SUNGOD SKATING CLUB - FALL / WINTER - TERM 1 - SCHEDULE - Tuesday 06th September to Friday 16th December 2022

	NDRC		SUNGOD		SUNGOD		AM = Sungod	PM = NDRC	SUNGOD		SUNGOD		
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 Open Session				6:00 - 7:00 am Open Session				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 Junior Workshop			6:45 - 7:45 am Competitive Team Dryland Jump	7:00 - 8:00 am Intermediate Workshop					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					8:00 - 9:00 am Competitive Team Freeskate								10:30
8:15											FLOOD	10:45 - 11:45 am StarSkate Off-Ice Class	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 Competitive Team Freeskate		1:00 - 2:00 pm Competitive Team Freeskate		1:00 - 2:00 pm Competitive Team Freeskate		1:00 - 2:00 pm Competitive Team Freeskate		1:00 - 2:00 pm Competitive Team Freeskate		12:00 - 1:00 pm StarSkate Open Session		12:00
1:15												12:15 - 1:15 pm Senior Off-Ice 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		2:15 - 3:15 pm Open Session		2:15 - 3:15 pm Open Session		2:15 - 3:15 pm Open Session		2:15 - 3:15 pm Open Session				1:15
2:30													1:30
2:45													
3:00													
3:15													
	AFTERSCHOOL SESSIONS												
3:15	FLOOD		3:15 - 4:15 pm		FLOOD				FLOOD				
3:30	3:30 - 4:00 pm		Intermediate		3:30 - 4:30 pm				3:30 - 4:30 pm				
3:45	Jr. Enrichment	3:45 - 4:45 pm	Freeskate		Senior				Senior	3:45 - 4:45 pm			
4:00	4:00 - 4:45 pm	Intermediate			Freeskate				Freeskate	Intermediate			
4:15	Junior	Off-Ice Class	4:15 - 5:00 pm							Off-Ice Class			
4:30	Freeskate		Academy 1, 2	4:30 - 5:15 pm	FLOOD				Sr. Spin Patch				
4:45	FLOOD		& 3	Intermediate	4:45 - 5:45 pm	4:45 - 5:45 pm			FLOOD				
5:00	5:00 - 5:30 pm	5:00 - 5:45 pm	FLOOD	Off-Ice Class	Intermediate	Senior			5:00 - 6:00 pm	5:00 - 6:00 pm			
5:15	Int. Enrichment	Junior	5:15 - 6:00 pm	5:15 - 6:00 pm	Freeskate	Off-Ice Class			Intermediate	Senior			
5:30	5:30 - 6:30 pm	Off--Ice Class	CANSKATE	Academy 1 & 2					Freeskate	Off-Ice Class			
5:45	Intermediate	5:45 - 6:30 pm		Off-Ice Class	5:45 - 6:45 pm								
6:00	Freeskate	Senior	6:00 - 6:45 pm	6:00 - 6:45 pm	Junior	6:00 - 7:00 pm			Int. Spin Patch				
6:15		Off-Ice Class	CANSKATE	Senior	Freeskate	Intermediate			6:15 - 7:00 pm	6:15 - 7:00			
6:30	FLOOD			Off-Ice Class		Off-Ice Class			Academy 1, 2	Junior			
6:45	6:45 - 7:45 pm		FLOOD						& 3	Off-Ice Class			
7:00	Senior		7:00 - 8:00 pm			7:00 - 7:45 pm			FLOOD				
7:15	Freeskate		Senior			Junior			7:15 - 8:15 pm	7:15 - 8:00 pm			
7:30			Freeskate			Off-Ice Class			Junior	Academy 1 & 2			
7:45	7:45 - 8:30 pm								Freeskate	Off-Ice Class			
8:00	Senior		FLOOD										
8:15	Enrichment		8:15 - 9:00 pm						Jr. Spin Patch				
8:30			Open Session										
8:45			Star 4+										