

April 2- 27 Schedule 2018

Londonderry Arena

Schedule adjustments highlighted

Junior: \$180 Junior – Must have approval from EESC Coaching Staff

<p>Sunday 11:15-11:45 Independent Warm Up 12:00 -12:45 Free Skate 12:45-1:15 Group Development 1:25-2:10 Yoga</p> <p>Wednesday 4:30-4:50 Off Ice Warm up 5:00-5:45 Free Skate 5:45-6:30 Group Development</p>	<p>Monday 6:00-6:20 Off Ice Technique 6:30-7:15 Free Skate 7:15-7:30 Group Development</p> <p>Thursday 4:30-4:50 Off Ice Warm up 5:00-5:45 Group Development 5:45-6:30 Free Skate</p>	<p>Tuesday 5:50-6:20 Off Ice Technique 6:30-7:15 Free Skate 7:15-7:30 Group Development</p> <p>Friday Independent Warm Up 5:00-5:45 Free Skate 5:45-6:00 Group Development</p>
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Intermediate: : 270 Intermediate / HP Intermediate \$225 – Must have passed Star 3 Free Skate

<p>Sunday Intermediate Skaters Landing 2 or more double jumps may skating Senior session on Sunday 11:15-11:45 Independent Warm Up 12:00 -12:45 Free Skate 12:45-1:15 Group Development 1:25-2:10 Yoga</p> <p>Wednesday Independent Warm Up 4:00-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:00 Group Development 6:10-6:40 Off Ice Development</p>	<p>Monday Independent Warm Up 4:15-5:00 Free Skate 5:15-6:00 Free Skate 6:00-6:15 Group Development</p> <p>Thursday Intermediate Skaters Landing 2 or more double jumps may skating Senior session on Thursday Independent Warm Up 3:00-4:00 Free Skate *Star 4 + 4:15-5:00 Free Skate 5:00-5:45 Group Development</p>	<p>Tuesday Independent Warm Up 4:00-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:15 Group Development</p> <p>Friday Independent Warm Up 4:00-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:00 Group Development</p>
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Senior: \$280 Senior / HP Senior \$180.50 – Must have passed Jr. Silver Free Skate

<p>Sunday 9:00-9:45 Jump TECH 10:00-10:15 Group Development 10:15-11:15 Free Skate 11:15-11:45 Spin/GOE Session</p> <p>Wednesday Independent Warm Up 4:00-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:00 Group Development 6:10-6:40 Off Ice Development</p>	<p>Monday 1:30-2:30 Free Skate 2:45-3:15 Group 3:15-4:00 Free Skate 4:00-5:00 Spin/GOE Session</p> <p>Independent Warm Up 4:00-5:00 Free Skate 5:15-6:00 Free Skate 6:00-6:15 Group Development</p> <p>Thursday Independent Warm Up 1:15-2:15 Free Skate 2:30-3:00 Group Development 3:00-4:00 Free Skate 4:15-5:00 Spin/GOE Session</p>	<p>Tuesday Independent Warm Up 4:00-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:30 Group Development</p> <p>Friday Independent Warm Up 4:00-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:00 Group Development</p>
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Non-members: fees above (\$_____ X 1.5 = _____)