

## 2018 Skating Academy Schedule (Mon-Thurs)

### Group A

7:00am-7:15am	Sr Stroking (A)
7:15am-8:05am	Senior Free (A)
8:05am-8:15am	<b>FLOOD</b>
8:15am-8:30am	Sr Spins/Footwork (A)
8:30am-9:15am	Sr Free (A)
9:15am-9:25am	<b>FLOOD</b>
9:25am-9:40am	Int Skills/Dance (A)
9:40am-10:25am	Int Free (A)
10:25am-10:35am	<b>FLOOD</b>
10:35am-11:20am	Int Free (A)
11:20am-11:30am	Int Stroking (A)
11:30am-11:40am	<b>FLOOD</b>
11:40am-11:55am	Jr Skills (A)
11:55am-12:40pm	Jr Free (A)
12:40pm-12:55pm	Jr Dance (A)
12:55pm-1:05pm	Jr Stroking (A)
1:05pm-1:15pm	<b>FLOOD</b>

<b>1:15pm-2:05pm</b>	Accel. Canskate OR Dance Teams (alt wks)
2:05pm-2:15pm	<b>FLOOD</b>

### Group B

2:15pm-2:30pm	Jr Skills (B)
2:30pm-3:15pm	Jr Free (B)
3:15pm-3:30pm	Jr Dance (B)
3:30pm-3:40pm	Jr Stroking (B)
3:40pm-3:50pm	<b>FLOOD</b>
3:50pm-4:05pm	Int Skills/Dance (B)
4:05pm-4:50pm	Int Free (B)
4:50pm-5:00pm	<b>FLOOD</b>
5:00pm-5:45pm	Int Free (B)
5:45pm-5:55pm	Int Stroking (B)
5:55pm-6:05pm	<b>FLOOD</b>
6:05pm-6:55pm	Sr Freeskate (B)
6:55pm-7:10pm	Sr Stroking (B)
7:10pm-7:20pm	<b>FLOOD</b>
7:20pm-7:35pm	Sr Spins/Footwork (B)
7:35pm-8:20pm	Sr Freeskate (B)

## OFF ICE CLASSES - Monday to Thursday

### Group A

8:15am-9:05am	Intermediate (A)
9:30am-10:20am	Senior (A)
10:40am-11:25am	Junior (A)
2:15pm-2:50pm	Accelerated CanSkate

### Group B

2:55pm-3:40pm	Intermediate (B)
3:55pm-4:40pm	Junior (B)
5:00pm-5:50pm	Senior (B)

## 2018 Skating Academy Schedule (Friday)

### Group A

7:00am-7:50am	Dance Teams (Wks 1,2,3,4)
7:50am-8:50am	Senior Free (A)
8:50am-9:00am	<b>FLOOD</b>
9:00am-9:50am	Senior Free (A)
9:50am-10:00am	<b>FLOOD</b>
10:00am-10:45am	Int Free (A)
10:45am-10:55am	<b>FLOOD</b>
10:55am-11:40am	Int Free (A)
11:40am-12:40pm	Jr Free (A)
12:40pm-12:50pm	<b>FLOOD</b>

### Group B

12:50pm-1:50pm	Junior Free (B)
1:50pm-2:00pm	<b>FLOOD</b>
2:00pm-2:45pm	Int Free (B)
2:45pm-2:55pm	<b>FLOOD</b>
2:55pm-3:40pm	Int Free (B)
3:40pm-4:30pm	Sr Free (B)
4:30pm-4:40pm	<b>FLOOD</b>
4:40pm-5:30pm	Sr Free (B)

## Off Ice Classes (Fridays)

10:00am-10:45am	Senior (A)
10:50am-11:30am	Junior (A)
11:50am-12:35pm	Intermediate (A)/Junior (B)

2:40pm-3:25pm	Senior (B)
3:50pm-4:35pm	Intermediate (B)

Monday, Wednesday and Friday - **CONDITIONING**

Tuesday and Thursday - **YOGA**