

January 2009

January 2009						
S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2009						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
January 1, 2009					2
					3
					4
					12:00pm Pool paddle, weights and core
					2:00pm Run test
5	6	7	8	9	10
					11
					12:00pm Pool paddle, weights
					1:00pm Weight test
					3:00pm Team Social
12	13	14	15	16	17
					18
					10:30am Cheque due for winter fees
					12:00pm Pool paddle, weights
19	20	21	22	23	24
					25
					12:00pm Pool paddle, weights and core
					12:00pm Video taping in pool
26	27	28	29	30	31

February 2009

February 2009						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2009						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					February 1 12:00pm Pool paddle, weights and core
2	3	4	5	6	7
					8 12:00pm Pool paddle, weights and core 2:00pm Run Test
9	10	11	12	13	14
					15 12:00pm Pool paddle, weights and core
16 8:00am Family Day long weekend	17	18	19	20	21
					22 10:30am Cheque due balance 12:00pm Pool paddle, weights 1:00pm Weight Testing
23	24	25	26	27	28

March 2009

March 2009						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2009						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					March 1 12:00pm Pool paddle, weights and core
2	3	4	5	6	7
					8 12:00pm Pool paddle, weights and core
9	10	11	12	13	14
					15 12:00pm Pool paddle, weights and core
16	17	18	19	20	21
8:00am March Break	8:00am March Break	8:00am March Break	8:00am March Break	8:00am March Break	
					22 12:00pm Pool paddle, weights 1:00pm Run Test
23	24	25	26	27	28
					29 12:00pm Pool paddle, weights 1:00pm Weight Test
30	31				

April 2009

April 2009							May 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		April 1	2	3	4
					5 12:00pm Pool paddle, weights and core
6	7	8	9	10	11 8:00am Good Friday
					12 8:00am Easter Sunday no workouts
13	14	15	16	17	18
					19 12:00pm Try to be on the water
20	21	22	23	24	25
					26 12:00pm Try to be on the water
27	28	29	30		

May 2009

May 2009							June 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				May 1 12:00pm Cheque due for 50% of summer fees	2
					3 12:00pm Try to be on the water
	4 5:45am Practice 5:45 am to 7 am	5	6 5:45am Practice 5:45 am to 7 am	7 6:30pm Practice 6:15 pm to 7:30 pm	8 9
					10
	11 5:45am Practice 5:45 am to 7 am	12	13 5:45am Practice 5:45 am to 7 am 9:00am Chris and Cheryl to submit final roster for Pickering to Bern to submit to DBC	14	15 16
					17
18 8:00am Victoria Day	19 5:45am Practice 5:45 am to 7 am	20	21 5:45am Practice 5:45 am to 7 am	22 6:30pm Practice 6:15 pm to 7:30 pm	23 8:00am Training Camp (Includes OC testing)
					24 8:00am Training Camp (Includes OC testing)
	25 5:45am Practice 5:45 am to 7 am	26	27 5:45am Practice 5:45 am to 7 am	28 6:30pm Practice 6:15 pm to 7:30 pm	29 30
					31 8:00am OH Women's Dragon Boat Event

June 2009

June 2009							July 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
7	1	2	3	4	5	6	5	6	7	1	2	3	4
14	8	9	10	11	12	13	12	13	14	8	9	10	11
21	15	16	17	18	19	20	19	20	21	15	16	17	18
28	22	23	24	25	26	27	26	27	28	22	23	24	25
	29	30								29	30	31	

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
June 1 11:00am Cheque due for balance of Summer fees	2 5:45am Practice 5:45 am to 7 am	3	4 5:45am Practice 5:45 am to 7 am	5 6:30pm Practice 6:15 pm to 7:30 pm	6 8:00am Racing in Pickering (Qualifier for Nationals)
8	9 5:45am Practice 5:45 am to 7 am	10	11 5:45am Practice 5:45 am to 7 am	12 6:30pm Practice 6:15 pm to 7:30 pm	13 14 8:00am Racing in Mississauga
15	16 5:45am Practice 5:45 am to 7 am	17	18 5:45am Practice 5:45 am to 7 am	19 6:30pm Practice 6:15 pm to 7:30 pm	20 21
22	23 5:45am Practice 5:45 am to 7 am	24	25 5:45am Practice 5:45 am to 7 am	26 6:30pm Practice 6:15 pm to 7:30 pm	27 28
29	30 5:45am Practice 5:45 am to 7 am 8:30am Chris and Cheryl deadline for roster for GWN sport regatta to Bern for submission to DBC				

July 2009

July 2009							August 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		July 1 8:00am Canada Day	July 2 5:45am Practice 5:45 am to 7 am	3	4 8:00am Racing in Belleville
					5 8:00am Training Camp
6	7 5:45am Practice 5:45 am to 7 am	8	9 5:45am Practice 5:45 am to 7 am	10 6:30pm Practice 6:15 pm to 7:30 pm	11
					12
13	14 5:45am Practice 5:45 am to 7 am	15	16 5:45am Practice 5:45 am to 7 am	17 6:30pm Practice 6:15 pm to 7:30 pm	18 8:00am Racing GWN Sports Regatta, Toronto (Qualifier for Natio
					19
20	21 5:45am Practice 5:45 am to 7 am	22	23 5:45am Practice 5:45 am to 7 am	24 6:30pm Practice 6:15 pm to 7:30 pm	25 8:00am Training Camp (including OC Testing)
					26 8:00am Training Camp (including OC Testing)
27	28 5:45am Practice 5:45 am to 7 am	29	30 5:45am Practice 5:45 am to 7 am	31 6:30pm Practice 6:15 pm to 7:30 pm	

August 2009

August 2009							September 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					August 1
					2
3	4	5	6	7	8
8:00am Civic Holiday	5:45am Practice 5:45 am to 7 am		5:45am Practice 5:45 am to 7 am	6:30pm Practice 6:15 pm to 7:30 pm	8:00am Racing in Woodstock
					9
10	11	12	13	14	15
	5:45am Practice 5:45 am to 7 am		5:45am Practice 5:45 am to 7 am	6:30pm Practice 6:15 pm to 7:30 pm	
					16
17	18	19	20	21	22
	5:45am Practice 5:45 am to 7 am		5:45am Practice 5:45 am to 7 am	8:00am Travel to Montreal	8:00am Racing Nationals in Montreal
					23
					8:00am Racing Nationals in Montreal
24	25	26	27	28	29
	5:45am Practice 5:45 am to 7 am		5:45am Practice 5:45 am to 7 am	6:30pm Practice 6:15 pm to 7:30 pm	
					30
31					

September 2009

September 2009							October 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5			1	2	3		
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	September 1 5:45am Practice 5:45 am to 7 am	2	3 5:45am Practice 5:45 am to 7 am	4 6:30pm Practice 6:15 pm to 7:30 pm	5
					6
7 8:00am Labour Day	8 5:45am Practice 5:45 am to 7 am	9	10 5:45am Practice 5:45 am to 7 am	11 6:30pm Practice 6:15 pm to 7:30 pm	12 8:00am Racing GWN Toronto
					13 8:00am Racing GWN Toronto
14	15	16	17	18	19
					20
21	22	23	24	25	26
					27
28	29	30			