

Jr Heat Fall Schedule: Jr Girls Gr 7-9

Compete Sessions - SATURDAYS @ First Lutheran Church Gym

September 15

September 22

September 29

October 13

October 20

October 27

***** November 1 5-6pm = Grade 6/7 and 6-7pm = Grade 8/9*****

Group 1: 11:00am – 12:00pm = GRADES 6 and 7

Group 2: 12:00pm – 1:00pm = GRADES 8 and 9

Skills Sessions - SUNDAYS 12:00-1:30pm @ UBCO

September 9

September 16

September 23

September 30

October 14

October 21

October 28

November 4

*****NO COMPETE OR SKILLS SESSIONS ON THANKSGIVING WEEKEND OCTOBER 5-6th*****