



SPAC Junior Program 2018 – 2019

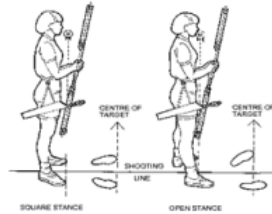
Saturday Mornings

Indoor Early Class 09:30 – 10:45
 Indoor late Class 11:00 – 12:15
 Outdoor Classes (May/June) 10:30 – 12:00

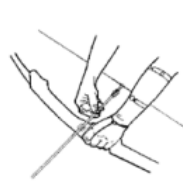
Sherwood park Archery Club www.sparchery.ca

November	December			January			February			March			April			May			June																
3	10	17	24	1	8	15	22	29	31	5	12	19	26	2	9	16	23	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	
Registration Day	NO CLASSES	NO CLASSES	CLASSES	CLASSES	CLASSES	Christmas Party	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	CLASSES	CLASSES	CLASSES	CLASSES	CLASSES	NO CLASSES	CLASSES	CLASSES	CLASSES	CLASSES	CLASSES	NO CLASSES	NO CLASSES	CLASSES	CLASSES	NO CLASSES	CLASSES	Intro to Outdoor	10:00 AM Outdoor	NO CLASSES	10:00 AM Outdoor	10:00 AM Outdoor	10:00 AM Outdoor	10:00 AM Outdoor	Jr Prg Wrap Up

1 - Stance



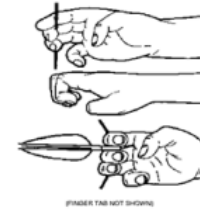
2 - Nocking the arrow



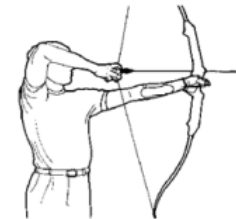
3 - Bow Hand



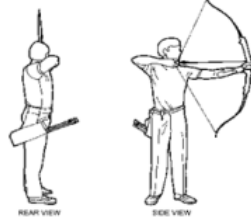
4 - Drawing Hand



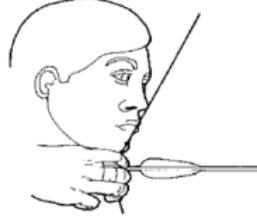
5 - Draw



6 - Anchor



7 - Hold and Aim



8 - Release



9 - Follow Through



10 - Relax

