

37 Orville Hand RC(AIR)CS Weekly Routine Orders

Date: Thu 11-May-23

RO No. 23-019

CAF Member Dress: Athletic Wear

Duty Personnel:

Cadet Dress: Athletic Wear

Duty Officer: 2Lt Chow, H

Training Night Routine:

Duty NCO: Sgt Xu, A

(All times 24hr clock)

	Start	Finish
Arrival	18:29	
Fall-In / Inspection / Opening	18:30	19:15
Period One	19:15	19:45
Period Two	19:45	20:15
Break	20:15	20:30
Period Three	20:30	21:00
Fall-In / Closing Parade	21:00	21:30
Dismissal Time	21:30	

Mandatory Training

		Period 1		Period 2		Period 3	
		19:15	to 19:45	19:45	to 20:15	20:30	to 21:00
Level One	PO/EO	MX04.02		MX04.02		MX04.02	
	PO Title	Fitness & Health		Fitness & Health		Fitness & Health	
	Instructor	All Seniors		All Seniors		All Seniors	
	Location	Gymnasium		Gymnasium		Gymnasium	
Level Two	PO/EO	MX04.02		MX04.02		MX04.02	
	PO Title	Fitness & Health		Fitness & Health		Fitness & Health	
	Instructor	All Seniors		All Seniors		All Seniors	
	Location	Gymnasium		Gymnasium		Gymnasium	
Level Three	PO/EO	331/336/337 PC		MX04.02		MX04.02	
	PO Title	Av Subj PC		Fitness & Health		Fitness & Health	
	Instructor	WO2 Weir, N		All Seniors		All Seniors	
	Location	Classroom 244		Gymnasium		Gymnasium	
Level Four	PO/EO	MX04.02		MX04.02		431/432/436/437 PC	
	PO Title	Fitness & Health		Fitness & Health		Av Subj PC	
	Instructor	All Seniors		All Seniors		WO2 Weir, N	
	Location	Gymnasium		Gymnasium		Classroom 247	
Level Five	PO/EO	MX04.02		MX04.02		MX04.02	
	PO Title	Fitness & Health		Fitness & Health		Fitness & Health	
	Instructor	All Seniors		All Seniors		All Seniors	
	Location	Gymnasium		Gymnasium		Gymnasium	

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Weekly Activities 12 May 23 to 18 May 23

Date	Day	Start	Finish	Activity	Location	Dress	OPI

Upcoming Activities

Activity Start	Activity End	Activity	Location	Dress	OPI

Notes

Lynda Holowatyj
Captain
Commanding Officer