**Nanaimo Rowing Club – Program Schedule for 2024/25**

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|  | **Schedule: Mid-March – October 31, 2024**  All session subject to change | | | | | | |
| Program | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Everyone |  | 6-7:35 am |  | 6-7:35 am |  | 6-7:35 am |  |
| Juniors |  | 3:45-6 pm | 3:45-6 pm | 3:45-6 pm | 3:45-6 pm | 3:45-6 pm |  |
| Masters | 9:15-11:15 am |  | 1-3 pm  6-8 pm |  | 6-8 pm |  |  |
| \*Adult Learn to Row |  |  | 6:15-7:45 pm |  | 6:15-7:45 pm |  |  |
| Junior Learn to Row | See details online | |  |  |  |  |  |

**\*Adult Learn-to-Row 2024 (6 sessions, twice per week, Tues & Thurs evenings at 6:15 – 7:45 pm. $190)**

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| * Series 1: April 16 – May 2 * Series 2: May 14-30 * Series 3: June 11-27 | * Series 4: July 9-25 * Series 5: Aug 6-22 |  |

Learn-to-Row Grads will have the skills and experience to join NRC regular membership. See NRC Membership Rates 2024/25 for details.

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|  | **Dryland (aka Winter) Schedule: Jan 1 – Mid-March 2024, and Nov 1, 2024 – Mid-March 2025**  All session subject to change; | | | | | | |
| Program | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Everyone | 9:15-11:15 am | 6-7:35 am |  | 6-7:35 am |  | 6-7:35 am |  |
| Juniors |  | 3:45-6 pm | 3:45-6 pm | 3:45-6 pm | 3:45-6 pm | 3:45-6 pm |  |
| Masters |  |  | 6 pm Dryland |  | 6 pm Dryland |  |  |

NRC members use the NRC Google Sign-Up sheet that lists weekly practices. This is an example of regular programming, but all changes to practices are reflected in the ‘live’ Google Sign-Up document.

Rev. March 21, 2024