



Girls on the Run®

of Ottawa and Allegan Counties



Spring Lake Intermediate Practice Schedule

Lesson	Tuesday/Thursday
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	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
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.