

Rowmark Junior Program  
Middle School Team

Fall Schedule 2009

<b>Day</b>	<b>Month</b>	<b>Date</b>	<b>Time</b>	<b>Activity</b>	<b>Note</b>
Monday	September	14	3: 45 - 5: 30 PM	Agility, balance, core, game	Middle School field
Wednesday	September	16	3: 45 - 5:45 PM	Hike and core	Bonneville shoreline
Wednesday	September	16	7:00 PM	New Parent Meeting	McCarthy Dining Hall
Mon- Fri	September	21-25		Middle School Fall trip	no dryland
Monday	September	28	7:00 PM	Equipment Night	Sportsden
Monday	October	5	3: 45 - 5: 30 PM	Plyos, balance, core, game	Middle School field
Wednesday	October	7	3: 45 - 5:45 PM	Rollerhockey & core	Sugarhouse park
Monday	October	12	3: 45 - 5: 30 PM	Plyos, balance, core, game	Middle School field
Wednesday	October	14	3: 45 - 5: 30 PM	Rollerhockey & core	Liberty park
Friday	October	16	after school	Snowbird season pass pick up	
Saturday	October	17		Rowmark Swap	Rowmark fund raiser
Monday	October	19	3: 45 - 5:45 PM	Hike and core	Bonneville shoreline
Tuesday	October	20	after school	Park City season pass pick up	
Wednesday	October	21	3: 45 - 5: 30 PM	Agility, balance, core, game	Middle School field
Wednesday	October	21	TBA	Rowmark Fall BBQ	
Monday	October	26	3: 45 - 5:45 PM	Rollerhockey & core	Sugarhouse park
Wednesday	October	28	3: 45 - 5:45 PM	Hike and core	Bonneville shoreline
Monday	November	2	3: 45 - 5: 30 PM	Plyos, balance, core, game	Middle School field
Wednesday	November	4	3: 45 - 5: 30 PM	Agility, balance, core, game	Middle School field
Monday	November	9	3: 45 - 5: 30 PM	Plyos, balance, core, game	Middle School field
Wednesday	November	11	3: 45 - 5: 30 PM	Rollerhockey & core	Liberty park
Monday	November	16	3: 45 - 5: 30 PM	Agility, balance, core, game	Middle School field
Wednesday	November	18	3: 45 - 5: 30 PM	Hike and core	Bonneville shoreline
Monday	November	23	3: 45 - 5: 30 PM	Agility, balance, core, game	Middle School field
Wednesday	November	25		Fall break begins	No dryland
Saturday	December	5	8-3 PM	skiing begins!	
Refer to Weekly emails for more details on events					