

BANOOK CANOE CLUB OFF SEASON TRAINING 2011-2012

BANTAM PADDLERS

Schedule for November 1st, 2011 to December 23rd, 2011

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.
Gym 4:15-5:45	OFF.	Basketball Canoe Club League 5:45-8:00 pm (Extra Cost)	Gym. 4:15-5:45	OFF.	Soccer/Games 11:00-12:30	OFF

Highlights for this period

- November Canoe Polo Begins – Time & Place TBD
- November 20th Bantam Olympics
- December 17th Ski Trip to Martock in Windsor
- December 27th – 30th Training Camp at Banook (extra cost TBA)

Schedule for January 2nd, 2012 to April 27th, 2012

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.
Gym 4:15-5:45	OFF.	Basketball Canoe Clubs League 5:45-8:00pm (Extra Cost)	Gym. 4:15-5:45	OFF.	Cross Country Skiing or Gym	OFF

Costs:

\$285.00 per athlete from November 01st, 2011 to April 27th, 2012

Or 47.50 a month.

\$50.00 per athlete for the Inter-Canoe Club Basketball League