

## S.t Albert Canoe Kayak Club – Summer Camp Weekly Schedule \*

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00--10:00am	Fun Games					OFF	OFF
10:00--10:20am	Boat Assigning and Preparation – Go pick up your Boat!						
10:20--10:40am	On--Land Warm--up						
10:40--11:40am	Scheduled On--Water Practice						
11:40am--12:00pm	Dry Boats & Put Away Equipment						
12:00--1:00pm	Lunch Break						
1:00--1:20pm	Boat Assigning and Preparation – Go pick up your Boat!						
1:20--1:40pm	On--Land Warm--up						
1:40--2:40pm	Scheduled On--Water Practice						
2:40--3:00pm	Dry Boats & Put Away Equipment						
3:00--4:00pm	Fun Games / Clean-up						

*\* Please note that this is a generalized schedule. Please refer to the coach daily practice schedule for accurate information regarding regatta preparation, dates and practice specifics*