

Day	Time	Activity	Venue	Coach IC	Squad
Monday	.5-6	Ergo	CLS Erg Room		MJ14-18
	.6-7	Ergo	CLS Erg Room		WJ15-18
	7.15-8.15	Ergo	CLS Erg Room		Senior and Masters Men
	8.15-9	Ergo	CLS Erg Room		Senior and Masters Ladies
Tuesday	5-6.30	Water	Clsarc	ST	WJ15 and MJ16-18
	5-6.30	Ergo	CLS Erg Room	EG/ST	WJ16 (be prepared for erg and water)
	.7-9	Ergo/Circuits	Hermitage	ST/GC/AL	all
Wednesday	5.30-6	Ergo	CLS Erg Room	LH/CD	J14 boys and below
	6-6.30	Ergo	CLS Erg Room	LH/CD	J14 girls and below
		Water	CLS		Senior and Masters Men and women
	6.45-7.45	Ergo	CLS Erg Room		Senior and Masters Women
	7.45-8.45	Ergo	CLS Erg Room		Senior and Masters Men
Thursday	5-6.30	Water	Clsarc	ST/CT	WJ16 and MJ16-18
	5-6.	Ergo	CLS Erg Room	HY/CD/CT	J14 - 16 boys and girls (who aren't on water)
	6.30-7.15	Ergo	CLS Erg Room	AL/ST	WJ16 And MJ16-18
	7.20-8.15	Ergo	CLS Erg Room		Senior and Masters Men
	8.15-9	Ergo	CLS Erg Room		Senior and Masters Ladies
Sat	7.30-9.30	Water	Clsarc		Seniors and Mas Men and Women
	9.30-11.30	Water	Clsarc	GC/AL	j14+ boys and girls
Sun	7.30-9.30	Water	Clsarc		Seniors and Mas Men and Women
	9.30-11.30	Water	Clsarc	AL/ST	j15+ boys and girls
	11.30-1	Water	Clsarc	LH/CD	LTR and selected j11-13
					(on Thursday and Monday, wj15 may be on ergs next door depending on numbers)