



SUMMER CAMP 2020 - REVISED
Weeks 4, 5, 6 (July 27 - August 14, 2020)

Weeks 4					MILLWOODS ARENA B				
July 27-31 at Millwoods B									
Schedule notes: Friday July 31 has time change									
MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
NOTE: If raining in the morning, please warm up at home / Check in will be 1/2 hr prior to session starting									
10:00-10:30 - Check in & Warm up Sr A Sr B Int A	10:00-10:30 - Check in & Warm up Sr A Sr B Int A		10:00-10:30 - Check in & Warm up Sr A Sr B Int A		10:00-10:30 - Check in & Warm up Sr A Sr B Int A		8:30-9:00 - Check in & Warm up Sr A Sr B Int A		
10:45-11:00 - Spins Sr A Sr B Int A	10:45-11:30 - Freeskiate Sr A Sr B Int A		10:45-11:00 - Spins Sr A Sr B Int A		10:45-11:30 - Freeskiate Sr A Sr B Int A		9:15-9:45 - Dance/Skills Sr A Sr B Int A		
11:00-11:45 - Freeskiate Sr A Sr B Int A	11:30-12:00 - Dance/Skills Sr A Sr B Int A		11:00-11:45 - Freeskiate Sr A Sr B Int A		11:30-12:00 - Dance/Skills Sr A Sr B Int A		9:45-10:30 - Freeskiate Sr A Sr B Int A		
11:45-12:00 - FLOOD		12:00-12:15 - FLOOD		11:45-12:00 - FLOOD		12:00-12:15 - FLOOD		10:30-11:00 - Spins Sr A Sr B Int A	
NOTE: If raining in the morning, please warm up at home / Check in will be 1/2 hr prior to session starting									
11:15-11:45 - Check in & Warm up Int B Jr	11:30-12:00 - Check in & Warm up Int B Jr		11:15-11:45 - Check in & Warm up Int B Jr		11:30-12:00 - Check in & Warm up Int B Jr		11:00-11:45 - Freeskiate Sr A Sr B Int A		
12:00-12:15 - Spins Sr A/B Int A Int B Jr	12:15-1:00 - Freeskiate Sr A/B Int A Int B Jr		12:00-12:15 - Spins Sr A/B Int A Int B Jr		12:15-1:00 - Freeskiate Sr A/B Int A Int B Jr		11:45-12:00 - Cardio Sr A Sr B Int A		
12:15-1:00 - Freeskiate Sr A/B Int A Int B Jr	1:00-1:30 - Enrichment Sr A/B Int A Int B Jr		12:15-1:00 - Freeskiate Sr A/B Int A Int B Jr		1:00-1:30 - Enrichment Sr A/B Int A Int B Jr				
1:00-1:30 - Enrichment Sr A/B Int A Int B Jr	1:30-2:00 - Spins / Edges Int B Jr		1:00-1:30 - Enrichment Sr A/B Int A Int B Jr		1:30-2:00 - Spins / Edges Int B Jr				
	2:00-2:30 - Dance/Skills Int B Jr				2:00-2:30 - Dance/Skills Int B Jr				
OFF - ICE									
1:45-2:45 Sr A Sr B Int A	1:45-2:45 Sr A Sr B Int A		1:45-2:45 Sr A Sr B Int A		1:45-2:45 Sr A Sr B Int A		12:15-1:15 Sr A Sr B Int A		
1:45-2:45 Int B Jr	2:45-3:45 Int B Jr		1:45-2:45 Int B Jr		2:45-3:45 Int B Jr				

