

<b>September 11th-16th</b>			
<b>Break</b>			
<b>September 17th -November 4th</b>			
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>
6:00-8:00 (4:00-6:00)	6:00-8:00 (4:00-6:00)	3:30-6:00	10:00am-12:00pm
Times move earlier as days get shorter.			
<b>Run / Paddle</b>	<b>Run / Paddle</b>	<b>Outrigger</b>	<b>Paddle / Dryland</b>
<b>October 22nd Long Distance Regatta (Lower Mainland)</b>			
<b>November 6th - December 1st</b>			
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>
Determined by Beben Pool schedule	4:00-6:00	3:30-6:00	12:00 - 2:00pm
<b>Run / Swim</b>	<b>Rock Climbing</b>	<b>Outrigger</b>	<b>Run / Strength</b>
<b>December 4th - 18th</b>			
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>
Determined by Beben Pool schedule	4:00-6:00	3:30-6:00	12:00 - 2:00pm
<b>Run / Swim</b>	<b>Rock Climbing</b>	<b>Outrigger / Run / Bike</b>	<b>Run / Strength</b>
<b>December 16th - Jan 3rd</b>			
<b>Break (Possible Holiday Events)</b>			
<b>January 3rd - 29th</b>			
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>
Determined by Beben Pool schedule	4:00-6:00	3:30-6:00	12:00 - 2:00pm
<b>Run / Swim</b>	<b>Rock Climbing</b>	<b>Outrigger / Run / Bike</b>	<b>Run / Strength</b>
<b>January 31st- Feburary 28th</b>			
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>
Determined by Beben Pool schedule	4:00-6:00	3:30-6:00	12:00 - 2:00pm
<b>Run / Swim</b>	<b>Running / Games</b>	<b>Outrigger / Run / Bike</b>	<b>Run / Strength</b>
<b>March 1st - 8th</b>			
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>

Total winter cost is \$1390, payable upfront or as monthly payments of \$232 due on the first of each month beginning October 1st

\* Dates for Island Spring Break Camp are not fixed as it is still in the early discussion phase. However a set 1 week break in March will remain regardless of wether this goes ahead.

Determined by Beben Pool schedule	6:00-8:00	3:30-6:00	10:00am-12:00pm				
<b>Run / Swim</b>	<b>Run / Games / Canoe</b>	<b>Outrigger</b>	<b>Canoe / Run</b>				
<b>March 11th- 15th</b>							
<b>Potential Spring Break Training with VYPC</b>							
<b>March 18th -29th</b>							
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>				
Determined by Beben Pool schedule	6:00-8:00	3:30-6:00	10:00am-12:00pm				
<b>Run / Swim</b>	<b>Run / Games / Canoe</b>	<b>Outrigger</b>	<b>Canoe / Run</b>				
<b>April 1st</b>							
<b>Spring!</b>							