

2018 JAC December Practice Schedule

Date	Day	Notes
December 1st	Saturday	10am-12pm (last day of fall training)
2	Sunday	Lessons only by appointment
3	Monday	4pm-6pm or 5:30pm-7:00pm
4	Tuesday	4pm-6pm
5	Wednesday	4pm-6pm or 5:30pm-7:00pm
6	Thursday	4pm-6pm
7	Friday	4pm-6pm
8	Saturday	Lessons only by appointment
9	Sunday	Lessons only by appointment
10	Monday	4pm-6pm or 5:30pm-7:00pm
11	Tuesday	4pm-6pm
12	Wednesday	4pm-6pm or 5:30pm-7:00pm
13	Thursday	4pm-6pm
14	Friday	No Practice (Travel to NC)
15	Saturday	NCRunners Indoor Meet in Winston-Salem, NC
16	Sunday	No Practice (Rest!)
17	Monday	4pm-6pm, also lessons by appointment
18	Tuesday	4pm-6pm, also lessons by appointment
19	Wednesday	4pm-6pm, also lessons by appointment
20	Thursday	4pm-6pm, also lessons by appointment
21	Friday	4pm-6pm, also lessons by appointment
22	Saturday	Lessons only by appointment
23	Sunday	Lessons only by appointment
24	Monday	No Practice
25	Tuesday	No Practice
26	Wednesday	4pm-6pm, also lessons by appointment
27	Thursday	4pm-6pm, also lessons by appointment
28	Friday	4pm-6pm
29	Saturday	Lessons only by appointment
30	Sunday	Lessons only by appointment
31	Monday	Lessons only by appointment

December Training is either \$100 for the whole month (unlimited practices) or \$10 drop in fee per practice

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