

2024 JAC JANUARY PRACTICE SCHEDULE

| Date | Day | Notes |
|-------------|-----------|--|
| January 1st | Monday | No Practice, Happy New Year! |
| 2 | Tuesday | 4pm-6pm |
| 3 | Wednesday | 4pm-6pm |
| 4 | Thursday | 4pm-6pm |
| 5 | Friday | 4pm-6pm |
| 6 | Saturday | 10am- 12pm, also lessons by appointment |
| 7 | Sunday | Lessons only by appointment |
| 8 | Monday | 4pm-6pm |
| 9 | Tuesday | 4pm-6pm |
| 10 | Wednesday | 4pm-6pm |
| 11 | Thursday | 4pm-6pm |
| 12 | Friday | 4pm-6pm |
| 13 | Saturday | 10am- 12pm, also lessons by appointment |
| 14 | Sunday | Lessons only by appointment |
| 15 | Monday | 4pm-6pm |
| 16 | Tuesday | 4pm-6pm |
| 17 | Wednesday | 4pm-6pm |
| 18 | Thursday | 4pm-6pm |
| 19 | Friday | 4pm-6pm |
| 20 | Saturday | 10am- 12pm, also lessons by appointment |
| 21 | Sunday | Lessons only by appointment |
| 22 | Monday | 4pm-6pm |
| 23 | Tuesday | 4pm-6pm |
| 24 | Wednesday | 4pm-6pm |
| 25 | Thursday | 4pm-6pm |
| 26 | Friday | 4pm- 6pm |
| 27 | Saturday | Lessons only by appointment |
| 28 | Sunday | Lessons only by appointment |
| 29 | Monday | No Practice, 1st Day of FHSAA High School Track and Field Practice |
| 30 | Tuesday | no practice |
| 31 | Wednesday | no practice |

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



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