

**SUNGOD SKATING CLUB SUMMER 2019 SCHEDULE - NORTH DELTA RECREATION CENTRE ( July 02nd - August 09th 2019: WEEKS 1 - 6 )**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE
	9:15 - 10:15 am Competitive Theory Weeks 3 - 7	9:15 - 10:15 am Competitive Free Invitation by DP only		9:15 - 10:15 am Competitive Free Invitation by DP only		9:15 - 10:15 am Competitive Free Invitation by DP only		9:15 - 10:15 am Senior A Freeskate	
		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>	
10:30 - 11:30 am Senior A Freeskate		10:30 - 11:30 am Senior A Freeskate	10:30 - 11:30 am Senior B Off Ice	10:30 - 11:30 am Senior A Freeskate	10:30 - 11:30 am Senior B Off Ice	10:30 - 11:30 am Senior A Freeskate	10:30 - 11:30 am Senior B Off Ice	10:30 - 11:30 am Pre- Juv. & Below Freeskate	10:30 - 11:30 am Senior A 60 minutes
<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>	
11:45am - 12:45pm Senior A Freeskate		11:45 am - 12:30 pm Senior A & B Enrich.		11:45 am - 12:30 pm Senior A & B Enrich.		11:45 am - 12:30 pm Senior A & B Enrich.		11:45 am - 12:45 pm Open Session	11:45am - 12:30 pm Competitive Video Analysis
		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>			<b>From week 2 - 6</b>
12:45 - 1:45 pm Senior B Freeskate	1:00 - 2:00 pm Senior A Off Ice	12:45 - 1:45 PM Senior B Freeskate	12:45 - 1:45 pm Senior A Off Ice	12:45 - 1:45 PM Senior B Freeskate	12:45 - 1:45 pm Senior A Off Ice	12:45 - 1:45 PM Senior B Freeskate	12:45 - 1:45 pm Senior A Off Ice		
<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>			
2:00 - 2:30 pm Intermediate Enrich.	2:00 - 3:00 pm Senior B Off Ice	2:00 - 3:00 pm Intermediate Freeskate		2:00 - 3:00 pm Intermediate Freeskate		2:00 - 3:00 pm Intermediate Freeskate			
2:30 - 3:30 pm Intermediate Freeskate		3:00 - 3:30 pm Intermediate Enrich.		3:00 - 3:30 pm Intermediate Enrich.		3:00 - 3:30 pm Intermediate Enrich.			
<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>			
3:45 - 4:30 pm Junior Freeskate	3:45 - 4:45 pm Intermediate Off Ice	3:45 - 4:30 pm Junior Freeskate	3:45 - 4:45 pm Intermediate Off Ice	3:45 - 4:30 pm Junior Freeskate	3:45 - 4:45 pm Intermediate Off Ice	3:45 - 4:30 pm Junior Freeskate	3:45 - 4:45 pm Intermediate Off Ice		
4:30 - 5:00 pm Junior Enrich.		4:30 - 5:00 pm Junior Enrich.		4:30 - 5:00 pm Junior Enrich.		4:30 - 5:00 pm Junior Enrich.			
