



WINTER SCHEDULE
2022-2023



MONDAY	WEDNESDAY
4:00 – 4:30 JR/SR SKILLS, DANCE, STROKING	4:00 – 4:30 JR/SR SKILLS, DANCE, STROKING
4:30 – 5:00 JR/SR FREE SKATE (jumps, spins, field movements)	4:30 – 5:00 JR/SR FREE SKATE (jumps, spins, field movements)
5:00 – 5:10 FLOOD	5:00 – 5:10 FLOOD
5:10 – 5:20 CIRCUIT SET-UP AND W/U “FREE TIME” FOR P & T/PRECAISKATE/CANSKATE	5:10 – 5:20 CIRCUIT SET-UP AND W/U “FREE TIME” FOR CANSKATE
5:20 – 5:50 PARENT & TOT/PRECAISKATE/CANSKATE GROUP LESSONS	5:20 – 5:50 CANSKATE GROUP LESSONS

****SKATING BEGINS MONDAY OCTOBER 3****
THOSE REGISTERING IN THE ADULT SESSION CAN PICK A TIME SLOT TO SKATE