



Girls on the Run[®]

of Ottawa and Allegan Counties



New Groningen Practice Schedule

| Lesson | Monday/Wednesday |
|-------------|-------------------------|
| TIME | 4:00-5:30 PM |
| 1 | M-3/13 |
| 2 | W-3/15 |
| 3 | M-3/20 |
| 4 | W-3/22 |
| 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 | Saturday, June 3 |
| 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.