



# Girls on the Run Lesson Calendar

Bath Central School District

Vernon E. Wightman

Girls on the Run

Practice Time: Tu/Th 3:30 pm - 5:00 pm (1.5 hours)

Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 5 <sup>th</sup>	March 6 <sup>th</sup>	March 7 <sup>th</sup> <b>Lesson 1</b>	March 8 <sup>th</sup>	March 9 <sup>th</sup> <b>Lesson 2</b>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 12 <sup>th</sup>	March 13 <sup>th</sup>	March 14 <sup>th</sup> <b>Lesson 3</b>	March 15 <sup>th</sup>	March 16 <sup>th</sup> <b>Lesson 4</b>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 19 <sup>th</sup>	March 20 <sup>th</sup>	March 21 <sup>st</sup> <b>Lesson 5</b>	March 22 <sup>nd</sup>	March 23 <sup>rd</sup> <b>Lesson 6</b>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
March 26 <sup>th</sup>	March 27 <sup>th</sup>	March 28 <sup>th</sup> <b>Lesson 7</b>	March 29 <sup>th</sup>	March 30 <sup>th</sup> <b>Lesson 8</b>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 2 <sup>nd</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 9 <sup>th</sup>	April 10 <sup>th</sup>	April 11 <sup>th</sup> <b>Lesson 9</b>	April 12 <sup>th</sup>	April 13 <sup>th</sup> <b>Lesson 10</b>	April 14 <sup>th</sup>	April 15 <sup>th</sup>
April 16 <sup>th</sup>	April 17 <sup>th</sup>	April 18 <sup>th</sup> <b>Lesson 11</b>	April 19 <sup>th</sup>	April 20 <sup>th</sup> <b>Lesson 12</b>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 23 <sup>rd</sup>	April 24 <sup>th</sup>	April 25 <sup>th</sup> <b>Lesson 13</b>	April 26 <sup>th</sup>	April 27 <sup>th</sup> <b>Lesson 14</b>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
April 30 <sup>th</sup>	May 1 <sup>st</sup>	May 2 <sup>nd</sup> <b>Lesson 15</b>	May 3 <sup>rd</sup>	May 4 <sup>th</sup> <b>Lesson 16</b>	May 5 <sup>th</sup>	May 6 <sup>th</sup>

May 7 <sup>th</sup>	May 8 <sup>th</sup>	May 9 <sup>th</sup> <b>Lesson 17</b>	May 10 <sup>th</sup>	May 11 <sup>th</sup> <b>Lesson 18</b>	May 12 <sup>th</sup>	May 13 <sup>th</sup>
May 14 <sup>th</sup>	May 15 <sup>th</sup>	May 16 <sup>th</sup> <b>Lesson 19</b>	May 17 <sup>th</sup>	May 18 <sup>th</sup> <b>Lesson 20</b>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup> <b>MAKE-UP IF NEEDED</b>	May 23 <sup>rd</sup>	May 24 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 30 <sup>th</sup>	May 31 <sup>st</sup> <b>MAKE-UP IF NEEDED</b>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	



# Girls on the Run - Heart & Sole Lesson Calendar

Bath Central School

Dana L. Lyon

Practice Time: Tuesday 3:30 pm-5:00 pm (1.5 hours)

Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 12 <sup>th</sup>	March 6 <sup>th</sup>	March 7 <sup>th</sup> <b>Lesson 1</b>	March 8 <sup>th</sup>	March 9 <sup>th</sup>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 19 <sup>th</sup>	March 13 <sup>th</sup>	March 14 <sup>th</sup> <b>Lesson 2</b>	March 15 <sup>th</sup>	March 16 <sup>th</sup>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 26 <sup>th</sup>	March 20 <sup>th</sup>	March 21 <sup>st</sup> <b>Lesson 3</b>	March 22 <sup>nd</sup>	March 23 <sup>rd</sup>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
April 2 <sup>nd</sup>	March 27 <sup>th</sup>	March 28 <sup>th</sup> <b>Lesson 4</b>	March 29 <sup>th</sup>	March 30 <sup>th</sup>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 9 <sup>th</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 16 <sup>th</sup>	April 10 <sup>th</sup>	April 11 <sup>th</sup> <b>Lesson 5</b>	April 12 <sup>th</sup>	April 13 <sup>th</sup>	April 14 <sup>th</sup>	April 15 <sup>th</sup>

