


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

<u>Sunday - LOA</u>	<u>Monday - LOA</u>	<u>Tuesday - LOA</u>	<u>Wednesday-LOA</u>	<u>Thursday- LOA</u>	<u>Friday- CVB</u>
<b>ZOOM Jump/Yoga 11:30-12:15</b> 1:15-1:30 check in 1:45-2:30 Group Development	5:00-5:30 Off-Ice Warm up 5:45-6:30 Group Development		4:45-5:15 Off-Ice Warm up 5:30-6:15 Group Development	4:45-5:15 Off-Ice Warm up 5:30-6:15 Group Development	5:30-6:00 Off-Ice Warm up 6:15-7:00 Group Development

 **Junior:** Beginner to Star 3

<u>Sunday - LOA</u>	<u>Monday - LOA</u>	<u>Tuesday - LOA</u>	<u>Wednesday-LOA</u>	<u>Thursday- LOA</u>	<u>Friday- CVB</u>
<b>ZOOM Jump/Yoga 11:30-12:15</b> 1:15-1:30 check in 1:45-2:30 Free Skate 2:30-2:45 Group Development	5:00-5:30 Off-Ice Warm up 5:45-6:30 Free Skate 6:30-6:45 Group Development		4:45-5:15 Off-Ice Warm up 5:30-6:15 Free Skate 6:15-6:30 Group Development	4:45-5:15 Off-Ice Warm up 5:30-6:15 Free Skate 6:15-6:30 Group Development	5:30-6:00 Off-Ice Warm up 6:15-7:00 Free Skate 7:00-7:15 Group Development

 **Intermediate A/B:** (Star 4- Star 7, Pre-Juvenile)

<u>Sunday - LOA</u>	<u>Monday - LOA</u>	<u>Tuesday - LOA</u>	<u>Wednesday-LOA</u>	<u>Thursday- LOA</u>	<u>Friday- CVB</u>
<b>ZOOM Jump Tech 9:00-9:45</b> 12:30-12:45 Group Development 12:45-1:30 Free Skate	3:50-4:20 Warm Up 4:15-4:30 Group Development 4:30-5:30 Free Skate	3:45-4:10 Warm Up 4:15-5:15 Free Skate 5:30-6:15 Free Skate 6:15-6:30 Group Development	3:35-3:50 Warm Up 4:00-5:00 Free Skate 5:00-5:15 Group Development	3:35-3:50 Warm Up 4:00-4:15 Group Development 4:15-5:15 Free Skate <b>Zoom CORE 6:00-6:45PM</b>	3:15-3:40 Warm Up 3:45-4:30 Free Skate 4:45-5:45 Free Skate 5:45-6:00 Group Development

 **Senior/Day Ice:** (Star 8 - Gold / Juvenile – Senior, or Approval)

<u>Sunday - LOA</u>	<u>Monday - LOA</u>	<u>Tuesday - LOA</u>	<u>Wednesday-LOA</u>	<u>Thursday- LOA</u>	<u>Friday- CVA</u>
<b>ZOOM Jump Tech 9:00-9:45</b> 10:45-11:45 Free Skate 11:45-12:15 Group Development	1:00-1:20 Warm Up 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:00 Group Development	1:00-1:20 Warm Up 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:00 Group Development <b>Zoom CORE 5:15-6:00PM</b>	1:00-1:20 Warm Up 1:30-2:30 Free Skate 2:45-3:30 Free Skate 3:30-3:45 Group Development	12:55-1:05 Warm Up 1:15-2:15 Free Skate 2:30-3:15 Free Skate 3:15-3:45 Group Development <b>Zoom CORE 6:00-6:45PM</b>	1:00-1:20 Warm Up 1:30-2:30 Free Skate 2:45-3:30 Free Skate