

BANOOK CANOE CLUB OFF SEASON TRAINING 2011-2012

PEE WEE & ATOM PADDLERS

Schedule for November 1, 2011 to April 27, 2012

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.
Gym 4:30-6:00	OFF	OFF	Gym 4:30-6:00 Paddling Machine	Basketball League 5:45-8:00 Extra cost 50.00\$	Gym 9:00-11:00	OFF

COST:

\$285.00 per athlete from November 01, 2011 to April.27, 2012
Or 47.50 a month.

Schedule for November 4th, 2011 to April 27th, 2012

Every Friday from 5:45pm to 8:00pm
Banook Canoe Club Intra-League Basketball League

COST:

\$50.00 per athlete from November 4th, 2011 to April 27th, 2012