

RCSCC Quinte – January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Years Day	2	3	4
5	6	7	8 Holiday Break Ends	9 Regular Training Night 1830 – 2130 hrs	10	11 Band 1000 – 1200 hrs
12	13	14	15	16 Regular Training Night 1830 – 2130 hrs	17	18 Multi-Unit Activity Day 0830-1600 hrs
19	20	21	22	23 Sports and Fitness Night 1800 – 2030 hrs	24	25 Band 1000 – 1200 hrs
26	27	28 Swimming 1915 – 2100 hrs	29	30 CO's Parade / Training Night 1830 – 2130 hrs	31	

Regular Training Nights	This is the mandatory training nights. Parade starts at 1830 hrs. Cadets need to be present 15 minutes early to be ready for the start of parade. Dress is C5 – STU - Blue Shirts, Black Pants, Boots, Ball Cap) for those with a uniform (unless otherwise stated) or business casual for those cadets who are yet to be issued a uniform. Parade ends at 2130 hrs. Training takes place at the Ship – 16 South Front St. Belleville.
CO's Parade Training Night	This is the mandatory training nights. Parade starts at 1900 hrs. Cadets need to be present 15 minutes early to be ready for the start of parade. Dress is C1 – Ceremonial Dress for those cadets with Medals awarded to them or C3 - Service Dress (With Black Tunics!) for those with a uniform (unless otherwise stated) or business casual for those cadets who are yet to be issued a uniform. Parade ends at 2130 hrs. The CO's Parade or Commanding Officers Parade involves uniform inspections and special presentations in addition to regular training classes. Training takes place at the Ship – 16 South Front St. Belleville.
Sports and Fitness Night	The Sports and Fitness Night will be held at the Belleville YMCA Gym, on Victoria Ave, instead of at the cadet building. Cadets are asked to arrive at the YMCA between 5:45pm and 6pm. The activities will start at 6pm and run until 8:30pm. Cadets will need to be dropped off and picked up at the YMCA as there is no transport from the cadet building. Please be sure to arrange pick up at 8:30pm as the YMCA closes at this time. Cadets are asked to wear appropriate sports clothes and bring a indoor pair of shoes for use in the Gym. Cadets are also asked to bring a water bottle with them.
Band Practice	This is an optional activity. Band is for those cadets who have an interest in learning to play an instrument. Practice takes place Saturday mornings from 1000 hrs till 1200 hrs. Practice takes place at the Ship -16 South Front St. Belleville. Please see SLt Colwill if you have any questions.
Swimming	This is an optional activity offered to all cadets. Swimming will take place at the Belleville Wellness Centre. Cadets are asked to show up at 1915 hrs (715pm) to give them time to change before the pool opens at 1930 hrs. The swim will end at 2100 hrs (9pm) and parents are asked to be ready to pick up their cadets once they have changed to not hold up facility staff. There is no cost to the cadets for this event. Cadets will be required to wear appropriate civilian clothes to and from the pool and bring an appropriate swimsuit / swim wear for in the pool. List event is limited to 20 cadets. There will be a sign up list posted. Any cadets who do not get the opportunity this month will be given priority for next months swimming day.
Multi-Unit Activity Day	This is an optional activity for all cadets. Training and activities will take place at CFB Trenton. Cadets will need to be picked up and dropped off at the Cadet Camp on CFB Trenton (enter main gate on south side, take first right turn and then drive to end of road. Drop off building will be on the left). Dress for this event is Appropriate Civilian Clothing (Cadets will split time between inside and outside so make sure to bring coat/hat/mitts. Lunch will be provided. Drop off is at 0830 and pick up is at 1600 hrs. THERE IS NO TRANSPORT FROM OR TO BELLEVILLE FOR THIS EVENT. Please see SLt Taylor if you have any questions.