

GRC Timetable of River Activity

Time	07:00	10:00	12:00 noon	14:00	16:00	18:00	19:00	20:00	
MONDAY	7.00-9.30 Senior Rowing	Free rowing for all/Juniors must be supervised			16:00-18:00 GRC Juniors		18:00 - 20:00 Senior Rowing		
TUESDAY		10:00-12:00 Veteran scullers	Free rowing for all/ Juniors must be supervised			15:30-18:00 GRC Juniors			
WEDNESDAY		Free rowing for all/Juniors must be supervised			GRC Juniors 16.00-18.00 Summer		18:00 - 20:00 Beginner & Development Squad		
THURSDAY		Free rowing for all/Juniors must be supervised			15:30:18:00 GRC Juniors		18:00 - 20:00 Senior Rowing		
FRIDAY		9:30-12:00 Adaptive Squad	Free rowing for all/ Juniors must be supervised			16:00 - 18:30 GRC Juniors Summer term		18:30 - 20:00 Senior Rowing	
SATURDAY		9:30-12:15 Beginners & Development Squad	12.30-14.15 GRC Juniors	14.15-16.00 GRC Juniors Autumn only	Free rowing for all/Juniors must be supervised				
SUNDAY		9:30 - 11:00 GRC 11:00 - 12:30 Juniors 12:30 - 14:15	Free rowing for all/Juniors must be supervised						

Please ensure all boats/crews are off the water and boats managed so not to hinder the start of the next session.

Junior-adult session interfaces. Ensure changing rooms are cleared before the next timed session for Child Protection purposes.

Free rowing sessions are open to all club members. Beginners must be signed off by Vice Captains and Juniors must be supervised.