Sundays Winter Session | Blue Line Arena

Time	Discipline
1:45 – 1:55	**Off Ice –Diamond Synchro**
2:00 – 2:25	**Diamond Synchro**
2:10 – 2:20	**Off Ice – F2+ Skater not in Synchro**
2:25 – 2:50	**F2 + Edging & Power**
2:50 – 3:00	**F2+ Jumps & Spins**
3:00– 3:15	**F2+ Group/Individual Lessons***
	Alex Individual Lesson
	Allison Individual Lesson
	Jaycie Individual Lesson
	Sydney G Individual Lesson
	Kayla F Individual Lesson
3:15– 3:30	**F2+ Group/Individual Lessons***
	Naomi Individual Lesson
	April Individual Lesson
	Lilly Individual Lesson
	Ella Individual Lesson
	Amber Individual Lesson
3:30– 3:45	**F2+ Group/Individual Lessons***
	Rebecca Individual Lesson
	Bailey Individual Lesson
	Aubree Individual Lesson
	Azalea Individual Lesson
3:45 - 4:15	**Basic 4 – F1 & TBARS Edging & Power**
4:15 - 4:30	**Resurface**
4:30 - 5:00	**Basic 4 Class**
	Basic 5 Class
	Basic 6 Class
	Practice Ice for Pre-Freeskate, F1, TBARS
5:00 – 5:30	**Pre-Freeskate Class**
	Freeskate 1 Class
	TBARS Class
	Practice Ice for Basic 4-6
5:30 – 6:00	**AIM, Intro to Synchro Theatre on Ice**
6:00 - 6:30	**Low Ice**
6:30 - 7:00	**High Ice**

**May have a small group lesson instead of an individual lesson on occasion.*

Sundays Winter Session | Cardinal Arena

Time	Discipline
4:00 – 4:30	**Beginning Skating & Beginning Hockey Skating**
	Snowplow Sam 1 Class
	Snowplow Sam 2 Class
	Basic 1 Class
	Hockey 1
	Practice Ice Snowplow 3, B2, B3, Hockey 2-4
4:30 – 5:00	**Snowplow Sam 3 Class**
	Basic 2 Class
	Basic 3 Class
	Hockey 2-4 Class
	Practice Ice Beginning Skaters, Snowplow 1-2,
	Basic 1, Hockey 1