

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 #2 - \$120.00 (January-March)

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 2	Monday	07-Jan-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	13-Jan-19	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	14-Jan-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	20-Jan-19	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	21-Jan-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	27-Jan-19	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	28-Jan-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	04-Feb-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	11-Feb-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	18-Feb-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	25-Feb-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	04-Mar-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	10-Mar-19	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	11-Mar-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Sunday	17-Mar-19	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Monday	18-Mar-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	25-Mar-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City
	Monday	01-Apr-19	Yoga	6:00 PM - 9:00 PM	Rm 201 - Garden City