

Winter training 2011/12

Evening circuit training will start at Halliford School gym on Tuesday 8th November from 7pm to 8pm and then every Tuesday and Thursday evening. All ages are welcome - £1 per person.

Normal outing times at the weekend are as follows:

(times may vary or sessions be cancelled due to events or adverse weather or stream conditions)

Saturday

7:30 Seniors and veterans

9:30 Novices

10:30 J13/14 boys

12:00 J13/14 girls

1:30 Juniors J15 and above

Sunday

8:00 Seniors, vets and juniors - timed pieces

10:00 J13/14 boys

10:30 Novices

10:30 Seniors, vets and juniors - outing

There will adult improver and intermediate rowing sessions run by British Rowing coach Frankie Jus-Burke taking place on Thursdays 12:30pm to 2pm, Fridays 3pm to 4:30pm and Saturdays 3pm to 4:30pm. Just turn up to the sessions that suit you. You will be expected to take out membership of British Rowing in due course.

[Click here for British Rowing](#)

Yoga classes are held at the club on Monday nights, 6:30pm to 8pm and 8pm to 9:30pm. See notices at the club for details

Pilates classes will be starting on Wednesdays from 7:30pm to 8:30pm, first class 9th November

Finally a reminder that all boats going out in the dark must have a rapid flashing white light on the front and a steady white light on the stern. Only competent crews are allowed to go out and you must keep strictly to the right hand side