

AGE (Under 17 as of Jan 1, 2019)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mon Oct 08 18	Holiday - No Programs	4:30 RUN - WRCC	4:30 Strength - WRCC	4:30 RUN - WRCC	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Oct 15 18	4:30 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:30 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Oct 22 18	4:30 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:30 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Oct 29 18	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	Rest Day	1:00 Fitness Check	
Mon Nov 05 18	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Nov 12 18	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Nov 19 18	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Nov 26 18	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	Rest Day	9:00 Fitness Check - WRCC	
Mon Dec 03 18	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Dec 10 18	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	9AM www.parkrun.ca	
Mon Dec 17 18	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	Rest Day	9:00 Fitness Check - WRCC	
Mon Dec 24 18	Holiday - No Programs	SANTA COMES TONIGHT	Club Holiday	Club Holiday	Run & Strength	Club Holiday	Club Holiday
Mon Dec 31 18	New Years Eve	Run & Strength	Club Holiday	Club Holiday	Run & Strength	Club Holiday	Club Holiday
Mon Jan 07 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Jan 14 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Jan 21 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Jan 28 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	Rest Day	9:00 Fitness Check - WRCC	
Mon Feb 04 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Feb 11 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Feb 18 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	
Mon Feb 25 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	Rest Day	9:00 Fitness Check - WRCC	
Mon Mar 04 19	6:00 Strength - WRCC	8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	8:30-9:30 SWIM - YMCA	FLORIDA - FLY	FLORIDA	4 Week Florida Camp
Mon Mar 11 19	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA	
Mon Mar 18 19	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA	10km RUN RACE WINTER PARK	
Mon Mar 25 19	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA	
Mon Apr 01 19	FLORIDA	FLORIDA	FLORIDA	FLORIDA	FLORIDA - FLY	Rest Day at Home	
Mon Apr 08 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	9AM www.parkrun.ca 4:30 Paddle	Week 5 - FLORIDA
Mon Apr 15 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	4:45 YOGA Anderson House	11:00 SPIN - Level 10	Week 6 - FLORIDA
Mon Apr 22 19	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	6:00 Strength - WRCC	6:30 RUN 8:30-9:30 SWIM - YMCA	Rest Day	11:00 Fitness Check	
Mon Apr 29 19	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	9AM www.parkrun.ca 4:30 Paddle	
Mon May 06 19	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	9AM www.parkrun.ca 4:30 Paddle	
Mon May 13 19	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	9AM www.parkrun.ca 4:30 Paddle	
Mon May 20 19	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	Rest Day	9AM 5km Park Run 11:00 Fitness Check	
Mon May 27 19	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	4:30 Paddle & Run	Prep & Paddle	SK TEAM TRIALS	
Mon Jun 03 19	6:30 Paddle & Strength 4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength OFF	TRAIN DEPARTS FOR SEATTLE (Wolf Point MT)	Prep & Paddle	TED HOUK Regatta - SEATTLE	
Mon Jun 10 19	Rest Day	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	9AM www.parkrun.ca 4:30 Paddle	
Mon Jun 17 19	6:30 Paddle & Strength 4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	Travel Day	Prep & Paddle	NTT2 (Jr.) -- DARTMOUTH	
Mon Jun 24 19	Travel Day	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	Prep & Paddle	CAN-CUP OTTAWA	
Mon Jul 01 19	Holiday - No Programs	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	Prep & Paddle	CAN-CUP REGINA	
Mon Jul 08 19	Rest Day	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength OFF	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	9AM www.parkrun.ca 4:30 Paddle	
Mon Jul 15 19	6:30 Paddle & Strength 4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength OFF	6:30 Paddle 4:30 Paddle & Run	Prep & Paddle	Regatta TBA	
Mon Jul 22 19	6:30 Paddle & Strength 4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength OFF	6:30 Paddle 4:30 Paddle & Run	Rest Day	9AM 5km Park Run 11:00 Fitness Check	
Mon Jul 29 19	6:30 Paddle & Strength 4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength OFF	6:30 Paddle 4:30 Paddle & Run	Prep & Paddle	Divisional Champs - TBA	
Mon Aug 05 19	Rest Day	6:30 Paddle 4:30 Paddle & Run	Prep & Paddle	Western Canada Games - Swift Current (Qualified Athletes)			
Mon Aug 12 19	4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength OFF	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength 4:30 Paddle	YORKTON REGATTA (Help out)	
Mon Aug 19 19	4:30 Paddle	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle & Strength OFF	6:30 Paddle 4:30 Paddle & Run	6:30 Paddle 4:30 Paddle	9AM www.parkrun.ca	
Mon Aug 26 19	CANADIAN CHAMPIONSHIPS WEEK --- REGINA						