SUNGOD SKATING CLUB - SUMMER 2022
8 Weeks: June 27th to August 19th
Tilbury Arena (AMENDED ON THURSDAY 23RD JUNE 2022)

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
TIME	**On Ice**	**Off-Ice**	**On Ice**	**Off-Ice**	**On Ice**	**Off-Ice**	**On Ice**	**Off-Ice**	**On Ice**	**Off-Ice**	**TIME**
8:00							**PLEASE NOTE CHANGES TO START TIMES FOR SENIOR, COMPETITIVE, INTERMEDIATE AND ACADEMY SESSIONS. ALL SESSIONS IN THESE GROUPINGS HAVE BEEN PUSHED 1 HOUR LATER IN THEIR START TIMES.**				8:00
8:15	8:15 - 9:15 am Competitive Freeskate		8:15 - 9:15 am Competitive Freeskate		8:15 - 9:15 am Competitive Freeskate				8:15 - 9:15 am Competitive Freeskate		8:15
8:30											8:30
8:45											8:45
9:00											9:00
9:15	FLOOD		FLOOD		FLOOD				FLOOD		9:15
9:30	9:30 - 10:30 am Senior Freeskate		9:30 -10:00 am Senior Enrichment		9:30 - 10:30 am Senior Freeskate				9:30 - 10:30 am Senior Freeskate	9:30 - 10:30 am Intermediate Off-Ice **Technical Jump**	9:30
9:45											9:45
10:00		10:00 - 11:00 am Intermediate Off-Ice **Performance Class**	10:00 - 11:00 am Senior Freeskate	10:00 - 11:00 am Intermediate Off-Ice **Cardio Class**				10:00 - 11:00 am Senior Off-Ice **Technical Jump**			10:00
10:15											10:15
10:30	10:30 - 11:00 am Senior Power				10:30 - 11:00 am Senior Spin				FLOOD		10:30
10:45									10:45 - 11:45 am Intermediate Freeskate	10:45 - 11:45 am Senior Off-Ice **Power & Circuits**	10:45
11:00	FLOOD		FLOOD		FLOOD						11:00
11:15	11:15am - 12:15pm Intermediate Freeskate	11:15 - 12:15 pm Senior Off-Ice **Performance Class**	11:15 - 11:45 am Int. Enrichment	11:15 - 12:15 pm Senior Off-Ice **Cardio Class**	11:15am - 12:15pm Intermediate Freeskate	11:15 - 12:15 pm Senior Off-Ice **Flexibility**	11:15 - 11:45 am Senior Enrichment				11:15
11:30											11:30
11:45			11:45 - 12:45 pm Intermediate Freeskate				11:45 - 12:45 pm Senior Freeskate		FLOOD		11:45
12:00									12:00 - 1:00 pm Open Session **NEW**		12:00
12:15	12:15 - 12:45 pm Intermediate Power				12:15 - 12:45 pm Intermediate Spin						12:15
12:30											12:30
12:45	FLOOD		FLOOD		FLOOD		FLOOD				12:45
1:00	1:00 - 2:00 pm Open Session		1:00 - 2:00 pm Open Session		1:00 - 2:00 pm Junior Freeskate	1:00 - 2:00 pm Intermediate Off-Ice **Strength & Power**	1:00 - 2:00 pm Competiive Freeskate				1:00
1:15										1:15 - 2:15 pm Junior Off-Ice **Conditioning** **CANCELLED**	1:15
1:30											1:30
1:45											1:45
2:00	FLOOD		FLOOD		2:00 - 2:30 pm Junior Enrichment		FLOOD				2:00
2:15	2:15 - 3:15 pm Junior Freeskate		2:15 - 2:45 pm Junior Enrichment				2:15 - 2:45 pm Int. Enrichment				2:15
2:30					FLOOD						2:30
2:45			2:45 - 3:45 pm Junior Freeskate	2:45 - 3:30 pm ACADEMY OFF-ICE	2:45 - 3:30 pm ACADEMY	2:45 - 3:45 pm Junior Off-Ice **Balance & Stability**	2:45 - 3:45 pm Intermediate Freeskate				2:45
3:00											3:00
3:15	3:15 - 3:45 pm Junior Enrichment										3:15
3:30											3:30
3:45			3:45 - 4:30 pm ACADEMY			3:45 - 4:30 pm ACADEMY OFF-ICE	FLOOD				3:45
4:00		4:00 - 5:00 pm Junior Off-Ice **Performance Class**		4:00 - 5:00 pm Junior Off-Ice **Technical Jump**			4:00 - 4:45 pm ACADEMY	4:00 - 4:45 pm Intermediate **Flexibility**			4:00
4:15											4:15
4:30			FLOOD								4:30
4:45			4:45 - 5:30 CANSKATE				FLOOD				4:45
5:00							5:00 - 5:30 pm Junior Enrichment	5: 00 - 5:45 pm ACADEMY OFF-ICE			5:00
5:15											5:15
5:30			5:30 - 6:15 pm CANSKATE				5:30 - 6:30 pm Junior Freeskate				5:30
5:45											5:45
6:00											6:00
6:15											6:15
6:30							6:30 - 7:15 pm CANSKATE				6:30
6:45								6:45 - 7:45 pm Junior Off-Ice **Technical Jump**			6:45
7:00											7:00
7:15							7:15 - 8:00 pm CANSKATE				7:15
7:30											7:30
7:45											7:45
8:00											8:00
8:15											8:15
8:30											8:30