

Junior: Must have approval from EESC Coaching Staff

<p>Monday August 17 1:30-2:00 Off Ice Warm up 2:15-3:00 Free Skate 3:00-3:15 Group Development</p>	<p>Tuesday August 18 1:30-2:00 Off Ice Warm up 2:15-3:00 Free Skate 3:00-3:15 Group Development</p>	<p>Wednesday August 19 1:30-2:00 Off Ice Warm up 2:15-3:00 Free Skate 3:00-3:15 Group Development</p>	<p>Thursday August 20 1:30-2:00 Off Ice Warm up 2:15-3:00 Free Skate 3:00-3:15 Group Development</p>
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Intermediate A/B: (Must have passed Star 3)

<p>Monday August 17 11:15-11:30 Independent Warm Up 11:30-12:15 Off Ice Core 12:30-1:30 Free Skate 1:30-2:00 Group Development</p>	<p>Tuesday August 18 11:45-12:15 Independent Warm Up 12:30-1:30 Free Skate 1:30-2:00 Group Development 2:15-2:45 Off Ice Jump Tech</p>	<p>Wednesday August 19 11:45-12:15 Independent Warm Up 12:30-1:00 Group Development 1:00-2:00 Free Skate 2:15-3:15 Off Ice Yoga 4 Sk8ers</p>	<p>Thursday August 20 11:45-12:15 Independent Warm Up 12:30-1:30 Free Skate 1:30-2:00 Group Development 2:15-2:45 Off Ice Jump Tech</p>	<p>Friday August 21 11:45-12:15 Independent Warm Up 12:30-1:30 Free Skate 1:30-2:00 Ice Theater</p>
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Senior: (Star 8- Gold / Juvenile - Senior)

<p>Monday August 17 9:15-9:45 Independent Warm Up 10:00-11:00 Free Skate 11:15-12:00 Free Skate 12:00-12:15 Group Development 12:30-1:15 Off Ice Core</p>	<p>Tuesday August 18 9:00-9:15 Independent Warm Up 9:15-9:45 Off Ice Jump Tech 10:00-11:00 Free Skate 11:15-12:00 Free Skate 12:00-12:15 Group Development</p>	<p>Wednesday August 19 9:15-9:45 Independent Warm Up 10:00-11:00 Free Skate 11:15-12:00 Free Skate 12:00-12:15 Group Development 12:30-1:30 Off Ice Yoga 4 Sk8ers</p>	<p>Thursday August 20 9:00-9:15 Independent Warm Up 9:15-9:45 Off Ice Jump Tech 10:00-11:00 Free Skate 11:15-12:00 Free Skate 12:00-12:15 Group Development</p>	<p>Friday August 21 9:00-9:15 Independent Warm Up 9:15-9:45 Off Ice Jump Tech 10:00-11:00 Free Skate 11:15-12:00 Free Skate 12:00-12:15 Ice Theater</p>
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- Placement of skaters is subject to Director approval / Schedule subject to change.