



Thank you for signing up for a paddling program with Pickering Rouge Canoe Club, our Fall programs are an extremely important part of training in the sport of Sprint Canoe and Kayak. Please note your registration confirmation number that was emailed to you, as this is your proof of registration and in some cases, payment. On the first day of your program, please bring your email confirmation letter and any other forms that may be emailed to you.

PLEASE NOTE: For all registrations that are paid by credit card - your registration is instantly guaranteed, and the initial automated confirmation slip is all that you require. For payments made via Interac e-transfer and/or cheque payment, your registration is not guaranteed/considered complete until payment has been received in full. If you paid by Interact Debit, please ensure that you have emailed registrar@pickeringrouge.ca with the required details to ensure the transfer of payment.

Fall programs will start September 12th and run until October 31st. The focus will be working on the basic fundamentals through long distance paddling, running and starting the introduction of weights. Please see the schedule below and look for your chosen program for practice times. Our club is located at 90 Beachpoint Promenade in Pickering, Ontario. Please see our website pickeringrouge.ca for more detailed directions. For further program details, please contact our Head Coach, Rebecca Fanok, by email at coach@pickeringrouge.ca.

Bantam Program: Mondays, Tuesdays, Thursdays and Fridays 4:30pm - 6:30pm.

Development Program: 2 weekday mornings at 6:00am -7:30am and 4 weekday afternoons 4:30pm -6/7pm and Saturday mornings 8am -10/11am. *Days will be announced by the Head Coach.

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.

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. Download here:

http://www.pickeringrouge.ca/wp-content/uploads/2016/04/2016_PRCC_Medical_Form_Final.pdf

We look forward to seeing you on the water!

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