

Schedule subject to change throughout the season.

Last updated: 18-May-10

Week of: 2-Aug-2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	02-Aug	03-Aug	04-Aug	05-Aug	06-Aug	07-Aug	08-Aug
9 am to 12 pm	Closed	Open training		Open training			
1 pm to 1:30 pm	Closed						
1:30 pm to 2 pm	Closed						
2 pm to 2:30 pm	Closed		Elite structured training		Elite structured training		
2:30 pm to 3 pm	Closed		Elite structured training		Elite structured training		
3 pm to 3:30 pm	Closed		Elite structured training		Elite structured training		
3:30 pm to 4 pm	Closed		Elite structured training		Elite structured training		
4 pm to 4:30 pm	Closed		Jr/Youth structured training		OPEN		
4:30 pm to 5 pm	Closed		Jr/Youth structured training		OPEN		
5 pm to 5:30 pm	Closed		Jr/Youth structured training		OPEN		
5:30 pm to 6 pm	Closed		OPEN		OPEN		
6 pm to 6:30 pm	Closed		OPEN		OPEN		
6:30 pm to 7 pm	Closed		OPEN		OPEN		
7 pm to 7:30 pm	Closed		OPEN		OPEN		
7:30 pm to 8 pm	Closed		OPEN		OPEN		
8 pm to 8:30 pm	Closed		OPEN		OPEN		
8:30 pm to 9 pm	Closed		OPEN		OPEN		
9 pm to 9:30 pm	Closed		OPEN		OPEN		
9:30 pm to 10 pm	Closed		OPEN		OPEN		

Week of: 9-Aug-2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug
9 am to 12 pm		Open training		Open training			
1 pm to 1:30 pm	OPEN						
1:30 pm to 2 pm	OPEN						
2 pm to 2:30 pm	OPEN		Elite structured training		Elite structured training		
2:30 pm to 3 pm	OPEN		Elite structured training		Elite structured training		
3 pm to 3:30 pm	OPEN		Elite structured training		Elite structured training		
3:30 pm to 4 pm	OPEN		Elite structured training		Elite structured training		
4 pm to 4:30 pm	OPEN		Jr/Youth structured training		OPEN		
4:30 pm to 5 pm			Jr/Youth structured training		OPEN		
5 pm to 5:30 pm			Jr/Youth structured training		OPEN		
5:30 pm to 6 pm			OPEN		OPEN		
6 pm to 6:30 pm			OPEN		OPEN		
6:30 pm to 7 pm			OPEN		OPEN		
7 pm to 7:30 pm			OPEN		OPEN		
7:30 pm to 8 pm			OPEN		OPEN		
8 pm to 8:30 pm			OPEN		OPEN		
8:30 pm to 9 pm			OPEN		OPEN		
9 pm to 9:30 pm			OPEN		OPEN		
9:30 pm to 10 pm			OPEN		OPEN		

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Week of: 16-Aug-2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
9 am to 12 pm		Open training		Open training			
1 pm to 1:30 pm	OPEN						
1:30 pm to 2 pm	OPEN						
2 pm to 2:30 pm	OPEN		Elite structured training		Elite structured training		
2:30 pm to 3 pm	OPEN		Elite structured training		Elite structured training		
3 pm to 3:30 pm	OPEN		Elite structured training		Elite structured training		
3:30 pm to 4 pm	OPEN		Elite structured training		Elite structured training		
4 pm to 4:30 pm	OPEN		Jr/Youth structured training		OPEN		
4:30 pm to 5 pm			Jr/Youth structured training		OPEN		
5 pm to 5:30 pm			Jr/Youth structured training		OPEN		
5:30 pm to 6 pm			OPEN		OPEN		
6 pm to 6:30 pm			OPEN		OPEN		
6:30 pm to 7 pm			OPEN		OPEN		
7 pm to 7:30 pm			OPEN		OPEN		
7:30 pm to 8 pm			OPEN		OPEN		
8 pm to 8:30 pm			OPEN		OPEN		
8:30 pm to 9 pm			OPEN		OPEN		
9 pm to 9:30 pm			OPEN		OPEN		
9:30 pm to 10 pm			OPEN		OPEN		

Week of: 23-Aug-2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
9 am to 12 pm		Open training		Open training			
1 pm to 1:30 pm	OPEN						
1:30 pm to 2 pm	OPEN						
2 pm to 2:30 pm	OPEN		Elite structured training		Elite structured training		
2:30 pm to 3 pm	OPEN		Elite structured training		Elite structured training		
3 pm to 3:30 pm	OPEN		Elite structured training		Elite structured training		
3:30 pm to 4 pm	OPEN		Elite structured training		Elite structured training		
4 pm to 4:30 pm	OPEN		Jr/Youth structured training		OPEN		
4:30 pm to 5 pm			Jr/Youth structured training		OPEN		
5 pm to 5:30 pm			Jr/Youth structured training		OPEN		
5:30 pm to 6 pm			OPEN		OPEN		
6 pm to 6:30 pm			OPEN		OPEN		
6:30 pm to 7 pm			OPEN		OPEN		
7 pm to 7:30 pm			OPEN		OPEN		
7:30 pm to 8 pm			OPEN		OPEN		
8 pm to 8:30 pm			OPEN		OPEN		
8:30 pm to 9 pm			OPEN		OPEN		
9 pm to 9:30 pm			OPEN		OPEN		
9:30 pm to 10 pm			OPEN		OPEN		

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### Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 am to 12 pm							
1 pm to 1:30 pm							
1:30 pm to 2 pm							
2 pm to 2:30 pm							
2:30 pm to 3 pm							
3 pm to 3:30 pm							
3:30 pm to 4 pm							
4 pm to 4:30 pm							
4:30 pm to 5 pm							
5 pm to 5:30 pm							
5:30 pm to 6 pm							
6 pm to 6:30 pm							
6:30 pm to 7 pm							
7 pm to 7:30 pm							
7:30 pm to 8 pm							
8 pm to 8:30 pm							
8:30 pm to 9 pm							
9 pm to 9:30 pm							
9:30 pm to 10 pm							

New Riders : Any rider going through Learn to Ride program or recently graduated from Learn to Ride program

Masters : Any rider 30 years of age and older with "Masters" designation on their licence. These sessions will be run by BVC Coach Jeremy Storie. Please contact for more information.

Elite : Any rider that is a Professional or Category 1 or 2 track rider. These sessions will be conducted by Provincial Coach Richard Wooles and BVC Coach. If you wish to participate please contact BVC coach via website or speak to him at the track

Junior : Any rider under the age of 19 or some under 23 riders as BVC Coach's discretion.