**Winter schedule weight room 2018-2019**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  |  | 6:00-8:00am  CRC Seniors |  |  |  |  |
| 4:00 – 5:00 CK Sprint |  |  |  | 4:30-6:30pm  CCC Juniors | 11:00-1:30  CK Sprint |  |
| 6:15-7:45pm CCC outrigger | 4:30 to 6:30pm CK Sprint | 4:30 to 6:30pm CK Sprint  6:30-8:00  CRC Seniors | 4:30p to 6:15pm  CRC juniors  6:15-7:45pm CCC outrigger | 6:30-8:00  CRC Seniors |  |  |

**Winter schedule tank**

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| --- | --- | --- | --- | --- | --- | --- |
| **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| 6:30-8:00am  CK Sprint |  |  |  |  | 7:00-9:00  Seniors |  |
|  |  |  |  |  | 9:00-11:00  CRC juniors | 9:00-11:00  CRC Rec |
| 4:30p to 6:15pm  CRC juniors | 4:30-6:30  CK Sprint | 4:30-6:30pm  CCC juniors | 4:30-6:00pm  CCC Juniors | 4:30-6:30  CK Sprint | 11:00- 1:00 pm  CK Sprint | 11:00-12:30  CCC outrigger |
|  | 6:30-8:00  CRC Rec | 6:30-8:00pm CCC outrigger | 6:30pm – 8:00pm  CRC Rec |  |  |  |

* Tank booking priority’s
* First come first serve for non booked times.
* Rowers and paddlers REMOVE apparatus following your session.