

## 2017 Burloak Canoe Club Program Dates and Training Schedule

| 2017 Program Dates   | Spring                      | Summer                       | Fall                       |
|--|-----------------------------|------------------------------|----------------------------|
| <b>War Canoe Challenge</b>   | Mon, May 15 to Sat, June 10 |                              |                            |
| <b>Elementary Racing*</b>  | Mon, May 8 to Mon, June 26  | Mon, July 3 to Thurs, Aug 17 | Mon, Sept 8 to Mon, Oct 2  |
| <i>* note: first year Elementary paddlers start on Mon, July 3</i> |                             |                              |                            |
| <b>Racing &amp; Masters</b>  | Mon, May 1 to Fri, June 30  | Sun, July 2 to Fri, Aug 25   | Wed, Sept 6 to Sun, Oct 29 |

| 2017 Schedule                           | Mon                             | Tues                            | Wed                             | Thurs                           | Fri                             | Sat             | Sun                  |
|---|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|-----------------|----------------------|
| <b>War Canoe Challenge</b>              | 4:30 - 6:00 pm                  |                                 |                                 |                                 | 4:30 - 6:00 pm                  |                 |                      |
| <b>Elementary - Spring / Fall</b>       | 4:30 - 6:00 pm                  |                                 |                                 |                                 | 4:30 - 6:00 pm                  |                 |                      |
| <b>Elementary - Summer</b>              | 9:30 am - 12:30 pm              | 9:30 am - 12:30 pm              | 9:30 am - 12:30 pm              | 9:30 am - 12:30 pm              | 9:30 am - 12:30 pm              |                 |                      |
| <b>Elementary Afternoon</b>             | 1:00 pm – 3:00 pm               | 1:00 pm – 3:00 pm               | 1:00 pm – 3:00 pm               | 1:00 pm – 3:00 pm               | 1:00 pm – 3:00 pm               |                 |                      |
| <b>Racing 19+</b>                       | 6:30 - 8:00 pm                  | 6:30 - 8:00 pm                  | 6:30 - 8:00 pm                  |                                 | 6:30 - 8:00 pm                  |                 |                      |
| <b>Masters</b>                          | 6:30 - 8:00 pm                  | 6:30 - 8:00 pm                  | 6:30-8:00 pm (WC)               |                                 | 6:30 - 8:00 pm                  |                 | 9:00 - 10:30 am (WC) |
| <b>Competitive (14+) - Spring /Fall</b> | 4:00 - 7:00 pm                  | 4:00 - 7:00 pm                  |                                 | 4:00 - 7:00 pm                  | 4:00 - 7:00 pm                  | 8:00 – 11:00 am |                      |
| <b>Competitive (14+) - Summer</b>       | 2:00 - 6:00 pm                  | 2:00 - 6:00 pm                  | 2:00 - 6:00 pm                  | 2:00 - 6:00 pm                  | 2:00 - 6:00 pm                  | 8:00 – 11:00 am |                      |
| <b>High Performance - Spring /Fall</b>  | 4:00 - 7:00 pm                  | 4:00 - 7:00 pm                  | 4:00 - 7:00 pm                  | 4:00 - 7:00 pm                  | 4:00 - 7:00 pm                  | 8:00 – 11:00 am |                      |
| <b>High Performance - Summer</b>        | 7:00 – 9:00 am & 4:00 – 6:00 pm | 7:00 – 9:00 am & 4:00 – 6:00 pm | 7:00 – 9:00 am & 4:00 – 6:00 pm | 7:00 – 9:00 am & 4:00 – 6:00 pm | 7:00 – 9:00 am & 4:00 – 6:00 pm | 8:00 – 11:00 am |                      |

\* New Youth and Masters paddlers are also required to complete instructional sessions prior to participating in open paddling times

\*\* High Performance paddlers should see their coach regarding training program details