

## 2019 JAC December Practice Schedule

| Date         | Day       | Notes   |
|--------------|-----------|---|
| December 1st | Sunday    | Lessons only by appointment                             |
| 2            | Monday    | 4pm- 6pm  |
| 3            | Tuesday   | 4pm-6pm   |
| 4            | Wednesday | 4pm-6pm   |
| 5            | Thursday  | 4pm-6pm   |
| 6            | Friday    | 4pm-6pm   |
| 7            | Saturday  | Pole Vault Clinic 10am-12pm, and Lessons by appointment |
| 8            | Sunday    | Lessons only by appointment                             |
| 9            | Monday    | 4pm-6pm   |
| 10           | Tuesday   | 4pm-6pm   |
| 11           | Wednesday | 4pm-6pm   |
| 12           | Thursday  | 4pm-6pm   |
| 13           | Friday    | No Practice (Travel to NC)                              |
| 14           | Saturday  | Visit Winston-Salem Indoor Meet in Winston-Salem, NC    |
| 15           | Sunday    | No Practice (Rest!)                                     |
| 16           | Monday    | 4pm-6pm, also lessons by appointment                    |
| 17           | Tuesday   | 4pm-6pm, also lessons by appointment                    |
| 18           | Wednesday | 4pm-6pm, also lessons by appointment                    |
| 19           | Thursday  | 4pm-6pm, also lessons by appointment                    |
| 20           | Friday    | 4pm-6pm, also lessons by appointment                    |
| 21           | Saturday  | Lessons only by appointment                             |
| 22           | Sunday    | Lessons only by appointment                             |
| 23           | Monday    | 4pm-6pm, also lessons by appointment                    |
| 24           | Tuesday   | No Practice   |
| 25           | Wednesday | No Practice   |
| 26           | Thursday  | 4pm-6pm, also lessons by appointment                    |
| 27           | Friday    | 4pm-6pm, also lessons by appointment                    |
| 28           | Saturday  | Lessons only by appointment                             |
| 29           | Sunday    | Lessons only by appointment                             |
| 30           | Monday    | 4pm-6pm, also lessons by appointment                    |
| 31           | Tuesday   | 4pm-6pm, also lessons by appointment                    |

**December Training is either \$100 for the whole month (unlimited practices) or \$10 drop in fee per practice**



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