



## Advanced Summer Schedule 2022 July 4 to August 5

Confirm your summer skating schedule with your base coach  
Skaters must have a valid Skate Canada membership

### Monday / Thursday @ Londonderry Arena

#### Intermediate A / Senior

2:45-3:05pm	Independent Warm-Up
3:15-3:30pm	Spins
3:30-4:15pm	Freestyle
4:15-4:30pm	Flood
4:30-5:30pm	Freestyle
5:30-5:45pm	Group

#### Intermediate B

4:00-4:20pm	Off-Ice Warm-Up
4:15-4:30pm	Flood
4:30-5:30pm	Freestyle
5:30-5:45pm	Group

#### Junior / Junior Prep

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### Tuesday / Wednesday / Friday @ Londonderry Arena

#### Intermediate A / Senior

2:30-3:00pm	Jump
3:00-3:15pm	Flood
3:15-4:15pm	Freestyle
4:15-4:30pm	Skills/Dance
4:30-4:45pm	Flood
4:45-5:00pm	Snack/Notes/Video
5:00-5:45pm	Spins/Choreography

#### Intermediate B / Junior

4:05-4:35pm	Off-Ice Warm-Up
4:30-4:45pm	Flood
4:45-5:00pm	Group
5:00-5:45pm	Freestyle

#### Junior Prep

4:05-4:35pm	Off-Ice Warm-Up
4:30-4:45pm	Flood
4:45-5:30pm	On-Ice Group Stations

#### Weekly Camps Dates

Week 1	July 4, 5, 6, 7, 8
Week 2	July 11, 12, 13, 14, 15
Week 3	July 18, 19, 20, 21*, 22
Week 4	July 25, 26, 27, 28, 29
Week 5	August 2, 3, 4, 5

#### Mark Your Calendar

July 1-3, 2022	No Skating
July 6, 2022	Pajama Day-wear your pjs to the rink
July 13, 2022	Crazy Hair Day-come with a wild and wacky hair do
July 20, 2022	Animal Day-dress up like an animal
July 21, 2022	No Skating after 4:15pm*, Skate Fest (Ir Prep to Star 3)
July 27, 2022	Beach Day-dress for the beach, accessories encouraged
July 29-Aug 1	Wild Rose Competition (Star 4 and up)
August 1, 2022	No Skating
August 3, 2022	Face Paint Day-get artistic! Your face is your canvas today
Aug 5-6, 2022	Casino-Yellowhead Casino
Aug 8-11, 2022	Ice available for Int/Sr with another club

