

Perth Canoe Club - Pool Training Programme Jan-Apr 2012

Date	Session	Group	Goal / Activity
12 Feb	5-6pm (Training pool)	Under 14s ONLY	Efficient Paddling, Stopping, Steering, Turning.
	6-7pm (Leisure Pool)	Intermediate/Advanced	Boat Rescues (swimmers & equipment)
19 Feb	5-6pm (Training pool)	14+ ONLY	Efficient Paddling, Stopping, Steering, Turning.
	6-7pm (Leisure Pool)	Intermediate/Advanced	Stability, Rolling, and Adv. Paddling
26 Feb	5-6pm (Training pool)	Under 14s ONLY	Manoeuvring Strokes & Stability
	6-7pm (Leisure Pool)	Intermediate/Advanced	Stability, Rolling, and Adv. Paddling
04 Mar	5-6pm (Training pool)	14+ ONLY	Manoeuvring Strokes & Stability
	6-7pm (Leisure Pool)	Intermediate/Advanced	Stability, Rolling, and Adv. Paddling
11 Mar	5-6pm (Training pool)	Under 14s ONLY	Efficient Paddling, Stopping, Steering, Turning.
	6-7pm (Leisure Pool)	Intermediate/Advanced	Stability, Rolling, and Adv. Paddling
18 Mar	5-6pm (Training pool)	14+ ONLY	Efficient Paddling, Stopping, Steering, Turning.
	6-7pm (Leisure Pool)	Intermediate/Advanced	Stability, Rolling, and Adv. Paddling
25 Mar	5-6pm (Training pool)	Under 14s ONLY	Manoeuvring Strokes & Stability
	6-7pm (Leisure Pool)	Intermediate/Advanced	Stability, Rolling, and Adv. Paddling
01 Apr	5-6pm (Training pool)	14+ ONLY	Manoeuvring Strokes & Stability
	6-7pm (Leisure Pool)	Intermediate/Advanced	Stability, Rolling, and Adv. Paddling