April 23 <sup>rd</sup>	April 17 <sup>th</sup>	April 18 <sup>th</sup> <b>Lesson 6</b>	April 19 <sup>th</sup>	April 20 <sup>th</sup>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 30 <sup>th</sup>	April 24 <sup>th</sup>	April 25 <sup>th</sup> <b>Lesson 7</b>	April 26 <sup>th</sup>	April 27 <sup>th</sup>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
May 7 <sup>th</sup>	May 1 <sup>st</sup>	May 2 <sup>nd</sup> <b>Lesson 8</b>	May 3 <sup>rd</sup>	May 4 <sup>th</sup>	May 5 <sup>th</sup>	May 6 <sup>th</sup>
May 14 <sup>th</sup>	May 8 <sup>th</sup>	May 9 <sup>th</sup> <b>Lesson 9</b>	May 10 <sup>th</sup>	May 11 <sup>th</sup>	May 12 <sup>th</sup>	May 13 <sup>th</sup>
May 21 <sup>st</sup>	May 15 <sup>th</sup>	May 16 <sup>th</sup> <b>Lesson 10</b>	May 17 <sup>th</sup>	May 18 <sup>th</sup>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup>	May 23 <sup>rd</sup> <b>MAKE-UP IF NEEDED</b>	May 24 <sup>th</sup>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup>	May 30 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 31 <sup>st</sup>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10



# Girls on the Run Lesson Calendar

Campbell-Savona Elementary School

Girls on the Run

Practice Time: Tu/Th 3:00 pm - 4:15 pm (1.25 hours)

Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 5 <sup>th</sup>	March 6 <sup>th</sup>	March 7 <sup>th</sup> <b>Lesson 1</b>	March 8 <sup>th</sup>	March 9 <sup>th</sup> <b>Lesson 2</b>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 12 <sup>th</sup>	March 13 <sup>th</sup>	March 14 <sup>th</sup> <b>Lesson 3</b>	March 15 <sup>th</sup>	March 16 <sup>th</sup> <b>Lesson 4</b>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 19 <sup>th</sup>	March 20 <sup>th</sup>	March 21 <sup>st</sup> <b>Lesson 5</b>	March 22 <sup>nd</sup>	March 23 <sup>rd</sup> <b>Lesson 6</b>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
March 26 <sup>th</sup>	March 27 <sup>th</sup>	March 28 <sup>th</sup> <b>Lesson 7</b>	March 29 <sup>th</sup>	March 30 <sup>th</sup> <b>Lesson 8</b>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 2 <sup>nd</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 9 <sup>th</sup>	April 10 <sup>th</sup>	April 11 <sup>th</sup> <b>Lesson 9</b>	April 12 <sup>th</sup>	April 13 <sup>th</sup> <b>Lesson 10</b>	April 14 <sup>th</sup>	April 15 <sup>th</sup>
April 16 <sup>th</sup>	April 17 <sup>th</sup>	April 18 <sup>th</sup> <b>Lesson 11</b>	April 19 <sup>th</sup>	April 20 <sup>th</sup> <b>Lesson 12</b>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 23 <sup>rd</sup>	April 24 <sup>th</sup>	April 25 <sup>th</sup> <b>Lesson 13</b>	April 26 <sup>th</sup>	April 27 <sup>th</sup> <b>Lesson 14</b>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
April 30 <sup>th</sup>	May 1 <sup>st</sup>	May 2 <sup>nd</sup> <b>Lesson 15</b>	May 3 <sup>rd</sup>	May 4 <sup>th</sup> <b>Lesson 16</b>	May 5 <sup>th</sup>	May 6 <sup>th</sup>

May 7 <sup>th</sup>	May 8 <sup>th</sup>	May 9 <sup>th</sup> <b>Lesson 17</b>	May 10 <sup>th</sup>	May 11 <sup>th</sup> <b>Lesson 18</b>	May 12 <sup>th</sup>	May 13 <sup>th</sup>
May 14 <sup>th</sup>	May 15 <sup>th</sup>	May 16 <sup>th</sup> <b>Lesson 19</b>	May 17 <sup>th</sup>	May 18 <sup>th</sup> <b>Lesson 20</b>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup> <b>MAKE-UP IF NEEDED</b>	May 23 <sup>rd</sup>	May 24 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 30 <sup>th</sup>	May 31 <sup>st</sup> <b>MAKE-UP IF NEEDED</b>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	



