

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Early drop-off	7:30-8:30					
<b>Drop-off</b>	8:30-9:00	Wait for late arrivals; icebreakers	Review of erg/erg workout	Fish game tournament	Row	Row
AM	9:00-9:30	Boathouse tour				Long row
	9:30-10:00	Safety videos				
	10:00-10:30	Introduction to erging				
	10:30-11:00					
<b>Half Day Ends</b>	11:00-11:30	Overview of rowing parts on Landshark	Scavenger hunt	Foosball tournament		
Lunch	11:30-12:00	Lunch + Board games	Lunch + Board games	Lunch + Board games	Lunch + Board games	Lunch + Board games
	12:00-12:30					
PM	12:30-1:00	Dockside rowing in Edons	Go to park	Row	Erg--2k day!	Go to park
	1:00-1:30					
	1:30-2:00					
	2:00-2:30	12 Days of Henley + Stretching + low-activity games/pickup	Erg warmup + relay race/pickup	Low-activity games/pickup	Row	
	2:30-3:00					
<b>Pickup</b>	3:00-3:30				Low-activity games/pickup	Certificates + rowing pathways + low-activity games/pickup
Late pickup	3:30-4:30					
<b>Legend</b>		Off-water rowing programming	On-water programming		Off-water general programming	