

**Year Group Trainings (based on year group boys are in to start season Oct 2017)**

Yellow      rowing training  
Green      core  
 LTRC              Lake Tuggeranong Rowing Club  
 CRC                Canberra Rowing Club

training times 4:15PM-6:30PM - unless advised otherwise

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>YR 6/7</b> (unless coxing another age group)	4:15-6:30PM LTRC		4:15-6:30PM LTRC				
<b>YR 8</b>		4:15-6:30PM LTRC		4:15-6:30PM LTRC			

<b>YR 9</b>	4:15-6:30PM CRC		4:15-6:30PM CRC	core 3:15-4:30PM Marist			
<b>YR 10/11</b>		4:15-6:30PM CRC		core 3:15-4:30PM Marist		8:00-10:00AM CRC	
				4:50-6:50 PM CRC			