



2017-2018 Ice Schedule



Sunday	6:30-7:20am	Powerskating	50 min.
	7:20-7:30am	Ice Clean	10 min.
	7:30-8:00am	Junior/Intermediate A - Dance/Skills	30 min.
	8:00-8:45am	Junior/Intermediate A - Freeskate	45 min.
	8:45-9:15am	Syncro	30 min.
	9:15-9:45am	Intermediate Dance/Skills	30 min.
	9:45-10:45am	Intermediate B/Senior Freeskate	60 min.
	10:45-11:20am	Senior Dance/Skills	35 min.

Monday	4:00-4:30pm	Pre CanSkate/PrePower *New Time & Day*	30 min.
	4:30-5:15pm	CanSkate *New Time & Day*	45 min
	5:15-5:25pm	Ice Clean	10 min.
	5:25-5:35pm	Jr. Stroking	10 min.
	5:35-6:15pm	Jr. Freeskate	40 min.
	6:15-6:35pm	Jr. Group Dance	10 min.
	6:25-6:35pm	Intermediate Stroking	10 min.
	6:35-7:20pm	Intermediate Freeskate	40 min.
	7:20-8:00pm	Intermediate/Senior Dance/Skills	40 min.
	8:00-8:10pm	Ice Clean	10 min.
	8:10-8:20pm	Senior Stroking	10 min.
	8:20-9:05pm	Senior Freeskate	45 min.

Wednesday	6:15-6:25am	Intermediate/Senior Stroking	10 min.
	6:25-7:10am	Intermediate/Senior Freeskate	45 min.
	7:10-7:35am	Intermediate/Senior Dance	25 min.

Thursday	4:00-4:30pm	Pre CanSkate	30 min.
	4:30-5:15pm	CanSkate	45 min.
	5:15-5:25pm	Ice Clean	10 min.
	5:30-6:00pm	Junior Off Ice	30 min.
	6:00-6:30pm	Intermediate Off Ice	30 min.
	6:30-7:00pm	Senior Off Ice	30 min.
	5:25-5:40pm	Senior Stroking	15 min.
	5:40-6:25pm	Senior Freeskate	45 min.
	6:25-6:35pm	Junior Stroking	10 min.
	6:35-7:05pm	Junior Freeskate	30 min.
	7:05-7:20pm	Intermediate Stroking	15 min.
	7:20-8:05pm	Intermediate Freeskate	45 min.