



THURSDAY JUNE 22 – FESTIVAL GROUNDS OPEN: 5:00 PM

TREND MICRO PADDLER'S PARADISE

OPENING CEREMONIES AND CHARITY RACES

5:30 PM - Team Captains meeting
 6:45 PM - Parade of Champions with RCAF Pipes & Drums
 7:00 PM - Opening Ceremony with Success Lion Dancers
 7:30 PM - Charity Challenge Cup Races
 8:30 PM – Awards

5:00 PM - 9:00 PM Rideau CrossFit

- Break 7:00 PM - 8:30 PM

5:00 PM - 9:00 PM Dragon Boat Tug-of-War

- Break 7:00 PM - 8:30 PM

THE OASIS

5:30 PM - 8:30 PM Advanced Wellness Centre (Acupuncture)
 6:00 PM - 6:30 PM Relaxation Class (Stretching Class)

THE CABIN

5:00 PM - 9:00 PM BATL Axe Throwing / OCR Academy Obstacle Course

- Break 7:00 PM - 8:30 PM

MAIN STAGE

6:30 PM The Elwins
 8:00 PM Said The Whale
 9:30 PM The Sheepdogs

FESTIVAL GROUNDS CLOSE: 11:00 PM

FRIDAY JUNE 23 - FESTIVAL GROUNDS OPEN: 5:00 PM

TREND MICRO PADDLER'S PARADISE

5:00 PM - 9:00 PM Rideau CrossFit

- Break 7:00 PM - 8:00 PM

5:00 PM - 9:00 PM Dragon Boat Tug-of-War

- Break 7:00 PM - 8:00 PM

BREAST CANCER SURVIVOR FLOWER CEREMONY AND RACE

7:30 PM - Breast Cancer Survivor Ceremonial Race
 7:45 PM - Breast Cancer Survivor Flower Ceremony
 8:00 PM - Breast Cancer Survivor Reception in Trend Micro Paddler's Paradise

THE OASIS

5:30 PM - 8:30 PM Advanced Wellness Centre (Acupuncture)
 6:00 PM - 6:30 PM Relaxation Class (Stretching Class)

THE CABIN

5:00 PM - 9:00 PM BATL Axe Throwing / OCR Academy Obstacle Course

- Break 7:30 PM - 8:00 PM

MAIN STAGE

6:30 PM Kalle Mattson
 8:15 PM The Zolas
 9:45 PM Dear Rouge

FESTIVAL GROUNDS CLOSE 11:00 PM

SATURDAY JUNE 24 - FESTIVAL GROUNDS OPEN: 7:00 AM

RACES 8:00 AM – 6:00 PM

TREND MICRO PADDLER'S PARADISE

11:00 AM - 9:00 PM Rideau CrossFit

- Break 6:00 PM - 7:00 PM

11:00 AM - 9:00 PM Dragon Boat Tug-of-War

- Break 6:00 PM - 7:00 PM

6:00 PM Awards Ceremony

FREE SCOTIABANK FAMILY FUN ZONE

ROAMING PERFORMERS AT THE WORLD'S LARGEST PLAYGROUND

9:00 AM - 4:00 PM Ravens Rhythm
 9:00 AM - 4:00 PM Capital Ghostbusters
 10:00 AM - 11:30 AM Champ (Ottawa Champions)
 11:00 AM - 12:00 PM Ottawa Fire Services Truck
 12:30 PM - 2:30 PM 501st Legion Capital City Garrison
 12:30 PM - 2:30 PM Rebel Legion Kanata Temple/Aurora Base
 1:30 PM - 3:00 PM Wally the Recycling Dog
 2:30 PM - 4:00 PM RedBlacks Cheerleaders & Big Joe

THE OASIS

8:30 AM - 5:30 PM Advanced Wellness Centre (Acupuncture)
 8:30 AM - 5:30 PM International Academy of Massage

RELAXATION CLASSES

8:30 AM - 9:00 AM Good Morning Stretching Class By Advanced Wellness Centre
 9:00 AM - 9:30 AM Body & Brain Healing
 10:30 AM - 11:00 AM Yoga By Body & Brain Healing
 1:00 PM - 1:30 PM Tai Chi By Tai Chi Ottawa
 2:30 PM - 3:00 PM Pilates Live By Pilates
 4:00 PM - 4:30 PM Yoga By Evo Studio

THE CABIN

11:00 AM - 9:00 PM BATL Axe Throwing / OCR Academy Obstacle Course

- Break 6:00 PM - 7:00 PM

MAIN STAGE:

5:00 PM Twin Flames
 6:30 PM Kasador
 8:00 PM Darcys
 9:30 PM Half Moon Run

FESTIVAL GROUNDS CLOSE: 11:00 PM

SUNDAY JUNE 25 - FESTIVAL GROUNDS OPEN: 7:00 AM

RACES 8:00 AM – 4:00 PM

TREND MICRO PADDLER'S PARADISE

11:00 AM - 9:00 PM Rideau CrossFit

- Break at 12:00 PM – 1:00 PM
- Break at 4:00 PM – 6:00 PM

11:00 AM - 9:00 PM Dragon Boat Tug-of-War

- Break at 12:00 PM – 1:00 PM
- Break at 4:00 PM - 6:00 PM

AWARD CEREMONIES

12:00 PM - Awards Ceremony
 4:00 PM - Closing Awards Ceremony

FREE SCOTIABANK FAMILY FUN ZONE

ROAMING PERFORMERS AT THE WORLD'S LARGEST PLAYGROUND

9:00 AM - 4:00 PM Ravens Rhythm
 9:00 AM - 4:00 PM Capital Ghostbusters
 12:00 PM - 2:00 PM Juno the Canadian Forces Polar Bear

THE OASIS

8:30 AM - 3:00 PM Advanced Wellness Centre (Acupuncture)

RELAXATION CLASSES

8:30 AM - 9:00 AM Good Morning Stretching Class By Advanced Wellness Centre
 10:30 AM - 11:00 AM Team Acupuncture Massage Class
 1:00 PM - 1:30 PM Yoga By Evo Studio
 3:00 PM - 3:30 PM Yoga By Evo Studio

THE CABIN

11:00 AM - 9:00 PM BATL Axe Throwing / OCR Academy Obstacle Course

- Break at 12:00 PM - 1:00 PM
- Break at 4:00 PM - 6:00 PM

FESTIVAL GROUNDS CLOSE 7:00 PM

VOLUNTEER APPRECIATION PARTY

7:00 PM - 9:00 PM on the beach