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2008 Program Schedule (Info subject to change - please double check with Brandi)

Event	Begin Date	End Date	Days	Time	Location	Cost
Salem Boot Camp						
Session 1 (6-Week) <i>**increase in price</i>	7-Jan	14-Feb	Mon-Thurs	6-7 AM	Salem State College	\$140
Session 2	25-Feb	27-Mar	Mon-Thurs	6-7 AM	Salem State College	\$130
Session 3	7-Apr	8-May	Mon-Thurs	6-7 AM	Salem Common	\$115
Session 4 (6-week) <i>**increase in price</i>	19-May	26-Jun	Mon-Thurs	6-7 AM	Salem Common	\$130
Session 5 (6-week) <i>**increase in price</i>	7-Jul	14-Aug	Mon-Thurs	6-7 AM	Salem Common	\$130
Session 6	25-Aug	25-Sep	Mon-Thurs	6-7 AM	Salem Common	\$115
Session 7	6-Oct	6-Nov	Mon-Thurs	6-7 AM	Salem Common	\$115
Session 8	17-Nov	18-Dec	Mon-Thurs	6-7 AM	Salem Common	\$115
Eve. Boot Camp has same session dates as morning Boot Camp. Meets Mon & Wed. from 6:30-7:30 pm or 6:30-8pm Cost \$85 (\$125 w/extra 30min.) .						
Evening Boot Camp meets at the Salem Common (Session 1&2 meets at Bentley School for the Winter Sessions). - NOTE: 7-week sessions increase by \$10						
Marblehead Boot Camp						
Session 1 (6-week) <i>**increase in price</i>	7-Jan	14-Feb	Mon, Wed, Thurs	5:50-6:50 AM	MHD Community Center	\$125 3 days/week
Session 2	25-Feb	27-Mar	Mon, Wed, Thurs	5:50-6:50 AM	MHD Community Center	\$110 3 days/week
Session 3	7-Apr	8-May	Mon, Wed, Thurs	5:50-6:50 AM	Seaside Park	\$110 3 days/week
Session 4 (6-week) <i>**increase in price</i>	19-May	26-Jun	Mon, Wed, Thurs	5:50-6:50 AM	Seaside Park	\$125 3 days/week
Session 5 (6-week) <i>**increase in price</i>	7-Jul	14-Aug	Mon, Wed, Thurs	5:50-6:50 AM	Seaside Park	\$125 3 days/week
Session 6	25-Aug	25-Sep	Mon, Wed, Thurs	5:50-6:50 AM	Seaside Park	\$110 3 days/week
Session 7	6-Oct	6-Nov	Mon, Wed, Thurs	5:50-6:50 AM	Seaside Park	\$110 3 days/week
Session 8	17-Nov	18-Dec	Mon, Wed, Thurs	5:50-6:50 AM	MHD Community Center	\$110 3 days/week
Danvers Boot Camp						
Session 1 (6-week) <i>**increase in price</i>	7-Jan	14-Feb	Mon-Thurs	5:45-6:45 AM	Danvers High School (inside)	\$135 4 days/week, \$90 2 days/week
Session 2	25-Feb	27-Mar	Mon-Thurs	5:45-6:45 AM	Danvers High School (inside)	\$125 4 days/week, \$85 2 days/week
Session 3	7-Apr	8-May	Mon-Thurs	5:45-6:45 AM	Danvers High School	\$125 4 days/week, \$85 2 days/week
Session 4 (6-week) <i>**increase in price</i>	19-May	26-Jun	Mon-Thurs	5:45-6:45 AM	Danvers High School	\$135 4 days/week, \$90 2 days/week
Session 5 (6-week) <i>**increase in price</i>	7-Jul	14-Aug	Mon-Thurs	5:45-6:45 AM	Danvers High School	\$135 4 days/week, \$90 2 days/week
Session 6	25-Aug	25-Sep	Mon-Thurs	5:45-6:45 AM	Danvers High School	\$125 4 days/week, \$85 2 days/week
Session 7	6-Oct	6-Nov	Mon-Thurs	6-7 AM	Danvers High School	\$125 4 days/week, \$85 2 days/week
Session 8	17-Nov	18-Dec	Mon-Thurs	6-7 AM	Danvers High School (inside)	\$125 4 days/week, \$85 2 days/week
Eve. Boot Camp has same session dates as morning Boot Camp. Meets Tues./Thurs. from 6-7 pm. Cost: \$75 Please double check time and location as it varies each season. Please double check time and location as it varies each season.						
