



NL Skating Academy

Week 5 (August 10)

RINK A

| | |
|----------------------|-------------------------------------|
| 7:30-8:30am | Red Group (730-745 stroking) |
| 8:30-8:40am | FLOOD |
| 8:40-9:30am | Red Group |
| 9:30-9:50am | FLOOD/Cleaning |
| 9:50-11:05am | Green Group (1) |
| 11:05-11:25am | FLOOD/Cleaning |
| 11:25-12:40pm | Green Group (2) |
| 12:40-1:00pm | FLOOD/Cleaning |
| 1:00-2:05pm | Blue Group (1) |
| 2:05-2:25pm | FLOOD/Cleaning |
| 2:25-3:30pm | Blue Group (2) |
| 3:30-3:50pm | FLOOD/Cleaning |
| 3:50-4:55pm | Orange Group |

RINK B

| | |
|----------------------|-------------------------------------|
| 8:00-9:00am | Red Group (800-815 stroking) |
| 9:00-9:10am | FLOOD |
| 9:10-10:00am | Red Group |
| 10:00-10:20am | FLOOD/Cleaning |
| 10:20-11:35am | Green Group (1) |
| 11:35-11:55am | FLOOD/Cleaning |
| 11:55-1:10pm | Green Group (2) |
| 1:10-1:30pm | FLOOD/Cleaning |
| 1:30-2:35pm | Blue Group (1) |
| 2:35-2:55pm | FLOOD/Cleaning |
| 2:55-4:00pm | Blue Group (2) |
| 4:00-4:20pm | FLOOD/Cleaning |
| 4:20-5:25pm | Orange Group |

Conditioning (requires separate registration)

Rink A

| | Monday | Thursday |
|----------------|----------------------|----------------------|
| RED | 9:40-10:25am | 9:40-10:25am |
| GREEN 2 | 10:25-11:10am | 10:25-11:10am |
| GREEN 1 | 11:20-12:05pm | 11:20-12:05pm |

Conditioning (requires separate registration)

Rink B

| | Tuesday | Friday |
|----------------|----------------------|----------------------|
| RED | 10:10-10:55am | 10:10-10:55am |
| GREEN 2 | 10:55-11:40am | 10:55-11:40am |
| GREEN 1 | 11:50-12:35pm | 11:50-12:35pm |