

2019 LBBC Program Schedule

Week 1	29-Apr						
	M	T	W	T	F	S	S
5:45-7:45am	Training						
630-900am							
Week 2	06-May						
	M	T	W	T	F	S	S
5:45-7:45am	Training						
630-900am							
Week 3	13-May						
	M	T	W	T	F	S	S
5:45-7:45am	Training					Marsh Mash - Bradford	
530-730pm							
Week 4	20-May						
	M	T	W	T	F	S	S
5:45-7:45am	Training						
630-900am							

2019 LBBC Program Schedule

Week 5	27-May						
	M	T	W	T	F	S	S
5:45-7:45am	Training						
630-900am							
Week 6	03-Jun						
	M	T	W	T	F	S	S
5:45-7:45am		Club Training		Club Training		Club Training	
630-900am							
Week 7	10-Jun						
	M	T	W	T	F	S	S
5:45-7:45am		Club Training		Club Training		Club Training	
630-900am							
Week 8	17-Jun						
	M	T	W	T	F	S	S
5:45-7:45am		Club Training		Club Training			
630-900am						Club SS Training	

2019 LBBC Program Schedule

Week 9	24-Jun							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training		Club Training		
630-900am								
Week 10	01-Jul							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club 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
9am-1pm	Club registrations & OPEN HOUSE							Club Opening times
530-730pm								
5-7pm								

2019 LBBC Program Schedule

Week 11	08-Jul							
	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 Training		Ap - Adult PM
9am-4pm								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							
530-730pm	Ap		Ap		Ap			
Open hours		4pm to 8pm				9am-5pm		
Week 12	15-Jul							
	M	T	W	T	F	S	S	
5:45-7:45am	Club SS Training (coach 3x week)							
6-8 am	Aa		Aa		Aa races			
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 races			
Open hours		4pm to 8pm				9am-5pm		

2019 LBBC Program Schedule

Week 13	22-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	29-Jul							Youth level 1 or 2 - 10-16 Program
	M	T	W	T	F	S	S	Club Opening times
5:45-7:45am		Club Training		Club Training				KIDS KAYAK CAMP - 7-11 years old
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		

2019 LBBC Program Schedule

Week 15	05-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	12-Aug							
	M	T	W	T	F	S	S	
5:45-7:45am		Club Training		Club Training				
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		

2019 LBBC Program Schedule

Week 17	19-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	26-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		

2019 LBBC Program Schedule

Week 19	02-Sep						
	M	T	W	T	F	S	S
5:45-7:45am		Club Training		Club Training			
630-900am						Club SS Training	
Week 20	09-Sep						
	M	T	W	T	F	S	S
5:45-7:45am		Club Training		Club Training			
630-900am						Club SS Training	
Week 21	16-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	23-Sep						
	M	T	W	T	F	S	S
5:45-7:45am							
630-900am							