



LINCOLN PARK BOAT CLUB

Rowing and Paddling Programming Schedule

March 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am							
6 am							
7 am							
8 am							Paddle Erg
9 am						Comp & Novice Training	
10 am							
11 am							
12 am							
1 pm						Junior Boating	
2 pm							
3 pm	Masters Training						
4 pm				Masters Training			
5 pm	Junior Boating	Junior Boating	Junior Boating	Juniors			
6 pm					Paddle Erg		
7 pm	Comp & Novice Team	Get Fit to Row	Comp & Novice Team	Get Fit to Row			
8 pm							

Program Name	Months	Location
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|---|---------|--------|
| Competitive Rowing | Nov-Mar | Lagoon |
| Masters Training | Nov-Mar | Lagoon |
| Junior Boating | Nov-Mar | Lagoon |
| Get Fit to Row | Nov-Mar | Lagoon |
| Paddle Erg Training | Nov-Mar | Lagoon |



Rowing and Paddling Programming Schedule Winter Programming Overview

Novice to Competitive Training

December - February, Week nights 6:30 – 8:30, Saturdays 9:00 – 11:00
\$60/month

For the Novice Rower aiming to row competitively in 2018 or the Recreational Rower looking for more effective fitness training. Follows the Competitive Team training plan. The purpose of this program is to teach the novice athlete all of the components of competitive team training – weights, erg workouts, injury prevention, and more. Once athletes have mastered one component of the training, coaching will move on to another component, with the athletes practicing the mastered component on their own. The training plan features six training days per week and athletes can expect to be coached through 2-3 practices per week. Athletes can expect to train with the competitive team. Coached practices will be held during the scheduled Competitive Training times Monday – Thursday 6:30 – 8:30 p.m. and Saturday 9:00 – 11:00 a.m.

Competitive Team Training

December – February, Week nights 6:30 – 8:30, Saturdays 9:00 – 11:00 a.m.
\$60/month

For the competitive rower looking for more one-on-one coaching through the winter. Coached practices will emphasize getting the most out of the Competitive Team training. Coaching will focus on an athlete's individual limitations within the program and may involve customizing the training to fit their unique needs. Will include heart rate zone work, weight training, and erg technique. Much like the Novice-to- Competitive Training, will feature 2-3 coached practices a week held during the Competitive Training practice times.

Masters Sculling Winter Training

January - March, Sundays 9:00 – 10:30 a.m., 3:30-5:00 p.m. (Thursdays in Jan, Fridays in Feb-Mar)
\$90/month

Emily Caffee brings her strength coaching and rowing expertise into the erg room, designing dynamic group workouts that will build your fitness and improve your rowing performance. Sessions consist of a combination of mobility/flexibility essentials, core strength and stability exercises, technique drills, and erg workouts of varying intensity. We'll work together to track your progress over the winter with individualized assessments, video analysis, and regular feedback. Plus, the playlists are awesome. Come join our squad!

Junior Sculling

Winter Sessions: Monday, November 27 through Saturday, March 3
Monday - Thursday 4:30 - 6:30 p.m.; Saturday 1:00 - 3:00 p.m.
Full Season: \$500; Half Season: \$300

Lincoln Park Boat Club offers programs designed for the competitive high school rower who plans to continue with rowing in college. These programs emphasize physiological development and training for injury-free competitive success. The athlete's focus in these programs are competition and preparation for collegiate rowing. Additional workouts will be assigned for the athlete to complete on their own.

Get Fit To Row

February 6th – March 31st, Tues 6:30 pm – 8:00, Sat 11:00 – 12:30 OR Thurs 6:30 pm – 8:00, Sun 11:00 – 12:30
Members: \$90; Non-members \$160

Get in shape during the winter months, so that you'll be ready to get out on the water once the ice has melted! Our land-based program focuses on developing the core physical attributes of good rowing – strength, endurance, flexibility and stability – in the dry (and warm) environment of our boathouse in Lincoln Park. All of our sessions are led by experienced rowers and coaches who will be able to give you one on one guidance and feedback throughout. Open to experienced members as well as non-members new to the sport.

All-Access Pass: The All-Access Pass remains an option for those members who wish to work within multiple training groups.

Ready to get on the water with us?
Sign-up today on [RegattaCentral!](http://www.regattacentral.com)

RegattaCentral
www.regattacentral.com



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Rowing and Paddling Programming Schedule

Feb - Mar 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am							
6 am							
7 am							
8 am							
9 am						Comp Training	Masters Training
10 am							
11 am						Get Fit to Row (1)	Get Fit to Row (2)
12 am							
1 pm						Junior Boating	
2 pm							
3 pm							
4 pm					Masters Training		
5 pm	Junior Boating	Junior Boating	Junior Boating	Junior Boating			
6 pm							
7 pm	Comp & Novice Teams	Get Fit to Row (1)	Comp & Novice Teams	Get Fit to Row (2)			
8 pm							

