

## September 11th-16th

**Break**

## September 17th -November 4th

Monday	Wednesday	Friday	Saturday
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>

**October 22nd Long Distance Regatta (Lower Mainland)**

## November

Monday	Wednesday	Friday	Saturday
<b>6th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>
6:00-8:00	6:15-8:00	3:30-6:00	10:00am-12:00pm
Aquatic Center	Romper Room	Brechin Boat Ramp	Louden Park
<b>Run / Swim</b>	<b>Rock Climbing</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>
<b>13th</b>	<b>15th</b>	<b>16th</b>	<b>17th</b>
6:00-8:00	5:00-7:00pm	3:30-6:00	10:00am-12:00pm
Aquatic Center	Louden Park	Brechin Boat Ramp	Louden Park
<b>Run / Swim</b>	<b>Run / Strength</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>
<b>20th</b>	<b>22nd</b>	<b>24th</b>	<b>25th</b>
6:00-8:00	6:15-8:00	3:30-6:00	10:00am-12:00pm
Aquatic Center	Romper Room	Brechin Boat Ramp	Louden Park
<b>Run / Swim</b>	<b>Rock Climbing</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>
<b>27th</b>	<b>29th</b>	<b>30th</b>	<b>Dec 1st</b>
6:00-8:00	6:00-8:00pm	3:30-6:00	10:00am-12:00pm
Aquatic Center	Louden Park	Brechin Boat Ramp	Louden Park
<b>Run / Swim</b>	<b>Run / Strength</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>

## December

Monday	Wednesday	Friday	Saturday
<b>4th</b>	<b>6th</b>	<b>7th</b>	<b>8th</b>
6:00-8:00	6:15-8:00	3:30-6:00	10:00am-12:00pm
Aquatic Center	Romper Room	Brechin Boat Ramp	Louden Park
<b>Run / Swim</b>	<b>Rock Climbing</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>
<b>11th</b>	<b>13th</b>	<b>15th</b>	<b>16th</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 whether this goes ahead.

6:00-8:00	6:00-8:00pm	3:30-6:00	10:00am-12:00pm				
Aquatic Center	Louden Park	Brechin Boat Ramp	Louden Park				
<b>Run / Swim</b>	<b>Run / Strength</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>				
<b>18th</b>							
6:00-8:00pm							
Louden Park							
<b>Run / Strength</b>							
<b>Christmas Break</b>							
<b>Janurary</b>							
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>				
<b>New Years Day OFF</b>	<b>3rd</b>	<b>5th</b>	<b>6th</b>				
	6:15-8:00	3:30-6:00	10:00am-12:00pm				
	Romper Room	Brechin Boat Ramp	Louden Park				
	<b>Rock Climbing</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>				
<b>8th</b>	<b>10th</b>	<b>12th</b>	<b>13th</b>				
6:00-8:00	6:00-8:00pm	3:30-6:00	10:00am-12:00pm				
Aquatic Center	Louden Park	Brechin Boat Ramp	Louden Park				
<b>Run / Swim</b>	<b>Run / Strength</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>				
<b>15th</b>	<b>17th</b>	<b>19th</b>	<b>20th</b>				
6:00-8:00	6:15-8:00	3:30-6:00	10:00am-12:00pm				
Aquatic Center	Romper Room	Brechin Boat Ramp	Louden Park				
<b>Run / Swim</b>	<b>Rock Climbing</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>				
<b>22nd</b>	<b>24th</b>	<b>26th</b>	<b>27th</b>				
6:00-8:00	6:00-8:00pm	3:30-6:00	10:00am-12:00pm				
Aquatic Center	Louden Park	Brechin Boat Ramp	Louden Park				
<b>Run / Swim</b>	<b>Run / Strength</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>				
<b>29th</b>	<b>31st</b>	<b>Feb 1st</b>	<b>Feb 2nd</b>				
6:00-8:00	6:15-8:00	3:30-6:00	10:00am-12:00pm				
Aquatic Center	Romper Room	Brechin Boat Ramp	Louden Park				
<b>Run / Swim</b>	<b>Rock Climbing</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>				
<b>Feburary</b>							
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>				
<b>5th</b>	<b>7th</b>	<b>9th</b>	<b>10th</b>				
4:00-6:00	4:00-6:00	3:30-6:00	10:00am-12:00pm				
Louden Park	Louden Park	Brechin Boat Ramp	Louden Park				

<b>Run / Games</b>	<b>Run / Strength</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>				
<b>12th</b>	<b>14th</b>	<b>16th</b>	<b>17th</b>				
4:00-6:00	6:15-8:00	3:30-6:00	10:00am-12:00pm				
Louden Park	Romper Room	Brechin Boat Ramp	Louden Park				
<b>Run / Games</b>	<b>Rock Climbing</b>	<b>Outrigger / Run</b>	<b>Paddle / Strength</b>				
<b>19th</b>	<b>21st</b>	<b>23rd</b>	<b>24th</b>				
4:00-6:00	4:00-6:00	3:30-6:00	10:00am-12:00pm				
Louden Park	Louden Park	Brechin Boat Ramp	Louden Park				
<b>Run / Games / Canoe</b>	<b>Run / Strength</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>				
<b>26th</b>	<b>28th</b>	<b>25th</b>	<b>26th</b>				
4:00-6:00	6:15-8:00	3:30-6:00	10:00am-12:00pm				
Louden Park	Romper Room	Brechin Boat Ramp	Louden Park				
<b>Run / Games / Canoe</b>	<b>Rock Climbing</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>				
<b>March</b>							
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>				
<b>4th</b>	<b>6th</b>	<b>8th</b>	<b>9th</b>				
4:00-6:00	4:00-6:00	3:30-6:00	10:00am-12:00pm				
Louden Park	Louden Park	Brechin Boat Ramp	Louden Park				
<b>Run / Games / Canoe</b>	<b>Run / Strength</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>				
<b>March 11th- 15th</b>							
<b>Spring Break</b>							
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Saturday</b>				
<b>18th</b>	<b>20th</b>	<b>22nd</b>	<b>23rd</b>				
4:00-6:00	6:15-8:00	3:30-6:00	10:00am-12:00pm				
Louden Park	Romper Room	Brechin Boat Ramp	Louden Park				
<b>Run / Games / Canoe</b>	<b>Rock Climbing</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>				
<b>25th</b>	<b>27th</b>	<b>29th</b>	<b>30th</b>				
4:00-6:00	4:00-6:00	3:30-6:00	10:00am-12:00pm				
Louden Park	Louden Park	Brechin Boat Ramp	Louden Park				
<b>Kayak!</b>	<b>Kayak!</b>	<b>Outrigger</b>	<b>Paddle / Strength</b>				
<b>April 1st</b>							
<b>Spring!</b>							