



2020-2021 FALL/WINTER SCHEDULE September 1 - April 30

Updated Sept 26, 2020

| Monday Meadows W | Tuesday | | Wednesday Kinsmen |
|--|---|---|--|
| | Mill Woods B | Mill Woods A | |
| 4:00-4:45 - Freeskate Int A Int B | 4:00-5:00 - Freeskate Sr Int A | 4:00-4:30 - Freeskate Int B Jr | 4:00-5:00 - Freeskate Sr Int A |
| 4:45-5:15 - Enrichment Sr Int A Int B | 5:00-5:30 - Components w/ Jadene Sr Int A | 4:30-5:00 - Components w/ Jadene Int B Jr | Flood |
| Flood | Flood | | 5:15-5:30 - Spins Sr Int A |
| 5:30-6:15 - Freeskate Sr | 5:45-6:30 - Dance/Skills Sr Int A | | 5:30-6:00 - Enrichment Sr Int A |
| 6:15-6:30 - Spins Sr | 6:30-7:15 (October) Canskate | | 6:00-6:45 Canskate |
| 6:30-7:15 Canskate | | 6:30 - 7:30 Jr Academy | 6:45-7:30 - Freeskate/Dance Int B Jr |
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| OFF-ICE Zoom | | | |
| 6:30-7:00 - Dance/Ballet Int A Int B | 7:45-8:15 - Jumps/Rotation Sr Int A | 4:30-5:00 Jr Academy | 4:30-5:00 - Strength/Conditioning Int B Jr |
| 7:30-8:00 - Dance/Ballet Sr | | 6:30-7:00 - Jumps/Rotation Int B Jr | 7:15-7:45 - Strength/Conditioning Sr Int A |

| Thursday Mill Woods B | Friday Meadows W | Saturday Mill Woods B | Sunday Meadows |
|---|--|--|--|
| 4:00-4:45 - Freeskate Sr Int A Int B Jr | 4:00-5:00 - Freeskate Sr Int A | 9:15-9:45 - Enrichment Int B Jr | 1:30-2:15 Jr Academy |
| 4:45 - 5:00 - Spins Sr Int A Int B Jr | 5:00-5:30 - Enrichment Sr Int A | 9:45-10:30 - Freeskate Int B Jr | 2:15-3:00 CanSkate A |
| Flood | 5:30-5:45 - Spins Sr Int A Int B | 10:30-11:15 - Dance/Skills Sr Int A Int B | Flood |
| 5:15-5:45 - Enrichment Sr Int A Int B | Flood | 11:15-12:00 - Freeskate Sr Int A | 3:15-4:00 CanSkate B |
| 5:45-6:30 - Freeskate Int A Int B | 6:00-6:45 - Freeskate Int B Jr | Flood | 4:00-4:45 CanSkate C |
| | 6:45-7:15 - Enrichment Int B Jr | 12:15-1:00 - Freeskate Sr Int A | Flood |
| | 7:15 - 8:00 - Performance Day Groups Rotate (Open Ice to all) | Flood | 5:00-5:45 (January) Adv CanSkate, STAR Prep |
| | | 1:15-2:00 CanSkate | |
| | | Flood | |
| | | 2:15-3:00 (January) CanSkate | |
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| OFF -ICE Zoom | | | |
| 7:00-7:30 - Jumps Sr | 4:15-4:45 - Dance Jr | | 3:00-3:30 Junior Academy |
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