

Advanced Schedule

September 9, 2018 – March 31, 2019

Junior Prep: Approval from Director required

<p><u>Sunday - Londonderry</u> 11:15-11:45 Off Ice Technique 12:00-12:45 Group Development</p> <p><u>Wednesday - Londonderry</u></p>	<p><u>Monday - Londonderry</u> 5:05-5:50 Yoga (Bring Mat) 6:00-6:45 Group Development</p> <p><u>Thursday - Londonderry</u> 5:00-5:30 Fitness for Figure Skaters 5:45-6:30 Group Development</p>	<p><u>Tuesday - Londonderry</u> 5:45-6:15 Off Ice Technique 6:30-7:15 Group Development</p> <p><u>Friday - Clareview B</u> 4:45-5:15 Off Ice Technique 5:30-6:15-Group Development</p>
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Junior: Approval from Director required

<p><u>Sunday - Londonderry</u> 11:15-11:45 Off Ice Technique 12:00-12:45 Free Skate 12:45-1:00 Group Development</p> <p><u>Wednesday</u></p>	<p><u>Monday - Londonderry</u> 5:05-5:50 Yoga (Bring Mat) 6:00-6:45 Free Skate 6:45-7:00 Group Development</p> <p><u>Thursday - Londonderry</u> 5:00-5:30 Fitness for Figure Skaters 5:45-6:30 Free Skate 6:30-6:45 Group Development</p>	<p><u>Tuesday - Londonderry</u> 5:45-6:15 Off Ice Technique 6:30-7:15 Free Skate 7:15-7:30 Group Development</p> <p><u>Friday - Clareview B</u> 4:45-5:15 Off Ice Technique 5:30-6:15 Free Skate 6:15-6:30-Group Development</p>
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Intermediate: Passed Skate Canada Star 3 Free Skate Test

<p><u>Sunday - Londonderry</u> 10:00-10:30 Off Ice Technique 10:45-11:45 Free Skate 11:45-12:00 Group Development</p> <p><u>Wednesday - Londonderry</u> Independent Warm Up 5:00-6:00 Free Skate 6:00-6:30 Group Development</p>	<p><u>Monday - Londonderry</u> Independent Warm Up 3:15-4:00 Free Skate 4:15-5:15 Free Skate 5:15:45 Group Development 6:00-7:00 Yoga (Bring Mat)</p> <p><u>Thursday - Londonderry</u> Independent Warm Up 4:15-5:00 Free Skate 5:00-5:30 Group Development 5:45-6:30 Fitness for Figure Skaters</p>	<p><u>Tuesday - Londonderry</u> Independent Warm Up 5:00-5:45 Free Skate 5:45-6:15 Group Development 6:30-7:00 Off Ice Jump Technique</p> <p><u>Friday - Clareview B</u> Independent Warm Up 4:00-5:00 Free Skate 5:00-5:15 Group Development 5:30-6:00 Off Ice Jump Technique</p>
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High-Performance Intermediate: Competes Star 6/Pre-Juvenile or Higher

Senior & High-Performance Senior: Competes Star 8/Pre-Novice or Higher

<p><u>Sunday - Londonderry</u> 10:00-10:30 Off Ice Technique 10:45-11:45 Free Skate 11:45-12:00 Group Development</p> <p><u>Wednesday - Londonderry</u> Independent Warm Up 3:45-4:45 Free Skate 5:00-6:00 Free Skate 6:00-6:30 Group Development</p>	<p><u>Monday - Londonderry</u> Independent Warm Up 1:30-2:30 Free Skate 2:45-3:15 Group 3:15-4:00 Free Skate 4:05-5:05 Yoga (Bring Mat)</p> <p>Evening: Independent Warm Up Independent Warm Up 3:15-4:00 Free Skate 4:15:5:15 Free Skate 5:15:45 Group Development 6:00-7:00 Yoga (Bring Mat)</p> <p><u>Thursday - Londonderry</u> Independent Warm Up 1:15-2:15 Free Skate 2:30-3:00 Group Development 3:00-4:00 Free Skate</p> <p>Evening: Independent Warm Up 4:15-5:00 Free Skate 5:00-5:30 Group Development 5:45-6:30 Fitness for Figure Skaters</p>	<p><u>Tuesday - Londonderry</u> Independent Warm Up 3:45-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:15 Group Development 6:30-7:00 Off Ice Jump Technique</p> <p><u>Friday - Clareview B</u> Independent Warm Up 4:00-5:00 Free Skate 5:00-5:15 Group Development 5:30-6:00 Off Ice Jump Technique</p>
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