



All club rowing and dragon boat practices are open to all ages and abilities.

Seasonal changes to this schedule will be made during early spring & late fall.

These practices embrace VRDBC's commitment to an inclusive rowing and dragon boat community.

Please note to enable efficient boating arriving 10 minutes before the start of each practice is necessary.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-7.30am	Rowing		Rowing		Rowing	
7am-8.30am						Rowing
8.30am-10am	Rowing		Rowing		Rowing	Rowing
10-11.30am			Dragon Boat			Dragon Boat
4pm-5.30pm		Rowing		Rowing		
5.30pm-7pm		Rowing		Rowing		
7pm-8.30pm		Dragon Boat		Dragon Boat		