# Girls on the Run Lesson Calendar

Center Street Elementary  
 Practice Time: M/W 5:30 pm-7:00 pm (1.5 hours)  
 Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 12 <sup>th</sup>	March 6 <sup>th</sup> <b>Lesson 1</b>	March 7 <sup>th</sup>	March 8 <sup>th</sup> <b>Lesson 2</b>	March 9 <sup>th</sup>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 19 <sup>th</sup>	March 13 <sup>th</sup> <b>Lesson 3</b>	March 14 <sup>th</sup>	March 15 <sup>th</sup> <b>Lesson 4</b>	March 16 <sup>th</sup>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 26 <sup>th</sup>	March 20 <sup>th</sup> <b>Lesson 5</b>	March 21 <sup>st</sup>	March 22 <sup>nd</sup> <b>Lesson 6</b>	March 23 <sup>rd</sup>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
April 2 <sup>nd</sup>	March 27 <sup>th</sup> <b>Lesson 7</b>	March 28 <sup>th</sup>	March 29 <sup>th</sup> <b>Lesson 8</b>	March 30 <sup>th</sup>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 9 <sup>th</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 16 <sup>th</sup>	April 10 <sup>th</sup> <b>Lesson 9</b>	April 11 <sup>th</sup>	April 12 <sup>th</sup> <b>Lesson 10</b>	April 13 <sup>th</sup> t	April 14 <sup>th</sup>	April 15 <sup>th</sup>
April 23 <sup>rd</sup>	April 17 <sup>th</sup> <b>Lesson 11</b>	April 18 <sup>th</sup>	April 19 <sup>th</sup> <b>Lesson 12</b>	April 20 <sup>th</sup>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 30 <sup>th</sup>	April 24 <sup>th</sup> <b>Lesson 13</b>	April 25 <sup>th</sup>	April 26 <sup>th</sup> <b>Lesson 14</b>	April 27 <sup>th</sup>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
May 7 <sup>th</sup>	May 1 <sup>st</sup> <b>Lesson 15</b>	May 2 <sup>nd</sup>	May 3 <sup>rd</sup> <b>Lesson 16</b>	May 4 <sup>th</sup>	May 5 <sup>th</sup>	May 6 <sup>th</sup>
May 14 <sup>th</sup>	May 8 <sup>th</sup> <b>Lesson 17</b>	May 9 <sup>th</sup>	May 10 <sup>th</sup> <b>Lesson 18</b>	May 11 <sup>th</sup>	May 12 <sup>th</sup>	May 13 <sup>th</sup>

May 21 <sup>st</sup>	May 15 <sup>th</sup> <b>Lesson 19</b>	May 16 <sup>th</sup>	May 17 <sup>th</sup> <b>Lesson 20</b>	May 18 <sup>th</sup>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup> <b>MAKE-UP IF NEEDED</b>	May 23 <sup>rd</sup>	May 24 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 30 <sup>th</sup>	May 31 <sup>st</sup> <b>MAKE-UP IF NEEDED</b>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	





# Girls on the Run Lesson Calendar

Dundee Elementary School

Girls on the Run

Practice Time: Tu/Th 3:00 pm - 4:30 pm (1.5 hours)

Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 5 <sup>th</sup>	March 6 <sup>th</sup>	March 7 <sup>th</sup> <b>Lesson 1</b>	March 8 <sup>th</sup>	March 9 <sup>th</sup> <b>Lesson 2</b>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 12 <sup>th</sup>	March 13 <sup>th</sup>	March 14 <sup>th</sup> <b>Lesson 3</b>	March 15 <sup>th</sup>	March 16 <sup>th</sup> <b>Lesson 4</b>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 19 <sup>th</sup>	March 20 <sup>th</sup>	March 21 <sup>st</sup> <b>Lesson 5</b>	March 22 <sup>nd</sup>	March 23 <sup>rd</sup> <b>Lesson 6</b>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
March 26 <sup>th</sup>	March 27 <sup>th</sup>	March 28 <sup>th</sup> <b>Lesson 7</b>	March 29 <sup>th</sup>	March 30 <sup>th</sup> <b>Lesson 8</b>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 2 <sup>nd</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 9 <sup>th</sup>	April 10 <sup>th</sup>	April 11 <sup>th</sup> <b>Lesson 9</b>	April 12 <sup>th</sup>	April 13 <sup>th</sup> <b>Lesson 10</b>	April 14 <sup>th</sup>	April 15 <sup>th</sup>
April 16 <sup>th</sup>	April 17 <sup>th</sup>	April 18 <sup>th</sup> <b>Lesson 11</b>	April 19 <sup>th</sup>	April 20 <sup>th</sup> <b>Lesson 12</b>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 23 <sup>rd</sup>	April 24 <sup>th</sup>	April 25 <sup>th</sup> <b>Lesson 13</b>	April 26 <sup>th</sup>	April 27 <sup>th</sup> <b>Lesson 14</b>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
April 30 <sup>th</sup>	May 1 <sup>st</sup>	May 2 <sup>nd</sup> <b>Lesson 15</b>	May 3 <sup>rd</sup>	May 4 <sup>th</sup> <b>Lesson 16</b>	May 5 <sup>th</sup>	May 6 <sup>th</sup>
May 7 <sup>th</sup>	May 8 <sup>th</sup>	May 9 <sup>th</sup> <b>Lesson 17</b>	May 10 <sup>th</sup>	May 11 <sup>th</sup> <b>Lesson 18</b>	May 12 <sup>th</sup>	May 13 <sup>th</sup>

May 14 <sup>th</sup>	May 15 <sup>th</sup>	May 16 <sup>th</sup> <b>Lesson 19</b>	May 17 <sup>th</sup>	May 18 <sup>th</sup> <b>Lesson 20</b>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup> <b>MAKE-UP IF NEEDED</b>	May 23 <sup>rd</sup>	May 24 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 30 <sup>th</sup>	May 31 <sup>st</sup> <b>MAKE-UP IF NEEDED</b>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	



# Girls on the Run Lesson Calendar

Glen Curtiss Elementary

Practice Time: M/W 3:30 pm-5:00 pm (1.5 hours)

Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 12 <sup>th</sup>	March 6 <sup>th</sup> <b>Lesson 1</b>	March 7 <sup>th</sup>	March 8 <sup>th</sup> <b>Lesson 2</b>	March 9 <sup>th</sup>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 19 <sup>th</sup>	March 13 <sup>th</sup> <b>Lesson 3</b>	March 14 <sup>th</sup>	March 15 <sup>th</sup> <b>Lesson 4</b>	March 16 <sup>th</sup>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 26 <sup>th</sup>	March 20 <sup>th</sup> <b>Lesson 5</b>	March 21 <sup>st</sup>	March 22 <sup>nd</sup> <b>Lesson 6</b>	March 23 <sup>rd</sup>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
April 2 <sup>nd</sup>	March 27 <sup>th</sup> <b>Lesson 7</b>	March 28 <sup>th</sup>	March 29 <sup>th</sup> <b>Lesson 8</b>	March 30 <sup>th</sup>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 9 <sup>th</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 16 <sup>th</sup>	April 10 <sup>th</sup> <b>Lesson 9</b>	April 11 <sup>th</sup>	April 12 <sup>th</sup> <b>Lesson 10</b>	April 13 <sup>th</sup> t	April 14 <sup>th</sup>	April 15 <sup>th</sup>
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April 30 <sup>th</sup>	April 24 <sup>th</sup> <b>Lesson 13</b>	April 25 <sup>th</sup>	April 26 <sup>th</sup> <b>Lesson 14</b>	April 27 <sup>th</sup>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
May 7 <sup>th</sup>	May 1 <sup>st</sup> <b>Lesson 15</b>	May 2 <sup>nd</sup>	May 3 <sup>rd</sup> <b>Lesson 16</b>	May 4 <sup>th</sup>	May 5 <sup>th</sup>	May 6 <sup>th</sup>
May 14 <sup>th</sup>	May 8 <sup>th</sup> <b>Lesson 17</b>	May 9 <sup>th</sup>	May 10 <sup>th</sup> <b>Lesson 18</b>	May 11 <sup>th</sup>	May 12 <sup>th</sup>	May 13 <sup>th</sup>

May 21 <sup>st</sup>	May 15 <sup>th</sup> <b>Lesson 19</b>	May 16 <sup>th</sup>	May 17 <sup>th</sup> <b>Lesson 20</b>	May 18 <sup>th</sup>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup> <b>MAKE-UP IF NEEDED</b>	May 23 <sup>rd</sup>	May 24 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 30 <sup>th</sup>	May 31 <sup>st</sup> <b>MAKE-UP IF NEEDED</b>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	