Program Name	Months	Location
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 Competitive & Novice	Nov-Mar	Lagoon
 Masters Training	Nov-Mar	Lagoon
 Junior Boating	Nov-Mar	Lagoon
 Get Fit to Row	Feb-Mar	Lagoon



LINCOLN PARK BOAT CLUB

Rowing and Paddling Programming Schedule

Spring 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5 am									
6 am									
7 am									
8 am									
9 am						Comp Training	Masters Training		
10 am									
11 am									
12 am									
1 pm						Junior Boating			
2 pm									
3 pm									
4 pm									
5 pm	Junior Boating	Junior Boating	Junior Boating	Junior Boating					
6 pm		Masters Training							
7 pm	Comp Training	Comp Training	Comp Training	Comp Training					
8 pm									

Program Name	Months	Location
Competitive Rowing	Mar-Nov	River
Competitive Sculling	Mar-Nov	Lagoon
Junior Boating	Mar-Nov	Lagoon
Sculling with Lev	Apr-Sep	Lagoon
Masters Sculling	May-Sep	Lagoon
Intermediate Sculling	May-Sep	Lagoon / Lake
Open Water Rowing	Jun-Sep	Lagoon / Lake

Program Name	Months	Location
LTRow / LTScull	Apr-Sep	Lagoon
Recreational Rowing	Apr-Oct	Lagoon / River
Novice Rowing	Apr-Oct	Lagoon
Senior Masters Rowing	Mar-Nov	River
SUP & TRX Fitness & Performance	Jun-Oct	Lagoon / Lake
Learn to SUP	Jun-Sep	Lagoon

Lagoon: Lincoln Park Boathouse
2341 N Canon Dr
Lincoln Park

Contact:
headcoach@lpboatclub.org or coaches@lpboatclub.org
More details on all of our programs can be found at lpboatclub.org

River: Chicago Park 571
2754 S Eleanor St
Bridgeport



LINCOLN PARK BOAT CLUB

Rowing and Paddling Programming Schedule Programming Overview

Member programming

Competitive Rowing

When: March - November; M, W, Sat
Where: Eleanor St. Boathouse, Bridgeport

Competitive Sculling

When: April - October; Tue, Sun
Where: Lincoln Park Boathouse

SUP & TRX Fitness & Performance

When: June - October; M, W
Where: Lincoln Park Boathouse

Novice Rowing

When: April - October; Tue, Thu, Sat
Where: Lincoln Park Boathouse

Senior Masters Rowing

When: May - October; T, Th, Su
Where: Eleanor St. Boathouse, Bridgeport

Sculling with Lev

When: April - October; W, Sat, Sun
Where: Lincoln Park Boathouse

Masters Sculling

When: May - September; Tue, Thu
Where: Lincoln Park Boathouse

Recreational Rowing

When: May - October; T, Th, Su
Where: Eleanor Boathouse, Bridgeport

Intermediate Small Boats and Sculling

When: May - October; M, W
Where: Lincoln Park Boathouse

Open Water Rowing

When: June - September; W, F
Where: Lincoln Park Boathouse

Public classes & lessons

Junior Boating

When: March - November; M - Sa
Where: Lincoln Park Boathouse

Learn to Row

When: April - September; Tue, Thu, Sat
Where: Lincoln Park Boathouse

Learn to SUP

When: June - September; Fri
Where: Lincoln Park Boathouse

Learn to Scull

When: June - September; various weekdays, Sunday
Where: Lincoln Park Boathouse

Learn to Row Intensive

When: Coming This Summer
Where: Eleanor Boathouse, Bridgeport

Private Lessons

When: April - October, open days and times
Where: Lincoln Park Boathouse

Ready to get on the water with us?
Sign-up today on [RegattaCentral!](https://www.regattacentral.com)

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LINCOLN PARK BOAT CLUB

Events Calendar 2017

Date	Event	Location	Description
May 20	2017 Season Toast	Space 1858	Tickets on sale now!
Memorial Day	Boathouse cleanup & gardening day	Lagoon	Join us to help clean up the lagoon boathouse.
June 3	Learn to Row Day	Lagoon, River	National Learn to Row Day. Volunteers needed!
June 10	Learn to Paddle Day	Lagoon	LPBC open house for Learn to Paddle Day. Volunteers needed!
July 7-9	Chicago Sprints Regatta	Lagoon	Volunteers: all hands on deck! Contact sprints@lpboatclub.org
July 22	LPBC Splash Dash & Summer party	Lagoon	New "fun" race day for members only. Interested in helping out? Contact treasurer@lpboatclub.org
August 5	SUP Lagoonapalooza	Lagoon	LPBC hosts the SUP Series race on the lagoon
Labor Day	Lagoon cleanup	Lagoon	TBD
September 9	Chicago River Marathon	River	Full & Half Marathon racing through downtown Chicago
Early December	LPBC Holiday Party/Gala	TBD	More details to come later in the year.