

Advanced Figure Skating Schedule - April 2022



April 4 - 29, 2022 - Junior and Jr Prep

Sunday

April 10, 24
Londonderry

11:00-11:30	Off-Ice Warm-Up
11:30-11:45	Flood
11:45-12:00	Group
12:00-12:45	Int B, Jr Freeskate & Jr Prep

Tuesday

April 5, 12, 19, 26
Londonderry

5:00-5:15	Group
5:15-6:00	JR Freeskate & Jr Prep
6:00-6:15	Flood
6:15-6:45	Off-Ice

Thursday

April 7, 14, 21, 28
Londonderry

5:00-5:30	Off-Ice
5:30-5:45	Flood
5:45-6:00	Group
6:00-6:45	JR Freeskate & Jr Prep

Friday

April 8, 22, 29
*Londonderry

4:45-5:15	Off-Ice
5:15-5:30	Flood
5:30-5:45	Group
5:45-6:30	JR Freeskate & Jr Prep

Mar 27-Apr 3: NO Skating - Spring Break
Apr 15-17: NO Skating - Easter
April 30-May 23: NO Skating - Designated time off

Skater placement at coach's discretion
Schedules are subject to change

April 4 - 29, 2022 - Intermediate A, B, and Senior

Sunday

April 10, 24
Londonderry

11:00-11:30	Off-Ice Warm-Up
11:30-11:45	Flood
11:45-12:00	Group
12:00-12:45	Int B, Jr Freeskate & Jr Prep

Monday

April 4, 11, 18, 25
Londonderry

3:40-3:55	Independent Warm-up
4:00-5:00	Int A & Sr Freeskate
4:55-5:10	Independent Warm-up
5:15-6:15	Int A/B & Sr Freeskate
6:15-6:30	Group

Tuesday

April 5, 12, 19, 26
Londonderry

3:40-3:55	Independent Warm-up
4:00-5:00	Int A/B & Sr Freeskate
5:00-5:10	Flood
5:10-6:10	Fitness

Wednesday

April 6, 13, 20, 27
Londonderry

3:40-3:55	Independent Warm-up
4:00-5:00	Int A & Sr Freeskate
4:55-5:10	Independent Warm-up
5:15-6:00	Int A/B & Sr Freeskate
6:00-6:30	Group

Thursday

April 7, 14, 21, 28
Londonderry

2:25-2:40	Independent Warm-up
2:45-3:45	Int A & Sr Freeskate
3:40-3:55	Independent Warm-up
4:00-5:00	Int A/B & Sr Freeskate
5:00-5:30	Group
5:30-5:45	Flood
5:40-6:25	Agility/Cardio

Friday

April 8, 22, 29
*Londonderry

3:40-3:55	Independent Warm-up
4:00-5:00	Int A/B & Sr Freeskate
5:00-5:15	Group
5:15-5:30	Flood
5:20-5:40	Stretch