# Girls on the Run Lesson Calendar

Hanlon Elementary

Practice Time: M/W 3:00 pm-4:30 pm (1.5 hours)

Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 12 <sup>th</sup>	March 6 <sup>th</sup> <b>Lesson 1</b>	March 7 <sup>th</sup>	March 8 <sup>th</sup> <b>Lesson 2</b>	March 9 <sup>th</sup>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 19 <sup>th</sup>	March 13 <sup>th</sup> <b>Lesson 3</b>	March 14 <sup>th</sup>	March 15 <sup>th</sup> <b>Lesson 4</b>	March 16 <sup>th</sup>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 26 <sup>th</sup>	March 20 <sup>th</sup> <b>Lesson 5</b>	March 21 <sup>st</sup>	March 22 <sup>nd</sup> <b>Lesson 6</b>	March 23 <sup>rd</sup>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
April 2 <sup>nd</sup>	March 27 <sup>th</sup> <b>Lesson 7</b>	March 28 <sup>th</sup>	March 29 <sup>th</sup> <b>Lesson 8</b>	March 30 <sup>th</sup>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 9 <sup>th</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 16 <sup>th</sup>	April 10 <sup>th</sup> <b>Lesson 9</b>	April 11 <sup>th</sup>	April 12 <sup>th</sup> <b>Lesson 10</b>	April 13 <sup>th</sup> t	April 14 <sup>th</sup>	April 15 <sup>th</sup>
April 23 <sup>rd</sup>	April 17 <sup>th</sup> <b>Lesson 11</b>	April 18 <sup>th</sup>	April 19 <sup>th</sup> <b>Lesson 12</b>	April 20 <sup>th</sup>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 30 <sup>th</sup>	April 24 <sup>th</sup> <b>Lesson 13</b>	April 25 <sup>th</sup>	April 26 <sup>th</sup> <b>Lesson 14</b>	April 27 <sup>th</sup>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
May 7 <sup>th</sup>	May 1 <sup>st</sup> <b>Lesson 15</b>	May 2 <sup>nd</sup>	May 3 <sup>rd</sup> <b>Lesson 16</b>	May 4 <sup>th</sup>	May 5 <sup>th</sup>	May 6 <sup>th</sup>
May 14 <sup>th</sup>	May 8 <sup>th</sup> <b>Lesson 17</b>	May 9 <sup>th</sup>	May 10 <sup>th</sup> <b>Lesson 18</b>	May 11 <sup>th</sup>	May 12 <sup>th</sup>	May 13 <sup>th</sup>

May 21 <sup>st</sup>	May 15 <sup>th</sup> <b>Lesson 19</b>	May 16 <sup>th</sup>	May 17 <sup>th</sup> <b>Lesson 20</b>	May 18 <sup>th</sup>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup> <b>MAKE-UP IF NEEDED</b>	May 23 <sup>rd</sup>	May 24 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 30 <sup>th</sup>	May 31 <sup>st</sup> <b>MAKE-UP IF NEEDED</b>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	



