



Girls on the Run[®]

of Ottawa and Allegan Counties



Lakeshore Middle Practice Schedule

Lesson	Monday/Wednesday
TIME	2:55-4:25
1	W-3/08
2	M-3/13
3	W-3/15
4	M-3/20
5	M-3/27
6	W-3/29
7	M-4/10
8	W-4/12
9	M-4/17
10	W-4/19
11	M-4/24
12	W-4/26
13	M-5/1
14	W-5/3
15	M-5/8
16	M-5/15
17	W-5/17
18	M-5/22
19	W-5/24
20	W-5/31
5K	Friday, June 2
21*	M-6/5

If school is cancelled due to weather or any other issue, practice will be cancelled as well. Please check with your coach if you are unsure if practice will be held.