

AGE (Under 15 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	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Oct 15 18		4:30 Conditioning - WRCC		4:30 Conditioning - WRCC	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Oct 22 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - WRCC	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Oct 29 18		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10	Rest Day	11:00 Fitness Check	
Mon Nov 05 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - Level 10	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Nov 12 18		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Nov 19 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - Level 10	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Nov 26 18		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10	Rest Day	11:00 Fitness Check	
Mon Dec 03 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - Level 10	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Dec 10 18		4:30 Conditioning - Level 10		4:30 Conditioning - Level 10	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Dec 17 18		8:30-9:30 Swim - YMCA		4:30 Conditioning - Level 10	Rest Day	9:00 Fitness Check - WRCC 11:00 SPIN - Level 10	
Mon Dec 24 18	Holiday - No Programs	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	6:00 Run & Strength	8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Jan 14 19		8:30-9:30 SWIM - YMCA	6:00 Run & Strength	4:30 Ergometer - WRCC	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Jan 21 19		8:30-9:30 SWIM - YMCA	6:00 Run & Strength	8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Jan 28 19		8:30-9:30 SWIM - YMCA	6:00 Run & Strength	4:30 Ergometer - WRCC	Rest Day	11:00 Fitness Check	
Mon Feb 04 19		8:30-9:30 SWIM - YMCA	6:00 Run & Strength	8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Feb 11 19		8:30-9:30 SWIM - YMCA	6:00 Run & Strength	4:30 Ergometer - WRCC	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Feb 18 19		8:30-9:30 SWIM - YMCA	6:00 Run & Strength	8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Feb 25 19		8:30-9:30 SWIM - YMCA	6:00 Run & Strength	4:30 Ergometer - WRCC	Rest Day	11:00 Fitness Check	
Mon Mar 04 19		8:30-9:30 SWIM - YMCA	6:00 Run & Strength	8:30-9:30 Swim - YMCA	FLORIDA - FLY	FLORIDA - FLY	2 Week Florida Camp
Mon Mar 11 19	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA	
Mon Mar 18 19	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA - FLY	Rest Day at Home	
Mon Mar 25 19	6:00PM Strength - WRCC	8:30-9:30 SWIM - YMCA	6:00 Run & Strength	4:30 Ergometer - WRCC	Rest Day	11:00 Fitness Check	3 Weeks Possible
Mon Apr 01 19	6:00PM Strength - WRCC	8:30-9:30 SWIM - YMCA	6:00 Run & Strength	8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	Week 4 - FLORIDA
Mon Apr 08 19	6:00PM Strength - WRCC	8:30-9:30 SWIM - YMCA	6:00 Run & Strength	4:30 Ergometer - WRCC	4:45 YOGA Anderson House	9AM www.parkrun.ca	Week 5 - FLORIDA
Mon Apr 15 19	6:00PM Strength - WRCC	8:30-9:30 SWIM - YMCA	6:00 Run & Strength	8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	Week 6 - FLORIDA
Mon Apr 22 19	6:00PM Strength - WRCC	8:30-9:30 SWIM - YMCA	6:00 Run & Strength	4:30 Ergometer - WRCC	Rest Day	9:00 Fitness Check - WRCC	
Mon Apr 29 19	4:30 Paddle & Strength	4:30 Paddle & Run	4:30PM Strength	4:30 Paddle & Run	4:30 Paddle	9AM www.parkrun.ca 4:30 Paddle	
Mon May 06 19	4:30 Paddle & Strength	4:30 Paddle & Run	4:30PM Strength	4:30 Paddle & Run	4:30 Paddle	9AM www.parkrun.ca 4:30 Paddle	
Mon May 13 19	4:30 Paddle & Strength	4:30 Paddle & Run	4:30PM Strength	4:30 Paddle & Run	4:30 Paddle	9AM www.parkrun.ca 4:30 Paddle	
Mon May 20 19	4:30 Paddle & Strength	4:30 Paddle & Run	4:30PM Strength	4:30 Paddle & Run	4:30 Paddle	9AM 5km Park Run 11:00 Fitness Check	
Mon May 27 19	4:30 Paddle & Strength	4:30 Paddle & Run	4:30PM Strength	4:30 Paddle & Run	4:30 Paddle	SK TEAM TRIALS	
Mon Jun 03 19	4:30PM Paddle	4:30PM Paddle & Run	4:30PM Strength	TRAIN DEPARTS FOR SEATTLE (Wolf Point MT)	Prep & Paddle	TED HOUK Regatta - SEATTLE	
Mon Jun 10 19	Rest Day	4:30PM Paddle & Run	4:30PM Strength	4:30 Paddle & Run	4:30PM Paddle & Strength	9AM www.parkrun.ca 4:30 Paddle	
Mon Jun 17 19	4:30PM Paddle	4:30PM Paddle & Run	4:30PM Strength	4:30 Paddle & Run	4:30PM Paddle & Strength	9AM www.parkrun.ca 4:30 Paddle	
Mon Jun 24 19	4:30PM Paddle	4:30PM Paddle & Run	4:30PM Strength	4:30 Paddle & Run	4:30PM Paddle & Strength	9AM www.parkrun.ca 4:30 Paddle	
Mon Jul 01 19	Holiday - No Programs	4:30 Paddle & Run	4:30PM Strength	4:30 Paddle & Run	Prep & Paddle	CAN-CUP REGINA	
Mon Jul 08 19	Rest Day	6:30AM Paddle 4:30PM Paddle & Run	4:30PM Paddle & Strength	6:30AM Paddle 4:30PM Paddle	4:30PM Paddle & Run	9AM www.parkrun.ca 4:30 Paddle	
Mon Jul 15 19	4:30PM Paddle	6:30AM Paddle 4:30PM Paddle & Run	4:30PM Paddle & Strength	6:30AM Paddle 4:30PM Paddle	Prep & Paddle	Regatta TBA	
Mon Jul 22 19	4:30PM Paddle	6:30AM Paddle 4:30PM Paddle & Run	4:30PM Paddle & Strength	6:30AM Paddle 4:30PM Paddle	Rest Day	9AM 5km Park Run 11:00 Fitness Check	
Mon Jul 29 19	4:30PM Paddle	6:30AM Paddle 4:30PM Paddle & Run	4:30PM Paddle & Strength	6:30AM Paddle 4:30PM Paddle	Prep & Paddle	Divisional Champs - TBA	
Mon Aug 05 19	Rest Day	6:30AM Paddle 4:30PM Paddle & Run	4:30PM Paddle & Strength	Western Canada Games - Swift Current (Qualified Athletes)			
Mon Aug 12 19	4:30 Paddle	6:30AM Paddle 4:30PM Paddle & Run	4:30PM Paddle & Strength	6:30 Paddle 4:30 Paddle & Run	Prep & Paddle	YORKTON REGATTA	
Mon Aug 19 19	4:30 Paddle	6:30AM Paddle 4:30PM Paddle	4:30PM Paddle & Strength	6:30 Paddle 4:30 Paddle & Run	4:30PM Paddle	9AM www.parkrun.ca	
Mon Aug 26 19	CANADIAN CHAMPIONSHIPS WEEK --- REGINA						