

## Summer 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Masters		Masters		Masters	Masters	
7:30am	Club Develop. All	Junior A	Club Develop. All	Junior B	Club Develop. All	Junior A	
9:30am	Junior C	Senior Competitive	Junior B/C	Senior Competitive	Junior A	Junior B/C	
11:30 – 1:30	Youth LTR	Youth LTR	Youth LTR	Youth LTR	Youth LTR		
4:00 – 5:30						NO ROW	NO ROW
6:30 – 8:00	Adult LTR	Adult LTR	Adult LTR	Adult LTR		NO ROW	NO ROW
7:00 – 8:30	Open Row	Open Row	Open Row	Open Row	Open Row	NO ROW	NO ROW
8:30	OFF	WATER	OFF	WATER	OFF	WATER	

**\*\* Notes \*\***

1. Juniors are encouraged to attend the 'LTR' and 'Open Row' sessions to help out with the DCRC Beach Crew.
2. 'Open Row' sessions are not open to competitive Juniors. Only exception is for Juniors who are rowing with a parent who has completed a LTR course.
3. BC Championship in Victoria July 11-12. Coaches must be made aware of regatta absences prior to June 28.
4. Summer Schedule is in effect from June 20 – August 21.
5. Fall 2009 Schedule (high school season) will begin September 7 2009.