

IMPORTANT INSURANCE INFORMATION. PLEASE READ CAREFULLY.

The American Canoe Association (ACA) insures our pool sessions. They require that non-ACA members pay a \$5 waiver fee and sign a waiver at each pool session attended. The cost of ACA Membership is \$40 annually. To obtain a membership, you can call them at 540-907-4460 or sign up on line at www.americancanoe.org. They do take credit cards.

At the pool, PCC will require all participants show a current ACA membership card during registration.

If you do not have a current ACA card, you will be required to pay the \$5 insurance fee.

No exceptions.

SUNDAY MORNING ONLY

| DATE | TIME | AGENDA | POOL RANGER |
|------------|------------------------|--------------------|--------------|
| 11/8/2009 | SUN 8:30 AM - 11:30 AM | TEACHERS ONLY | Rosemary Rau |
| 11/15/2009 | SUN 8:30 AM - 11:30 AM | Practice & Lessons | Rosemary Rau |
| 11/22/2009 | SUN 8:30 AM - 11:30 AM | Practice & Lessons | Rosemary Rau |
| 12/6/2009 | SUN 8:30 AM - 11:30 AM | Practice & Lessons | Rosemary Rau |
| 12/13/2009 | SUN 8:30 AM - 11:30 AM | Practice & Lessons | Rosemary Rau |
| 11/22/2009 | SUN 8:30 AM - 11:30 AM | Practice & Lessons | Rosemary Rau |

SUNDAY MORNING

| DATE | TIME | AGENDA | POOL RANGER |
|-----------|------------------------|-------------------------------------|--------------|
| 1/3/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 1/10/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 1/17/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 1/24/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 1/31/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 2/7/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 2/14/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 2/21/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 2/28/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 3/7/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 3/14/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 3/21/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice | Rosemary Rau |
| 3/28/2010 | SUN 8:30 AM - 11:30 AM | Lessons & Practice - Maguire Pool | Rosemary Rau |
| 4/4/2009 | SUN Closed for Easter | Closed for Easter | Rosemary Rau |
| 4/11/2010 | SUN 8:30 AM - 11:30 AM | Practice Only (Check Message Board) | Rosemary Rau |

SATURDAY EVENING ONLY

| DATE | TIME | AGENDA | POOL RANGER |
|-----------|------------------------|-------------------------------------|--------------|
| 1/9/2010 | SAT 7:00 PM - 10:00 PM | Practice Only (Check Message Board) | Rosemary Rau |
| 1/23/2009 | SAT 7:00 PM - 10:00 PM | Practice Only (Check Message Board) | Rosemary Rau |
| 2/13/2010 | SAT 7:00 PM - 10:00 PM | Practice Only | Rosemary Rau |
| 2/27/2010 | SAT 7:00 PM - 10:00 PM | Practice Only | Rosemary Rau |
| 3/13/2010 | SAT 7:00 PM - 10:00 PM | Practice Only | Rosemary Rau |
| 3/27/2010 | SAT 7:00 PM - 10:00 PM | Practice Only | Rosemary Rau |