LUC Rowing Programs - 2026

	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		Men's	Competitive	Men's	Beginning	Women's			Competitive	Men's	Beginning		Women's	Competitive					
	National		National	Sculling	National	Sweep and	National			Sculling	National	Sweep and	5:30-6:30	National	Sculling					
	Competitive		Competitive		Competitive	Scull	Competitive				Competitive	Scull	Erg with Ed	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	6:45-8:15				6:45-8:15		6:45-8:15				
7:00 AM	Beginning	Advanced		Advanced	Novice		Beginning		Novice	Advanced				Beginning		Novice	7 - 8:45		7-8:45	
	Sweep and	Sweep and		Sweep and	Competitive		Sweep and		Competitive	Sweep and				Sweep and		Competitive	PM	7:15- 8:45	Sat	
	Scull	Scull		Scull			Scull			Scull				Scull			Competitive	Sweep and	Sweepers	
																		Scull (SAS)		
8:00 AM			8-9:30					8-9:30							8-9:30					
			Learn to Row					Learn to Row							Learn to Row					
			Morning					Morning							Morning					8:30-9:45
																			8:45-10:15	Yoga
9:00 AM	9-10:30			9-10:30			9-10:30			9-10:30				9-10:30			9-10:30	9-10	Advanced	
	Advanced			Beginning			Advanced			Beginning				Advanced			Beginning	Weights	Rowing	
9:30 AM	Sculling			Sweep and			Sculling			Sweep and				Sculling			Sweep and		Group	
	small boats			Scull			small boats			Scull				small boats			Scull	9:30-11		
10:00 AM				small boats						small boats								Learn to Row		
11:00 AM																				
6:00 PM																				
	6:30-8	6:30-8		6:30-8	6:30-8		6:30-8	6:30-8		6:30-9	6:30-8									
	Sweep and	ARG		PM Local	Learn to Row		Sweep and	Advanced		PM Local	Learn to Row									
7:00 PM	Scull (SAS)			Competitive	PM		Scull (SAS)	Rowing		Competive	PM									
								Group												
8:00 PM																				