LUC Rowing Programs- Summer 2023

	Monday			Tuesday		Wednesday			Thursday		Friday		Saturday			Sunday	
5:00 AM	5-6:30	5-6:30	5-6:30	5-6:30	5-6:30	5-6:30	5-6:30		5-6:30	5-6:30	5-6:30	5-6:30					
	Women's	AM Local	Men's	Competitive	Men's	Women's	AM Local		Competitive	Men's	Women's	AM Local					
	National	Competitive	National	Sculling	National	National	Competitive		Sculling	National	National	Competitive					
	Competitive		Competitive		Competitive	Competitive				Competitive	Competitive						
6:00 AM																	
	6:45-8:15	6:45-8:15		6:45-8:15		6:45-8:15			6:45-8:15		6:45-8:15						
7:00 AM	Beginning	Advanced		Advanced		Beginning			Advanced		Beginning		7-8:30		7-8:45		7-9
	Sweep and	Sweep and		Sweep and		Sweep and			Sweep and		Sweep and		PM Local		Sat		PM Local
	Scull	Scull		Scull		Scull			Scull		Scull		Competitive		Sweepers		Competitive
																	small boats
8:00 AM			8-9:30				8-9:30					8-9:30		8-9:30			
			Learn to Row				Learn to Row					Learn to Row		Learn to Row 2			
			Morning				Morning					Morning		PM			
9:00 AM	9-10:30			9-10:30		9-10:30			9-10:30		9-10:30		9-10:30		9-10:30	9-10:15	
	Advanced			Beginning		Advanced			Beginning		Advanced		Beginning		Advanced	Yoga	
9:30 AM	Sculling	9:30 - 4:30		Sweep and	9:30-4:30	Sculling		9:30-4:30	Sweep and	9:30-4:30	Sculling	9:30-4:30	Sweep and	9:30-11	Rowing		
	small boats	Summer		Scull	Summer	small boats		Summer	Scull	Summer	small boats	Summer	Scull	Learn to Row 1	Group		
10:00 AM		Camp		small boats	Camp			Camp	small boats	Camp		Camp		PM			
		7/10-9/1															
													10:30-11:30				
11:00 AM													Weights				
12:00 PM																	
3:00 PM																	
4:00 PM																	
5:00 PM																	
6:00 PM																	
	6:30-8	6:30-8	6:30-8	6:30-8	6:30-8	6:30-8	6:30-8	6:30-8	6:30-8	6:30-8							
	Beginning	Advanced	Learn to Row 2	PM Local	Learn to Row 1	Beginning	Advanced	Learn to Row 2	PM Local	Learn to Row 1							
7:00 PM	Sweep and	Rowing	PM	Competitive	PM	Sweep and	Rowing	PM	Competitive	PM							
	Scull	Group				Scull	Group										
8:00 PM																	