



Girls on the Run[®]

of Ottawa and Allegan Counties



Quincy El Practice Schedule

Lesson	Monday/Thursday
TIME	3:45-5:15
1	M-3/13
2	TH-3/16
3	M-3/20
4	TH-3/23
5	M-3/27
6	TH-3/30
7	M-4/10
8	TH-4/13
9	M-4/17
10	TH-4/20
11	M-4/24
12	TH-4/27
13	M-5/1
14	TH-5/4
15	M-5/8
16	M-5/15
17	TH-5/18
18	M-5/22
19	TH-5/25
20	TH-6/1
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.