

Junior Prep: (Must have approval from EESC Coaching Staff)

<p>Monday/Wednesday 3:30-4:15 Off Ice Technique & Fitness 4:30-5:15 Group Development *Running Shoes and Skipping Rope</p>	<p>Tuesday/Thursday 3:45-4:30 Off Ice Technique & Fitness 4:45-5:30 Group Development *Running Shoes and Skipping Rope</p>
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Junior: (Star 1-3, Must have approval from EESC Coaching Staff)

<p>Monday/Wednesday 3:30-4:15 Off Ice Technique & Fitness 4:30-5:00 Group Development 5:00-5:45 Free Skate *Running Shoes and Skipping Rope</p>	<p>Tuesday/Thursday 3:45-4:30 Off Ice Technique & Fitness 4:45-5:00 Group Development 5:00-5:45 Free Skate *Running Shoes and Skipping Rope</p>
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Intermediate B: (Must have passed Star 3 and Under 19PTS)

<p>Monday Independent Warm Up 12:20-1:20 *Off Ice Training TBA 1:30-2:15 Free Skate 2:15-2:45 Group Development 3:00-3:30 Dance/Skills Tests Skaters</p>	<p>Tuesday Independent Warm Up 12:45-1:15 Off Ice Technique 1:30-2:15 Free Skate 2:15-2:45 Group Development *4:00-4:45 Simulations (Wild Rose Competitors)</p>	<p>Wednesday Independent Warm Up 12:20-1:20 *Off Ice Training TBA 1:30-2:15 Free Skate 2:15-2:45 Group Development 3:00-3:30 Dance/Skills Tests Skaters</p>	<p>Thursday Independent Warm Up 12:45-1:15 Off Ice Technique 1:30-2:15 Free Skate 2:15-2:45 Group Development *4:00-4:45 Simulations (Wild Rose Competitors)</p>	<p>Friday Independent Warm Up 1:00-1:30 Off Ice Technique 1:45-2:30 Free Skate 2:45-3:30 Free Skate 3:30-4:00 Group Development</p>
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Intermediate A: (Must have passed Star 5 and over 19PTS)

<p>Monday Independent Warm Up 12:20-1:20 *Off Ice Training TBA 1:30-2:15 Free Skate 2:15-2:45 Group Development 3:00-3:30 Dance/Skills Tests Skaters 3:30-3:15 Free Skate</p>	<p>Tuesday Independent Warm Up 12:45-1:15 Off Ice Technique 1:30-2:15 Free Skate 2:15-2:45 Group Development 3:00-3:45 Free Skate *4:00-4:45 Simulations</p>	<p>Wednesday Independent Warm Up 12:20-1:20 *Off Ice Training TBA 1:30-2:15 Free Skate 2:15-2:45 Group Development 3:00-3:30 Dance/Skills Tests Skaters 3:30-3:15 Free Skate</p>	<p>Thursday Independent Warm Up 12:45-1:15 Off Ice Technique 1:30-2:15 Free Skate 2:15-2:45 Group Development 3:00-3:45 Free Skate *4:00-4:45 Simulations</p>	<p>Friday Independent Warm Up 1:00-1:30 Off Ice Technique 1:45-2:30 Free Skate 2:45-3:30 Free Skate 3:30-4:00 Group Development</p>
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Senior: (Star 7+, Juvenile - Senior)

<p>Monday Independent Warm Up 10:00-10:30 Off Ice Technique 10:45-11:15 Group Development 11:15-12:00 Free Skate 12:15-1:15 Free Skate *1:45-2:45*Off Ice Training TBA 3:00-3:30 Dance/Skills Tests Skaters (New) **3:30-3:15 Choreo/Spin/Steps Session ** Pre-Novice/Star 7/9 and higher</p>	<p>Tuesday Independent Warm Up 10:00-10:30 Off Ice Technique 10:45-11:45 Free Skate 12:00-12:45 Free Skate 12:45-1:15 Group Development 1:30-2:30 *Off Ice Training TBA (New) **3:30-3:15 Choreo/Spin/Steps Session ** Pre-Novice/Star 7/9 and higher *4:00-4:45 Simulations</p>	<p>Wednesday Independent Warm Up 10:00-10:30 Off Ice Technique 10:45-11:15 Group Development 11:15-12:00 Free Skate 12:15-1:15 Free Skate *1:45-2:45*Off Ice Training TBA 3:00-3:30 Dance/Skills Tests Skaters (New) **3:30-3:15 Choreo/Spin/Steps Session ** Pre-Novice/Star 7/9 and higher</p>	<p>Thursday Independent Warm Up 10:00-10:30 Off Ice Technique 10:45-11:45 Free Skate 12:00-12:45 Free Skate 12:45-1:15 Group Development 1:30-2:30 *Off Ice Training TBA (New) **3:30-3:15 Choreo/Spin/Steps Session ** Pre-Novice/Star 7/9 and higher *4:00-4:45 Simulations</p>	<p>Friday Independent Warm Up 10:00-10:30 Off Ice Technique 10:45-11:45 Free Skate 12:00-1:00 Free Skate 1:00-1:30 Group Development</p>
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Placement of skaters is subject to Director approval / Schedule subject to change.