

|   | <i>MON</i>  | <i>TUE</i>  | <i>WED</i>   | <i>THU</i>  | <i>FRI</i>                                   | <i>SAT</i>                   | <i>SUN</i> |
|---|---|-------------|--|-------------|--|------------------------------|------------|
| <b>JUNIOR COMPETITIVE team (U12)<br/>&amp;<br/>BEGINNERS PADDLERS (all age)</b> | practice together<br>with Performance<br>And High Performance<br>Teams<br>4.00 - 6.30 | 3.30 – 5.30 | OFF  | 5.30 - 7.30 | 3.30 - 5.30                                  | 1.00 – 3.00pm<br>Or<br>EVENT | OFF        |
| <b>PERFORMANCE team<br/>(U15)</b>   | 4.00 - 6.30   | 3.30 – 5.30 | OFF  | 5.30 - 7.30 | 3.30 – 5.30                                  | 1.00 – 3.00pm<br>Or<br>EVENT | OFF        |
| <b>HIGH PERFORMANCE<br/>team (U16 and older)</b>                                | 4.00 – 6.30   | 5.00 – 7.30 | AM:<br>7.00 - 9.00<br><br>PM:<br>Weight training<br>YMCA<br>after school | 4.00 - 6.30 | AM:<br>7.00 – 9.00<br><br>PM:<br>5.00 – 7.00 | 1.00 – 3.00pm<br>Or<br>EVENT | OFF        |
| <b>PARENTS PADDLING program</b>   | 4.00 – 6.30   | 3.30 – 7.30 | OFF  | 4.30 – 7.30 | 3.30 – 7.00                                  | 1.00 – 3.00pm<br>Or<br>EVENT | OFF        |