SUNGOD SKATING CLUB - FALL / WINTER - TERM 1 - SCHEDULE - Tuesday 05th September to Friday 22nd December 2023

TIME	North Delta RC		Sungod Arena		Sungod Arena		Sungod Arena & NDRC		Sungod Arena		Sungod Arena		TIME
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY		
	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	
	MORNING SESSIONS										WEEKEND SESSIONS		
6:00			6:00 - 7:00 am **Open Session**				6:00 - 7:00 am **Open Session** Sungod Arena				8:30 - 9:15 am **Academy &** **Pre-CANSKATE**		8:30
6:15													8:45
6:30													9:00
6:45											9:15 - 10:00 am **CANSKATE**		9:15
7:00			7:00 - 8:00 am **Junior** Workshop				7:00 - 8:00 am **Intermediate** Workshop Sungod Arena					9:30 - 10:15 am **Academy 1 & 2** Off-Ice Class	9:30
7:15													9:45
7:30											10:00 - 10:45 am **CANSKATE**		10:00
7:45													10:15
8:00													10:30
8:15											FLOOD	10:45 - 11:45 am **Intermediate** Flexibility	10:45
8:30											11:00am - 12:00pm **Senior** Freeskate		11:00
8:45													11:15
9:00													11:30
	DAYTIME SESSIONS												11:45
1:00	1:00 - 2:00 pm **Competitive** Freeskate		1:00 - 2:00 pm **Competitive** Freeskate		1:00 - 2:00 pm **Competitive** Freeskate		1:00 - 2:00 pm **Competitive** Freekate **NDRC**		1:00 - 2:00 pm **Competitive** Freeskate		12:00 - 1:00 pm **Intermediate / Junior** Freeskate		12:00
1:15												12:15 - 1:15 pm **Senior** Flexibility Class	12:15
1:30													12:30
1:45													12:45
2:00	FLOOD		FLOOD		FLOOD		FLOOD		FLOOD				1:00
2:15	2:15 - 3:15 pm **Open Session**		2:15 - 3:15 pm **Open Session**		2:15 - 3:15 pm **Open Session**		2:15 - 3:15 pm **Open Session** **NDRC**		2:15 - 3:15 pm **Open Session**				1:15
2:30													1:30
2:45													
3:00													
3:15													
	AFTERSCHOOL SESSIONS												
3:15	FLOOD		3:15 - 4:15 pm **Intermediate** Freeskate		FLOOD				FLOOD				
3:30	3:30 - 4:00 pm **Jr.** Enrichment				3:30 - 4:30 pm **Senior** Freeskate				3:30 - 4:30 pm **Senior** Freeskate				
3:45		3:45 - 4:45 pm **Intermediate**								3:45 - 4:45 pm **Intermediate**			
4:00	4:00 - 4:45 pm **Junior** Freeskate												
4:15			4:15 - 5:00 pm **Academy 1, 2 & 3**										
4:30				4:30 - 5:15 pm **Intermediate**	**Sr.** Spin Patch				**Sr.** Spin Patch				
4:45	FLOOD				FLOOD				FLOOD				
5:00	5:00 - 5:45 pm **Int.** Enrichment	5:00 - 5:45 pm **Junior**	FLOOD		5:00 - 6:00 pm **Intermediate** Freeskate	5:00 - 6:00 pm **Senior**			5:00 - 6:00 pm **Intermediate** Freeskate	5:00 - 6:00 pm **Senior**			
5:15			5:15 - 6:00 pm **CANSKATE**	5:15 - 6:00 pm **Academy 1 & 2** Off-Ice Class									
5:30													
5:45	5:45 - 6:45 pm **Intermediate** Freeskate	5:45 - 6:45 pm **Senior**											
6:00			6:00 - 6:45 pm **CANSKATE**	6:00 - 6:45 pm **Senior**	6:00 - 6:45 pm **Junior** Freeskate				**Int.** Spin Patch				
6:15						6:15 - 7:15 pm **Intermediate**			6:15 - 7:00 pm **Academy 1, 2 & 3**	6:15 - 7:00 **Junior**			
6:30													
6:45	FLOOD		FLOOD						FLOOD				
7:00	7:00 - 8:00 pm **Senior** Freeskate		7:00 - 8:00 pm **Senior** Freeskate										
7:15						7:00 - 7:45 pm **Junior**			7:15 - 8:15 pm **Junior** Freeskate	7:15 - 8:00 pm **Academy 1 & 2** Off-Ice Class			
7:30													
7:45													
8:00	8:00 - 8:45 pm **Senior** Enrichment		FLOOD										
8:15			8:15 - 9:00 pm **Open Session**						**Jr.** Spin Patch				
8:30													
8:45													

OPEN SESSION STANDARDS:
Morning Opens - Star 1 +
Daytime Opens - Star 4 +
After School Opens - Star 5 +