

Junior Prep: Introduction to Advanced Skating (Must have approval from EESC Coaching Staff)

Sunday – OCTOBER 18/25 ZOOM Jump/Yoga 10:30-11:15 Saturday – Nov 1 – Dec 21 ZOOM Jump/Yoga 10:30-11:15	Monday - LOA 5:00-5:30 Off-Ice Warm up 5:45-6:30 Group Development	Tuesday LOA	Wednesday-LOA 4:45-5:15 Off-Ice Warm up 5:30-6:15 Group Development	Thursday- LOA 4:45-5:15 Off-Ice Warm up 5:30-6:15 Group Development	Friday- CVB 5:30-6:00 Off-Ice Warm up 6:15-7:00 Group Development
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Junior: Beginner to Star 3

Sunday – OCTOBER 18/25 ZOOM Jump/Yoga 10:30-11:15 Saturday – Nov 1 – Dec 21 ZOOM Jump/Yoga 10:30-11:15	Monday - LOA 5:00-5:30 Off-Ice Warm up 5:45-6:30 Free Skate 6:30-6:45 Group Development	Tuesday LOA	Wednesday-LOA 4:45-5:15 Off-Ice Warm up 5:30-6:15 Free Skate 6:15-6:30 Group Development	Thursday- LOA 4:45-5:15 Off-Ice Warm up 5:30-6:15 Free Skate 6:15-6:30 Group Development	Friday- CVB 5:30-6:00 Off-Ice Warm up 6:15-7:00 Free Skate 7:00-7:15 Group Development
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Intermediate A/B: (Star 4- Star 7, Pre-Juvenile)

Sunday – OCTOBER 18/25 ZOOM Jump/Yoga 9:30-10:15 Saturday – Nov 1 – Dec 21 ZOOM Jump/Yoga 9:30-10:15	Monday - LOA 3:50-4:20 Warm Up 4:15-4:30 Group Development 4:30-5:30 Free Skate	Tuesday LOA 3:45-4:10 Warm Up 4:15-5:15 Free Skate 5:30-6:15 Free Skate 6:15-6:30 Group Development	Wednesday-LOA 3:35-3:50 Warm Up 4:00-5:00 Free Skate 5:00-5:15 Group Development	Thursday- LOA 3:35-3:50 Warm Up 4:00-4:15 Group Development 4:15-5:15 Free Skate Zoom CORE 6:00-6:45PM	Friday- CVB 3:15-3:40 Warm Up 3:45-4:30 Free Skate 4:45-5:45 Free Skate 5:45-6:00 Group Development
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Senior/Day Ice: (Star 8 - Gold / Juvenile – Senior, or Approval)

Sunday – OCTOBER 18/25 ZOOM Jump Tech 9:30-10:15 Saturday – Nov 1 – Dec 21 ZOOM Jump/Yoga 9:30-10:15	Monday - LOA 1:00-1:20 Warm Up 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:00 Group Development	Tuesday LOA 1:00-1:20 Warm Up 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:00 Group Development Zoom CORE 5:15-6:00PM	Wednesday-LOA 1:00-1:20 Warm Up 1:30-2:30 Free Skate 2:45-3:30 Free Skate 3:30-3:45 Group Development	Thursday- LOA 12:55-1:05 Warm Up 1:15-2:15 Free Skate 2:30-3:15 Free Skate 3:15-3:45 Group Development Zoom CORE 6:00-6:45PM	Friday- CVA 1:00-1:20 Warm Up 1:30-2:30 Free Skate 2:45-3:30 Free Skate
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