

SUNGOD SKATING CLUB - FALL & WINTER 2018/2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY	
NDRC		SUNGOD ARENA		SUNGOD ARENA		SUNGOD ARENA		SUNGOD ARENA		SUNGOD ARENA	
On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice
		6:00 - 7:30 am Open Session				6:00 - 7:00 am Open Session				8:30 - 9:15 am JSA & PRE-STAR PRE-CANSKATE	
						7:00 - 8:00 am Intermediate Directors Workshop				9:15 - 10:00 am CANSKATE	9:30 - 10:15 am JSA & PRE-STAR Off Ice
										10:00 - 10:45 am CANSKATE	
12:45 - 1:45 pm Elite Freeskate		12:45 - 1:45 pm Elite Freeskate		12:45 - 1:45 pm Elite Freeskate		1:15 - 2:15 pm Elite Freeskate NDRC		12:45 - 1:45 pm Elite Freeskate		FLOOD	
FLOOD		FLOOD		FLOOD		FLOOD		FLOOD		11:00 am - 12:00 pm Star 5 + Freeskate	
2:00 - 3:00 pm Open Session		2:00 - 3:00 pm Open Session		2:00 - 3:00 pm Open Session		2:30 - 3:30 pm Open Session NDRC		2:00 - 3:00 pm Open Session		12:00 - 1:00 pm Star 2 + Freeskate	12:15 - 1:15 pm Star 5 + Off Ice
3:30 - 4:00 pm Junior Enrichment	3:45 - 4:45 pm Intermediate Off Ice	3:30 - 4:15 pm Junior Freeskate		3:30 - 4:00 pm Int. Enrichment			3:45 - 4:45 pm Senior Dryland Jump Location TBD	3:30 - 4:30 pm Senior Freeskate	3:45 - 4:45 pm Intermediate Off Ice		1:15 - 2:15 pm Star 2 + Off Ice
4:00 - 4:45 pm Junior Freeskate		FLOOD		4:00 - 4:45 pm Intermediate Freeskate			4:45 - 5:45 pm Intermediate Dryland Jump Location TBD	Senior Spins			
FLOOD		4:30 - 5:15 pm JSA & SSA PRE-STAR	4:30 - 5:30 pm Junior Off Ice	FLOOD				FLOOD			
5:00 - 5:30 pm Int. Enrichment		5:15 - 6:00 pm CANSKATE	5:30 - 6:15 pm JSA & PRE-STAR Off Ice	5:00 - 6:00 pm Senior Freeskate	5:00 - 6:00 pm Intermediate Off Ice			5:00 - 6:00 pm Intermediate Freeskate	5:00 - 6:00 pm Senior Off Ice		
5:30 - 6:30 pm Intermediate Freeskate	5:30 - 6:30 pm Senior Off Ice	6:00 - 6:45 pm CANSKATE		6:00 - 6:45 pm Senior Enrichment				INT. Spins	6:00 - 7:00 pm Junior Off Ice		
FLOOD		FLOOD						6:15 - 7:00 pm JSA & SSA PRE-STAR			
6:45 - 7:45 pm Senior Freeskate		7:00 - 8:00 pm Star 5 + Freeskate			7:00 - 8:00 pm Senior Off Ice			FLOOD			
7:45 - 8:30 pm Senior Enrichment		8:00 - 9:00 pm CLUB ICE						7:15 - 8:00 Junior Freeskate	7:15 - 8:00 pm JSA & PRE-STAR Off Ice		
								8:00 - 8:30 pm Junior Enrich.			
*NO SKATING SUNDAY NOVEMBER 18, 2018											