

Advanced Figure Skating Schedule - May/June 2022



June 3: Seminar Sherwood Park
June 19: Pop Concert

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

May 24-June 30, 2022 - Junior

Sunday

May 29, June 5, 12, 19, 26
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

Tuesday

May 24, June 7, 14, 21, 28
Londonderry

5:00-5:15	Group
5:15-6:00	Junior Freeskate
6:00-6:15	Flood
6:15-6:45	Off-Ice

Thursday

May 26, June 2, 9, 16, 23, 30
Londonderry

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

Friday

May 27, June 3, 10, 17, 24
Londonderry

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

May 24-June 30, 2022 - Intermediate A, B, and Senior

Sunday

May 29, June 5, 12, 19, 26
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

Monday

May 30, June 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
5:15-6:15	Int A/B & Sr Freeskate
6:15-6:30	Group

Tuesday

May 24, June 7, 14, 21, 28
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

May 25, June 1, 8, 15, 22, 29
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

Thursday

May 26, June 2, 9, 16, 23, 30
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

May 27, June 3, 10, 17, 24
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