

Winter Training Schedule

Freestyle Sessions

5:30am - 9:00am	Rink B	Monday - Friday	Open Freestyle
8:10am - 9:40am	Rink A	Saturday	Open Freestyle
1:10pm - 3:10pm	Rink B	Monday - Friday	Open Freestyle
3:20pm - 5:20pm	Rink B	Monday	High Freestyle
3:20pm - 5:20pm	Rink B	Tuesday - Friday	Open Freestyle
3:30pm - 5:30pm	Rink A	Monday	Low Freestyle
5:40pm - 6:40pm	Rink A	Friday	Open Freestyle

Training Classes

5:30pm - 6:15pm	Off-Ice	Monday	The Second Mark
5:30pm - 6:00pm	Rink B	Tuesday	Low Power Builder
5:30pm - 6:15pm	Off-Ice	Wednesday	Jump Only
5:30pm - 7:00pm	Rink B	Wednesday	Synchro Workshop
9:40am - 10:10am	Rink A	Saturday	Power Builder
10:20am - 10:50am	Rink A	Saturday	Jump & Spin Class
11:00am - 11:45am	Off-Ice	Saturday	Jump Only

OPEN - Pre-Preliminary FS & above * LOW - Freeskate 1 - Preliminary *
HIGH - Pre-Juvenile & above

Schedule will be effective Monday, March 3rd, 2008.
Schedule is subject to change, please refer to the information