# Girls on the Run Lesson Calendar

**Horseheads Intermediate School**  
**Practice Time: Tu/Th 4:00 pm - 5:30 pm (1.5 hours)**  
**Spring 2023 Season**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 5 <sup>th</sup>	March 6 <sup>th</sup>	March 7 <sup>th</sup> <b>Lesson 1</b>	March 8 <sup>th</sup>	March 9 <sup>th</sup> <b>Lesson 2</b>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 12 <sup>th</sup>	March 13 <sup>th</sup>	March 14 <sup>th</sup> <b>Lesson 3</b>	March 15 <sup>th</sup>	March 16 <sup>th</sup> <b>Lesson 4</b>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 19 <sup>th</sup>	March 20 <sup>th</sup>	March 21 <sup>st</sup> <b>Lesson 5</b>	March 22 <sup>nd</sup>	March 23 <sup>rd</sup> <b>Lesson 6</b>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
March 26 <sup>th</sup>	March 27 <sup>th</sup>	March 28 <sup>th</sup> <b>Lesson 7</b>	March 29 <sup>th</sup>	March 30 <sup>th</sup> <b>Lesson 8</b>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 2 <sup>nd</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 9 <sup>th</sup>	April 10 <sup>th</sup>	April 11 <sup>th</sup> <b>Lesson 9</b>	April 12 <sup>th</sup>	April 13 <sup>th</sup> t <b>Lesson 10</b>	April 14 <sup>th</sup>	April 15 <sup>th</sup>
April 16 <sup>th</sup>	April 17 <sup>th</sup>	April 18 <sup>th</sup> <b>Lesson 11</b>	April 19 <sup>th</sup>	April 20 <sup>th</sup> <b>Lesson 12</b>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 23 <sup>rd</sup>	April 24 <sup>th</sup>	April 25 <sup>th</sup> <b>Lesson 13</b>	April 26 <sup>th</sup>	April 27 <sup>th</sup> <b>Lesson 14</b>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
April 30 <sup>th</sup>	May 1 <sup>st</sup>	May 2 <sup>nd</sup> <b>Lesson 15</b>	May 3 <sup>rd</sup>	May 4 <sup>th</sup> <b>Lesson 16</b>	May 5 <sup>th</sup>	May 6 <sup>th</sup>
May 7 <sup>th</sup>	May 8 <sup>th</sup>	May 9 <sup>th</sup> <b>Lesson 17</b>	May 10 <sup>th</sup>	May 11 <sup>th</sup> <b>Lesson 18</b>	May 12 <sup>th</sup>	May 13 <sup>th</sup>

May 14 <sup>th</sup>	May 15 <sup>th</sup>	May 16 <sup>th</sup> <b>Lesson 19</b>	May 17 <sup>th</sup>	May 18 <sup>th</sup> <b>Lesson 20</b>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup> <b>MAKE-UP IF NEEDED</b>	May 23 <sup>rd</sup>	May 24 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 30 <sup>th</sup>	May 31 <sup>st</sup> <b>MAKE-UP IF NEEDED</b>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	





## Girls on the Run Lesson Calendar

Horseheads Intermediate School

HEART & SOLE

Practice Time: Thursdays 5:15 pm - 6:45 pm (1.5 hours)

Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 5 <sup>th</sup>	March 6 <sup>th</sup>	March 7 <sup>th</sup>	March 8 <sup>th</sup>	March 9 <sup>th</sup> <b>Lesson 1</b>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 12 <sup>th</sup>	March 13 <sup>th</sup>	March 14 <sup>th</sup>	March 15 <sup>th</sup>	March 16 <sup>th</sup> <b>Lesson 2</b>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 19 <sup>th</sup>	March 20 <sup>th</sup>	March 21 <sup>st</sup>	March 22 <sup>nd</sup>	March 23 <sup>rd</sup> <b>Lesson 3</b>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
March 26 <sup>th</sup>	March 27 <sup>th</sup>	March 28 <sup>th</sup>	March 29 <sup>th</sup>	March 30 <sup>th</sup> <b>Lesson 4</b>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 2 <sup>nd</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 9 <sup>th</sup>	April 10 <sup>th</sup>	April 11 <sup>th</sup>	April 12 <sup>th</sup>	April 13 <sup>th</sup> <b>Lesson 5</b>	April 14 <sup>th</sup>	April 15 <sup>th</sup>
April 16 <sup>th</sup>	April 17 <sup>th</sup>	April 18 <sup>th</sup>	April 19 <sup>th</sup>	April 20 <sup>th</sup> <b>Lesson 6</b>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 23 <sup>rd</sup>	April 24 <sup>th</sup>	April 25 <sup>th</sup>	April 26 <sup>th</sup>	April 27 <sup>th</sup> <b>Lesson 7</b>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
April 30 <sup>th</sup>	May 1 <sup>st</sup>	May 2 <sup>nd</sup>	May 3 <sup>rd</sup>	May 4 <sup>th</sup> <b>Lesson 8</b>	May 5 <sup>th</sup>	May 6 <sup>th</sup>

May 7 <sup>th</sup>	May 8 <sup>th</sup>	May 9 <sup>th</sup>	May 10 <sup>th</sup>	May 11 <sup>th</sup> <b>Lesson 9</b>	May 12 <sup>th</sup>	May 13 <sup>th</sup>
May 14 <sup>th</sup>	May 15 <sup>th</sup>	May 16 <sup>th</sup>	May 17 <sup>th</sup>	May 18 <sup>th</sup> <b>Lesson 10</b>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup>	May 23 <sup>rd</sup>	May 24 <sup>th</sup>	May 25 <sup>th</sup> <b>Lesson make-up if needed</b>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup>	May 30 <sup>th</sup>	May 31 <sup>st</sup>	June 1 <sup>st</sup> <b>Lesson make-up if needed</b>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	



