

2016 NL Skating Academy Schedule – Weeks 1 and 2

(Monday – Thursday)

RINK A

7:00am-7:50am – Senior Freeskatte #1
7:50am-8:05am – Senior Stroking
8:05am-8:15am – FLOOD
8:15am-8:35am – Senior Spins/Footwork
8:35am-9:20am – Senior Freeskatte #2
9:20am-9:30am – FLOOD
9:30am-9:50am – Intermediate Skills/Dance (A)
9:50am-10:35am – Intermediate Freeskatte #1 (A)
10:35am-10:45am – FLOOD
10:45am-11:30am – Senior Freeskatte #3
11:30am-12:15pm – Intermediate Freeskatte #2 (A)
12:15pm-12:25pm – Intermediate Stroking (A)
12:25pm-12:35pm – FLOOD
12:35pm-1:20pm – Junior Freeskatte #1 (A/B)
1:20pm-1:40pm – Junior Skills/Dance (A/B/C)
1:40pm-1:50pm – Junior Stroking (A/B/C)
1:50pm-2:00pm – FLOOD
2:00pm-2:45pm – Junior Freeskatte #2 (A/C)
2:45pm-2:55pm – FLOOD
2:55pm-3:50pm – PRE JUNIOR

RINK B

8:15am-8:35am – Senior Spins/Footwork
8:35am-9:20am – Senior Freeskatte #2
9:20am-9:30am – FLOOD
9:30am-9:50am – Intermediate Skills/Dance (A)
9:50am-10:35am – Intermediate Freeskatte #1 (A)
10:35am-10:45am – FLOOD
10:45am-11:30am – Senior Freeskatte #3
11:30am-12:15pm – Intermediate Freeskatte #2 (A)
12:15pm-12:25pm – Intermediate Stroking (A)
12:25pm-12:35pm – FLOOD
12:35pm-1:20pm – Junior Freeskatte #1 (A/B)
1:20pm-1:40pm – Junior Skills/Dance (A/B/C)
1:40pm-1:50pm – Junior Stroking (A/B/C)
1:50pm-2:00pm – FLOOD
2:00pm-2:45pm – Junior Freeskatte #2 (A/C)
2:45pm-2:55pm – FLOOD
2:55pm-3:50pm – Dance Teams

OFF ICE SCHEDULE Mon-Thurs(both rinks combined)

9:45-10:30 – Senior Dance
10:40-11:20 – Intermediate Dance
11:30-12:15 – Junior Dance
11:45-12:30 – Senior Conditioning
12:45-1:30 – Intermediate Conditioning
2:00-2:45 – Pre Junior Conditioning
3:00-3:45 – Junior Conditioning

Friday (no off ice classes)

RINK A

7:30am-8:20am – Senior #1
8:20am-8:30am – FLOOD
8:30am-9:20am – Senior #2
9:20am-9:30am – FLOOD
9:30am-10:20am – Intermediate #1 (A)
10:20am-10:30am - FLOOD
10:30am-11:15am – Senior #3
11:15am-12:00pm – Intermediate #2 (A)
12:00pm-12:10pm - FLOOD
12:10pm-12:55pm – Junior #1 (A/B)
12:55pm-1:05pm – FLOOD
1:05pm-1:50pm – Junior #2 (A/C)
1:50pm-2:50pm – Pre Junior

RINK B

8:30am-9:20am – Senior #2
9:20am-9:30am – FLOOD
9:30am-10:20am – Intermediate #1 (A)
10:20am-10:30am - FLOOD
10:30am-11:15am – Senior #3
11:15am-12:00pm – Intermediate #2 (A)
12:00pm-12:10pm - FLOOD
12:10pm-12:55pm – Junior #1 (A/B)
12:55pm-1:05pm – FLOOD
1:05pm-1:50pm – Junior #2 (A/C)
1:50pm-2:50pm – Dance Teams

2016 NL Skating Academy Schedule – Weeks 3 - 6

(Monday-Thursday)

ON ICE Schedule

RINK A

7:00am-7:50am – Senior Freeskate #1
7:50am-8:05am – Senior Stroking
8:05am-8:15am – FLOOD
8:15am-8:35am – Senior Spins/Footwork
8:35am-9:20am – Senior Freeskate #2
9:20am-9:30am – FLOOD
9:30am-9:50am – Intermediate Skills/Dance (A/C)
9:50am-10:35am – Intermediate Freeskate #1 (A/C)
10:35am-10:45am – FLOOD
10:45am-11:30am – Senior Freeskate #3
11:30am-12:15pm – Intermediate Freeskate #2 (A/B)
12:15pm-12:30pm – Intermediate Stroking (A/B/C)
12:30pm-12:40pm – FLOOD
12:40pm-1:25pm – Intermediate Freeskate #3 (B/C)
1:25pm-1:45pm – Intermediate Skills/Dance (B)
1:45pm-1:55pm - FLOOD
1:55pm-2:40pm – Junior Freeskate #1 (A/B)
2:40pm-3:00pm – Junior Skills/Dance (A/B/C)
3:00pm-3:10pm – Junior Stroking (A/B/C)
3:10pm-3:20pm – FLOOD
3:20pm-4:05pm – Junior Freeskate #2 (A/C)
4:05pm-4:50pm – PRE JUNIOR/Dance Teams
4:50pm-5:00pm – FLOOD
5:00pm-5:20pm – Jr/Int Skills/Dance (Weeks 4-6)
5:20pm-6:05pm – Jr/Int Freeskate (Weeks 4-6)
6:05pm-6:20pm – Jr/Int Stroking (Weeks 4-6)

OFF ICE Schedule

9:45am-10:30am – Senior Dance
10:40am-11:20am – Intermediate Dance (A/B/C)
11:40am-12:25pm – Senior Conditioning
12:40pm-1:25pm – Intermediate Conditioning (A)
12:45pm-1:30pm – Junior Dance
1:50pm-2:35pm – Intermediate Conditioning (B/C)
3:05pm-3:50pm – Pre Junior Conditioning
4:10pm-4:55pm – Junior Conditioning
4:00pm-4:45pm – Jr/Int Conditioning (Weeks 4-6)

Friday (no off ice classes)

RINK A

7:30am-8:20am – Senior #1
8:20am-8:30am – FLOOD
8:30am-9:20am – Senior #2
9:20am-9:30am – FLOOD
9:30am-10:20am – Intermediate #1 (A/C)
10:20am-10:30am - FLOOD
10:30am-11:15am – Senior #3
11:15am-12:05pm – Intermediate #2 (A/B)
12:05pm-12:15pm – FLOOD
12:15pm-1:05pm – Intermediate #3 (B/C)
1:05pm-1:55pm – Junior #1 (A/B)
1:55pm-2:05pm – FLOOD
2:05pm-2:55pm – Junior #2 (A/C)
2:55pm-3:50pm – Pre Junior/Dance Teams
3:50pm-4:00pm – FLOOD
4:00pm-4:50pm – Jr/Int Freeskate (Weeks 4-6)