



## VERNON UNITED FALL INDOOR TRAINING 2024

### U10 Girls

Mondays October 21, 28, November 4, 11, 18, 25, Dec. 2, 9, 16 3:30 – 4:30 PM

### U10 Boys

Mondays October 21, 28, November 4, 11, 18, 25, Dec. 2, 9, 16 4:40 – 5:40 PM

### U13 Boys (2 teams)

Mondays October 21, 28, November 4, 11, 18, 25, Dec. 2, 9, 16 5:50 – 6:50 PM

### U11 Girls

Tuesdays October 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17 3:15 - 4:15 PM

### U12 Girls

Tuesdays October 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17 4:20 - 5:20 PM

### U11 Boys

Wednesdays October 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18 3:30 - 4:30 PM

### U12 Boys

Wednesdays October 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18 4:35 - 5:35 PM

### U13 Girls

Tuesdays October 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17 5:45 - 6:45 PM

### U15 & U17 Girls

Thursdays October 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 19 4:00 - 5:00 PM

### U14 & U15 Boys

Fridays October 18, 25, November 1, 8, 15, 22, 29, December 6, 13, 20 7:00 - 8:00 PM

### U17 Boys

Fridays October 18, 25, November 1, 8, 15, 22, 29, December 6, 13, 20 8:10 - 9:10 PM

\*Except October 18 & 25 - both sessions to start at 8pm



## VERNON UNITED WINTER INDOOR TRAINING 2025

### U10 GIRLS

Mondays January 6 – March 10 3:30 - 4:30 PM

### U10 BOYS

Mondays January 6– March 10 4:40 - 5:40 PM

### U13 Boys (2 teams)

Mondays January 8 - March 10 5:50 – 6:50 PM

### U11 GIRLS

Tuesdays January 7 – March 11 3:30 - 4:30 PM

### U12 GIRL

Tuesdays January 7 – March 11 4:40 - 5:40 PM

### U13 GIRLS

Tuesdays January 7 – March 11 5:50 - 6:50 PM

### U11 BOYS

Wednesdays January 8 – March 12 4:00 - 5:00 PM

### U12 BOYS

Wednesdays January 8 – March 12 5:15 - 6:15 PM

### U15 & U17 GIRLS

Thursdays January 9 – March 14 4:40 - 5:40 PM

### U14 & U15 BOYS

Thursdays January 9 – March 14 5:50 - 6:50 PM

### U17 BOYS

Fridays January 10-March 15 7:15-8:15 PM