

ADVANCED WINTER ICE SCHEDULE
November 18-27, 2020
Saturday- ZOOM CLASS
Sunday - Thursday Londonderry Arena (LOA)
Fridays Clarview Arena (CVA/CVB)

# Junior Prep / Junior / CanSkate Ages 6 and older:

Saturday – ZOOM ZOOM Jump/Yoga 10:30-11:15	Monday - LOA ZOOM Jump/Yoga 5:10-5:55	<u>Tuesday</u>	Wednesday-LOA ZOOM Jump/Yoga 5:10-5:55	Thursday- LOA  ZOOM Jump/Yoga 5:10-5:55	<u>Friday</u>

## Intermediate Group A:

Saturday – ZOOM	Sunday- LOA	<u>Monday</u>	Tuesday _ LOA	Wednesday	Thursday- LOA
<b>ZOOM Jump/Yoga 9:30-10:15</b>	2:30-2:40 Off-Ice Warm up	Zoom Jump/Yoga 6:00-7:00PM	4:00-4:10 Off-Ice Warm up	Zoom Jump/Yoga 6:00-7:00PM	4:00-4:10 Off-Ice Warm up
	2:45-3:45 Free Skate		4:15-5:15 Free Skate		4:15-5:15 Free Skate
			Zoom CORE 6:00-6:45PM		Zoom CORE 6:00-6:45PM

### Intermediate Group B:

Saturday – ZOOM	Monday - LOA	<u>Tuesday</u>	Wednesday-LOA	<u>Thursday</u>	Friday- CVB
<b>ZOOM Jump/Yoga 9:30-10:15</b>	4:00-4:10 Off-Ice Warm up	Zoom CORE 6:00-6:45PM	4:00-4:10 Off-Ice Warm up	Zoom CORE 6:00-6:45PM	4:00-4:10 Off-Ice Warm up
	4:15-5:15 Free Skate		4:15-5:15 Free Skate		4:15-5:15 Free Skate
	Zoom Jump/Yoga 6:00-7:00PM		Zoom Jump/Yoga 6:00-7:00PM		

### Senior/Day Ice Group A:

Saturday – ZOOM	Monday - LOA	Tuesday _ LOA	Wednesday-LOA	Thursday- LOA	Friday- CVA
<b>ZOOM Jump Tech 9:30-10:15</b>	1:15-1:40 Off-Ice Warm up	1:15-1:40 Off-Ice Warm up	1:15-1:40 Off-Ice Warm up	1:15-1:40 Off-Ice Warm up	1:15-1:40 Off-Ice Warm up
	1:45-2:45 Free Skate	1:45-2:45Free Skate	1:45-2:45Free Skate	1:45-2:45 Free Skate	1:45-2:45Free Skate
	Zoom Jump/Yoga 6:00-7:00PM	Zoom CORE 6:00-6:45PM	Zoom Jump/Yoga 6:00-7:00PM	Zoom CORE 6:00-6:45PM	

#### Placement of skaters is subject to Director approval / Schedule subject to change

# Senior/Day Ice Group B:

Saturday – ZOOM	Monday - LOA	Tuesday _ LOA	Wednesday-LOA	Thursday- LOA	Friday- CVA
<b>ZOOM Jump Tech 9:30-10:15</b>	2:30-2:55 Off-Ice Warm up	2:30-2:55 Off-Ice Warm up	2:30-2:55 Off-Ice Warm up	2:30-2:55 Off-Ice Warm up	2:30-2:55 Off-Ice Warm up
	3:00-4:00 Free Skate	3:00-4:00 Free Skate	3:00-4:00 Free Skate	3:00-4:00 Free Skate	3:00-4:00 Free Skate
	Zoom Jump/Yoga 6:00-7:00PM	Zoom CORE 6:00-6:45PM	Zoom Jump/Yoga 6:00-7:00PM	Zoom CORE 6:00-6:45PM	

### Adult and Parent Yoga/Core:

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
<u>9:00-10:00AM</u>	9:00-10:00AM	<u>9:00-10:00AM</u>