



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. 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 program runs from November 2, 2019 to April 18, 2020 and the cost is \$1200.

### **High Performance Schedule:**

Monday Mornings 6:00-7:30 am: Swimming at Pickering Recreation Complex

Afternoons 4:00-5:30 pm: Running and gym "The Shed"

Tuesday Mornings 6:00-7:30 am: Weights at "The Shed"

Afternoons 4:00-5:30 pm: Ergometer and running at the Coaches' basement gym

Wednesday Mornings: 6:00-7:30 am: Swimming at Pickering Recreation Complex

Afternoons: off

Thursday Mornings: 6:00-7:30 am: Weights at "The Shed"

Afternoons: 4:00-5:30 pm: Running and gym "The Shed"

Friday Mornings: 6:00-7:30 am: Swimming at Pickering Recreation Complex

Afternoons 4:00-5:30 pm: Gym "The Shed"

Saturday mornings: Running and weights at "The Shed"

Training sessions will be held at "The Shed", 1420 Bayly St #11, Pickering.

Swimming takes place at the Pickering Recreation Complex, 1867 Valley Farm Road, Pickering.

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

For further program details, please contact our Head Coach, Rebecca Fanok, by email at [coach@pickeringrouge.ca](mailto:coach@pickeringrouge.ca) or see our website at [www.pickeringrouge.ca](http://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 you being part of the program!

Pickering Rouge Canoe Club

@PRCanoeClub [www.pickeringrouge.ca](http://www.pickeringrouge.ca)

Pickering Rouge Canoe Club

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