

2021 JAC December Practice Schedule

Date	Day	Notes
December 1st	Wednesday	4pm-6pm
2	Thursday	4pm-6pm
3	Friday	No Practice
4	Saturday	JAC Indoor / Outdoor Track Meet
5	Sunday	Lessons only by appointment
6	Monday	4pm-6pm
7	Tuesday	4pm-6pm
8	Wednesday	4pm-6pm
9	Thursday	4pm-6pm
10	Friday	No Practice
11	Saturday	JDL Indoor Meet in Winston-Salem, NC
12	Sunday	No Practice
13	Monday	4pm-6pm, also lessons by appointment
14	Tuesday	4pm-6pm, also lessons by appointment
15	Wednesday	4pm-6pm, also lessons by appointment
16	Thursday	4pm-6pm, also lessons by appointment
17	Friday	4pm-6pm, also lessons by appointment
18	Saturday	Lessons only by appointment
19	Sunday	Lessons only by appointment
20	Monday	10am- 12pm, also lessons by appointment
21	Tuesday	10am- 12pm, also lessons by appointment
22	Wednesday	10am- 12pm, also lessons by appointment
23	Thursday	Lessons only by appointment
24	Friday	No Practice
25	Saturday	No Practice
26	Sunday	No practice
27	Monday	Lessons only by appointment
28	Tuesday	Lessons only by appointment
29	Wednesday	Lessons only by appointment
30	Thursday	Lessons only by appointment
31	Friday	No Practice

December Training is either \$150 for the whole month (unlimited practices) or \$20 drop in fee per practice



jacksonvilletrack.com