

94 Newmarket Optimist RCACS - Weekly Training Report

Date: **Wednesday Nov. 29, 2017**

Week: 13

	Level One	Level Two	Level Three	Level Four
Period1 19:10 to 19:40	<p>M-204.03</p> <p>Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment (CFA) and Identify Strategies for Improving Personal Physical Fitness</p> <p>NCO IC: Sgt Burton Assisted by Sgt Chambers</p>			
Instructor				
Assistant Instructor				
Location				
Period 2 19:45 to 20:15				
Instructor				
Assistant Instructor				
Location				
Period 3 20:30 to 21:00				
Instructor				
Assistant Instructor				
Location				

	Duty Staff		
Parade Location	Duty Officer	Duty Senior NCM	Duty Junior NCM
TBA	CV Parkin	LAC Hou	Cpl McIntyre