

Jr. Prep/ Junior: Must have approval from EESC Coaching Staff

Mon	Tuesday	Wednesday	Thursday
<u>June 28, July 5, 12, 19, 26 Aug *2, 9</u>	<u>June 29, July 6, 13, 20, 27, Aug 3, 10</u>	<u>June 30, July 7, 14, 21, 28, Aug 4, 11</u>	<u>July 1, 8, 15, 22, 29, Aug 5, 12</u>
3:45-4:15 Off Ice Development 4:30-5:15 Free Skate 5:15-5:30 Group Development *no skating Aug 2	3:50-4:20 Off Ice Warm up 4:30-5:30 Free Skate 5:15-5:30 Group Development	3:45-4:15 Off Ice Development 4:30-5:15 Free Skate 5:15-5:30 Group Development	3:45-4:15 Off Ice Warm up 4:30-5:30 Free Skate 5:15-5:30 Group Development

Intermediate B: (Must have passed Star 3-6)

Monday	Tuesday	Wednesday	Thursday	Friday
<u>June 28, July 5, 12, 19, 26 Aug *2, 9</u>	<u>June 29, July 6, 13, 20, 27, Aug 3, 10</u>	<u>June 30, July 7, 14, 21, 28, Aug 4, 11</u>	<u>July 1, 8, 15, 22, 29, Aug 5, 12</u>	<u>July 2, 9, 16, 23, 30, Aug 6, 13</u>
3:30 Independent Warm Up 3:45-4:15 Off Ice Development 4:30-5:15 Free Skate 5:15-5:30 Group Development * If space is available, Star 5/6 option to add 2:45-3:30 Free Skate *no skating Aug 2	2:45 Independent Warm Up 3:00-3:45 Free Skate 3:45-4:15 Group Development 4:30-5:15 Free Skate	3:30 Independent Warm Up 3:45-4:15 Off Ice Development 4:30-5:15 Free Skate 5:15-5:30 Group Development * If space is available, Star 5/6 option to add 2:45-3:30 Free Skate	3:30 Independent Warm Up 3:45-4:15 Off Ice Development 4:30-5:15 Free Skate 5:15-5:30 Group Development * If space is available, Star 5/6 option to add 2:45-3:30 Free Skate	2:00 Independent Warm Up 2:20-2:50 Off Ice Development 3:00-3:45 Free Skate 3:45-4:00 Group Development

Intermediate A: (Star 7 - Gold)

Monday	Tuesday	Wednesday	Thursday	Friday
<u>June 28, July 5, 12, 19, 26 Aug *2, 9</u>	<u>June 29, July 6, 13, 20, 27, Aug 3, 10</u>	<u>June 30, July 7, 14, 21, 28, Aug 4, 11</u>	<u>July 1, 8, 15, 22, 29, Aug 5, 12</u>	<u>July 2, 9, 16, 23, 30, Aug 6, 13</u>
12:30 Independent Warm Up 12:45-1:15 Off Ice Development 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:15 Group Development *no skating Aug 2	12:45 Independent Warm Up 1:00-1:30 Off Ice Development 1:45-2:45 Free Skate 3:00-3:45 Free Skate 3:45-4:15 Group Development	12:30 Independent Warm Up 12:45-1:15 Off Ice Development 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:15 Group Development	12:15 Independent Warm Up 12:30-1:15 Off Ice Development 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:15 Group Development	1:00 Independent Warm Up 1:30-2:15 Free Skate 2:20-2:50 Off Ice Development 3:00-3:45 Free Skate 3:45-4:00 Group Development

Senior: (Juvenile - Senior)

Monday	Tuesday	Wednesday	Thursday	Friday
<u>June 28, July 5, 12, 19, 26 Aug *2, 9</u>	<u>June 29, July 6, 13, 20, 27, Aug 3, 10</u>	<u>June 30, July 7, 14, 21, 28, Aug 4, 11</u>	<u>July 1, 8, 15, 22, 29, Aug 5, 12</u>	<u>July 2, 9, 16, 23, 30, Aug 6, 13</u>
12:30 Independent Warm Up 12:45-1:15 Off Ice Development 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:15 Group Development *no skating Aug 2	11:45 Independent Warm Up 12:15-12:45 Group Development 12:45-1:30 Free Skate 1:45-2:45 Free Skate 3:10-4:10 Off Ice Development	12:30 Independent Warm Up 12:45-1:15 Off Ice Development 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:15 Group Development	12:15 Independent Warm Up 12:30-1:15 Off Ice Development 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:15 Group Development	11:15 Independent Warm Up 11:30-12:00 Off Ice Development 12:15-1:15 Free Skate 1:30-2:15 Free Skate 2:15-2:45 Group Development

- Placement of skaters is subject to Director approval / Schedule subject to change.