



## Summer 2024 Schedule

Dryland Circuits are at MyBody Complex (gold color), Rowing is at the Dammrich RC (light blue color)

NOTE: Recent revisions as of mm/dd/24 are indicated with underlined *italicized*\* text with an asterisk.

Sessions are scheduled and removed based upon minimal client interest of 8 participants

A M	MON	TUE	WED	THU	FRI	SAT	SUN
		<b>Lessons by Appointment</b>  Private & SemiPrivate  MyBody Dryland  -OR-  DRC Rowing	<b>10a</b> DRC Rowing	<b>10a</b> DRC Rowing	<b>10a</b> DRC Rowing	<b>10a</b> <i>LearnToRow</i>  MyBody Dryland	DRC Rowing Lessons by Appointment  <i>LearnToRow</i>
							↕ <b>PLUS</b> ↕
		<b>2p</b> MyBody Dryland  ↕ <b>PLUS</b> ↕  <b>3:30p</b> DRC Rowing		<b>2p</b> MyBody Dryland  ↕ <b>PLUS</b> ↕		<b>2p</b> DRC Rowing	<b>2p</b> DRC Rowing
				<b>5p</b> DRC Rowing		<b>5p</b> DRC Rowing	<b>5p</b> DRC Rowing



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### Policies & Procedures

1) Use your AGT: **A**RC Reservation & Communication **G**roup **I**text message to notify the Staff of any changes by 2pm the previous day. PunchCard Sessions expire at one a week for 10 or 20 session packages. A two-week freeze may be applied to your account for vacations and accounts are frozen during school Holidays. Expired sessions may be redeemed by buying a 5 session package.

A PunchCard package is VOID after 180 days unless it is injury related, then it expires on the anniversary of the original purchase date. No Refunds are granted for a) injuries incurred outside the ARC program or b) any HS Competitive Team member for Phase (Credit Only)

**NOTE:** No refunds are given without the review & approval of the ARC Program Director

2) Standing appointments are *STRONGLY* recommended as poor attendance/tardiness affects morale of the Crew members, creating line-up chaos and launching disruption for the Coaches and Rowers

3) Walk-ups/Dynamic (day of) rowers are **served only if time & available seats allow**

**NOTE:** If you're running late, **proactively notify us by using your AGT text (A**RC Reservation & Communications **G**roup **I**text. Late rowers, regardless of notification, may need to ride in the Safety Launch or worse case not be allowed to participate

4) Dress appropriately and bring a water bottle, hat & sunscreen

5) For DRC Rowing sessions, we consult AccuWeather for current conditions and predictions. Doppler is checked proactively and cancellations texts are sent no less than an hour prior to the launch time

666) DO NOT LEAVE the DRC until the coaches excuse you: Everyone helps launch and stow Boats & equipment. Let the coaches know when you arrive that you need to leave ASAP