



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.

The focus this fall will be working on paddling basics and fundamentals through long distance paddling, running and weights.

The program runs from September 9 to November 1, 2019 and the cost is \$465.

Development and High Performance Schedule:

Monday, Tuesday, Wednesday, Thursday & Friday mornings 6:00am – 7:30am

Monday, Tuesday, Thursday & Friday afternoons 4:15pm – 6:00pm

Saturday mornings 8:00 – 10:00/11:00am

Our club is located at 90 Beachpoint Promenade in Pickering, Ontario. Please see our website www.pickeringrouge.ca for more detailed directions.

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

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

We look forward to seeing you on the water!

Pickering Rouge Canoe Club

@PRCanoeClub

www.pickeringrouge.ca

Pickering Rouge Canoe Club

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