



Thank you for signing up for a paddling program with Pickering Rouge Canoe Club, our Winter programs are an extremely important part of training in the sport of Sprint Canoe and Kayak. The focus is working on strength training and endurance through long distance running, fitness, swimming and weights.

Our Winter programs start November 1st and run until March 31st. Please see the schedule below and look for your chosen program for practice times. ** Subject to change

Bantam Program: Tuesdays, Thursdays 4:30 -6/7pm and Saturday morning 8am -10am/11am.

Development Program: 2 weekday mornings at 6:00am -7:30am and 4 weekday afternoons 4:30 pm - 6/7pm and Saturday mornings 8am -10/11am. .

High Performance Program: 5 Weekday mornings at 6am -7:30am, 4 weekday afternoons at 4:30pm - 6/7pm as well as Saturday mornings 8am -10am/11am.

The tentative workout schedule is:

Monday morning: weights

Afternoon: running and gym

Tuesday Morning: Pilates

Afternoon: ergometer (weights)

Wednesday morning: pool swimming

Afternoon: off

Thursday Morning: weights

Afternoon running and gym

Friday Morning: pool swimming

Afternoon: erg and weights

Saturday morning: long distance running/x skiing and weights.

Weight Training sessions will be held at the Shed located at 1420 Bayly St #11, Pickering.

** Swimming entrance fees are to be paid by the athlete directly to pool staff. 10 passes cost ~ 22.00 *. Please see our website pickeringrouge.ca for further directions and details.

Please bring a filled out medical form to your first practice to give to your coach should you have a medical/allergy/nutritional condition requiring attention.

For further program details, please contact our Head Coach, Rebecca Fanok, by email at coach@pickeringrouge.ca.

We look forward to seeing you on the water!

Pickering Rouge Canoe Club
[@PRCanoeClub](https://www.prcanoeclub.ca)
<http://www.pickeringrouge.ca>

Pickering Rouge Canoe Club
91 Rylander Blvd, Unit 7, Box 187
Scarborough, Ontario, M1B 5M5

Payment Info

If paying by interact debit please select payment method: 'Other' and complete the payment by using your bank's online tool. Interac e-transfers are to be sent to registrar@pickeringrouge.ca. Comments area of the transfer need to include the athlete name and program name. Password: You are required to create a password for this transaction. Please send the password in a separate email to registrar@pickeringrouge.ca with the above reference information.

High Performance Program: The fee for this training is \$1500.00 + HST (\$1695)

Optional Installment Payment Plan

Cheque 1 or Interact debit - On enrollment \$423.75

Post dated Cheque #1 Dated Dec 15 \$423.75

Post dated Cheque #2 Dated Jan 15 \$423.75

Post dated Cheque #3 Dated Feb 15 \$3423.75

Development Program: The fee for this training is \$1210.00 + HST(1367.30)

Optional Installment Payment Plan

Cheque 1 or Interact debit - On enrollment \$341.83

Post dated Cheque #1 Dated Dec 15 \$341.83

Post dated Cheque #2 Dated Jan 15 \$341.83

Post dated Cheque #3 Dated Feb 15 \$341.83

Bantam Program: The fee for this training is \$485 + HST(548.05)

Optional Installment Payment Plan

Cheque 1 or Interact debit - On enrollment \$137.01

Post dated Cheque #1 Dated Dec 15 \$137.01

Post dated Cheque #2 Dated Jan 15 \$137.01

Post dated Cheque #2 Dated Feb 15 \$137.01

***Cheques are to be addressed to Pickering Rouge Canoe Club**

***Swimming entrance fees are to be paid by the athlete directly to pool staff. 10 passes cost ~ 22.00 ***