

2017 NL Skating Academy Schedule – Weeks 1,2,and 6

(Monday – Thursday)

RINK A

7:00am-7:50am – Senior Freeskate #1
7:50am-8:05am – Senior Stroking
8:05am-8:15am – FLOOD
8:15am-8:35am – Senior Spins/Footwork
8:35am-9:20am – Senior Freeskate #2
9:20am-9:30am – FLOOD
9:30am-9:50am – Intermediate Skills/Dance
9:50am-10:35am – Intermediate Freeskate #1
10:35am-10:45am – FLOOD
10:45am-11:30am – Senior Freeskate #3
11:30am-11:40am - FLOOD
11:40am-12:30pm – Intermediate Freeskate #2
12:30pm-12:45pm – Intermediate Stroking
12:45pm-12:55pm – FLOOD
12:55pm-1:15pm – Junior Skills
1:15pm-2:05pm – Junior Freeskate
2:05pm-2:20pm – Junior Dance
2:20pm-2:35pm – Junior Stroking
2:35pm-2:45pm – FLOOD
2:45pm-3:45pm – Accelerated Canskate

RINK B

8:15am-8:35am – Senior Spins/Footwork
8:35am-9:20am – Senior Freeskate #2
9:20am-9:30am – FLOOD
9:30am-9:50am – Intermediate Skills/Dance
9:50am-10:35am – Intermediate Freeskate #1
10:35am-10:45am – FLOOD
10:45am-11:30am – Senior Freeskate #3
11:30am-11:40am - FLOOD
11:40am-12:30pm – Intermediate Freeskate #2
12:30pm-12:45pm – Intermediate Stroking
12:45pm-12:55pm – FLOOD
12:55pm-1:15pm – Junior Skills
1:15pm-2:05pm – Junior Freeskate
2:05pm-2:20pm – Junior Dance
2:20pm-2:35pm – Junior Stroking
2:35pm-2:45pm – FLOOD
2:45pm-3:45pm – Dance Teams

OFF ICE SCHEDULE Mon-Thurs(both rinks combined)

9:45-10:30 – Senior Dance
10:40-11:25 – Intermediate Dance
11:45-12:30 – Junior Dance
11:45-12:30 – Senior Conditioning
12:55-1:45 – Intermediate Conditioning
1:50-2:30 – Accelerated Canskate Conditioning
2:40-3:25 – Junior Conditioning

Friday (no off ice classes)

RINK A

8:00am-9:00am – Senior #1
9:00am-9:10am – FLOOD
9:10am-10:00am – Senior #2
10:00am-10:10am – FLOOD
10:10am-11:00am – Intermediate #1
11:00am-11:10am - FLOOD
11:10am-12:00pm – Intermediate #2
12:00pm-12:10pm – FLOOD
12:10pm-1:20pm – Junior

RINK B

8:00am-9:00am – Senior #1
9:00am-9:10am – FLOOD
9:10am-10:00am – Senior #2
10:00am-10:10am – FLOOD
10:10am-11:00am – Intermediate #1
11:00am-11:10am - FLOOD
11:10am-12:00pm – Intermediate #2
12:00pm-12:10pm – FLOOD
12:10pm-1:20pm – Junior
1:20pm-2:20pm – Dance Teams

2017 NL Skating Academy Schedule – Weeks 3 - 5

(Monday-Thursday)

ON ICE Schedule

RINK A

7:00am-7:50am – Elite Freeskate #1

7:50am-8:05am – Elite Stroking

8:05am-8:15am – FLOOD

8:15am-8:35am – Elite Spins/Footwork

8:35am-9:20am – Elite Freeskate #2

9:20am-9:30am – FLOOD

9:30am-9:50am – Senior Skills/Dance

9:50am-10:35am – Senior Freeskate #1

10:35am-10:45am – FLOOD

10:45am-11:30am – Elite Freeskate #3

11:30am-12:15pm – Senior Freeskate #2

12:15pm-12:30pm – Senior Stroking

12:30pm-12:40pm – FLOOD

12:40pm-1:25pm – Intermediate Freeskate #1

1:25pm-1:45pm – Intermediate Skills/Dance

1:45pm-1:55pm - FLOOD

1:55pm-2:10pm – Junior Skills

2:10pm-3:00pm – Junior Freeskate

3:00pm-3:15pm – Junior Dance

3:15pm-3:30pm – Junior Stroking

3:30pm-3:40pm – FLOOD

3:40pm-4:30pm – Intermediate Freeskate #2

4:30pm-4:45pm – Intermediate Stroking

4:45pm-4:55pm - FLOOD

4:55pm-5:50pm – Accelerated Canskate

OFF ICE Schedule

9:45am-10:30am – Elite Dance

10:40am-11:20am – Senior Dance

11:45am-12:30pm – Intermediate Dance

12:45pm-1:30pm – Junior Dance

11:40am-12:25pm – Elite Conditioning

12:40pm-1:25pm – Senior Conditioning

2:15pm-3:00pm – Intermediate Conditioning

3:35pm-4:15pm – Junior Conditioning

4:15pm-4:45pm – Accelerated Canskate Conditioning

Friday (no off ice classes)

RINK A

7:30am-8:30am – Elite #1

8:30am-8:40am – FLOOD

8:40am-9:30am – Elite #2

9:30am-9:40am – FLOOD

9:40am-10:30am – Senior #1

10:30am-10:40am - FLOOD

10:40am-11:30am – Senior #2

11:30am -11:40pm – FLOOD

11:40am-12:30pm – Intermediate #1

12:30pm-12:40pm – FLOOD

12:40pm-1:30pm – Intermediate #2

1:30pm-2:20pm – Junior