

Masters Winter Training Program 2017/2018

Personal winter training program designed for both experienced and beginner paddlers over the age of 25. This well-established training program is designed for women and men who are interested in both developing and maintaining their skills in sprint canoe and kayak. The program will include general strength, aerobic fitness and sprint canoe/kayak technique training. Activity sessions may include paddle pool and weight training, running and other physical activities.

Adult paddlers that have completed the Learn to Paddle Program, or show a strong interest in paddling for fitness are also welcome to join the **Masters Winter Training Program**.

Program runs: October 1st – April 9th 2018

Program practice schedule for Master Paddlers:

October 1 st - 31 st	Thursday Sunday	6:00 – 7:30 p.m. 10:00 a.m. – 12 p.m.
November 1 st – April 9 th	Thursday Sunday	7:00 – 9:00 p.m. 10:00 a.m. – 12 p.m.

Cost and Volunteer Requirements:

2 Session per week option (Thursday & Sunday)	425.00 + HST = 480.25	2 volunteer commitments (Club event and/or Bingo)
1 Session per week option (Thursday or Sunday)	300.00 + HST = 339.00	1 volunteer commitment (Club event or Bingo)

**NSF fee \$25; program withdrawal fee \$50; fees non-refundable
after one month**

For further information about the MCC Masters Program, contact the Head Coach,
Kyle Jeffery: headcoach@gomissygo.ca