

Registration Information

Payment can be made over the phone, in person at the Main Office or online at www.dakotacc.com.

Payment is due in full; debit, VISA, MasterCard, cash, or cheques are accepted.

The Program Manager reserves the right to move the participants from one team/camp to another to ensure a high quality experience for the participant.



Contact Information

Dakota Community Centre
Anthony Knapp
Program Manager
1188 Dakota Street
Winnipeg, Manitoba R2N 3H4
Email: dakotaaccpm@shaw.ca
Phone: (204) 254.1010 (ext. 201)
Fax: (204) 254.8220

Visit <http://www.dakotacc.com> for more information regarding the OTA, and register today!

Dakota Community Centre

**Optimal Training
Academy - ADULT**

FALL/WINTER SESSION



Optimal Training Academy

- Adult Program

This program is a toned down yet challenging version of the youth OTA program.

Adults will improve upon all aspects of their fitness including: Strength, flexibility, muscle endurance, cardio and nutrition.

Come sweat with other members of your peer group in a very motivating and positive environment!



Schedule:

Date/Times:

Mondays – 8:00 – 9:30pm

Thursdays – 8:00 – 9:30pm

Price:

10 sessions - \$85.00

Customer Testimonial

"The Optimal Training Academy has really helped me develop. From the on ice sessions to the weight room, every aspect of it has been great. The close relationships you build over the years with the trainers really helps you excel in this program. In my case, the 6 years of working with Terry Hadlow has really benefited me. He pushed me and the program really knows how to focus on every athlete's needs"

Travis Hamonic

- 6 year member
- 2010 Canadian World Junior Hockey member
- 2nd round NHL draft pick (NY Islanders)

Optimal Training Academy Coaches

Head Instructor: Terry Hadlow

Terry Hadlow has been at Dakota Community Centre for 9 years, and brings an intensity and knowledge few can match. Terry has appeared in the Olympics for the Canadian weightlifting team, and has also captured a gold medal at the Pan American Games. Terry has a great understanding of the athletes he trains, and knows what they need to do to achieve the next level of their athletic development.

Recent accomplishments include:

2010 World Weightlifting masters GOLD medal winner.

Terry was also recognized as the masters best overall weightlifter throughout all the age categories.

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Information also available online at dakotacc.com



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