

Lake Union Crew Schedule of Rowing Programs

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

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 caitlin@lakeunioncrew.com