

NORWESTERS INDOOR SCHEDULE WINTER 2008

Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Track Rascals Jody			6.30-7.30pm Westcot				
Gr 3-6 Elena		5-6.30pm Hollyburn		5-6.30pm Chartwell			
Gr 7-9 Rob/Darcy/ Elena/Erin	5pm-6.30pm Westcot		5-6.30pm Westcot	5-6.30pm Mahon Park			
Juv + Sprints/Hurd. Rob/Erin	5-6.30pm Westcot		5-6.30pm Westcot	5-6.30pm Mahon Park			
Juv +Distance Cindy/ Darcie	5-6.30pm Gleneagles Elementary			5-6.30pm Ambleside		9am Stanley Park	
Juv + Ham/Discus Caroline		5-6pm Westcot					
Juv + Shot/Jav						12.30 Handsworth	
Juv + Jumps Elena	6.30-8pm Westcot		6.30-8pm Westcot	6.30-8pm Chartwell		10am Handsworth	

**PLEASE CALL Dawn at 604-984-2671 BEFORE ATTENDING PRACTICES.  
CHANGES MAY BE MADE TO THIS SCHEDULE TO MEET THE NEEDS OF THE  
ATHLETES.**

**Winter Program Updated Jan 10, 2008.**