

Mondays – Paddling Machines (Ergometer Training)

- Location: *St. Albert Tennis Club*
- Address: **9 Mission Ave, St. Albert**
- Ages: **10 and older**
- Time: **5-6 pm**
- Period: **November 2025 – March 2026**
- Focus: Technique, endurance, and strength using paddling machines.
- Benefit: Athletes develop strong paddling form, stroke technique, and cardiovascular fitness.



Tuesdays – Canoe Polo & Kayak Slalom

- Location: *Kinsmen Sports Centre Pool*
- Partnership: *In collaboration with Edmonton Whitewater Paddlers – www.paddleewp.ca*
- Ages: **10 and older**
- Time: **7-8h30 pm**
- Period: **November 2025 – March 2026**
(Tuesdays dates to be shared later by the Edmonton Whitewater Club)
- Focus: Introduces athletes to Canoe Polo — a fast, fun, and team-based paddling sport.
- Benefit: Develops water confidence, agility, and teamwork.



Thursdays – Pool Paddling

- Location: *St. Albert Fountain Park Pool*
- Address: **4 Cunningham Rd, St. Albert**
- Ages: **No age restriction**
- Time: **8-9pm**
- Focus: On-water paddling practice in a safe and warm environment.
- Activities: Balance drills, stroke technique, and fun skill-building challenges.
- Note: Athletes should bring swimwear, towel, and a water bottle.



Saturdays – Team Building & Cross-Training

- Ages: **No age restriction**
- Time: **10am (TBD)**
- Focus: Fun and engaging team-building activities such as soccer, fitness classes, movie nights and REC events.
- Locations: Various community venues (to be announced monthly).
- Note: Some activities may require a small entry fee depending on the event.



2025 – 2026 Winter Training

Why Join the Winter Program?

- Maintains fitness and skill through the off-season.
- Builds confidence on and off the water.
- Prepares athletes for a successful summer racing season.
- Keeps athletes engaged in a fun and supportive team environment.

November - 2025

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						

December - 2025

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			

January - 2026

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

☒ All equipment is provided – just bring sports clothing and a positive attitude!

We look forward to a fantastic winter season of growth, teamwork, and fun.

Head Coach: Zak Mahmoudi

What to Bring?

- **Paddling Machines / Sessions:** Indoor sports clothing, water bottle.
- **Pool Sessions & Canoe Polo:** paddling or swimsuit, towel and spare clothes.
- **Saturday Activities:** Indoor shoes, athletic wear, and any activity-specific items.

Registration & Fees

- **Full Program Fee: \$300 (covers 6 months)**
- **Program Duration:** Nov 2025 – Apr 2026
- Covers **Mondays & Thursdays** sessions.
- **Saturdays** included (some events may have extra entry fees).
- **Canoe Polo (Tuesdays)** requires a **separate membership fee**, paid directly to the Edmonton Whitewater Club (details will be posted on their website). www.paddlewp.ca

February - 2026

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 - 2026

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				

	Pool Paddling @ Fountain Park Pool 8-9pm
	Paddling Machine @ Tennis Club 5-6 pm
	Canoe Polo @ Kinsman Pool 7-8h30 pm