



# Figure Skating



## \*2019/2020 Weekly Schedule

**\*SEE THE 2019/2020 "LIST OF IMPORTANT DATES" ON THE BULLETIN BOARD OR WEBSITE FOR ANY CHANGES TO THIS SCHEDULE**

Monday	Tuesday		Wednesday		Saturday	
Ice	Ice	Off-Ice	Ice	Off-Ice	Ice	Off-Ice
6-6:10 AM Prelim/Int/Sr Self Directed Warmup			6-6:10 AM Prelim/Int/Sr Self Directed Warmup			<b>Old Lobby</b>
6:15-7:30 AM Prelim/Int/Sr			6:15-7:30 AM Prelim/Int/Sr			7:40-7:55 AM Sr Self Directed Warmup
					8-8:15 AM Sr stroking	8:00-8:45 AM Int
					8:15-9 AM Sr	8:30-8:45 AM Jr/Prelim
					9-10 AM Jr/Prelim/Int	Warmup (hallway)
					<b>10 AM FLOOD</b>	9:15-10:00 AM Sr.
					10:15-11 AM Int/Sr	10:10-10:55 AM Jr/Prelim
					11 - 11:45 AM Int/Sr PA'ing	
		<b>Old Lobby</b> 3:45-4 PM Jr/Prelim Warmup		<b>Old Lobby</b> 3:50-4:05 PM Int/Sr Self Directed Warmup		
	4:15-4:30 PM Jr/Prelim stroking		4:15-5:15 PM Int/Sr	4:45-5 PM Jr/Prelim Warmup		
	4:30-5:30 PM Jr/Prelim	5:05-5:20 PM Int/Sr	5:15-6:00 PM Jr/Prelim	5:20-6:05 PM Off-ice Int/Sr		
	5:30-6:45 PM Int/Sr	Self Directed Warmup	6-6:15 PM Jr/Prelim stroking			
	6:45-7:00 PM Int/Sr stroking		6:15-7:00 PM Int/Sr PA'ing	6:25-7:10 PM Jr/Prelim Jump Lessons		
		7:10-7:40 Int/Sr Jump Lessons				

On-ice sessions	Self Directed Warmup
Off-ice, Jump & Warmup Sessions led by coach Sara	
Off-ice Conditioning. Various instructors (ballet, yoga, strength, pilates, conditioning)	
PA - Program Assistants, confirm w/coaches first	

**Off-ice sessions are included in the fees for the day(s) you register for.**

- example 1: if you register for skating on Tues you can do the Warmup session (Jr/Prelim) or the Jump Lessons (Int/Sr)
- example 2: if you register for skating on Wed you can do the Warmup & Jump Lessons (Jr/Prelim) or the Off-ice (Int/Sr)
- example 3: if you register for skating on Sat you can do the Off-ice sessions

Pick-up ice OR off-ice: \$20/hr if space available (confirm with coaches in advance)

**Exact cash only** is accepted for pick-up ice/off-ice. Put cash in a sealed envelope with your skaters first/last name, date, and labelled "Pick-Up Ice or Pick-Up Off-Ice". Give to the coach.