



# Girls on the Run<sup>®</sup>

of Ottawa and Allegan Counties



## Rosewood Elementary Practice Schedule

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

| Lesson      | Tuesday/Thursday      |
|-------------|-----------------------|
| <b>TIME</b> | 3:55-5:25             |
| 1           | T-3/21                |
| 2           | TH-3/23               |
| 3           | T-3/28                |
| 4           | TH-3/30               |
| 5           | T-4/11                |
| 6           | TH-4/13               |
| 7           | T-4/18                |
| 8           | TH-4/20               |
| 9           | T-4/25                |
| 10          | TH-4/27               |
| 11          | T-5/2                 |
| 12          | TH-5/4                |
| 13          | T-5/9                 |
| 14          | TH-5/11               |
| 15          | T-5/16                |
| 16          | TH-5/18               |
| 17          | T-5/23                |
| 18          | TH-5/25               |
| 19          | T-5/30                |
| 20          | TH-6/1                |
| <b>5K</b>   | <b>Friday, June 2</b> |
| 21*         | T-6/6                 |

\*\*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.\*\*