



U13-U16 GIRLS HIGH PERFORMANCE SESSIONS



FC Northwest is excited to announce a new innovative take on our High-Performance Sessions.

This year we will be adding Yoga and Futsal along with our Training Sessions!!

Training Sessions will take place at the WSF North Facility!

Monday Night Yoga will be instructed by a Certified yoga Instructor – Robyn at Garden City Community Center (hockey side) Room 201

-There are 3 session times 6:00 PM-7:00PM, 7:00PM-8:00PM, 8:00PM-9:00PM

-FC Northwest will determine which session your child will be placed in

For Futsal – The game dates and times will be determined once registration is completed. Just because the date is on this schedule does not mean that Futsal will be scheduled. (I wanted to give you all the possible information at once)

Please note that FC Northwest will be grouping players according to skill level.

The Cost for this program is:

BLOCK #1 - \$150.00 (October-December)

BLOCK #2 - \$120.00 (January-March)

FULL SESSION - \$260.00

YOU WILL NEED TO BRING YOUR OWN YOGA MAT TO MONDAY NIGHT SESSIONS!

High-Performance Uniforms are required at all training sessions, players who DO NOT have the jersey, shorts and socks, will be required to purchase the clothing.

Block 1	Monday	October 15, 2018	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Friday	October 19, 2018	Training	5:00 PM - 6:15 PM	WSF North
	Monday	October 22, 2018	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Friday	October 26, 2018	Training	5:00 PM - 6:15 PM	WSF North
	Monday	October 29, 2018	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Friday	November 2, 2018	Training	5:00 PM - 6:15 PM	WSF North
	Sunday	November 4, 2018	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	November 5, 2018	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Friday	November 9, 2018	Training	5:00 PM - 6:15 PM	WSF North
	Monday	November 12, 2018	Yoga	6:00 PM - 9:00 PM	Garden City Gym
	Friday	November 16, 2018	Training	5:00 PM - 6:15 PM	WSF North
	Monday	November 19, 2018	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Friday	November 23, 2018	Training	5:00 PM - 6:15 PM	WSF North
	Sunday	November 25, 2018	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	November 26, 2018	Yoga	6:00 PM - 9:00 PM	Garden City Gym
	Friday	November 30, 2018	Training	5:00 PM - 6:15 PM	WSF North
	Monday	December 3, 2018	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Friday	December 7, 2018	Training	5:00 PM - 6:15 PM	WSF North
	Monday	December 10, 2018	Yoga	6:00 PM - 9:00 PM	Garden City Gym
	Monday	December 17, 2018	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City

Block 2	Monday	January 7, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	January 13, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	January 14, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	January 20, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	January 21, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	January 27, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	January 28, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	February 4, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	February 10, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	February 11, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	February 18, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	February 24, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	February 25, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	March 4, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	March 10, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	March 11, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	March 17, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	March 18, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	March 25, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	March 31, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
Monday	April 1, 2019	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City	