

2010 Club Activity and Boat House Schedule

Learn to Row Program Levels



Level 1 - Reserved for First Timers Only. This is for your FIRST LTR session only. Once you've had one lesson you will be considered Level 2. This is a very structured session mostly on land with a maximum of four people per coach. Club operation, and safety are covered here. **NO DROP INS.** You must sign up in advance. Your Learn to Row Program Starts here!

Level 2 - This covers all other LTR coaching sessions. If you've already taken the Level One session you are now a Level 2. Coaching will be all on the water and again 4 people maximum per session. **NO DROP INS.** You must sign up in advance unless you have explicit permission from the coach of that session.

Open Boat House - You are ready to row on your own! Supervised rowing, help with carrying boats, everyone welcome. Drop ins only, no sign up required.

Other Events and Sessions, such as Video Coaching Sessions - All paid members welcome. First come first serve sign up. Maximum four people. **NO DROP INS.** You must sign up in advance.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>20</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Ed</p> <p>Sign up only</p> <p>3:00 to 5:00PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>21</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p>	<p>22</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>RYAN</p> <p>Sign up only</p>	<p>23</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Jane</p> <p>2) Ed</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Jane</p> <p>Sign up only</p>	<p>24</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>8:00 to 9:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>25</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>Introductory Session</p> <p>Ed</p> <p>Sign up only</p> <p>8:00 to 9:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>26</p> <p>Time</p> <p>9:00 to 11:00AM</p> <p>Ryan</p> <p>1) LTR</p> <p>2)</p> <p>3)</p> <p>4)</p> <p>9:00 to 11:00AM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>
<p>27</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Ed</p> <p>Sign up only</p> <p>3:00 to 5:00PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>28</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p>	<p>29</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>RYAN</p> <p>Sign up only</p>	<p>30</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) Ed</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p>	<p>1 July</p> <p>Time</p> <p>Canada Day</p> <p>Open House</p> <p>Time TBD</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Coach Req.</p> <p>Sign up only</p>	<p>2</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Jane</p> <p>Sign up only</p> <p>8:00 to 9:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>3</p> <p>Time</p> <p>9:00 to 11:00AM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>
<p>4</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Ed</p> <p>Sign up only</p> <p>3:00 to 5:00PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>5:00 to 7:00PM</p> <p>Jane</p> <p>Introductory Session</p> <p>1) Ed</p> <p>2) Jane</p> <p>3) Sign up only</p> <p>4)</p>	<p>5</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p>	<p>6</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>RYAN</p> <p>Sign up only</p>	<p>7</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) Ed</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p>	<p>8</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p> <p>8:00 to 9:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>9</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p> <p>8:00 to 9:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>10</p> <p>Time</p> <p>9:00 to 11:00AM</p> <p>Jane</p> <p>(No Coaching)</p> <p>Open Boat House (TBD)</p>
<p>11</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Jane</p> <p>Sign up only</p> <p>3:00 to 5:00PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>12</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Jane</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Jane</p> <p>Sign up only</p>	<p>13</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>RYAN</p> <p>Sign up only</p>	<p>14</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) Ed</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p>	<p>15</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p> <p>8:00 to 9:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>16</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p> <p>8:00 to 9:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>17</p> <p>Time</p> <p>9:00 to 11:00AM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>
<p>18</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Jane</p> <p>Sign up only</p> <p>3:00 to 5:00PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>5:00 to 7:00PM</p> <p>Ed/Jane</p> <p>Introductory Session</p> <p>1) Ed</p> <p>2) Jane</p> <p>3) Sign up only</p> <p>4)</p>	<p>19</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Jane</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Jane</p> <p>Sign up only</p>	<p>20</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) RYAN</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>RYAN</p> <p>Sign up only</p>	<p>21</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>1) Ed</p> <p>2) Ed</p> <p>3) Sign up only</p> <p>4)</p> <p>6:30 to 7:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p>	<p>22</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p> <p>8:00 to 9:30PM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>23</p> <p>Time</p> <p>6:00 to 7:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p> <p>7:30 to 9 PM</p> <p>Ed</p> <p>Sign up only</p> <p>8:00 to 9:30PM</p> <p>Key Holder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>	<p>24</p> <p>Time</p> <p>9:00 to 11:00AM</p> <p>Keyholder Req. (No Coaching)</p> <p>Open Boat House (TBD)</p>