

Leicester Rowing Club Timetable - WINTER

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday		Sunday				
	W	G	E	U	W	G	E	U	W	G	E	U	W	G	E	U	W	G	E	U	Water		Water				
Open																											Open
09:00																							COMPETITIVE 1 07:30 - 09:00	COMPETITIVE 1 08:00 - 10:00	09:00		
10:00																					JUNIORS / ER 09:00 - 10:30	JUNIORS / ER 10:00 - 11:30	10:00				
10:30																					COMPETITIVE 2 / COMPETENT 10:30 - 12:00	COMPETITIVE 2 / COMPETENT 11:30 - 13:00	10:30				
11:30																					BEGINNERS 12:00 - 13:00		11:30				
12:00																							12:00				
13:00									UNI													UNI EXCLUSIVE	UNI EXCLUSIVE	13:00			
17:00																							17:00				
18:00																							18:00				
18:30	C O M P E T E N T	P E R F O R M A N C E	W O M E N	P E R F O R M A N C E	L R C EXCLUSIVE	C O M P E T I T I V E	M E N	J U N I O R S	J U N I O R S	C O M P E T E N T	P E R F O R M A N C E	M E N	P E R F O R M A N C E	C O M P E T E N T	W O M E N	P E R F O R M A N C E	C O M P E T E N T	L R C	C O M P E T E N T	L R C	C L U B	C L U B	C L U B	18:30			
19:00																							19:00				
19:30																							19:30				
20:00																							20:00				
Close																							Close				

PERFORMANCE
MEN
WOMEN
JUNIORS
BEGINNERS
ER
LRC CLUB

Performance Squad
Men's Senior Squad
Women's Senior Squad
Junior Squad
Learn to Row courses and novice small boats
Explore Rowing Squad
Any LRC Member

COMPETITIVE
COMPETENT
LRC EXCLUSIVE
UNI EXCLUSIVE

Fast moving racing crews (requires squad Captain sign-off)
Competent racing crews signed off for night rowing
Exclusive use by LRC. Tuesdays from 6pm & Weekends before 1pm
Exclusive use by DMRC & ULBC. Wednesdays & Weekends 1-5pm

W Water	E Ergos
G Gym	U Upstairs

NIGHT ROWING Due to the dangers of rowing in the dark, crews and coxes need to be assessed to ensure they are safe on the water. To arrange getting signed off for night rowing contact the Water Safety Advisor Sally Horrocks - wsa@leicester-rowing.co.uk

LIGHTS Strong WHITE lights must be attached to the main hull of the boat stern and bow. Crews must check the condition of the lights at the end of each length and return to the boathouse immediately if any light is failing.

For full details regarding Navigation and Safety on the water refer to the Club Bye-Laws which apply to all LRC club members, University Affiliates and visitors