

SESSION 1 2019-2020

August 26-October 13

Sunday		practice	Monday			practice	Wednesday		practice
	3:00-3:30								
3:00-4:00	Intermediate								
Novice off ice	video/WU								
	3:30-5:30	3:30-4:00	3:30-4:30						
	Intermediate	Low Moves	Sr. Club						
	on ice								
4:15-5:15		4:00-4:30							
Novice PH		Low jumps/spins							
				4:45-5:45	4:45-5:45		4:45-5:45	4:45-5:45	5:15-5:45
				BJ	MH		JR, SR	KR	Synchro Babes
				SS1	SS2	5:15-5:45	Club	SS2	
5:30-5:45			4:30-8:00						
Zam			JR, SR	5:45-6:15		Alt AOE-High	5:45-6:30	5:45-6:15	5:45-6:15
5:45-8:00			Club	SPS 1-4 & B1-6		5:45-6:30	All Club	Beg Art on Edge	High AOE
Novice on ice	6:00-7:00			PFS & Adults		JUV-CHOREO		SS1 & 2	Juv-Nov
	Intermediate							6:15-6:45	6:15-6:45
	PH							SPS 1-4 & B1-B2	J&S
								FS 1-6	Axels/harness
				6:45-7:15		6:45-8:00	6:45-8:00		
				Beg moves		Juv on ice	FS, JR, SR	6:45	7:00-10:00
				Pre Pre only			Club	Zam	All Club
				8:00-8:30				7:00-7:30	7:00-7:30
				Med Moves				Flying solo Basic	Low moves
			8:00-10:00	Juv & Int			8:00-10:00	7:30-8:00	
			All Club					High moves	
								Med moves	