



KEY							
Youth Classes Suitable for children in Years 7-12		Adult Classes Suitable for those 18+		Combined Classes Suitable for all ages		Private Classes For select groups and available upon request.	Learn to Row Run over a 10-week term or condensed in an intensive program.
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early morning	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am		Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	
		Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 7:00am - 8:30am	Development 7:00am - 8:30am
		Squad 6:00am - 7:30am	Learn to Row 6:00am - 7:30am	Squad 6:00am - 7:30am	Squad 6:00am - 7:30am	Squad 7:00am - 8:30am	Learn to Row (Youth) 7:00am - 8:30am
	Learn to Row (Intensive Group A) 6:00 am- 7:30am	Learn to Row (Intensive Group B) 6:00 am- 7:30am	Learn to Row (Intensive Group A) 6:00 am- 7:30am		Learn to Row (Intensive Group B) 6:00 am- 7:30am	Squad 7:00am - 8:30am	Learn to Row 7:00am - 8:30am
Mid morning	Learn to Row (Uni Students) 9:00am - 10:30am	Development 8:00am - 9:30am	Development 11:00am - 12:30pm	Development 8:00am - 9:30am	Development 8:00am - 9:30am		Development 9:00am - 10:30am
	Development 11:00am - 12:30pm	Learn to Row 11:00am - 12:30pm				Learn to Row 7:00am - 8:30am	Learn to Row 9:00am - 10:30am
						Development 9:00am - 10:30am	
Afternoon	Squad 4:00pm - 5:30pm	Development (Uni Students) 4:00pm - 5:30pm	Squad 4:00pm - 5:30pm			Learn to Row 9:00am - 10:30am	
	Development 4:00pm - 5:30pm	Learn to Row 5:00pm - 6:30pm	Development 4:00pm - 5:30pm	Erging: Performance 4:45pm - 5:30pm			
		Development (Technique Focus) 5:00pm - 6:30pm		Erging: Performance 5:30pm - 6:15pm			



KEY

Junior Classes
Suitable for kids in Years 7-12

Adult Classes
Suitable for those 18+

Combined Classes
Suitable for all ages

Private Classes
For select groups and available
upon request.

Learn to Row
For beginners, purchased as a 10-
week program.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Development 7:00am - 8:30am
	Squad 6:00am - 7:30am	Squad 6:00am - 7:30am	Squad 6:00am - 7:30am	Squad 6:00am - 7:30am	Development 6:00am - 7:30am	Squad 7:00am - 8:30am	Squad 7:00am - 8:30am
	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 7:00am - 8:30am	Learn to Row (Adult) 7:30am - 9:00am
	Learn to Row (Adult) 6:00am - 7:30am	Development 6:00am - 7:30am	Learn to Row (Adult) 6:00am - 7:30am	Development 8:00am - 9:30am		Squad 7:00am - 8:30am	Development 9:00am - 10:30am
	Squad 6:00am - 7:30am					Learn to Row (Adult) 7:30am - 9:00am	Squad 9:00am - 10:30am
						Learn to Row (Juniors) 7:30am - 9:00am	Learn to Row (Adult) 9:00am - 10:30am
Middle of Day						Development 9:00am - 10:30am	
Afternoon & Evening						Squad 9:00am - 10:30am	
	Development 4:00pm - 5:30pm	Development 4:00pm - 5:30pm	Development 4:00pm - 5:30pm	Development 4:00pm - 5:30pm			
			Squad 4:00pm - 5:30pm	Squad 4:00pm - 5:30pm			
				Erging (Red Shedders) 4:45pm - 5:30pm			
		Erging 5:00pm - 5:45pm		Development 5:00pm - 6:30pm			
		Learn to Row (Adult) 5:00pm - 6:30pm		Erging (Red Shedders) 5:30pm - 6:15pm			



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Junior Classes Suitable for kids in Years 7-12	Adult Classes Suitable for those 18+	Combined Classes Suitable for all ages	Private Classes For select groups and available upon request.	Learn to Row For beginners, purchased as a 10-week program.
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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Scholarship 5:30am - 7:30am	Learn to Row (Adult) 7:00am - 8:30am
	Squad 6:00am - 7:30am	Squad 6:00am - 7:30am	Squad 6:00am - 7:30am	Squad 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Squad 7:30am - 9:00am
	Development 6:00am - 7:30am	OLD	Development 6:00am - 7:30am	Development 6:00am - 7:30am	OLD	Squad 7:30am - 9:00am	Development 7:30am - 9:00am
			Squad 7:00am - 8:30am	Squad 8:00am - 9:30am		Learn to Row (Junior) 7:30am - 9:00am	Squad 9:00am - 10:30am
			Development 8:00am - 9:30am	Development 8:00am - 9:30am		Learn to Row (Adult) 7:30am - 9:00am	Development 9:00am - 10:30am
			Learn to Row (Adult) 7:00am - 8:30am			Squad 9:00am - 10:30am	Learn to Row (Adult) 9:00am - 10:30am
Middle of Day			Erging 12:00pm - 1:30pm			Development 9:00am - 10:30am	
Afternoon & Evening							
		Development 4:00pm - 5:30pm	Development 4:00pm - 5:30pm	Development 4:00pm - 5:30pm			
	Learn to Row (Junior) 4:00pm - 5:30pm	Erging 5:00pm - 5:45pm		Erging (Red Sheddors) 4:45pm - 5:30pm			
		Learn to Row (Adult) 5:30pm - 7:00pm		Erging (Red Sheddors) 5:30pm - 6:15pm			
				Squad 5:00pm - 6:30pm			
				Development 5:00pm - 6:30pm			



