



VERNON UNITED FALL INDOOR TRAINING 2023

U11	Mondays October 16, 23, 30 November 6, 13, 20, 27 December 4,11, 18	3:30 – 4:30 PM
U11 Boys	Mondays October 16, 23, 30 November 6, 13, 20, 27 December 4,11, 18	4:40 – 5:40 PM
U13 & U14 Boys	Mondays October 16, 23, 30 November 6, 13, 20, 27 December 4,11, 18	5:50 – 6:50 PM
U12 Boys	Tuesdays October 17, 24, 31 November 7, 14, 21, 28 December 5, 12, 19	4:00 – 5:00 PM
U12 Girls	Wednesdays October 18, 25 November 1, 8, 15, 22, 29 December 6, 13, 20	3.30 – 4.30PM
U14 & U15 Girls	Wednesdays October 18, 25 November 1, 8, 15, 22, 29 December 6, 13, 20	4:30 – 5:30 PM
U16 & U18 Girls	Wednesdays October 18, 25 November 1, 8, 15, 22, 29 December 6, 13, 20	5:45 – 6:45 PM
U15, U16 & U18 Boys	Thursdays October 19, 26 November 2, 9, 16, 23, 30 December 7, 14, 21	4:00 – 5:00 PM



VERNON UNITED WINTER INDOOR TRAINING 2024

U11	Mondays January 8 – March 11	4:30 – 5:30 PM
U11 Boys	Mondays January 8 – March 11	5:45 – 6:45 PM
U12 BOYS	Tuesdays January 9 – March 12	4:00 – 5:00 PM
U12 Girls	Wednesdays January 10 – March 13	3.30 – 4.30PM
U14 & U15 Girls	Wednesdays January 10 – March 13	4:30 – 5:30 PM
U16 & U18 Girls	Wednesdays January 10 – March 13	5:45 –6:45 PM
U13 & U14 Boys	Thursdays January 11 – March 14	4:00 – 5:00 PM
U15, U16 & U18 Boys	Thursdays January 11 – March 14	5:15 – 6:15 PM