

AGE (Under 13 as of Jan 1, 2019)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mon Oct 08 18	Holiday - No Programs	4:30 Conditioning - WRCC		4:30 Conditioning - WRCC		9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a>	
Mon Oct 15 18		4:30 Conditioning - WRCC		4:30 Conditioning - WRCC		9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a>	
Mon Oct 22 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - WRCC		9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a>	
Mon Oct 29 18		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		11:00 Fitness Check	
Mon Nov 05 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Nov 12 18		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 11:00 Paddle	
Mon Nov 19 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Nov 26 18		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		11:00 Fitness Check	
Mon Dec 03 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Dec 10 18		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 11:00 Paddle	
Mon Dec 17 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - Level 10		9:00 Fitness Check - WRCC 11:00 SPIN - Level 10	
Mon Dec 24 18	Club Holiday	SANTA COMES TONIGHT	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday
Mon Dec 31 18	New Years Eve	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday
Mon Jan 07 19		8:30-9:30 SWIM - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Jan 14 19		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Jan 21 19		8:30-9:30 SWIM - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Jan 28 19		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		9:00 Fitness Check - WRCC 11:00 SPIN - Level 10	
Mon Feb 04 19		8:30-9:30 SWIM - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Feb 11 19		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Feb 18 19		8:30-9:30 SWIM - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Feb 25 19		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		9:00 Fitness Check - WRCC 11:00 SPIN - Level 10	
Mon Mar 04 19		8:30-9:30 SWIM - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Mar 11 19		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Mar 18 19		8:30-9:30 SWIM - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Mar 25 19		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		9:00 Fitness Check - WRCC 11:00 SPIN - Level 10	
Mon Apr 01 19		8:30-9:30 SWIM - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Apr 08 19		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Apr 15 19		8:30-9:30 SWIM - YMCA		4:30 Conditioning - Level 10		11:00 SPIN - Level 10	
Mon Apr 22 19		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10		9:00 Fitness Check - WRCC 11:00 SPIN - Level 10	
Mon Apr 29 19		4:30 Strength & Paddle		4:30 Strength & RUN	4:30PM Paddle	9AM 5km Park Run 11:00 Paddle	
Mon May 06 19		4:30 Strength & Paddle		4:30 Strength & RUN	4:30PM Paddle	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 11:00 Paddle	
Mon May 13 19		4:30 Strength & Paddle		4:30 Strength & RUN	4:30PM Paddle	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 11:00 Paddle	
Mon May 20 19		4:30 Strength & Paddle		4:30 Strength & RUN	4:30PM Paddle	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 11:00 Paddle	
Mon May 27 19		4:30 Strength & Paddle		4:30 Strength & RUN	Rest Day	SK TEAM TRIALS	
Mon Jun 03 19	4:30PM Paddle		4:30PM Paddle	TRAIN DEPARTS FOR SEATTLE (Wolf Point MT)	Prep & Paddle	TED HOUK Regatta - SEATTLE	
Mon Jun 10 19	4:30PM Paddle		4:30PM Paddle		4:30PM Paddle	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 4:30 Paddle	
Mon Jun 17 19	4:30PM Paddle		4:30PM Paddle		4:30PM Paddle	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 4:30 Paddle	
Mon Jun 24 19	4:30PM Paddle		4:30PM Paddle		4:30PM Paddle	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 4:30 Paddle	
Mon Jul 01 19	Holiday - No Programs	Summer Programs Start	8:30-4:30	8:30-4:30	8:30-4:30	CAN-CUP REGINA	
Mon Jul 08 19	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a> 4:30 Paddle	
Mon Jul 15 19	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	Regatta TBA	
Mon Jul 22 19	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	9AM 5km Park Run 11:00 Fitness Check	
Mon Jul 29 19	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	Rest & Prep Day	Divisional Champs - TBA	
Mon Aug 05 19	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a>	
Mon Aug 12 19	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	YORKTON REGATTA	
Mon Aug 19 19	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	8:30-4:30	9AM <a href="http://www.parkrun.ca">www.parkrun.ca</a>	
Mon Aug 26 19	CANADIAN CHAMPIONSHIPS WEEK---REGINA						