

Junior Prep (June Fees: \$105):

<u>Saturday – ZOOM</u> Zoom Jump/Yoga 9:30-10:15		<u>Tuesday- LOA</u> 4:45-5:15 Off Ice 5:30-6:15 On Ice Class	<u>Wednesday- LOA</u> 4:45-5:15 Off Ice 5:30-6:15 On Ice Class		<u>Friday- LOA</u> 5:45-6:15 Off Ice 6:30-7:15 On Ice Class
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Junior (June Fees: \$124):

<u>Saturday – ZOOM</u> Zoom Jump/Yoga 9:30-10:15		<u>Tuesday- LOA</u> 4:45-5:15 Off Ice 5:30-6:30 Free Skate 6:30-6:45 Group	<u>Wednesday- LOA</u> 4:45-5:15 Off Ice 5:30-6:30 Free Skate 6:30-6:45 Group		<u>Friday- LOA</u> 5:45-6:15 Off Ice 6:30-7:15 Free Skate 7:15-7:30 Group
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Intermediate Group A/B (June Fees: \$243):

<u>Saturday – ZOOM</u> Zoom Yoga 10:30-11:15 Zoom Sport Psych 11:15-11:45	<u>Monday- LOA</u> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate 5:30-6:30 Free Skate	<u>Tuesday- LOA</u> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Jump Class 5:20-5:50	<u>Wednesday- LOA</u> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Jump Class 5:20-5:50	<u>Thursday- LOA</u> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate 5:30-6:30 Free Skate Zoom Yoga 6:15-7:15pm (Juvenile and Higher)	<u>Friday- LOA</u> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate 5:15-6:15 Free Skate
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Senior/Day Ice Intermediates (June Fees: \$300):

<u>Saturday – ZOOM</u> Zoom Yoga 10:30-11:15 Zoom Sport Psych 11:15-11:45	<u>Monday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate 3:00-4:00 Free Skate	<u>Tuesday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate 3:00-4:00 Free Skate Jump Class 4:05-4:35	<u>Wednesday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate 3:00-4:00 Free Skate Jump Class 4:05-4:35	<u>Thursday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate 3:00-4:00 Free Skate Zoom Yoga 6:15-7:15pm (Juvenile and Higher)	<u>Friday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate 3:00-4:00 Free Skate
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Adult, Parent, Coaches Yoga/Core (No Charge):

Contact Angela for Zoom Access Codes	<u>Monday</u> Yoga 9:00-10:00am	<u>Tuesday</u> Yoga 6:15-7:15pm	<u>Wednesday</u> Yoga 9:00-10:00am	<u>Thursday</u> Yoga 6:15-7:15pm	<u>Friday</u> Yoga 9:00-10:00am
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