



2018-19 Indoor Training Schedule

Monday	Wednesday	Sunday
November		
5	7	11
12	14	18
19	21	
26	28	
December		
		2
	5	9
10	12	16
17	19	23
January		
	2	6
7	9	13
14		
21		
28	30	
February		
4	6	10
11	13	17
25		
March		
		3
4		

- Training for ages 12+ from 6:00pm to 7:00pm on Mondays & Wednesdays
- Intro to Track & Field (age 7-11) from 6:00pm to 7:00pm Mondays & Wednesdays
- Sunday from 12:00pm to 1:30pm for athletes aged 12+
- If date is not listed, the facility is not available so practice is not offered
- The facility is now not available for the 4 crossed out days in December due to construction