



SPAC Junior Program 2020 – 2021

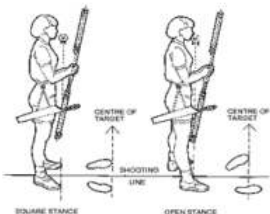
Saturday Mornings

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

Sherwood Park Archery Club www.sparchery.ca

Nov	December				January				February			March			April			May			June							
28	5	12	19	26	2	9	16	23	30	6	13	20	27	6	13	20	27	3	10	17	24	1	8	15	22	5	12	19
Registration	Classes	Classes	Classes	No Classes	No Classes	Classes	Classes	Classes	Classes	Classes	No Classes	Classes	Classes	Classes	Classes	Classes	No Classes	No Classes	Classes	Classes	Classes	Intro to Outdoor	10:00 AM Outdoor	10:00 AM Outdoor	No Classes	10:00 AM Outdoor	10:00 AM Outdoor	Jr Prg Wrap Up

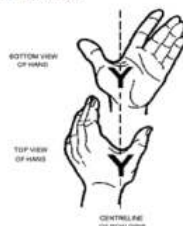
1 - Stance



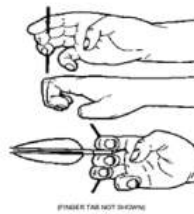
2 - Nocking the arrow



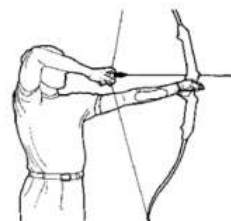
3 - Bow Hand



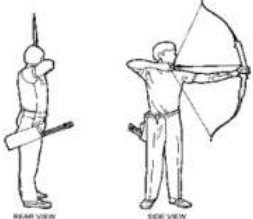
4 - Drawing Hand



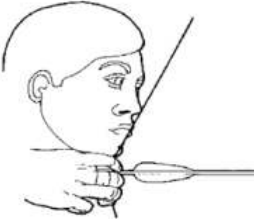
5 - Draw



6 - Anchor



7 - Hold and Aim



8 - Release



9 - Follow Through



10 - Relax

