

## Advanced Figure Skating Schedule - March 2022



### March 1-25, 2022 - Junior and Jr Prep

#### Sunday

March 6, 13, 20  
Londonderry

2:15-2:30	Off-Ice Warm-Up
2:30-2:45	Flood
2:45-3:30	Int B, Jr Freeskate & Jr Prep
3:30-3:45	Group

#### Tuesday

March 1, 8, 15, 22  
Londonderry

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

#### Thursday

March 3, 10, 17, 24  
Londonderry

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

#### Friday

March 4, 11, 18, 25  
Clareview B

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

Notes:

Mar 12: Skate Fest, Glen Allan Recreation Complex

Mar 18-20: StarSkate Championships, Calgary

Mar 20: Fundraising #2 and Volunteering Due

Mar 26-Apr 3: NO Skating - Spring Break

Skater placement at coach's discretion

Schedules are subject to change

### March 1-25, 2022 - Intermediate A, B, and Senior

#### Sunday

March 6, 13, 20  
Londonderry

2:15-2:30	Int B Off-Ice Warm-Up
2:30-2:45	Flood
2:45-3:30	Int B, Jr Freeskate & Jr Prep
3:30-3:45	Group

#### Monday

March 7, 14, 21  
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
6:30-6:45	Flood
6:45-7:15	Jump

#### Tuesday

March 1, 8, 15, 22  
Londonderry

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
5:40-6:40	Fitness

#### Wednesday

March 2, 9, 16, 23  
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

March 3, 10, 17, 24  
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

March 4, 11, 18, 25  
Clareview B

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