

**Practice Schedule Fall/Winter 8 Week Session  
November 2nd – December 30th**

**13 & Unders**

Practice Schedule at Fit Nation

Tuesdays and Thursdays

Beginner and Adv. Beginner (11 & Under)– 6:05-6:50pm

Intermediate (10 & Under)– 6:55-7:40pm

Adv. Beginner/Intermediate (11-13 Year Old) – 7:45-8:30pm

Mondays Race Day (30 Min. Practice / 30 Min. Dual Meet)

Dual Meet Teams (see schedule) – 7:00-8:00pm

**Silver**

Centre Club - Mondays and Wednesdays 7:00-8:30pm

Rec Plex – Fridays 8:00-9:30pm

**Gold**

Centre Club – Tuesdays and Thursdays 7:15-8:45pm

Rec Plex – Mondays and Fridays 8:00-9:30pm

**Seniors 13 & Over**

Rec Plex - Monday – Friday 8:00-9:30pm