


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


Monday - LOA <u>Sept 14, 21, 28, Oct 5</u> <u>Omit Oct 12</u> 6:00-6:30 Off-Ice Warm up 6:45-7:30 Group Development	Tuesday LOA <u>Sept 8, 15, 22, 29 Oct 6</u> 5:45-6:15 Off-Ice Warm up 6:30-7:15 Group Development	Wednesday-LOA <u>Sept 9, 16, 23, 30,</u> <u>Omit Oct 7</u> 5:45-6:15 Off-Ice Warm up 6:30-7:15 Group Development	Thursday- LOA <u>Sept 10, 17, 24, Oct 1, 8</u> 5:45-6:15 Off-Ice Warm up 6:30-7:15 Group Development	Friday- CVB <u>Sept 11, 18, 25 Oct 2, 9</u> 5:30-6:00 Off-Ice Warm up 6:15-7:00 Group Development
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 **Junior:** Beginner to Star 3

Monday - LOA <u>Sept 14, 21, 28, Oct 5</u> <u>Omit Oct 12</u> 6:00-6:30 Off-Ice Warm up 6:45-7:30 Free Skate 7:30-7:45 Group Development	Tuesday LOA <u>Sept 8, 15, 22, 29 Oct 6</u> 5:45-6:15 Off-Ice Warm up 6:30-7:15 Free Skate 7:15-7:30 Group Development	Wednesday-LOA <u>Sept 9, 16, 23, 30,</u> <u>Omit Oct 7</u> 5:45-6:15 Off-Ice Warm up 6:30-7:15 Free Skate 7:15-7:30 Group Development	Thursday- LOA <u>Sept 10, 17, 24, Oct 1, 8</u> 5:45-6:15 Off-Ice Warm up 6:30-7:15 Free Skate 7:15-7:30 Group Development	Friday- CVB <u>Sept 11, 18, 25 Oct 2, 9</u> 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)

Monday - LOA <u>Sept 14, 21, 28, Oct 5</u> <u>Omit Oct 12</u> 3:50-4:20 Jump Tech 4:30-4:45 Group Development 4:45-5:30 Free Skate 5:45-6:30 Free Skate	Tuesday LOA <u>Sept 8, 15, 22, 29 Oct 6</u> 3:45-4:10 Independent Warm Up 4:15-5:00 Free Skate 5:15-6:00 Free Skate 6:00-6:15 Group Development	Wednesday-LOA <u>Sept 9, 16, 23, 30,</u> 3:45-4:10 Independent Warm Up 4:15-5:00 Free Skate 5:15-6:00 Free Skate 6:00-6:15 Group Development	Thursday- LOA <u>Sept 10, 17, 24, Oct 1, 8</u> 3:35-4:05 Jump Tech 4:15-4:30 Group Development 4:30-5:15 Free Skate 5:30-6:15 Free Skate	Friday- CVB <u>Sept 11, 18, 25 Oct 2, 9</u> 3:15-3:40 Independent Warm Up 3:45-4:30 Free Skate 4:45-5:45 Free Skate 5:45-6:00 Group Development 6:15-7:00 Yoga/Core Zoom Back up Sundays 10AM
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 **Senior/Day Ice:** (Star 8 - Gold / Juvenile – Senior, or Approval)

Monday - LOA <u>Sept 14, 21, 28, Oct 5</u> <u>Omit Oct 12</u> 1:00-1:20 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 Jump Tech	Tuesday LOA <u>Sept 8, 15, 22, 29 Oct 6</u> 1:00-1:20 Independent 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 <u>Sept 9, 16, 23, 30,</u> 1:00-1:20 Independent Warm Up 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:00 Group Development	Thursday- LOA <u>Sept 10, 17, 24, Oct 1, 8</u> 12:55-1:05 Independent Warm Up 1:15-2:15 Free Skate 2:30-3:30 Free Skate 3:30-4:00 Group Development Zoom CORE 5:15-6:00PM	Friday- CVA <u>Sept 11, 18, 25 Oct 2, 9</u> 1:00-1:20 Independent Warm Up 1:30-2:30 Free Skate 2:45-3:30 Free Skate 3:45-4:30 Yoga/Core Zoom Back up Sundays 10AM
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