

**Orem Jr. High
Mondays - 6-8 pm**

January 28th	Registration Night 6- 7:30 pm
February 4th	Week One
February 11th	Week Two
February 18th	Washington - Lincoln Day: No Classes
February 25th	Week Three
March 4th	Week Four (Program will be held at Utah Valley University (SFP Building.) due to Alpine District Professional Development Day)
March 11th	Week Five
March 18th	UVU Spring Break - No Classes
March 25th	Week Six
April 1st	Week Seven
April 8th	Week Eight
April 15th	Week Nine
April 22nd	Week Ten

**Lakeridge Jr. High
Tuesdays- 6 - 8 pm**

January 29th	Registration Night 6- 7:30 pm
February 5th	Week One
February 12th	Week Two
February 19th	Week Three
February 26th	Week Four
March 5th	Week Five
March 12th	Week Six
March 19th	UVU Spring Break - No Classes
March 26th	Week Seven
April 2nd	Alpine District Spring Break - No Classes
April 9th	Week Eight
April 16th	Week Nine
April 23rd	Week Ten

Vista Heights Middle School
Wednesdays- 6 - 8 pm

January 30th	Registration Night 6- 7:30 pm
February 6th	Week One
February 13th	Week Two
February 20th	Week Three
February 27th	Week Four
March 6th	Week Five
March 13th	Week Six
March 20th	UVU Spring Break - No Classes
March 27th	Week Seven
April 3rd	Alpine District Spring Break - No Classes
April 10th	Week Eight
April 17th	Week Nine
April 24th	Week Ten

**Pleasant Grove Jr. High
Wednesdays- 6 - 8 pm**

January 30th	Registration Night 6- 7:30 pm
February 6th	Week One
February 13th	Week Two
February 20th	Week Three
February 27th	Week Four
March 6th	Week Five
March 13th	Week Six
March 20th	UVU Spring Break - No Classes
March 27th	Week Seven
April 3rd	Alpine District Spring Break - No Classes
April 10th	Week Eight
April 17th	Week Nine
April 24th	Week Ten

UVU Strengthening Families Program
Thursdays- 6 - 8 pm

January 31st	Registration Night 6- 7:30 pm
February 7th	Week One
February 14th	Week Two
February 21st	Week Three
February 28th	Week Four
March 7th	Week Five
March 14th	Week Six
March 21st	UVU Spring Break - No Classes
March 28th	Week Seven
April 4th	Alpine District Spring Break - No Classes
April 11th	Week Eight
April 18th	Week Nine
April 25th	Week Ten

**American Fork Jr. High
Thursdays- 6 - 8 pm**

January 31st	Registration Night 6- 7:30 pm
February 7th	Week One
February 14th	Week Two
February 21st	Week Three
February 28th	Week Four
March 7th	Week Five
March 14th	Week Six
March 21st	UVU Spring Break - No Classes
March 28th	Week Seven
April 4th	Alpine District Spring Break - No Classes
April 11th	Week Eight
April 18th	Week Nine
April 25th	Week Ten