



## 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

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 3:30 - 4:30 PM

### U12 Girls

Tuesdays October 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17 4:40 - 5:40 PM

### U13 Girls

Tuesdays October 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17 5:50 - 6:50 PM

### U11 Boys

Wednesdays October 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18 4:00 - 5:00 PM

### U12 Boys

Wednesdays October 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18 5:15 - 6:15 PM

### 15 Girls, U17, 18 Girls

Thursdays October 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 19 4:40 - 5:40 PM

### U14, U15, U17 Boys

Thursdays October 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 19 5:50 - 6:50 PM



## 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

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, U18 GIRLS

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

### U14, U15, U17 BOYS

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