

# **ROWING TRAINING SESSIONS**

## **SENIORS & J16S**

Monday: 4 – 6pm

Tuesday: 4 – 6pm **plus J15 girls**

Wednesday: 2 – 4pm games

Thursday: 8 – 8:45 **circuits in the school gym with Mr Lunn, commencing 25 Sep 08**

Thursday: 4 – 6pm

Saturday: 8am – 12 noon **plus J15 girls**

Sunday: 9am – 12 noon **plus J15 girls**

## **J15s**

Monday: 4 – 6pm **until the October Half Term only**

Tuesday: lunchtime run

Wednesday: 4 – 6pm

Thursday: 2 – 4pm games

Saturday: 8:30 – 11am

Sunday: 9:30 – 11:30am **this is an optional, extra session, commencing 21 Sep 08**

## **J14s**

Monday: 2 – 4pm games

Wednesday: lunchtime run

Saturday: 11am – 1:30pm **for the time being but if there is a large turn-out, we may have to offer 2 sessions**

Sunday: 9:30 – 11:30am **this is an optional, extra session, commencing 21 Sep 08**

**NB All sessions are open to both boys and girls but the J15 girls have been asked to train with the Senior girls to allow for greater flexibility of crews due to relatively small numbers.**