



2018 - 2019 ICE SCHEDULE



SUNDAY	7:15 - 7:30	Junior/Int A Enrichment Group Class	15 min.
	7:30 - 8:00	Junior/Intermediate A Dance/Skills	30 min.
	8:00 - 8:45	Junior/Intermediate A Freeskate	45 min.
	8:15 - 8:35	Off Ice Intermediate B/Senior	20 min.
	8:45 - 9:00	Int B/Senior Enrichment Group Class	15 min.
	9:00 - 9:30	Intermediate B/Senior - Dance/Skills	30 min.
	9:30 - 10:15	Intermediate B/Senior - Freeskate	45 min.
	10:15 - 10:25	Ice Clean	10 min.
	10:25 - 11:20	Duncanettes Synchro	55 min.
	11:30 - 12:00	Duncanettes Off Ice	30 min.

MONDAY	4:00 - 4:30	Pre CanSkate/Pre Power	30 min.
	4:30 - 5:15	CanSkate	45 min.
	5:15 - 5:25	Ice Clean	10 min.
	4:45 - 5:15	Pre Junior/Junior Off Ice	30 min.
	5:25 - 5:35	Pre Junior/Junior Group Stroking	10 min.
	5:35 - 6:05	Pre Junior/Junior Group Freeskate	30 min.
	6:05 - 6:25	Mini Duncanettes Synchro	20 min.
	6:15 - 6:25	Intermediate Group Spin Patch	10 min.
	6:25 - 7:05	Intermediate Freeskate	40 min.
	7:05 - 7:30	Intermediate Group Dance/Skills	25 min.
	7:30 - 7:40	Ice Clean	10 min.
	7:40 - 8:10	Senior Group Dance/Skills	30 min.
	8:10 - 8:20	Senior Group Spin Patch	10 min.
8:20 - 9:05	Senior Freeskate	45 min.	

WEDNESDAY	6:15 - 6:25 a.m.	Intermediate/Senior Stroking	10 min.
	6:25 - 7:10 a.m.	Intermediate/Senior Freeskate	45 min.
	7:10 - 7:35	Intermediate/Senior Dance/Skills	25 min.

THURSDAY	4:00 - 4:30	Pre CanSkate/Pre Power	30 min.
	4:30 - 5:15	Canskate	45 min.
	5:15 - 5:25	Ice Clean	10 min.
	5:30 - 6:00	Pre Junior/Junior Off Ice	30 min.
	6:00 - 6:30	Intermediate Off Ice	30min.
	6:30 - 7:00	Senior Off Ice	30 min.
	5:25 - 5:40	Sr. Stroking	15 min.
	5:40 - 6:25	Sr. Freeskate	45 min.
	6:25 - 6:35	Pre Junior/Junior Group Stroking	10 min.
	6:35 - 7:05	Pre Junior/Junior Group Freeskate	30 min.
	7:05 - 7:20	Intermediate Stroking	15 min.
	7:20 - 8:05	Interm. Freeskate	45 min.

FRIDAY AM	6:30 - 7:20 a.m.	Powerskating	50 min.
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