

July 2 to August 3, 2018

Senior/ HP Intermediate: Must have passed Jr. Silver Free

Monday	Tuesday	Wednesday	Thursday	Friday
12:45-1:45 Off Ice Dance Program	12:45-1:45 Yoga For Figure Skating	12:45-1:45 Off Ice Activity	12:45-1:45 Yoga For Figure Skating	1:15-1:45 Jump TECH
2:00-2:30 Group Development	2:00-2:30 Group Development	2:00-2:30 Group Development	2:00-2:30 Group Development	2:00-2:30 Star 4/5 Simulations
2:30-3:15 Free Skate	2:30-3:15 Free Skate	2:30-3:15 Free Skate	2:30-3:15 Free Skate	2:30-3:30 Free Skate
3:30-4:00 Dynamic Stretch	3:30-4:00 Jump TECH	3:30-4:00 Jump TECH	3:30-4:00 Dynamic Stretch	3:45-4:30 Free Skate
4:15-5:00 Free Skate	4:15-5:00 Free Skate	4:15-5:00 Free Skate	4:15-5:00 Free Skate	4:30-5:00 Creative Movment
				*Wild Rose Simulations 5:15-6:30

Intermediate: Must have passed Star 3 Free Skate

Monday	Tuesday	Wednesday	Thursday	Friday
12:45-1:45 Off Ice Dance Program	12:45-1:45 Yoga For Figure Skating	12:45-1:45 Off Ice Activity	12:45-1:45 Yoga For Figure Skating	1:15-1:45 Jump TECH
2:00-2:30 Group Development	2:00-2:30 Group Development	2:00-2:30 Group Development	2:00-2:30 Group Development	2:00-2:30 Star 4/5 Simulations
2:30-3:15 Free Skate	2:30-3:15 Free Skate	2:30-3:15 Free Skate	2:30-3:15 Free Skate	2:30-3:30 Free Skate
3:30-4:00 Dynamic Stretch	3:30-4:00 Jump TECH	3:30-4:00 Jump TECH	3:30-4:00 Dynamic Stretch	3:45-4:30 Free Skate
4:15-5:00 Free Skate	4:15-5:00 Free Skate	4:15-5:00 Free Skate	4:15-5:00 Free Skate	4:30-5:00 Creative Movment
				*Wild Rose Simulations 5:15-6:30

Junior: Must have approval from EESC Coaching Staff

Monday	Tuesday	Wednesday	Thursday	Friday
2:00-3:00 Off Ice Dance Program	2:00-3:00 Yoga For Figure Skating	2:00-3:00 Off Ice Activity	2:00-3:00 Yoga For Figure Skating	3:00-3:45 Jump TECH
3:15-4:00 Free Skate	3:15-4:00 Free Skate	3:15-4:00 Free Skate	3:15-4:00 Free Skate	3:45-4:30 Free Skate
4:15-4:45 Dynamic Stretch	4:15-4:45 Jump TECH	4:15-4:45 Jump TECH	4:15-4:45-Dynamic Stretch	4:30-5:00 Creative Movment
5:00-5:30 Group Development	5:00-5:30 Group Development	5:00-5:30 Group Development	5:00-5:30 Group Development	

Junior Prep 4-8 Years: Must have approval from EESC Coaching Staff

Monday	Tuesday	Wednesday	Thursday	Friday
4:00-4:45 Off Ice Dance Program	4:00-4:45 Yoga for Figure Skating	4:15-4:45 Off Ice Jump TECH	4:00-4:45 Yoga for Figure Skating	No Classes
5:00-5:45 Group Development	5:00-5:45 Group Development	5:00-5:45 Group Development	5:00-5:45 Group Development	

Star Group 9+

Monday	Tuesday	Wednesday	Thursday	Friday
4:00-4:45 Off Ice Dance Program	4:00-4:45 Yoga for Figure Skating	4:15-4:45 Off Ice Jump TECH	4:00-4:45 Yoga for Figure Skating	No Classes
5:00-5:45 Group Development	5:00-5:45 Group Development	5:00-5:45 Group Development	5:00-5:45 Group Development	