

12/9/2009

Program	Weekday	Weekend	Days	Dates	Comments
BIAC Outriggers	1800-2100	0900-1200	Tu,Th,Su	Ongoing	
BIAC Kayaks	random	random	7	Ongoing	
CDBA	1830-2100	1000-1600	Tu,Th,Sa,Su	Ongoing	
BIAC Sweep Men Adv	0500-0700	x	M,W,F	Ongoing	
BIAC Sweep Wmn Adv	0500-0700	x	M,W,F	Ongoing	
BIAC Sweep Int8 AM	0500-0700	0600-0800	Tu,Th,Sa	Ongoing	
BIAC Sweep Sundays	Hold: 1815-2015	0815-1015	Su	Ongoing	
BIAC Sweep Novice	0500-0700	0600-0800	Tu,Th,St	Ongoing	
BIAC Sculler Certification	0600-0730, 1800-1930	tba	W	Ongoing	
BIAC Scullers	random	random	7	Ongoing	
NorCal - Novice Men	1600-1830	0900-1200	Tu,Th,F,Sa	School Year	
NorCal - Novice Wmn	15:45-18:15	0830-1130	Tu,Th,F,Sa	School Year	
NorCal - Men HvWt	0500-0700,1600-1830	1600-1830	M-F,Su	School Year	
NorCal - Men LtWt	0500-0700,1600-1830	1600-1830	M-F,Su	School Year	
NorCal - Wmn HvWt	0500-0700,1600-1830	1600-1830	M-F,Su	School Year	
NorCal - Wmn LtWt	0500-0700,1600-1830	1600-1830	M-F,Su	School Year	
Serra Frosh	0400-0630	0700-0930	M,W,F,Sa	School Year	
Serra - Men HvWt	0515-0715	0700-0930	T,W,F,Sa	School Year	
Serra - Men LtWt	0515-0715	0700-0930	T,W,F,Sa	School Year	
BIAC LTR	0900-1200	0900-1200	Sa, Su	April-Sept	
NorCal LTR Camp	0800-1200	x	M-F	Jun23-Aug22	