

ADULT WINTER - Paddler Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mon Oct 08 18						9AM 5km Park Run	1PM - Paddlers SPIN YMCA Downtown
Mon Oct 15 18						9AM www.parkrun.ca	1PM - Paddlers SPIN YMCA Downtown
Mon Oct 22 18						9AM www.parkrun.ca	1PM - Paddlers SPIN YMCA Downtown
Mon Oct 29 18	WINTER PROGRAM STARTS NOVEMBER 1st at YMCA with POOL PADDLE				6:30-7:30 Pool Paddle <i>YMCA downtown</i>	Rest Day	1:00 Fitness Check 1PM - Paddlers SPIN YMCA Downtown
Mon Nov 05 18	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Nov 12 18	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Nov 19 18	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Nov 26 18	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	Rest Day	9AM www.parkrun.ca 1:00 Fitness Check	1PM - Paddlers SPIN YMCA Downtown
Mon Dec 03 18	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Dec 10 18	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Dec 17 18	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	Rest Day	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Dec 24 18	Club Holiday	SANTA COMES TONIGHT	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday
Mon Dec 31 18	New Year Eve	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday
Mon Jan 07 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Jan 14 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Jan 21 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Jan 28 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	Rest Day	9AM www.parkrun.ca 1:00 Fitness Check	1PM - Paddlers SPIN YMCA Downtown
Mon Feb 04 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Feb 11 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Feb 18 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Feb 25 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	Rest Day	9AM www.parkrun.ca 1:00 Fitness Check	1PM - Paddlers SPIN YMCA Downtown
Mon Mar 04 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Mar 11 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Mar 18 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Mar 25 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	Rest Day	9AM www.parkrun.ca 1:00 Fitness Check	1PM - Paddlers SPIN YMCA Downtown
Mon Apr 01 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Apr 08 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	OYO Training	9AM www.parkrun.ca 1:00 Canada Games Room	1PM - Paddlers SPIN YMCA Downtown
Mon Apr 15 19	OYO Training	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	6:30 YOGA <i>Anderson House</i>	6:30-7:30 Pool Paddle <i>YMCA downtown</i>	Travel Day - Westjet Direct Flight to Orlando		
Mon Apr 22 19	ADULT FLORIDA CAMP - 'possible' based on participation - Let us know if you would be interested						