	5:15 - 6:00 pm Junior Off Ice	5:00 - 5:45 pm Pre-Star, JSA & SSA On Ice	5:15 - 6:00 pm Junior Off Ice	5:00 - 5:45 pm Pre-Star, JSA & SSA On Ice	5:15 - 6:00 pm Junior Off Ice	5:00 - 5:45 pm Pre-Star, JSA & SSA On Ice	5:15 - 6:00 pm Junior Off Ice		
		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>			
		6:00 - 6:45 pm <b>CANSKATE</b>	6:00 - 6:45 pm Pre-Star & JSA Off Ice	6:00 - 7:00 pm Simulations July 17th, 24th & 31st	6:00 - 6:45 pm Pre-Star & JSA Off Ice	6:00 - 6:45 pm <b>CANSKATE</b>	6:00 - 6:45 pm Pre-Star & JSA Off Ice		

**SUNGOD SKATING CLUB SUMMER 2019 SCHEDULE - NORTH DELTA RECREATION CENTRE ( August 12nd - August 16th 2019: WEEK 7 )**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE
	9:15 - 10:15 am Competitive Theory Weeks 3 - 7	8:45 - 9:45 am Competitive Free Invitation by DP only		8:45 - 9:45 am Competitive Free Invitation by DP only		8:45 - 9:45 am Competitive Free Invitation by DP only		9:15 - 10:15 am Senior A Freeskate	
		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>	10:00 - 11:00 am Senior B Off Ice <b>CANCELLED</b>	10:30 - 11:30 am Pre- Juv. & Below Freeskate	10:30 - 11:30 am Senior A <b>CANCELLED</b>
10:30 - 11:30 am Senior A Freeskate		10:00 - 11:00 am Senior A Freeskate	10:00 - 11:00 am Senior B Off Ice	10:00 - 11:00 am Senior A Freeskate	10:00 - 11:00 am Senior B Off Ice	10:00 - 11:00 am Senior A Freeskate		<b>FLOOD</b>	
<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		11:45 am - 12:45 pm Open Session	
11:45am - 12:30 pm Senior A Freeskate		11:15 am - 12:00 pm Senior A & B Enrich.		11:15 am - 12:00 pm Senior A & B Enrich.		11:15 am - 12:00 pm Senior A & B Enrich.			
		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>			
12:45 - 1:45 pm Senior B Freeskate	1:00 - 2:00 pm Senior A Off Ice	12:15 - 1:15 PM Senior B Freeskate	12:15 - 1:15 pm Senior A Off Ice	12:15 - 1:15 PM Senior B Freeskate	12:15 - 1:15 pm Senior A Off Ice	12:15 - 1:15 PM Senior B Freeskate	12:15 - 1:15 pm Senior A Off Ice <b>CANCELLED</b>		
<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>			
2:00 - 2:30 pm Intermediate Enrich.	2:00 - 3:00 pm Senior B Off Ice	1:30 - 2:30 pm Intermediate Freeskate		1:30 - 2:30 pm Intermediate Freeskate		1:30 - 2:30 pm Intermediate Freeskate			
2:30 - 3:30 pm Intermediate Freeskate		2:30 - 3:00 pm Intermediate Enrich.		2:30 - 3:00 pm Intermediate Enrich.		2:30 - 3:00 pm Intermediate Enrich.			
<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>		<b>FLOOD</b>			
3:45 - 4:30 pm Junior Freeskate	3:45 - 4:45 pm Intermediate Off Ice	3:15 - 4:00 pm Junior Freeskate	3:15 - 4:15 pm Intermediate Off Ice	3:15 - 4:00 pm Junior Freeskate	3:15 - 4:15 pm Intermediate Off Ice	3:15 - 4:00 pm Junior Freeskate	3:15 - 4:15 pm Intermediate Off Ice		
4:30 - 5:00 pm Junior Enrich.		4:00 - 4:30 pm Junior Enrich.		4:00 - 4:30 pm Junior Enrich.		4:00 - 4:30 pm Junior Enrich.	<b>CANCELLED</b>		
	5:15 - 6:00 pm Junior Off Ice	4:30 - 5:15 pm Pre-Star, JSA & SSA On Ice	4:45 - 5:30 pm Junior Off Ice	4:30 - 5:15 pm Pre-Star, JSA & SSA On Ice	4:45 - 5:30 pm Junior Off Ice	4:30 - 5:15 pm Pre-Star, JSA & SSA On Ice	4:45 - 5:30 pm Junior Off Ice		
			5:30 - 6:15 pm Pre-Star & JSA Off Ice		5:30 - 6:15 pm Pre-Star & JSA Off Ice		5:30 - 6:15 pm Pre-Star & JSA Off Ice		