

## May 23-June 29 Schedule 2018

### Clareview Arena

Schedule adjustments highlighted

**Junior:** \$195 Junior – Must have approval from EESC Coaching Staff

<p><b>Sunday</b>  11:00-11:45 YOGA  12:00 -12:45 Free Skate  12:45-1:15 Group Development</p> <p><b>Wednesday</b>  4:30-4:50 Off Ice Warm up  5:00-5:45 Free Skate  5:45-6:30 Group Development</p>	<p><b>Monday</b>  6:00-6:20 Off Ice Technique  6:30-7:15 Free Skate  7:15-7:30 Group Development</p> <p><b>Thursday</b>  4:30-4:50 Off Ice Warm up  5:00-5:45 Group Development  5:45-6:30 Free Skate</p>	<p><b>Tuesday</b>  5:50-6:20 Off Ice Technique  6:30-7:15 Free Skate  7:15-7:30 Group Development</p> <p><b>Friday</b>  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><b>Sunday</b>  Intermediate Skaters Landing 2 or more double jumps may skating  Senior session on Sunday</p> <p>11:15-11:45 Jump TECH  12:00 -12:45 Free Skate  12:45-1:15 Group Development  1:30-2:30 YOGA</p> <p><b>Wednesday</b>  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><b>Monday</b>  Independent Warm Up  4:15-5:00 Free Skate  5:15-6:00 Free Skate  6:00-6:15 Group Development</p> <p><b>Thursday</b>  Intermediate Skaters Landing 2 or more double jumps may skating  Senior session on Thursday</p> <p>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><b>Tuesday</b>  Independent Warm Up  4:00-4:45 Free Skate  5:00-5:45 Free Skate  5:45-6:15 Group Development</p> <p><b>Friday</b>  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 \$200 – Must have passed Jr. Silver Free Skate

<p><b>Sunday</b>  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  12:00-1:15 YOGA/STRETCH</p> <p><b>Wednesday</b>  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><b>Monday</b>  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><b>Thursday</b>  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><b>Tuesday</b>  Independent Warm Up  4:00-4:45 Free Skate  5:00-5:45 Free Skate  5:45-6:30 Group Development</p> <p><b>Friday</b>  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 = \_\_\_\_\_ )