

Lake Union Crew Schedule of Rowing Programs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am						
5:15						
5:30						
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8:00 PM						
8:30 PM						
9:00 PM						

At Lake Union Crew, we offer flexibility in our Rowing Programs, making it easy for you to come in at a time that's right for you! You may mix and match any session of equal skill levels. So have a look at the color coding to guide you. Questions? Call or email: (206) 860 4199 or rowing@lakeunioncrew.com