SUNGOD SKATING CLUB - FALL & WINTER 2024 - TERM 1 - SCHEDULE - Tuesday 03rd September to Friday 20th December

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 3				6:00 - 7:00 am Open Session 8				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 **Development Workshop** Senior				7:00 - 8:00 am **Development Workshop** Intermediate					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 **Open Session** 1		1:00 - 2:00 pm **Open Session** 4		1:00 - 2:00 pm **Open Session** 6		1:00 - 2:00 pm **Open Session** 9 **NDRC**		1:00 - 2:00 pm **Open Session** 11		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		2:15 - 3:15 pm **Open Session** 5		2:15 - 3:15 pm **Open Session** 7		2:15 - 3:15 pm **Open Session** 10 **NDRC**		2:15 - 3:15 pm **Open Session** 12				1:15
2:30													1:30
2:45													
3:00													
3:15													
	AFTERSCHOOL SESSIONS												
3:15	FLOOD		3:15 - 4:15 pm **Senior** 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 **Senior**	**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 **Intermediate**	6:00 - 6:45 pm **Junior** Freeskate				**Int.** Spin Patch				
6:15						6:15 - 7:00 pm **Intermediate**			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 **Senior** Freeskate		7:00 - 8:00 pm **Intermediate** Freeskate			7:00 - 7:45 pm **Junior**			FLOOD				
7:15									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		8:00 - 9:00 pm **Artistic Skating**										
8:15									**Jr.** Spin Patch				
8:30													
8:45													