Lake Union Crew Schedule of Rowing Programs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am						
5:15	5:15 - 6:45am **Nat'l Comp** **Men's Local Comp**	5:15 - 6:45am **Nat'l/Local Competitive**	5:15 - 6:45am **Nationally Competitive**	5:15 - 6:45am **Nationally Competitive**	5:15 - 6:45am **Nationally Competitive**	5:15 - 6:45am **Nationally Competitive**
5:30	5:30-6:30am **Weights**	5:30-6:30am **Weights**	5:15-6:45am **Men's Local Competitive**	5:15-6:45am **Locally Competitive**	5:15-6:45am **Men's Local Competitive**	5:15-6:45am **Locally Competitive**
6:00						
6:30	6:30 - 8:15am **Sweep and Scull**	6:45 - 8:15am **ADVANCED Sweep and Scull**	6:30 - 8:15am **Sweep and Scull**	6:45 - 8:15am **ADVANCED Sweep and Scull**	6:30 - 8:15am **Sweep and Scull**	**Weights 7:30-8:30am**
6:45	6:45 - 8:15am **ADVANCED Sweep/Scull**					7:30-9am **ADVANCED Sweep and Scull**
7:00						
7:30						
8:00	8 - 9:30am **LEARN TO ROW**		8 - 9:30am **LEARN TO ROW**		8 - 9:30am **LEARN TO ROW**	8 - 9:30am **LEARN TO ROW (seasonal)**
8:15						
8:30	8:30 - 10am **ADVANCED Scull**		8:30 - 10am **ADVANCED Scull**		8:30 - 10am **ADVANCED Scull**	
9:00						
9:30						9:30 - 11am **LEARN TO ROW**
10:00						9-10:30am **Sweep and Scull**
3:00pm	3 - 6pm **HNA High School**	3 - 6pm **HNA High School**	3 - 6pm **HNA High School**	3 - 6pm **HNA High School**	3 - 6pm **HNA High School**	
3:30	3:30-6:30pm **LUC Juniors**	3:30-6:30pm **LUC Juniors**	3:30-6:30pm **LUC Juniors**	3:30-6:30pm **LUC Juniors**	3:30-6:30pm **LUC Juniors**	
4:00						
4:30						
5:00						
5:30						
6:00			**Weights 6:30-7:30pm**			
6:15						
6:30	6:30 - 8pm **Sweep and Scull**	6:30 - 8pm **ADVANCED Sweep and Scull**	6:30 - 8pm **Sweep and Scull**	6:30 - 8pm **ADVANCED Sweep and Scull**		
7:00	6:30 - 8pm **LEARN TO ROW (seasonal)**	6:30 - 8pm **LEARN TO ROW**	6:30 - 8pm **LEARN TO ROW (seasonal)**	6:30 - 8pm **LEARN TO ROW**		
7:30						
8:00						
8:30						

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