



---

## COMPLETE SKILLS TRAINING (HIGH SCHOOL 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**

**Email:** [track@flyingangels.ca](mailto:track@flyingangels.ca)

**Phone:** (647) 710-7426