Beverly Boot Camp						
Session 1 (6-week) <i>**increase in price</i>	7-Jan	14-Feb	M/W/F	6-7 AM	Briscoe School	\$120 3 days/week, \$85 2 days/week
Session 2	25-Feb	27-Mar	M/W/F	6-7 AM	Briscoe School	\$105 3 days/week, \$85 2 days/week
Session 3	7-Apr	8-May	Mon-Thurs	6-7 AM	Lynch Park	\$125 4 days/week, \$85 2 days/week
Session 4 (6-week) <i>**increase in price</i>	19-May	26-Jun	Mon-Thurs	6-7 AM	Lynch Park	\$135 4 days/week, \$85 2 days/week
Session 5 (6-week) <i>**increase in price</i>	7-Jul	14-Aug	Mon-Thurs	6-7 AM	Lynch Park	\$135 4 days/week, \$85 2 days/week
Session 6	25-Aug	25-Sep	Mon-Thurs	6-7 AM	Lynch Park	\$125 4 days/week, \$85 2 days/week
Session 7	6-Oct	6-Nov	Mon-Thurs	6-7 AM	Lynch Park	\$125 4 days/week, \$85 2 days/week
Session 8	17-Nov	18-Dec	Mon-Thurs	6-7 AM	Lynch Park	\$125 4 days/week, \$85 2 days/week
Manchester Boot Camp All 5-Week Sessions (session 3 has a bonus week)						
Session 1	7-Apr	8-May	Mon-Thurs	6-7 AM	Masconomo Park	\$145 4 days/week, \$85 2 days/week
Session 2	19-May	19-Jun	Mon-Thurs	6-7 AM	Masconomo Park	\$145 4 days/week, \$85 2 days/week
Session 3 (6-weeks)	7-Jul	14-Aug	Mon-Thurs	6-7 AM	Masconomo Park	\$145 4 days/week, \$85 2 days/week
Session 4	25-Aug	25-Sep	Mon-Thurs	6-7 AM	Masconomo Park	\$145 4 days/week, \$85 2 days/week
Session 5	6-Oct	6-Nov	Mon-Thurs	6-7 AM	Masconomo Park	\$145 4 days/week, \$85 2 days/week
Session 6	17-Nov	18-Dec	Mon-Thurs	6-7 AM	Masconomo Park	\$145 4 days/week, \$85 2 days/week
12-Week USAT Coached Triathlon Training Program:						
Session 1	10-May	7-Aug	Varies (Tues, Wed., Thurs. & Saturday)	Varies (6am, 6:30pm, 9am)	Varies (Salem and Marblehead)	\$175
Endurance Swim Program						
Session 1	9-Jan	26-Feb	Wed. night through January then back to Tuesdays	7:00 PM	Salem State College	\$75 (NSTT) \$85 Community
Session 2	1-Mar	22-Apr	Tuesdays	7:00 PM	Salem State College	\$75 (NSTT) \$85 Community
Session 3 (13-weeks)	13-May	5-Aug	Tuesdays	7:00 PM	Salem State College/Forest River Park, Devereux Beach	\$99 (NSTT) \$105 Community
Session 2	14-Oct	2-Dec	Tuesdays	7:00 PM	Salem State College	\$75 (NSTT) \$85 Community
Coached Track Workouts						
Session 1 (12-Weeks)	14-May	6-Aug	Wednesday Night's	6:30pm	Salem Common	\$90
Session 2 (12-Weeks - Wicked 1/2Marathon Training Program)	9-Jul	24-Sep	Wednesday Night's	6:30pm	Salem Common	\$90
Other Program Dates:						
Cardio Core Training: Same dates and locations as the Community Boot Camp you are looking at. Meets Tuesdays & Thursdays 6-7 AM. Cost \$75						
Full Body Strength and Conditioning: Same dates and locations as Boot Camp. Meets Mondays and Wednesdays 6-7 AM. Cost \$75						
PowerFitt: Same dates as Salem Boot Camp. Monday's & Wednesday's at Salem State College. Cost \$85.						
Speed, Agility, and Power Training: Same dates as Salem Boot Camp. Wednesdays 6:30-7:30 OR Thursdays 6-7 AM. Cost \$50						
B&S Special Events 2008						
Northeast Triathlon Summit	23-Feb		Saturday	7:30am-4:00pm	Salem State College, O'Keefe Cente	\$90
Powow Triathlon (Sprint)	12-Jul		Saturday	8am	Lake Gardner, Amesbury, Ma	See Website
Wild Fish One Mile Swim	2-Aug		Saturday	12pm	Collins Cove, Salem, Ma	\$18 Pre/\$22 Post
Purely Mad 2 Mile Swim	2-Aug		Saturday	12pm	Collins Cove, Salem, Ma	\$18 Pre/\$22 Post
Haunted City Junior Triathlon	9-Aug		Saturday	8am	Dead Horse Beach, Salem Willows	\$22 Pre/\$30 Post
Derby Street Mile	August TBA		Friday	7pm	Fort Ave, Salem Ma.	\$12 Pre/\$15 Post
Wicked 1/2 Marathon	27-Sep		Saturday	7am	Bentley School, Salem Ma	\$40 Pre/\$50 Post
Battle of the Boot Camps	8-Nov		Saturday	8:45am	Danvers High School	\$15
Mudd Mass Challenge	October TBA		TBA	TBA	TBA	TBA