

U16 Age Class (Age on Jan 1, 2024)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Oct-30	4:30-6:00pm Strength	Halloween	4:30-6:00pm Strength		4:30-6:00pm Strength	9:00-10:30am Run	6:00-7:30PM Swim UofC
Nov-06	4:30-6:00pm Strength	4:30-6:00on Run (optional)	4:30-6:00pm Strength		4:30-6:00pm Strength	9:00-10:30am Run	6:00-7:30PM Swim UofC
Nov-13	4:30-6:00pm Strength	4:30-6:00on Run (optional)	4:30-6:00pm Strength		4:30-6:00pm Strength	9:00-10:30am Run	6:00-7:30PM Swim UofC
Nov-20	4:30-6:00pm Strength	4:30-6:00on Run (optional)	4:30-6:00pm Strength		5-7pm TEAM MEAL (Canoe-Women cook)	9:00-10:30am Run	6:00-7:30PM Swim UofC
Nov-27	4:30-6:00pm Strength	4:30-6:00on Run (optional)	4:30-6:00pm Strength		4:30-6:00pm Strength	9:00-10:30am Run	6:00-7:30PM Swim UofC
Dec-04	4:30-6:00pm Strength	4:30-6:00on Run (optional)	4:30-6:00pm Strength		4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Dec-11	4:30-6:00pm Strength	4:30-6:00on Run (optional)	4:30-6:00pm Strength		4:30-6:00pm Strength	9am Run & Yoga 5-6pm Team Meal (K-WOMEN COOK) 6pm CCC CHRISTMAS	No Pool
Dec-18	Club Holiday						
Dec-25	SANTA COMES						NEW YEAR EVE
Jan-01	NEW YEARS DAY	4:30-6:00on Run (optional)	6:30-7:30am Strength		4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	No Pool
Jan-08	4:30-6:00pm Strength	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Jan-15	4:30-6:00pm Strength	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Jan-22	4:30-6:00pm Strength	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	5-7pm TEAM MEAL (CANOE MEN COOK)	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Jan-29	4:30-6:00pm Strength	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	No Pool
Feb-05	4:30-6:00pm Strength	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Feb-12	4:30-6:00pm Strength	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Feb-19	FAMILY DAY	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Feb-26	4:30-6:00pm Strength	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	5-7pm TEAM MEAL (K-MEN COOK)	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Mar-04	4:30-6:00pm Strength	4:30 Run and/or Ergo 5:30 Some do Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30 Run and/or Ergo 5:30 Some do Ergo	4:30-6:00pm Strength	9:00-10:30am Run FL CAMP (2-4 weeks)	6:00-7:30PM Swim UofC FL CAMP (2-4 weeks)
Mar-11	CLUB SPRING BREAK						6:00-7:30PM Swim UofC
Mar-18	FL CAMP (2-4 weeks)						FL CAMP (2-4 weeks)
Mar-18	4:30-6:00pm Strength FL CAMP (2-4 weeks)	4:30-6:00on Run (optional) FL CAMP (2-4 weeks)	4:30-6:00pm Strength FL CAMP (2-4 weeks)	4:30-6:00pm Run/ Ergo FL CAMP (2-4 weeks)	4:30-6:00pm Strength FL CAMP (2-4 weeks)	9:00-10:30am Run FL CAMP (2-4 weeks)	6:00-7:30PM Swim UofC FL CAMP (2-4 weeks)
Mar-25	4:30-6:00pm Strength FL CAMP (2-4 weeks)	4:30-6:00on Run (optional) FL CAMP (2-4 weeks)	4:30-6:00pm Strength FL CAMP (2-4 weeks)	4:30-6:00pm Run/ Ergo FL CAMP (2-4 weeks)	4:30-6:00pm Strength FL CAMP (2-4 weeks)	9:00-10:30am Run 10:30-11:30am Yoga FL CAMP (2-4 weeks)	FL CAMP (2-4 weeks)
Apr-01	4:30-6:00pm Strength FL CAMP (2-4 weeks)	4:30-6:00on Run (optional) FL CAMP (2-4 weeks)	4:30-6:00pm Strength FL CAMP (2-4 weeks)	4:30-6:00pm Run/ Ergo FL CAMP (2-4 weeks)	GOOD FRIDAY	9:00-10:30am Run 10:30-11:30am Yoga FL CAMP (2-4 weeks)	
Apr-08	EASTER MONDAY	4:30-6:00on Run (optional)	4:30-6:00pm Strength	4:30-6:00pm Run/ Ergo	4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	
Apr-15	4:30-6:00pm Strength	4:30-6:00on Run (optional)	4:30-6:00pm Strength	4:30-6:00pm Run/ Ergo	4:30-6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	
Apr-22	4:30-6:00pm Strength	4:30-6:00on Run (optional)	4:30-6:00pm Strength	4:30-6:00pm Run/ Ergo	5-7pm TEAM MEAL (CANOE WOMEN COOK)	9:00-10:30am Run 10:30-11:30am Yoga	