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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Youth Squad 7:00pm - 8:30pm	Youth Elite Sculling 7:00am - 8:30am
	Youth Elite Sweep 6:00am - 7:30am	Squad 6:00am - 7:30am	Youth Elite Sweep 6:00am - 7:30am			Development 7:00am - 8:30am	Development 7:00am - 8:30am
	Youth Elite Sculling 6:00am - 7:30am		Youth Elite Sculling 6:00am - 7:30am	Youth Elite Sculling 6:00am - 7:30am		Squad 7:00am - 8:30am	
		Development 8:00am - 9:30am		Development 8:00am - 9:30am	Development 8:00am - 9:30am	Development 9:00am - 10:30am	Development 9:00am - 10:30am
						Learn to Row 9:00am - 10:30am	Learn to Row 9:00am - 10:30am
	Development 11:00am - 12:30am	Learn to Row 10:00am - 12:30pm	Development 11:00am - 12:30pm	Learn to Row 11:00am - 12:30pm		Youth Learn to Row 9:00am - 10:30am	
Middle of Day							
Afternoon & Evening							
	Youth Squad 4:00pm - 5:30pm		Youth Squad 4:00pm - 5:30pm	Youth Squad 4:00pm - 5:30pm			
	Youth Development 4:00pm - 5:30pm	Erg circus 5:00pm - 5:45pm	Youth Development 4:00pm - 5:30pm	Erging 5:00pm - 5:30pm			
				Erging 5:30pm - 6:15pm			



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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early morning		Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 7:00am - 8:30am	Development 7:00am - 8:30am
		OLD		Squad 6:00am - 7:30am		Squad 7:00am - 8:30am	
	Winter Elite 6:00am - 7:30am		Winter Elite 6:00am - 7:30am	Winter Elite 6:00am - 7:30am		Squad 7:00am - 8:30am	Winter Elite 7:00am - 8:30am
	Learn to Row (UC) 9:00am - 10:30am					Learn to Row 7:00am - 8:30am	Learn to Row 7:00am - 8:30am
Mid morning				Development 8:00am - 9:30am	Development 8:00am - 9:30am	Development 9:00am - 10:30am	Development 9:00am - 10:30am
						Learn to Row 9:00am - 10:30am	Learn to Row 9:00am - 10:30am
	Development 11:00am - 12:30am		Development 11:00am - 12:30am				
Afternoon	Squad 4:00pm - 5:30pm		Squad 4:00pm - 5:30pm	Squad 4:00pm - 5:30pm			
	Development 4:00pm - 5:30pm	Erg circus 5:00pm - 5:45pm	Development 4:00pm - 5:30pm	Erging 4:45pm - 5:30pm			
				Erging 5:30pm - 6:15pm			



KEY

Sculling group A

Char's group

Sculling group B

Sweep

DEV @ 11

Char's group

Sculling group B

Sweep

TIME

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Char's group

Char's group

Char's group

Char's group

Winter elite program

Imi/Jaymee

Imi/J

Megan/Alan

Megan/Alan

Sarah/Tom

Sara

Development

DEV

DEV @ 11

Afternoon & Evening

ERG's Juniors
4pm - 5pmERG's Juniors
4pm - 5pm



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am	Development 6:00am - 7:30am		
						Development 7:00am - 8:30am	Development 7:00am - 8:30am
		Development 8:00am - 9:30am		Development 8:00am - 9:30am			
						Development 9:00am - 10:30am	Development 9:00am - 10:30am
						Learn to Row 9:00am - 10:30am	Learn to Row 9:00am - 10:30am
	Development 11:00am - 12:30am	Learn to Row 11:00am - 12:30pm	Development 11:00am - 12:30pm	Learn to Row 11:00am - 12:30pm			
Middle of Day							
Afternoon & Evening							
		Erg circus 5:00pm - 5:45pm		Erging 4:45pm - 5:30pm			
				Erging 5:30pm - 6:15pm			