

Alliance Rowing Club & Northshore Fitness Studio Fall Development Group Schedule



Full Package DRC Rowing & Studio Dryland Schedule

Our 6th Fall Season officially begins Tuesday September 5th

Notice: This SCHEDULE IS SUBJECT TO CHANGE for load-leveling purposes

Where →	STUDIO DRYLAND Northshore Fitness Studio Strength & Conditioning + Rowing ERG	ROWING Dammrich Rowing Center On the Water	Notes
Group ↴			
Effective Mon Aug 21st - Sun Sep 3rd			Initial Learn to Row (LTR) Discovery Sessions are scheduled by appointment only and LTR Discovery Sessions are Saturday at Noon or 1pm. Sunday at Noon. Rowing RAINOUTs pivot automatically to Studio Dryland.
DEV	Monday, Wednesday & Thursday: Drop-In 3:15 - 5:15PM Saturday 11 - 2PM	Tuesday, Wednesday & Thursday: 9AM Saturday: 1, 2:30 & 3:30 Sunday: 9:30 & 11AM	
Effective Mon Sep 4th			Rowing at the DRC continues through Thanksgiving weekend. Studio Dryland after school continues through May/End of the school year.
DEV	Monday, Wednesday & Thursday: Drop-In 3:15 - 5:15PM Tuesday: Drop-In 3:15 - 6:30PM Saturday: 11AM - 2PM	Tuesday: 4:50PM Wednesday: 4:50PM Saturday: 1, 2:30 & 3:30PM Sunday: 1, 2:30 & 3:30PM	

Questions? **preferably Text** or Call Coach Brian Easter at 847 347 3278 -or- email allrowc@gmail.com