

Leicester Rowing Club Timetable - WINTER

	Monday					Tuesday					Wednesday					Thursday					Friday				Saturday		Sunday				
Open	W	G	E	U		W	G	E	U		W	G	E	U		W	G	E	U		W	G	E	U	Water		Water		Open		
																									LRC EXCLUSIVE	COMPETITIVE 1 07:30 - 09:30	LRC EXCLUSIVE	COMPETITIVE 1 08:00 - 10:00	09:00		
09:00																										JUNIORS / ER 09:30 - 11:00			JUNIORS / ER 10:00 - 11:30	10:00	
10:00																										COMPETITIVE 2 / COMPETENT 11:00 - 12:30			COMPETITIVE 2 / COMPETENT 10:00 - 11:30	11:30	
10:30																										BEGINNERS 12:30 - 13:30					12:00
11:30																															13:00
12:00																														17:00	
13:00																															
17:00																															
18:00																															
18:30																															
19:00																															
19:30																															
20:00																															
Close																															

PERFORMANCE
MEN
WOMEN
JUNIORS
BEGINNERS
ER
LRC CLUB
CMA
RtR

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
Castle Mead Academy
Row the Rhythm

COMPETITIVE
COMPETENT
LRC EXCLUSIVE
UNI PRIORITY
CMA
RtR

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
Priority, but not exclusive use by ULBC. Wednesdays & Weekends 1-5pm
Priority use by Castle Mead Academy
Priority use by Row the Rhythm

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