



# NL Skating Academy

## SCHEDULE

Week 1 (July 13)    Week 2 (July 20)    Week 5 (August 10)

<b>7:30-8:35am</b>	<b>Red Group(730-745 stroking)</b>
<b>8:35-8:45am</b>	<b>FLOOD</b>
<b>8:45-9:35am</b>	<b>Red Group</b>
<b>9:35-9:50am</b>	<b>FLOOD</b>
<b>9:50-11:10am</b>	<b>Green Group (1)</b>
<b>11:10-11:25am</b>	<b>FLOOD</b>
<b>11:25-12:45pm</b>	<b>Green Group (2)</b>
<b>12:45-1:00pm</b>	<b>FLOOD</b>
<b>1:00-2:05pm</b>	<b>Blue Group (1)</b>
<b>2:05-2:20pm</b>	<b>FLOOD</b>
<b>2:20-3:25pm</b>	<b>Blue Group (2)</b>
<b>3:25-3:40pm</b>	<b>FLOOD</b>
<b>3:40-4:45pm</b>	<b>Orange Group</b>

Week 3 (July 27)    Week 4 (August 3)

<b>2:30-3:35pm</b>	<b>Blue Group</b>
<b>3:35-3:50pm</b>	<b>FLOOD</b>
<b>3:50-5:05pm</b>	<b>Green Group (1)</b>
<b>5:05-5:20pm</b>	<b>FLOOD</b>
<b>5:20-6:35pm</b>	<b>Green Group (2)</b>
<b>6:35-6:50pm</b>	<b>FLOOD</b>
<b>6:50-7:40pm</b>	<b>Red Group</b>
<b>7:40-7:50pm</b>	<b>FLOOD</b>
<b>7:50-8:50pm</b>	<b>Red Group(8:40-8:50 stroking)</b>

## Week 6 (August 17)

<b>8:00am-9:30am</b>	<b>RED Group A</b>
<b>9:30am-9:45am</b>	<b>FLOOD</b>
<b>9:45am-11:00am</b>	<b>GREEN Group A</b>
<b>11:00am-11:15am</b>	<b>FLOOD</b>
<b>11:15am-12:30pm</b>	<b>BLUE Group A</b>
<b>12:30pm-12:45pm</b>	<b>FLOOD</b>
<b>12:45pm-2:00pm</b>	<b>ORANGE Group A</b>
<b>2:00pm-2:15pm</b>	<b>FLOOD</b>
<b>2:15pm-3:30pm</b>	<b>ORANGE Group B</b>
<b>3:30pm-3:45pm</b>	<b>FLOOD</b>
<b>3:45pm-5:00pm</b>	<b>BLUE Group B and GREEN Group B</b>
<b>5:00pm-5:15pm</b>	<b>FLOOD</b>
<b>5:15pm-6:45pm</b>	<b>RED Group B</b>