# Girls on the Run Lesson Calendar

Tuscarora Elementary School

Girls on the Run

Practice Time: Tu/Th 3:00 pm - 4:30 pm (1.5 hours)

Spring 2023 Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 5 <sup>th</sup>	March 6 <sup>th</sup>	March 7 <sup>th</sup> <b>Lesson 1</b>	March 8 <sup>th</sup>	March 9 <sup>th</sup> <b>Lesson 2</b>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
March 12 <sup>th</sup>	March 13 <sup>th</sup>	March 14 <sup>th</sup> <b>Lesson 3</b>	March 15 <sup>th</sup>	March 16 <sup>th</sup> <b>Lesson 4</b>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
March 19 <sup>th</sup>	March 20 <sup>th</sup>	March 21 <sup>st</sup> <b>Lesson 5</b>	March 22 <sup>nd</sup>	March 23 <sup>rd</sup> <b>Lesson 6</b>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
March 26 <sup>th</sup>	March 27 <sup>th</sup>	March 28 <sup>th</sup> <b>Lesson 7</b>	March 29 <sup>th</sup>	March 30 <sup>th</sup> <b>Lesson 8</b>	March 31 <sup>st</sup>	April 1 <sup>st</sup>
April 2 <sup>nd</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>	April 5 <sup>th</sup>	April 6 <sup>th</sup>	April 7 <sup>th</sup>	April 8 <sup>th</sup>
← <b>SPRING BREAK NO PRACTICE</b> →						
April 9 <sup>th</sup>	April 10 <sup>th</sup>	April 11 <sup>th</sup> <b>Lesson 9</b>	April 12 <sup>th</sup>	April 13 <sup>th</sup> <b>Lesson 10</b>	April 14 <sup>th</sup>	April 15 <sup>th</sup>
April 16 <sup>th</sup>	April 17 <sup>th</sup>	April 18 <sup>th</sup> <b>Lesson 11</b>	April 19 <sup>th</sup>	April 20 <sup>th</sup> <b>Lesson 12</b>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
April 23 <sup>rd</sup>	April 24 <sup>th</sup>	April 25 <sup>th</sup> <b>Lesson 13</b>	April 26 <sup>th</sup>	April 27 <sup>th</sup> <b>Lesson 14</b>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
April 30 <sup>th</sup>	May 1 <sup>st</sup>	May 2 <sup>nd</sup> <b>Lesson 15</b>	May 3 <sup>rd</sup>	May 4 <sup>th</sup> <b>Lesson 16</b>	May 5 <sup>th</sup>	May 6 <sup>th</sup>

May 7 <sup>th</sup>	May 8 <sup>th</sup>	May 9 <sup>th</sup> <b>Lesson 17</b>	May 10 <sup>th</sup>	May 11 <sup>th</sup> <b>Lesson 18</b>	May 12 <sup>th</sup>	May 13 <sup>th</sup>
May 14 <sup>th</sup>	May 15 <sup>th</sup>	May 16 <sup>th</sup> <b>Lesson 19</b>	May 17 <sup>th</sup>	May 18 <sup>th</sup> <b>Lesson 20</b>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
May 21 <sup>st</sup>	May 22 <sup>nd</sup> <b>MAKE-UP IF NEEDED</b>	May 23 <sup>rd</sup>	May 24 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 25 <sup>th</sup>	May 26 <sup>th</sup>	May 27 <sup>th</sup>
May 28 <sup>th</sup>	May 29 <sup>th</sup> <b>MAKE-UP IF NEEDED</b>	May 30 <sup>th</sup>	May 31 <sup>st</sup> <b>MAKE-UP IF NEEDED</b>	June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>
June 4 <sup>th</sup> <b>5K CELEBRATION AT BATH CSD</b>	June 5 <sup>th</sup>	June 6 <sup>th</sup>	June 7 <sup>th</sup>	June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10
June 11 <sup>th</sup>	June 12 <sup>th</sup>	June 13 <sup>th</sup>	June 14 <sup>th</sup>	June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>
June 18 <sup>th</sup>	June 19 <sup>th</sup>	June 20 <sup>th</sup>	June 21 <sup>st</sup>	June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>	June 30 <sup>st</sup>	