

Junior: Must have approval from EESC Coaching Staff

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
12:15-12:45 *Off Ice Technique 1:00-1:15 Group Development 1:15-2:00 Free Skate *Running Shoes and Skipping Rope	5:00-5:45 *Yoga for Figure Skaters 6:00-6:15 Group Development 6:15-7:00 Free Skate *Yoga mat required	5:45-6:15 *Off Ice Technique 6:30-6:45 Group Development 6:45-7:30 Free Skate *Running Shoes and Skipping Rope		5:00-5:30 *Off Ice Technique 5:45-6:00 Group Development 6:00-6:45 Free Skate *Running Shoes and Skipping Rope	5:00-5:30 *Off Ice Technique 5:45-6:00 Group Development 6:00-6:45 Free Skate *Running Shoes and Skipping Rope

Intermediate: Star 3-6 & Pre-Juvenile

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Independent Warm Up 12:15-1:00 Free Skate 1:00-1:15 Group Development 1:25-2:00 Strength/Stretch	Independent Warm Up 3:15-4:00 Free Skate (+ 19PTS) 4:15-5:15 Free Skate 5:15-5:45 Group Development 6:00-7:00 Yoga for Figure Skaters, bring mat	Independent Warm Up Int A 4:00-4:30 Group Dev. (+ 19PTS) 4:45-5:30 Free Skate (+ 19PTS) 5:45-6:30 Free Skate Int B Independent Warm Up 5:45-6:30 Free Skate 6:30-6:45 Group	Independent Warm Up 4:30-5:30 Free Skate (+ 19PTS) 5:30-5:45 Group Development 6:00-6:45 Free Skate	Independent Warm Up 3:00-4:00 Free Skate (+ 19PTS) 4:15-5:15 Free Skate 5:15-5:30 Group Development	Independent Warm Up 3:00-4:00 Free Skate (+ 19PTS) 4:00-4:15 Group Development 4:30-5:30 Free Skate *5:45-6:45 Teddy-Bear Run Training

Senior: Star 7- 10, Gold & Juvenile – Senior Competitors

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:45 Strength/Stretch 10:00-10:45 Free Skate 11:00-12:00 Free Skate	Day Ice-Independent Warm Up 1:30-2:30 Free Skate 2:45-3:15 Group Development 3:15-4:00 Free Skate 4:15-5:15 Yoga for Figure Skaters Bring Mat Evening Ice Independent Warm Up 3:15-4:00 Free Skate 4:15-5:15 Free Skate 5:15-5:45 Group Development 6:00-7:00 Yoga for Figure Skaters Bring Mat	Day Ice-Independent Warm Up 2:00-2:45 Free Skate 3:00-4:00 Free Skate 4:00-4:30 Group Development Evening Ice Independent Warm Up 3:00-4:00 Free Skate 4:00-4:30 Group Development 4:45-5:30 Free Skate	Day Ice-Independent Warm Up 1:25-1:55 Off-Ice Jump/Spin TECH 2:00-2:45 Free Skate 3:00-4:00 Free Skate 4:00-4:15 Group Development Evening Ice Independent Warm Up 3:00-4:00 Free Skate 4:00-4:15 Group Development 4:30-5:30 Free Skate 5:45-6:15 Off-Ice Jump/Spin TECH	Day Ice-Independent Warm Up 1:15-2:15 Free Skate 2:30-3:00 Group Development 3:15-4:00 Free Skate 4:15-5:15 Fitness for Figure Skaters (Juvenile – Senior) Evening Ice Independent Warm Up 3:00-4:00 Free Skate 4:15-5:15 Free Skate 5:15-5:30 Group Development	Day Ice-Independent Warm Up 2:00-2:45 Free Skate 3:00-4:00 Free Skate 4:00-4:15 Group Development Evening Ice Independent Warm Up 3:00-4:00 Free Skate 4:00-4:15 Group Development 4:30-5:30 Free Skate 5:45-6:45 (Fitness training for skaters that cannot attend Thursday)

Placement of skaters is subject to director approval / Schedule subject to change