

North Delta RC		Sungod Arena		North Delta RC		Sungod Arena & NDRC		Sungod Arena		Sungod Arena		Sungod Arena		TIME
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		
	MORNING SESSIONS										WEEKEND SESSIONS			
6:00			6:00 - 7:00 am				6:00 - 7:00 am				8:30 - 9:15 am		8:30	
6:15			Open Session				Open Session				Academy &		8:45	
6:30			3				7				Pre-CANSKATE		9:00	
6:45											9:15 - 10:00 am		9:15	
7:00			7:00 - 8:00 am				7:00 - 8:00 am				CANSKATE		9:30 - 10:15 am	9:30
7:15			Foundation				Development						Academy 1 & 2	9:45
7:30			Workshop				Workshop				10:00 - 10:45 am		Off-Ice Class	10:00
7:45			Junior				Intermediate				CANSKATE			10:15
8:00														10:30
8:15											FLOOD		10:45 - 11:45 am	10:45
8:30			11:00am - 12:00pm	Development	11:00									
8:45			Advanced Dev. &	Off-Ice Class	11:15									
9:00			High-Performance		11:30									
	DAYTIME SESSIONS												11:45	
1:00	1:00 - 2:00 pm		1:00 - 2:00 pm		1:00 - 2:00 pm		1:00 - 2:00 pm		1:00 - 2:00 pm		12:00 - 1:00 pm		12:00	
1:15	Open Session		Open Session		Open Session		Open Session		Foundation &		12:15 - 1:15 pm		12:15	
1:30	1		4		6		8		Development		Advanced		12:30	
1:45							NDRC		Enrichment		Development		12:45	
2:00	FLOOD		FLOOD		FLOOD		FLOOD				Off-Ice Class		1:00	
2:15	2:15 - 3:15 pm		2:15 - 3:15 pm		2:15 - 3:15 pm		2:15 - 3:15 pm						1:15	
2:30	Open Session		Open Session		High-Performance		High-Performance				1:00 - 2:00 pm		1:00	
2:45	2		5		Freeskate		Freeskate				High-Performance		1:15	
3:00											Off-Ice Class		1:30	
3:15											At Gym		1:45	
	AFTERSCHOOL SESSIONS													
3:15	FLOOD		3:15 - 4:15 pm		FLOOD				FLOOD					
3:30	3:30 - 4:30 pm		3:30 - 4:30 pm		High-Performance				3:30 - 4:30 pm		3:30 - 4:30 pm		AD. Dev. Enrich	
3:45	Foundation		Development		Freeskate				Advanced		High-Performance		3:45 - 4:45 pm	
4:00	Freeskate		Off Ice Class						Development		Off-Ice Class		Development	
4:15					4:15 - 5:00 pm				Freeskate				Off-Ice Class	
4:30	FLOOD				Academy 1, 2				Sr. Spin Patch					
4:45	4:45 - 5:45 pm		4:45 - 5:45 pm		& 3				FLOOD					
5:00	Development		Foundation		FLOOD				5:00 - 6:00 pm		5:00 - 6:00 pm			
5:15	Freeskate		Off Ice Class		5:15 - 6:00 pm				Development		Advanced			
5:30					CANSKATE				Freeskate		Development			
5:45	FLOOD	5:45 - 6:45 pm	Off-Ice Class	Academy 1 & 2	Off-Ice Class									
6:00	6:00 - 7:00 pm	High-Performance	6:00 - 6:45 pm	6:00 - 6:45 pm										
6:15	Advanced	Off Ice Class	CANSKATE	Development										
6:30	Development			Off-Ice Class	6:15 - 7:00 pm	6:15 - 7:00								
6:45	Freeskate		FLOOD	6:45 - 7:45 pm	Foundation	Foundation								
7:00	7:00 - 7:30 pm		7:00 - 8:00 pm	Advanced										
7:15	AD. Dev. Enrich.		Freeskate	Development	7:00 - 7:45 pm									
7:30	FLOOD		Freeskate	Off-Ice Class	Off-Ice Class									
7:45	7:45 - 8:45 pm	7:45 - 8:45 pm												
8:00	High-Performance	Advanced	8:00 - 9:00 pm											
8:15	Freeskate	Development	Advanced											
8:30		Off Ice Class	Development											
8:45			Freeskate											