

2026 OFF-SEASON HOCKEY TRAINING

MAY 4 - AUG 21, 2026



SPARK
BY THE BRIDGE

2026 PROGRAM DETAILS

OVERVIEW

Our Off-Season Hockey programs are structured across three tiers, Level 1, Level 2, and Level 3. The 2026 programs will run for 16 weeks, from May 4 to August 21, 2026.

Our off season hockey specific training programs are built to develop well-rounded players by combining focused in-gym training with on-ice sessions that seamlessly connect physical development to performance on the ice.

In the gym, athletes work through a progressive program targeting mobility, strength, speed, power, agility, and conditioning. These sessions build the foundation to move better, absorb contact, and stay durable through the demands of the season.

LEVEL 1

For athletes that are new to strength and conditioning training. Beginners with no or little experience lifting weights should register here.

Program Details:

Cost: \$1199 + GST with optional monthly payment plan (4 payments of \$300 + GST.)

Early Bird Price: Ends March 1: \$999 + GST with optional monthly payment plan (4 payments of \$250 + GST.)

Weekly Off-Ice Training: Three (3) 60-minute gym sessions per week.

On-Ice Training: Three (3) on-ice sessions focused on conditioning and power on the Kinsmen ice downstairs (meant to complement gym training, not a skills session).

Exclusive Perks:

- Participants receive exclusive swag and other benefits.
- In-house sports physiotherapy and massage therapy (additional charges with direct billing to insurance)
- Access to cold tubs, recovery boots, and Hyperice recovery tools

LEVEL 2

Participants should be comfortable with barbell lifts and strength training.

Program Details:

Cost: \$1799 + GST with optional monthly payment plan (4 payments of \$450 + GST.)

Early Bird Price: Ends March 1: \$1499 + GST with optional monthly payment plan (4 payments of \$375 + GST.)

Weekly Off-Ice Training: Three (3) 90-minute gym sessions per week.

On-Ice Training: Three (3) on-ice sessions focused on conditioning and power on the Kinsmen ice downstairs (meant to complement gym training, not a skills session).

Advanced Assessments: Start and end the program with objective measurement testing with VALD performance evaluations and Vitruve Velocity-Based training.

Exclusive Perks:

- Participants receive exclusive swag and other benefits.
- In-house sports physiotherapy and massage therapy (additional charges with direct billing to insurance)
- Access to cold tubs, recovery boots, and Hyperice recovery tools
- Access to Vitruve Velocity-Based Training tech throughout the entire program

LEVEL 3

For athletes who were in the U18 program last year or already have extensive training experience. Anyone interested in Level 3, please contact Marcel (marcel@thebridge.fit) for approval prior to registration.

Program Details:

Cost: \$1999 + GST with optional monthly payment plan (4 payments of \$500 + GST.)

Early Bird Price: Ends March 1: \$1699 + GST with optional monthly payment plan (4 payments of \$425 + GST.)

Weekly Off-Ice Training: Four (4) 90-minute gym sessions per week.

On-Ice Training: Three (3) on-ice sessions focused on conditioning and power on the Kinsmen ice downstairs (meant to complement gym training, not a skills session).

Advanced Assessments: Start and end the program with objective measurement testing with VALD performance evaluations and Vitruve Velocity-Based training.

Exclusive Perks:

- Participants receive exclusive swag and other benefits.
- In-house sports physiotherapy and massage therapy (additional charges with direct billing to insurance)
- Access to cold tubs, recovery boots, and Hyperice recovery tools
- Access to VALD Performance Testing tech and Vitruve Velocity-Based Training tech throughout the entire program

THE GYM AND THE COACHES

For over 15 years, SPARK has been a trusted training space for young athletes and adults. Many who have trained at SPARK have gone on to achieve incredible things in their sport, including being drafted to the NHL and Junior Hockey, earning scholarships to universities in Canada and the U.S., and competing in professional leagues overseas.

WHAT OUR ATHLETES SAY

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“Training at The Bridge throughout my hockey career has been a key part of my development year after year. I enjoy working with The Bridge team because I am always challenged in my training, and they help create a clear plan focused on building toward my goals.”

– **Maggie Peterson**

(**Lakers Kärnten/Windsor Women's Hockey**)

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“My training in the hockey program has taken my on-ice performance to another level. I would highly recommend the program because the environment and the coaches push you to not only get better every day, but also to be the best version of yourself.”

– **Nolan Stewart**

(**WHL Victoria Royals**)

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“The program prepared me for the next level by emphasizing strength, technique, and attention to detail, which pushed my development and built confidence in my game. The coaches genuinely cared, built personal relationships, and helped me continue developing the strength needed to compete at the next level.”

– **Aeryn Flanagan**

(**University of Saskatchewan Women's Hockey**)

TRAINING SCHEDULE

MAY/JUNE OFFSEASON HOCKEY SCHEDULE						
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1	Evening	-	Evening	-	Evening	-
Level 2	Evening	-	Evening	-	-	Morning
Level 3	Evening	Evening		Evening	Evening	-

All sessions are held in the evenings (except Saturday morning for Level 2).

JUNE/JULY OFFSEASON HOCKEY SCHEDULE					
Level	Monday	Tuesday	Wednesday	Thursday	Friday
Level 1	Morning	-	Morning	-	Morning
Level 2	Morning	-	Morning	-	Morning
Level 3	Morning	Morning	-	Morning	Morning

All sessions transition to morning times during June & July.

Note:

Training times are TBD and will depend on the number of participants and groups for each level.