SUNGOD SKATING CLUB SRING 2024 SCHEDULE
Tilbury Arena - April 01st to June 21st

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY		TIME
	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	
6:00						Held at					8:30 - 9:15 am		8:30
6:15			6:00 - 7:30 am			North Delta	6:00 - 7:30 am	For Thursday			ACADEMY		8:45
6:30			Open			Community	Thursday	Workshops					9:00
6:45			Session			Church	Workshops	refer to			9:15 - 10:00 am		9:15
7:00			2			(TBC)	plus	attached			CANSKATE	9:30 - 10:15 am	9:30
7:15							Ice Cardio	Workshops			3	ACADEMY	9:45
7:30								Schedule			10:00-10:45 am	OFF-ICE	10:00
											CANSKATE		10:15
											4		10:30
1:00					1:00 - 2:00 pm		1:00 - 2:00 pm				ICE CLEAN		10:45
1:15					Open		Open				11:00-12:00 pm	11:00-12:00pm	11:00
1:30					Session		Session				Senior	Intermediate	11:15
1:45					4		6				Freeskate	Off-Ice Class	11:30
2:00					ICE CLEAN		ICE CLEAN						11:45
2:15	2:15 - 3:15 pm		2:15 - 3:15 pm		2:15 - 3:15 pm		2:15 - 3:15 pm		2:15 - 3:15 pm		ICE CLEAN		12:00
2:30	Open		Open		Open		Open		Open		12:15 - 1:15 pm	12:15-1:15 pm	12:15
2:45	Session		Session		Session		Session		Session		Intermediate	Senior	12:30
3:00	1		3		5		7		9		Freeskate	Off-Ice Class	12:45
3:15	ICE CLEAN		ICE CLEAN						ICE CLEAN				1:00
3:30	3:30 - 4:00 PM		3:30 - 4:30 pm						3:30 - 4:30 pm		ICE CLEAN		1:15
3:45	JR. Enrich.	3:45 - 4:45 pm	Intermediate						Senior	3:45 - 4:45 pm	1:30 - 2:30 pm		1:30
4:00	4:00 - 4:45 pm	Intermediate	Freeskate			4:00 - 5:00 pm			Freeskate	Junior	Junior		1:45
4:15	Junior	Off-Ice Class				Senior				Off-Ice Class	Freeskate		2:00
4:30	Freeskate		4:30 - 5:15 pm			Off-Ice Class			Senior SPIN				2:15
4:45	ICE CLEAN		ACADEMY	4:45 - 5:30 pm		NDCC			ICE CLEAN		2:30 - 3:00 pm		2:30
5:00	5:00 - 6:00 pm	5:00 - 5:45 pm		Intermediate					5:00 - 6:00 pm	5:00 - 6:00 pm	Junior Enrich.		2:45
5:15	Intermediate	Junior	ICE CLEAN	Off-Ice Class	5:15 - 6:15 pm	5:15 - 6:15 pm			Junior	Senior			3:00
5:30	Freeskate	Off-Ice Class	5:30 - 6:15 pm	5:30 - 6:15 pm	Senior Mental	Intermediate			Freeskate	Off-Ice Class			
5:45			CANSKATE 1	ACADEMY	Wellness	Off-Ice Class							
6:00	6:00 - 6:30 pm			OFF-ICE	Workshop	NDCC			Junior SPIN				
6:15	Int. Enrich	6:15 - 7:15 pm	6:15 - 7:00 pm	6:15 - 7:00 pm	Please note				6:15 - 7:00 pm	6:15 - 7:00 pm			
6:30	6:30 - 7:15 pm	Senior	CANSKATE 2	Senior	the above	6:30 - 7:30 pm	6:40 - 7:25 pm	6:40 - 7:25 pm	ACADEMY	Intermediate			
6:45	Artistic	Off-Ice Class		Off-Ice Class	workshop is	Junior	Junior	Senior		Off-Ice Cass			
7:00	Skating		ICE CLEAN		an off-ice class	Off-Ice Class	Freeskate	Off-Ice Class	ICE CLEAN				
7:15	ICE CLEAN		7:15 - 8:15 pm		to be held at	NDCC	ICE CLEAN		7:15 - 8:15 pm	7:15 - 8:00 pm			
7:30	7:30 - 8:30 pm		Senior		NDRC		7:35 - 8:30 pm	7:35 - 8:20 pm	Intemediate	ACADEMY			
7:45	Senior		Freeskate				Senior	Junior	Freeskate	OFF-ICE			
8:00	Freeskate						Freeskate	Off-Ice Class					
8:15			8:15 - 9:00 pm				8:30 - 9:15 pm		8:15 - 8:45 pm				
8:30			Senior				Open Session		Int. Enrich				
8:45			Enrich.				8		& Spins				
9:00													