



2019-20 Indoor Training Schedule

Monday	Wednesday	Sunday
November		
4	6	10
11	13	17
18	20	
December		
		1
	4	8
9	11	15
16	18	22
23		
January		
		5
6	8	12
13	15	19
		26
27	29	
February		
		2
3	5	
10	12	
	19	
24	26	
March		
2	4	
9		

- Training for ages 12+ from 6:00pm to 7:30pm 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