

FALL 2016

TRAINING SCHEDULE

FREESTYLE SESSIONS

<u>DAY</u>	<u>TIME</u>	<u>RINK</u>	<u>LEVEL</u>
Mon, Wed & Fri	5:30am - 9:00am	B	Open
Tues & Thurs	5:30am - 8:30am	B	Open
Monday - Friday	9:15am - 10:45am	B	Open
	1:00pm - 3:00pm	B	Open
Monday	3:15pm - 5:15pm	B	High
Wednesday	3:15pm - 5:45pm	B	High
Mon & Wed	3:30pm - 5:30pm	A	Low
Tues, Thurs, Fri	3:15pm - 5:15pm	B	Open
Friday	5:45pm - 6:45pm	A	Open
Saturday	6:00am - 9:00am	A	Open
Sunday	9:45am - 12:45pm	A	Basic Skills

OPEN - Passed Pre-Preliminary Moves & above
LOW - Freeski 1 - Preliminary * **HIGH** - Passed Pre-Juvenile & above
Basic Skills- Sam 1 & Basic 1 - Freeski 6

TRAINING CLASSES

<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>
Off-Ice Jump	Monday	5:30- 6:30pm
Stretch Class	Tuesday	11:00-12:00pm
Off-Ice Training	Monday/Wednesday	11:00-12:00pm
Open Power Builder	Tuesday/Thursday	8:30-9:00am
Low Power Builder	Tuesday – FS 1+	5:30-6:00pm
Off-Ice Training	Saturday	1:00- 2:00pm

.*Schedule subject to change. Please check website for updates..