



SPRING 2025

Class Schedule

| 8 Weeks of Training | | | | | | | |
|---------------------|---------------|---------------|---------------|--------|--------|--------|--------|
| Week # | SUN | MON | TUES | WED | THURS | FRI | SAT |
| 1 | 4-May | 5-May | 29-Apr | 30-Apr | 1-May | 2-May | 3-May |
| 2 | 11-May | 12-May | 6-May | 7-May | 8-May | 9-May | 10-May |
| 3 | 18-May | 26-May | 13-May | 14-May | 15-May | 16-May | 17-May |
| 4 | 25-May | 2-Jun | 20-May | 21-May | 22-May | 23-May | 24-May |
| 5 | 1-Jun | 9-Jun | 27-May | 28-May | 29-May | 30-May | 31-May |
| 6 | 8-Jun | 16-Jun | 3-Jun | 4-Jun | 5-Jun | 6-Jun | 7-Jun |
| 7 | 15-Jun | 23-Jun | 10-Jun | 11-Jun | 12-Jun | 13-Jun | 14-Jun |
| 8 | 22-Jun | 30-Jun | 17-Jun | 18-Jun | 19-Jun | 20-Jun | 21-Jun |
| NO CLASS | | 19-May | | | | | |

CLUB CLOSURES

May 19: Victoria Day
 June 29: Club Social

Shuttle Hosting Tournaments:

June 24 - 29: Club Year-end Tournament

Ability
 is what you are capable of doing.
Motivation
 determines what you do.
Attitude
 determines how well you do it

If You *Believe* 
 in Yourself
Anything is Possible