

Junior Prep: Approval from Director required

<u>Sunday - Londonderry</u> 12:15-12:45 Off Ice Technique 1:00-1:45 Group Development <u>Wednesday - Londonderry</u>	<u>Monday - Londonderry</u> 5:05-5:50 Yoga (Bring Mat) 6:00-6:45 Group Development <u>Thursday - Londonderry</u> 5:00-5:30 Fitness for Figure Skaters 5:45-6:30 Group Development	<u>Tuesday - Londonderry</u> 5:45-6:15 Off Ice Technique 6:30-7:15 Group Development <u>Friday - Clareview B</u> No Programming
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Junior: Approval from Director required

<u>Sunday - Londonderry</u> 12:15-12:45 Off Ice Technique 1:00-1:15 Group Development 1:15-2:00 Free Skate <u>Wednesday</u>	<u>Monday - Londonderry</u> 5:05-5:50 Yoga (Bring Mat) 6:00-6:45 Free Skate 6:45-7:00 Group Development <u>Thursday - Londonderry</u> 5:00-5:30 Fitness for Figure Skaters 5:45-6:30 Free Skate 6:30-6:45 Group Development	<u>Tuesday - Londonderry</u> 5:45-6:15 Off Ice Technique 6:30-6:45 Group Development 6:45-7:30 Free Skate <u>Friday - Clareview B</u> No Programming Assessment Day
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Intermediate: Star 3-6 & Pre-Juvenile

<u>Sunday - Londonderry</u> 11:00-11:30 Off Ice Jump Tech 11:45-12:00 Group Development 12:00-12:45 Free Skate <u>Wednesday - Londonderry</u> Independent Warm Up 3:45-4:15 Off Ice Jump Tech 4:30-5:00 Group Development 5:00-5:45 Free Skate 6:00-6:45 Free Skate	<u>Monday - Londonderry</u> Independent Warm Up 4:15 -5:00 Free Skate 5:15 - 6:00 Free Skate 6:05- 7:05 Yoga (Bring Mat) <u>Thursday - Londonderry</u> Independent Warm Up 4:00-5:00 Free Skate 5:00-5:30 Group Development	<u>Tuesday - Londonderry</u> Independent Warm Up 3:45-4:15 Off Ice Jump Tech 4:30-4:45 Group Development 4:45-5:30 Free Skate 5:45-6:30 Free Skate <u>Friday - Clareview B</u> No Programming Assessment Day
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Senior: Senior Competitors, Intermediate + 19 points

<u>Sunday - Londonderry</u> 9:45-10:30 Off Ice Jump Tech 10:45-11:45 Free Skate 11:45-12:00 Group Development <u>Wednesday - Londonderry</u> Independent Warm Up 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:15 Group Development 4:30-5:00 Off Ice Jump Tech	<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) <u>Thursday - Londonderry</u> Independent Warm Up 1:15-2:15 Free Skate 2:30-3:15 Free Skate 3:15-3:45 Group Development	<u>Tuesday - Londonderry</u> 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 Jump Tech <u>Friday - Clareview B</u> No Programming Assessment Day
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**placement of skaters is subject to director approval
 **schedule subject to change