

SUNGOD SKATING CLUB - WINTER - TERM 2 - SCHEDULE - Monday 08th January to Friday 15th March 2024

TIME	North Delta RC		Sungod Arena		Sungod Arena		Sungod Arena & NDRC		Sungod Arena		Sungod Arena	
	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											8:30 - 9:15 am Academy & Pre-CANSKATE	
6:15											9:15 - 10:00 am CANSKATE	9:30 - 10:15 am Academy 1 & 2 Off-Ice Class
6:30											10:00 - 10:45 am CANSKATE	
6:45												
7:00			7:00 - 8:00 am Development Workshop NEW				7:00 - 8:00 am Development Workshop NEW					
7:15												
7:30												
7:45												
8:00												
8:15											FLOOD	10:45 - 11:45 am Intermediate Flexibility
8:30											11:00am - 12:00pm Senior Freeskate	
8:45												
9:00												
DAYTIME SESSIONS												
1:00							1:00 - 2:00 pm Competitive Freerate NDRC				12:00 - 1:00 pm Intermediate / Junior Freeskate	12:15 - 1:15 pm Senior Flexibility Class
1:15												
1:30												
1:45												
2:00	FLOOD		FLOOD		FLOOD		FLOOD		FLOOD			
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			
2:30	Open Session		Open Session		Open Session		Open Session NDRC		Open Session			
2:45												
3:00												
3:15												
AFTERSCHOOL SESSIONS												
3:15	FLOOD		3:15 - 4:15 pm Senior Freeskate NEW		FLOOD		3:30 - 4:30 pm Senior Freeskate		FLOOD		3:30 - 4:30 pm Senior Freeskate	3:45 - 4:45 pm Intermediate
3:30	3:30 - 4:00 pm				3:30 - 4:30 pm				3:30 - 4:30 pm			
3:45	Jr. Enrichment	3:45 - 4:45 pm			Senior Freeskate				Senior Freeskate			
4:00	4:00 - 4:45 pm	Intermediate	4:15 - 5:00 pm Academy 1, 2 & 3		Sr. Spin Patch				Sr. Spin Patch			
4:15	Junior Freeskate			4:30 - 5:15 pm Senior NEW	FLOOD				FLOOD			
4:30					5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm	
4:45	FLOOD				Intermediate Freeskate				Intermediate Freeskate		Senior	
5:00	5:00 - 5:45 pm	5:00 - 5:45 pm										
5:15	Int. Enrichment	Junior	5:15 - 6:00 pm CANSKATE	5:15 - 6:00 pm Academy 1 & 2 Off-Ice Class	Intermediate Freeskate				Intermediate Freeskate		Senior	
5:30												
5:45	5:45 - 6:45 pm	5:45 - 6:45 pm										
6:00	Intermediate Freeskate	Senior	6:00 - 6:45 pm CANSKATE	6:00 - 6:45 pm Intermediate NEW	6:00 - 6:45 pm Junior Freeskate		6:15 - 7:15 pm Intermediate		Int. Spin Patch			
6:15									6:15 - 7:00 pm Academy 1, 2 & 3		6:15 - 7:00 Junior	
6:30												
6:45	FLOOD								FLOOD			
7:00	7:00 - 8:00 pm											
7:15	Senior Freeskate						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											
8:15	Senior Enrichment								Jr. Spin Patch			
8:30			8:00 - 9:00 pm Artistic Skating									

OPEN SESSION STANDARDS:
Morning Opens - Star 1 +
Daytime Opens - Star 2 +

8:45

NEW

TIME
8:30
8:45
9:00
9:15
9:30
9:45
10:00
10:15
10:30
10:45
11:00
11:15
11:30
11:45
12:00
12:15
12:30
12:45
1:00
1:15
1:30

