



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

Monday Meadows W	Tuesday Mill Woods B Mill Woods A		Wednesday Kinsmen
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 - Powerskating Hockey Skills		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
OFF-ICE Zoom	OFF-ICE Zoom	OFF-ICE Zoom	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 - Open Sr Int A Int B Jr	Flood	5:00-5:45 (January) Adv CanSkate, STAR Prep
Mill Woods A		1:15-2:00 Canskate	
6:00-6:45 Canskate		Flood	
		2:15-3:00 (January) Canskate	
OFF-ICE Zoom	OFF-ICE Zoom	OFF-ICE Zoom	OFF-ICE Zoom
7:00-7:30 - TBA Sr	4:15-4:45 - Jumps Jr		3:00-3:30 Junior Academy