

AGE (Under 18 as of Jan 1, 2019)

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