

LUC Rowing Programs - 2026

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00 AM	5-6:30 Women's National Competitive		5-6:30 Men's National Competitive	5-6:30 AM Competitive	5-6:30 Men's National Competitive	5-6:30 Women's National Competitive	5-6:30 Advanced Small Boats	5-6:30 AM Competitive	5-6:30 Men's National Competitive	5-6:30 AM Competitive		5-6:30 Advanced Small Boats		
6:00 AM									5:30-6:30 Erg with Ed					
7:00 AM	6:45-8:15 Beginning Sweep and Scull (SAS)	6:45-8:15 Advanced Sweep and Scull (ASS)		6:45-8:15 Advanced Sweep and Scull (ASS)	6:45-8:15 Novice Competitive	6:45-8:15 Beginning Sweep and Scull (SAS)		6:45-8:15 Novice Competitive	6:45-8:15 Advanced Sweep and Scull (ASS)		6:45-8:15 Beginning Sweep and Scull (SAS)	6:45-8:15 Novice Competitive	7-8:45 PM Competitive	7-8:45 Sat Sweepers
8:00 AM			8-9:30 Learn to Row Morning			8-9:30 Learn to Row Morning				8-9:30 Learn to Row Morning				
9:00 AM	9-10:30 Advanced Sculling small boats (ASS)			9-10:30 Beginning Sweep and Scull (SAS) small boats		9-10:30 Advanced Sculling small boats (ASS)		9-10:30 Sweep and Scull (SAS) small boats		9-10:30 Advanced Sculling small boats (ASS)		9-10:30 Beginning Sweep and Scull (SAS)	9-10 Weights	8:45-10:15 Advanced Rowing Group (ARG)
10:00 AM				10:30-12 Beginning Sweep and Scull (SAS) small boats				10:30-12pm Beginning Sweep and Scull (SAS) small boats						
11:00 AM														
6:00 PM														
7:00 PM	6:30-8 Beginning Sweep and Scull (SAS)	6:30-8 Advanced Rowing Group (ARG)	6:30-8 Learn to Row PM	6:30-8 PM Local Competitive		6:30-8 Beginning Sweep and Scull (SAS)	6:30-8 Advanced Rowing Group (ARG)	6:30-8 Learn to Row PM	6:30-9 PM Local Competitive	6:30-8 Learn to Row PM				
8:00 PM														
														8:30-9:45 Yoga