



Fall2019/Winter2020/Spring2020  
**ADVANCED ICE SCHEDULE**  
 (Aug 30)

**Junior: Must have approval from EESC Coaching Staff**

<b>Sunday LOA</b> 12:15-12:45 Off Ice Development 1:00-1:15 Group Development 1:15-2:00 Free Skate 2:15-3:00 *Off Ice Development	<b>Monday LOA</b> 5:15-5:45 *Off Ice Development 6:00-6:15 Group Development 6:15-7:00 Free Skate	<b>Wednesday LOA</b> 4:45-5:15 *Off Ice Development 5:30-5:45 Group Development 5:45-6:30 Free Skate	<b>Thursday LOA</b> 5:00-5:30 *Off Ice Development 5:45-6:00 Group Development 6:00-6:45 Free Skate	<b>Friday CVB</b> 4:45-5:15 *Off Ice Development 5:30-5:45 Group Development 5:45-6:30 Free Skate
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**Intermediate B / Modified Intermediate A:** (Must have passed Star 3 and Under 19PTS / or over 19pts and choosing modified Intermediate schedule)

<b>Sunday LOA</b> Independent Warm Up 12:15-1:00 Free Skate 1:00-1:15 Group Development 1:30-2:30 *Off Ice Development	<b>Monday LOA</b> Independent Warm Up 4:15-4:45 Group Development 4:45-5:45 Free Skate 5:50-6:20 *Off Ice Development	<b>Tuesday LOA</b> Independent Warm Up 5:30-6:15 Free Skate 6:15-6:45 Group Development 7:00-7:30 *Off Ice Development	<b>Wednesday LOA</b> Independent Warm Up INT B 4:30-5:30 Free Skate 5:30-5:45 Group Development  INT A 3:45-4:15 Group Development 4:30-5:30 Free Skate 5:45-6:15 *Off Ice Development	<b>Thursday LOA</b> INT B Independent Warm Up 4:15-5:15 Free Skate 5:15-5:30 Group Development  INT A 3:30-4:00 Group Development 4:15-5:15 Free Skate 5:25-6:05 *Off Ice Development	<b>Friday CVB</b> Independent Warm Up 4:15-4:30 Group Development 4:30-5:15 Free Skate 5:20-6:50 *Off Ice Development
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**Evening Senior / Full Intermediate A:** (Must have passed Star 5 and over 19PTS)

<b>Sunday LOA</b> INT A/B Independent Warm Up 12:15-1:00 Free Skate 1:00-1:15 Group Development 1:30-2:30 *Off Ice Development  Senior – See below	<b>Monday LOA</b> Independent Warm Up 3:00-4:00 Free Skate 4:15-4:45 Group Development 4:45-5:45 Free Skate 5:50-6:20 *Off Ice Development	<b>Tuesday LOA</b> Independent Warm Up 4:30-5:15 Free Skate 5:30-6:15 Free Skate 6:15-6:45 Group Development	<b>Wednesday LOA</b> Independent Warm Up 2:45-3:45 Free Skate 3:45-4:15 Group Development 4:30-5:30 Free Skate 5:45-6:15 *Off Ice Development	<b>Thursday LOA</b> Independent Warm Up 2:30-3:30 Free Skate 3:30-4:00 Group Development 4:15-5:15 Free Skate 5:25-6:05 *Off Ice Development	<b>Friday CVB</b> Independent Warm Up 3:15-4:00 Free Skate 4:15-4:30 Group Development 4:30-5:15 Free Skate 5:20-6:50 *Off Ice Development
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**Day Ice Senior / Juvenile - Senior:** (Star 8- Gold / Juvenile - Senior)

<b>Sunday LOA</b> 9:30-10:30 *Off Ice Development 10:45-11:45 Free Skate 11:45-12:00 Group Development	<b>Monday LOA</b> Independent Warm Up 1:30-2:30 Free Skate 2:45-3:00 Group Development 3:00-4:00 Free Skate 4:15-4:45 *Off Ice Development	<b>Tuesday LOA</b> Independent Warm Up 2:00-2:45 Free Skate 3:00-4:00 Free Skate 4:00-4:15 Group Development 4:30-5:30 *Off Ice Development	<b>Wednesday LOA</b> Independent Warm Up 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:15 Group Development 4:20-4:50 *Off Ice Development	<b>Thursday LOA</b> Independent Warm Up 1:15-2:15 Free Skate 2:30-3:30 Free Skate 3:30-4:00 Group Development 4:15-5:15 *Off Ice Development	<b>Friday CVA</b> Independent Warm Up 1:45-2:45 Free Skate 3:00-3:45 Free Skate 3:45-4:00 Group Development 4:10-4:40 *Off Ice Development
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- Off ice Group Development includes Yoga/Core, Flexibility/Dance, Agility, Personal Fitness Training, Sport Psych and Jump Technique with our elite off-ice Coaching Team.
  - \*See monthly off-ice program calendar for what to bring/wear.
- Placement of skaters is subject to Director approval / Schedule subject to change.