

2020 LBBC Program Schedule

Week 1	27-Apr						APRIL 11 - UPPER JOCK RACE: SUP, K1, K2	
	M	T	W	T	F	S	S	
5:45-7:45am	Individual Training + Rowing							
330-530pm	HS Rowing							
Week 2	04-May							
	M	T	W	T	F	S	S	
5:45-7:45am	Training							
330-530pm	HS Rowing				Marsh Mash - Bradford			
Week 3	11-May							
	M	T	W	T	F	S	S	
5:45-7:45am	Training							
330-530pm	HS Rowing							
Week 4	18-May							
	M	T	W	T	F	S	S	
5:45-7:45am	Training							
330-530pm	HS Rowing							

2020 LBBC Program Schedule

Week 5	25-May						
	M	T	W	T	F	S	S
5:45-7:45am	Training						
330-530pm	HS Rowing						
Week 6	01-Jun						
	M	T	W	T	F	S	S
5:45-7:45am	Training						
330-530pm	HS Rowing					Canoe the Nonquon - 12/20- Port Perry	
Week 7	08-Jun						
	M	T	W	T	F	S	S
5:45-7:45am	Training						
630-900am						AO The OX battle of the paddle- Huntsville	
Week 8	15-Jun						
	M	T	W	T	F	S	S
5:45-7:45am	Training					Kawartha Paddle Fest - Peterborough	
630-900am						Club SS Training	

2020 LBBC Program Schedule

Week 9	22-Jun							
	M	T	W	T	F	S	S	
5:45-7:45am	Training							
630-900am								
Week 10	29-Jun							
	M	T	W	T	F	S	S	
5:45-7:45am	Training					North of 7 Race - Bancroft	Club Training in K1 or Surfsis	
6-8 am							Aa - Adult AM	
7-9am						Club Training	Ap - Adult PM	
9am-4pm						OPEN HOUSE	OPEN HOUSE	Youth level 1 or 2 - 10-16 Program
3pm-7pm		Club registrations & OPEN HOUSE						Club Opening times
530-730pm								
5-7pm								

2020 LBBC Program Schedule

Week 11	06-Jul							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training				Club Training in K1, Surfsis, SUP
6-8 am	Aa		Aa		Aa			Aa - Adult AM
7-9am						OPEN Training		Ap - Adult PM
9am-4pm	Kids Camp							Youth level 1 or 2 - 10-16 Program
9am-1pm	Youth 1	Youth 1	Youth 1	Youth 1	Youth 1 race day			Club Opening times
530-730pm	KSSC SUP							4 coaches 7 hour shifts - 30h/week + weekends 1@ 600-1300 or 545-1245 2@ 900-1600 kids camps 1@ 1300 - 2000
530-730pm	Ap		Ap		Ap			
Open hours		4pm to 8pm				9am-5pm		
Week 12	13-Jul							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training		K2O !!!!!		
6-8 am	Aa		Aa		Aa races			
7-9am						OPEN Race Prep		
9am-4pm	Kids Camp							
9am-1pm	Youth 1/2	Youth 1/2	Youth 1/2	Youth 1/2	Youth 1/2 race day			
530-730pm	KSSC SUP							
530-730pm	Ap		Ap		Ap races			
Open hours		4pm to 8pm				9am-5pm		

2020 LBBC Program Schedule

Week 13	20-Jul							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training		Mattawa river race North Bay		
6-8 am	Aa		Aa		Aa			
7-9am						OPEN Race Prep		
9am-4pm								
9am-1pm	Youth 1/2	Youth 1/2	Youth 1/2	Youth 1/2	Youth 1/2 race day			
530-730pm	KSSC SUP						Club Training in K1 or Surfsis	
530-730pm	Ap		Ap		Ap		Aa - Adult AM	
Open hours		4pm to 8pm				9am-5pm		Ap - Adult PM
Week 14	27-Jul							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training				
6-8 am	Aa		Aa		Aa races			
7-9am						OPEN Race Prep		
9am-4pm	Kids Camp							
9am-1pm								
530-730pm	KSSC SUP							
530-730pm	Ap		Ap		Ap Race Day			
Open hours		4pm to 8pm				9am-5pm		

* Madeine Away

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2020 LBBC Program Schedule

Week 15	03-Aug							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training		Upper Ottawa river race - Deep river		
6-8 am	Aa		Aa		Aa			
7-9am						OPEN Race Prep		
9am-4pm							Club Training in K1 or Surfsis	
9am-1pm	Youth 1/2	Youth 1/2	Youth 1/2	Youth 1/2	Youth 1/2 race day		Aa - Adult AM	
530-730pm	KSSC SUP						Ap - Adult PM	
530-730pm	Ap		Ap		Ap		Youth level 1 or 2 - 10-16 Program	
Open hours		4pm to 8pm				9am-5pm		Club Opening times
Week 16	10-Aug							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training		Wai Nui Why Not - Oakville		
6-8 am	Aa		Aa		Aa race day			
7-9am						OPEN Race Prep		
9am-4pm								
9am-1pm	Youth 1/2	Youth 1/2	Youth 1/2	Youth 1/2	Youth 1/2 race day			
530-730pm	KSSC SUP							
530-730pm	Ap		Ap		Ap Race Day			
Open hours		4pm to 8pm				9am-5pm		KIDS KAYAK CAMP - 7-11 years old

* Madeine Away

2020 LBBC Program Schedule

Week 17	17-Aug							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training				Club Training in K1 or Surfsis
6-8 am	Aa		Aa		Aa			Aa - Adult AM
7-9am	open & youth training 8-11					OPEN Race Prep		Ap - Adult PM
9am-4pm	Kids Camp							Youth level 1 or 2 - 10-16 Program
530-730pm	KSSC SUP							Club Opening times
530-730pm	A1p		A1p		A1p			KIDS KAYAK CAMP - 7-11 years old
Open hours		4pm to 8pm				9am-5pm		
Week 18	24-Aug							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training				
6-8 am	Aa		Aa		Aa races			
7-9am	open & youth training 8-11							
9am-4pm	Kids Camp							
530-730pm	KSSC SUP							
530-730pm	Ap		Ap		Ap Race Day			
Open hours		4pm to 8pm				9am-5pm		

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Week 19	31-Aug						
	M	T	W	T	F	S	S
5:45-7:45am		Club Training		Club Training			
630-900am						Club SS Training	
Week 20	07-Sep						
	M	T	W	T	F	S	S
5:45-7:45am		Club Training		Club Training			
630-900am						Club SS Training	
Week 21	14-Sep						
	M	T	W	T	F	S	S
5:45-7:45am		Club Training		Club Training		Ottawa river paddle Challenge Ottawa	
530-730pm							
Week 22	21-Sep						
	M	T	W	T	F	S	S
5:45-7:45am							
630-900am							