



NL Skating Academy Schedule (WEEK 1)

SCHEDULE Week 1 (July 13)

RINK A

7:30-8:30am	Red Group(730-745 stroking)
8:30-8:40am	FLOOD (no change of group here)
8:40-9:30am	Red Group
9:30-10:00am	FLOOD/Cleaning
10:00-11:15am	Green Group (1)
11:15-11:45am	FLOOD/Cleaning
11:45-1:00pm	Green Group (2)
1:00-1:30pm	FLOOD/Cleaning
1:30-2:35pm	Blue Group (1)
2:35-3:05pm	FLOOD/Cleaning
3:05-4:10pm	Blue Group (2)
4:10-4:40pm	FLOOD/Cleaning
4:40-5:45pm	Orange Group

RINK B

8:00-9:00am	Red Group(800-815 stroking)
9:00-9:10am	FLOOD (no change of group here)
9:10-10:00am	Red Group
10:00-10:30am	FLOOD/Cleaning
10:30-11:45am	Green Group (1)
11:45-12:15pm	FLOOD/Cleaning
12:15-1:30pm	Green Group (2)
1:30-2:00pm	FLOOD/Cleaning
2:00-3:05pm	Blue Group (1)
3:05-3:35pm	FLOOD/Cleaning
3:35-4:40pm	Blue Group (2)
4:40-5:10pm	FLOOD/Cleaning
5:10-6:15pm	Orange Group

Conditioning Schedule Rink A

(only available to RED/GREEN skaters registered 4+ weeks)

*must register on Uplifter

	Monday	Thursdays
RED Rink A	9:45-10:30am	9:45-10:30am
Green 2 Rink A	10:40-11:25am	10:40-11:25am
Green 1 Rink B	11:35-12:20pm	11:35-12:20pm

Conditioning Schedule Rink B

(only available to RED/GREEN skaters registered 4+ weeks)

*must register on Uplifter

	Tuesdays	Fridays
RED Rink B	10:15-11:00am	10:15-11:00am
Green 2 Rink B	11:10-11:55am	11:10-11:55am
Green 1 Rink B	12:05-12:50pm	12:05-12:50pm