WEEK 5 AUGUST 3-7					THE MEADOWS, MILLWOODS ARENA A					
Mon, Tues, Wed, Fri at Meadows West					Thurs at Millwoods A					
MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY					
NOTE: If raining in the morning, please warm up at home / Check in will be 1/2 hr prior to session starting										
	10:00-10:30 - Check in & Warm up Sr A Sr B Int A	10:00-10:30 - Check in & Warm up Sr A Sr B Int A		10:00-10:30 - Check in & Warm up Sr A Sr B Int A	9:00-9:30 - Check in & Warm up Sr A Sr B Int A					
	10:45-11:30 - Freeskiate Sr A Sr B Int A	10:45-11:00 - Spins Sr A Sr B Int A		10:45-11:30 - Freeskiate Sr A Sr B Int A	9:45-10:15 - Dance/Skills Sr A Sr B Int A					
	11:30-12:00 - Dance/Skills Sr A Sr B Int A	11:00-11:45 - Freeskiate Sr A Sr B Int A		11:30-12:00 - Dance/Skills Sr A Sr B Int A	10:15-11:00 - Freeskiate Sr A Sr B Int A					
	12:00-12:15 - FLOOD		11:45-12:00 - FLOOD		12:00-12:15 - FLOOD		11:00-11:15 - Spins Sr A Sr B Int A			
	NOTE: If raining in the morning, please warm up at home / Check in will be 1/2 hr prior to session starting									
	11:30-12:00 - Check in & Warm up Int B Jr	11:15-11:45 - Check in & Warm up Int B Jr		11:30-12:00 - Check in & Warm up Int B Jr	11:15-12:00 - Freeskiate Sr A Sr B Int A					
	12:15-1:00 - Freeskiate Sr A/B Int A Int B Jr	12:00-12:15 - Spins Sr A/B Int A Int B Jr		12:15-1:00 - Freeskiate Sr A/B Int A Int B Jr	12:00-12:15 - Cardio Sr A Sr B Int A					
	1:00-1:30 - Enrichment Sr A/B Int A Int B Jr	12:15-1:00 - Freeskiate Sr A/B Int A Int B Jr		1:00-1:30 - Enrichment Sr A/B Int A Int B Jr						
	1:30-2:00 - Spins / Edges Int B Jr	1:00-1:30 - Enrichment Sr A/B Int A Int B Jr		1:30-2:00 - Spins / Edges Int B Jr						
	2:00-2:30 - Dance/Skills Int B Jr				2:00-2:30 - Dance/Skills Int B Jr					
OFF - ICE										
	1:45-2:45 Sr A Sr B Int A	1:45-2:45 Sr A Sr B Int A		1:45-2:45 Sr A Sr B Int A	12:30-1:30 Sr A Sr B Int A					
	2:45-3:45 Int B Jr	1:45-2:45 Int B Jr		2:45-3:45 Int B Jr						

WEEK 6 AUGUST 10-14					MILLWOODS ARENA				
Monday, Wednesday, Thursday at Millwoods A			Tuesday, Friday at Millwoods B						
Schedule notes: Start and end times vary this week; No INT B on Thursday									
MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
3:45-4:30 - Freeskiate Sr A Sr B Int A	3:45-4:30 - Freeskiate Sr A Sr B Int A		3:30-4:15 - Freeskiate Sr A Sr B		3:00-3:45 - Freeskiate Sr A Sr B		3:45-4:30 - Freeskiate Sr A Sr B Int A Int B		
4:30-5:00 Enrichment Sr A Sr B Int A Int B	4:30-5:00 Enrichment Sr A Sr B Int A Int B		4:15-4:30 - FLOOD		3:45-4:00 - Enrichment Sr A Sr B Int A		4:15-4:30 - Spins Sr A Sr B Int A Int B		
5:00-5:45 Freeskiate Sr A Sr B Int A Int B	5:00-5:45 Freeskiate Sr A Sr B Int A Int B		4:15-5:00 - Freeskiate Sr A Sr B Int A Int B		4:00-4:45 - Open Sr A Sr B Int A		4:30-5:00 - Enrichment Sr A Sr B Int A Int B		
			5:00-5:30 - Enrichment Sr A Sr B Int A Int B						
OFF - ICE									
6:00-7:00 Sr A Sr B	6:00-7:00 Sr A Sr B		5:45-6:30 Sr A Sr B		5:00-5:45 Sr A Sr B Int A		5:15-6:15 Sr A Sr B		
6:00-6:45 Int A Int B	6:00-6:45 Int A Int B		5:45-6:30 Int A Int B				5:15-6:00 Int A Int B		