

NCO Weekly Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday
EPIC <ul style="list-style-type: none"> • Novice 6:30-7:30 • Intermediate 6:30-8 • <i>Lower Age Group</i> 6-8:30 • Upper Age Group 6-8:30 	Windsor Rec Center <ul style="list-style-type: none"> • Upper Age Group 5:15-7:15 	TVHS <ul style="list-style-type: none"> • MASTERS 7-8:30 	EPIC <ul style="list-style-type: none"> • <i>Lower Age Group</i> 6-8:30 • Upper Age Group 6-8:30 	GymStarz (alternating weeks) <ul style="list-style-type: none"> • Full Team 8-9 TVHS <ul style="list-style-type: none"> • Novice 9:30-10:30 • Intermediate 9:30-11:30 • <i>Lower Age Group 9:30-12</i> • Upper Age Group 9:30-12:30 • MASTERS 10:30-12:30

Novices:

Intermediates:

Lower Age Group:

Upper Age Group:

MASTERS:

- Please send a message to Our team Manager Mary if your daughter will be missing practise.
- If an absence is due to illness or unforeseen circumstances AKA last minute, please still contact Mary via TeamSnap at your earliest opportunity.