



High Performance 15+	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mon-Aug-30-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle	
Mon-Sep-06-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle	
Mon-Sep-13-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle	
Mon-Sep-20-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle	
Mon-Sep-27-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle	
Mon-Oct-04-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle	
Mon-Oct-11-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle / Dock Removal	
Mon-Oct-18-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle	
Mon-Oct-25-2021	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	4:30 Paddle	10:00 Paddle / Clean up	
Mon-Nov-01-2021	Seasonal Break						
Mon-Nov-08-2021	Seasonal Break						
Mon-Nov-15-2021					Setting Paddling @ Tennis Club	Setting Paddling @ Tennis Club	
Mon-Nov-22-2021	5-6h30 PM Weights & Run	5-6h30 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 PM Weights & Run	10:00 Strength & Fitness	
Mon-Nov-29-2021	5-6h30 PM Weights & Run	5-6h30 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 PM Weights & Run	10:00 Strength & Fitness	
Mon-Dec-06-2021	5-6h30 PM Weights & Run	5-6h30 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 PM Weights & Run	10:00 Winter Testing 1	
Mon-Dec-13-2021	5-6h30 PM Fitness & Run	5-6h30 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 PM Weights & Run	10:00 Swimming	Zak - Fly overseas - Holidays
Mon-Dec-20-2021	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday	SANTA IS HERE	
Mon-Dec-27-2021	Club Holiday	Club Holiday	Club Holiday	Club Holiday	New Year Eve	Club Holiday	
Mon-Jan-03-2022	5-6h30 PM Weights & Run	5-6h30 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 PM Weights & Run	10:00 Swimming	
Mon-Jan-10-2022	5-6h30 PM Weights & Run	5-6h30 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 PM Weights & Run	10:00 Swimming	Zak is Back
Mon-Jan-17-2022	5-6h30 PM Weights & Run	5-6h30 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 PM Weights & Run	10:00 Winter Testing 2	
Mon-Jan-24-2022	5-6h30 PM Weights & Run	5-6h30 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 PM Weights & Run	Cross Country Ski Trip	
Mon-Jan-31-2022	5-6h30 PM Weights & Run	6-7 AM Swimming 5-6 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	5-6h30 Winter Testing 3	10:00 Volley Ball / Soccer	
Mon-Feb-07-2022	5-6h30 PM Weights & Run	6-7 AM Swimming 5-6 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	6-7 AM YOGA & Stretching 5-6 PM Paddle Machine	Cross Country Ski Trip	
Mon-Feb-14-2022	5-6h30 PM Weights & Run	6-7 AM Swimming 5-6 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	6-7 AM YOGA & Stretching 5-6 PM Paddle Machine	10:00 Winter Testing 4	
Mon-Feb-21-2022	5-6h30 PM Weights & Run	6-7 AM Swimming 5-6 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	6-7 AM YOGA & Stretching 5-6 PM Paddle Machine	Cross Country Ski Trip	
Mon-Feb-28-2022	Familiy Day - Holiday	6-7 AM Swimming 5-6 PM Paddle Machine	5-6h30 PM Weights & Run	FLORIDA FLY ??	FLORIDA FLY ??	FLORIDA FLY ??	FLORIDA CAMP
Mon-Mar-07-2022	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP
Mon-Mar-14-2022	FLORIDA CAMP	FLORIDA CAMP		FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP
Mon-Mar-21-2022	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP
Mon-Mar-28-2022	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP	FLORIDA CAMP
Mon-Apr-04-2022	Recovery - Day OFF	Recovery - Day OFF	Recovery - Day OFF	8-9 PM Pool Paddling FPP	6-7 AM YOGA & Stretching 5-6 PM Paddle Machine	10:00 Strength & Fitness	
Mon-Apr-11-2022	5-6h30 PM Fitness & Run	6-7 AM Swimming 5-6 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	6-7 AM YOGA & Stretching 5-6 PM Paddle Machine	Breaking ice - Canoe Trip / River	
Mon-Apr-18-2022	5-6h30 PM Fitness & Run	6-7 AM Swimming 5-6 PM Paddle Machine	5-6h30 PM Weights & Run	8-9 PM Pool Paddling FPP	Casino - Club Fundriser	Casino - Club Fundriser	
Mon-Apr-25-2022	Easter Monday - Holiday	4h30-6h30 Back to Paddling	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	Club & Boat Clean-up @ Cardiff	
Mon-May-02-2022	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	Dock instalation @ Cardiff	
Mon-May-09-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	10:00 Paddle Long Dist	
Mon-May-16-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	10:00 Paddle Long Dist	
Mon-May-23-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	10:00 Paddle Long Dist	
Mon-May-30-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	ASRCA - Provincial Trials CSG	
Mon-Jun-06-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	Mental Training Session	
Mon-Jun-13-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle & Crew	Nutrition Session	
Mon-Jun-20-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle & Crew	10:00 Paddle Long Dist	
Mon-Jun-27-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	National Team Trials 2	National Team Trials 2	National Team Trials 2
Mon-Jul-04-2022	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	Canada Day - Holiday	10:00 Paddle Long Dist	
Mon-Jul-11-2022	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	Travel Day to Regina	CAN-CUP REGINA	CAN-CUP REGINA
Mon-Jul-18-2022	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	7h00 & 12h30 Paddle & Crew	10:00 Paddle Long Dist	
Mon-Jul-25-2022	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	7h00 & 12h30 Paddle & Crew	10:00 Paddle Long Dist	
Mon-Aug-01-2022	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	7h00 & 12h30 Paddle & Crew	Divisional Champs - Calgary	Divisional Champs - Calgary
Mon-Aug-08-2022	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	12h30 Paddle & Run	7:00 & 12:30 Paddle & Fitness	7h00 & 12h30 Paddle & Crew	10:00 Paddle Long Dist	
Mon-Aug-15-2022	10h00 Paddle & Run Canada Summer Games	10:00AM & 2:00PM Paddle Canada Summer Games	10h00 Paddle & Run Canada Summer Games	10:00AM & 2:00PM Paddle Canada Summer Games	10:00 AM Paddle Canada Summer Games	FLY to Nationals	Training day 1 @ Nationals
Mon-Aug-22-2022	Training day 2 @ Nationals						
	- Closed - Canadian Championship in Shawinigan, QC						