, Scarborough, M1T 2M5
Day: Monday, Wednesday, Friday & Saturday (10:00 – Noon)
Time: 4:30 pm – 7:00 pm
Note: The team trains at this facility from May 1 until October 31.

INDOOR LOCATION (OPTION #1)

Location: Monarch Park Stadium
Address: 1 Parkmount Road, Toronto, M4J 0A5
Program Day: Tuesday, Thursday, Friday & Saturday (10:00 – Noon)
Time: 4:30 pm – 7:00 pm
Note: The team trains at this facility from November 1 until April 30.
There is a \$190 annual facility fee to use the Monarch Park Stadium facility

TORONTO EAST

Location: Monarch Park Stadium
Address: 1 Parkmount Road, Toronto, M4J 0A5
Program Day: Monday, Wednesday & Thursday
Time: 6:30 pm – 8:00 pm
The team trains at this facility from November 1 until August 31.
There is a \$190 annual facility fee to use the Monarch Park Stadium facility between November 1 and April 30

FALL LOCATION

Location: Riverdale Park East
Address: 550 Broadview Avenue, Toronto, M4K 2N6
Training Days: Monday, Wednesday & Thursday
Time: 6:00 pm – 7:30 pm
The team trains at this location from September 1 until October 31.
Training sessions may begin and end early due to early sunset

TORONTO WEST

Location: Central Tech Stadium
Address: 725 Bathurst Street, Toronto, M5S 2R5
Day: Monday, Wednesday & Thursday
Time: 6:30 pm – 8:00 pm
Note: The team trains at this facility from May 1 until October 31.

INDOOR LOCATION (OPTION #1)

Location: Monarch Park Stadium
Address: 1 Parkmount Road, Toronto, M4J 0A5
Program Day: Monday, Wednesday & Thursday
Time: 6:30 pm – 8:00 pm
Note: The team trains at this facility from November 1 until April 30.
There is a \$190 annual facility fee to use the Monarch Park Stadium facility

INDOOR LOCATION (OPTION #2)

Location: Toronto Track & Field Centre at York University
Address: 231 Ian MacDonald Boulevard, North York, M7J 1P3
Day: Monday, Wednesday & Thursday; Jumps training takes place on Tuesdays
Time: 6:30 pm – 8:00 pm
Note: The team trains at this facility from November 1 until April 30.
There is a \$3.25 daily fee to use the Toronto Track & Field Centre

QUESTIONS & CONTACT INFORMATION

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