***MONDAYS***

Intermediate/Senior

3:30-3:50pm Skills/Dance\*

3:50-4:30pm Freeskate\*

4:30-4:45pm Stroking (Jen)

4:50-5:00pm off-ice stretch on own

Jr-Plus

4:30-4:45pm Stroking (Jen)

4:45-5:05pm Skills/Dance\*

5:05-5:45pm Freeskate\*

Junior

4:45-5:05pm Skills/Dance\*

5:05-5:45pm Freeskate\*

5:50-6:15pm off-ice training (Jen) room #3

Pre-Junior Group

4:45-5:05pm Skills/Dance (Hanah)

5:05-5:45pm Freeskate (Hanah)

5:50-6:15pm off-ice training (Jen) room #3

***TUESDAYS***

Pre-Junior (**4 day / week package only**) only on select Tuesdays (see calendar)

3:45-4:05pm Skills/Dance\*

4:05-4:35pm Freeskate\*

Junior / Jr-Plus

3:45-4:05pm Skills/Dance\*

4:05-4:35pm Freeskate\*

Intermediate/Senior

4:35-4:45pm Skills/Dance\*

4:45-5:30pm Freeskate\*

Flood 5:30-5:45

Can Skate

5:45-5:55pm off-ice warm up

5:55-6:45pm on ice lesson

***WEDNESDAYS***

Pre-Junior Group

3:30-3:40pm Stroking (Heather)

3:40-3:50pm Freeskate (Heather)

3:50-4:00pm Field Moves (Heather)

4:00-4:30pm Synchronized (Jen & Heather)

Junior

3:30-3:40pm Stroking (Jen)

3:40-3:50pm Freeskate\*

3:50-4:00pm Field Moves (Jen)

4:00-4:30pm Synchronized (Jen & Heather)

Jr-Plus / Intermediate/Senior

4:00-4:30pm Synchronized Skating (Jen & Heather)

4:30-4:50pm Skills/Dance\*

4:50-5:20pm Freeskate\*

5:20-5:30pm (Jen) Field Moves

5:35-6:00pm off-ice training (Jen) in lobby

***THURSDAYS***

Junior / Jr-Plus

3:30-4:00pm Freeskate\*

4:00- 4:20pm Skills/Dance\*

Intermediate/Senior

4:20-4:40pm Skills & Dance\*

4:40-5:15pm Freeskate\*

Flood 5:15-5:30

Pre-Junior Group

5:00-5:25pm off-ice training (Hanah) in lobby

5:40-6:30pm on ice lesson (Kelsey)

Can Skate

5:30-5:40pm off-ice warm up

5:40-6:30pm on ice lesson

***FRIDAYS***

(Must passed Star 2 freeskate to buy on)

Intermediate/Senior

3:30-3:45pm Spins\*

3:45-4:30pm Freeskate\*

4:30-5:00pm Skills/Dance\*

***SATURDAYS***

Pre-Junior/Junior alternating early start weekly opposite to JrPlus / Intermediate / Senior – see calendar (PJ 4 day / week package only) only on select Saturdays (see calendar)

Early Start

7:30-7:45am Stroking/Field Moves (Jen)

7:45-8:05am Skills/Dance\*

8:05-8:15am Spins\*

8:15-9:00am Freeskate\*

9:10-10:10am off-ice Pop Pilates (Instructor Kylie) room #3

FLOOD 9:00-9:15am

9:15-9:30am Run Thru Simulations (Jen) (on rotation)

Late Start

9:30-10:00am Skills/Dance\*

10:00-10:45am Freeskate\*

10:50-11:45am off-ice training (Instructor) room #3