

Weekly Program Schedule - Spring 2023

Effective 9/5/22. Teams have priority on club equipment and dock space.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No programs	5-7am: 5am		5-7am: 5am		5-7am: 5am	
		6-8am: Sculling & LTR		6-8am: Sculling & LTR		7-10am: ECM
	830-1030am: Mid-morning		830-1030am: Mid-morning		830-1030am: Mid-morning	10 - 1pm: Juniors
	4:00 - 6:45pm: Juniors	4:00 - 6:30pm: Juniors	4:00 - 6:45pm: Juniors	4:00 - 6:30pm: Juniors	4:00 - 6:45pm: Juniors	
		645-845pm: ECM		645-845pm: ECM		