

AUGUST ADVANCED ICE SCHEDULE

August 6-9 , 2019 Londonderry Arena

Intermediate: A/B

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Independent Warm Up 12:45-1:15 Off Ice Agility 1:30-2:30 Free Skate 2:30-3:00 Group Development 3:15-4:15 Off Ice Yoga	Independent Warm Up 12:20-1:20 Off Ice Skipping 1:30-2:30 Free Skate 2:30-3:00 Group Development 3:15-4:15 Off Ice Technique	Independent Warm Up 12:45-1:15 Off Ice Agility 1:30-2:30 Free Skate 2:30-3:00 Group Development 3:15-4:15 Off Ice Yoga	Independent Warm Up 12:45-1:15 Off Ice Technique 1:00-1:45 Free Skate 2:00-2:45 Free Skate 2:45-3:00 Group Development

Senior: (Juvenile - Senior)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Independent Warm Up 10:00-10:30 Off Ice Agility 10:45-11:45 Free Skate 12:00-1:00 Free Skate 1:00-1:15 Group Development 1:30-2:30 Off Ice Core/Strength	Independent Warm Up 10:00-10:30 Off Ice Technique 10:45-11:15 Group Development 11:15-12:15 Free Skate 12:30-1:30 Free Skate 1:45-2:45 Off Ice Skipping	Independent Warm Up 10:00-10:30 Off Ice Agility 10:45-11:45 Free Skate 12:00-1:00 Free Skate 1:00-1:15 Group Development 1:30-2:30 Off Ice Yoga	Independent Warm Up 10:00-10:30 Off Ice Technique 10:45-11:00 Group Development 11:00-11:45 Free Skate 12:00-1:00 Free Skate

Placement of skaters is subject to Director approval / Schedule subject

August 26-29 , 2019 Clareview Arena

Junior PREP / Learn to Figure Skate Try Outs:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3:00-3:30 Off Ice Technique 3:45-4:30 Free Skate 4:30-4:45 Group Development	3:00-3:30 Off Ice Technique 3:45-4:30 Free Skate 4:30-5:00 Group Development	3:00-3:30 Off Ice Technique 3:45-4:30 Free Skate 4:30-5:00 Group Development	3:00-3:30 Off Ice Technique 3:45-4:30 Free Skate 4:30-5:00 Group Development	

Junior:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3:00-3:30 Off Ice Technique 3:45-4:30 Free Skate 4:30-4:45 Group Development	3:00-3:30 Off Ice Technique 3:45-4:30 Free Skate 4:30-5:00 Group Development	3:00-3:30 Off Ice Technique 3:45-4:30 Free Skate 4:30-5:00 Group Development	3:00-3:30 Off Ice Technique 3:45-4:30 Free Skate 4:30-5:00 Group Development	

Intermediate: A/B

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Independent Warm Up 12:30-1:00 Off Ice Technique 1:15-1:45 Group Development 1:45-2:45 Free Skate 3:00-3:45 Free Skate	Independent Warm Up 12:30-1:00 Off Ice Technique 1:15-1:45 Group Development 1:45-2:45 Free Skate 3:00-3:45 Free Skate	Independent Warm Up 9:30-10:00 Off Ice Technique 10:15-10:45 Group Development 10:45-11:45 Free Skate 12:00-1:00 Free Skate	Independent Warm Up 9:30-10:00 Off Ice Technique 10:15-10:45 Group Development 10:45-11:45 Free Skate 12:00-1:00 Free Skate	

Senior: (Juvenile - Senior)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Independent Warm Up 9:30-10:00 Off Ice Technique 10:15-10:45 Group Development 10:45-11:45 Free Skate 12:00-1:00 Free Skate	Independent Warm Up 9:30-10:00 Off Ice Technique 10:15-10:45 Group Development 10:45-11:45 Free Skate 12:00-1:00 Free Skate	Independent Warm Up 12:30-1:00 Off Ice Technique 1:15-1:45 Group Development 1:45-2:45 Free Skate 3:00-3:45 Free Skate	Independent Warm Up 12:30-1:00 Off Ice Technique 1:15-1:45 Group Development 1:45-2:45 Free Skate 3:00-3:45 Free Skate	

Placement of skaters is subject to Director approval / Schedule subject