

SUNGOD SKATING CLUB - FALL & WINTER 2019/2020

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 - 7:00 am Junior Freeskate				6:00 - 7:00 am Open Session				8:30 - 9:15 am JSA & PRE-STAR	
		7:00 - 8:00 am Open Session				7:00 - 8:00 am Int. & Sr. B Directors Workshop				PRE-SCHOOL CS	
										9:15 - 10:00 am CANSKATE	9:30 - 10:15 am JSA & PRE-STAR
										10:00 - 10:45 am CANSKATE	Off Ice
1:15 - 2:15 pm Elite Freeskate		1:15 - 2:15 pm Elite Freeskate		1:15 - 2:15 pm Elite Freeskate		1:15 - 2:15 pm Elite Freeskate NDRC		1:15 - 2:15 pm Elite Freeskate		FLOOD	10:45 - 11:45 pm StarSkate Off Ice
FLOOD		FLOOD		FLOOD		FLOOD		FLOOD		11:00 am - 12:00 pm Competitive Freeskate	
2:30 - 3:30 pm Open Session		2:30 - 3:30 pm Open Session		2:30 - 3:30 pm Open Session		2:30 - 3:30 pm Open Session NDRC		2:30 - 3:30 pm Open Session		12:00 - 1:00 pm StarSkate Freeskate	12:15 - 1:15 pm Competitive Off Ice
3:30 - 3:45 pm Junior Enrichment	3:30 - 4:30 pm Intermediate Off Ice	3:30 - 4:15 pm Intermediate Freeskate		3:30 - 4:00 pm Int. & Senior B Enrichment			3:45 - 4:45 pm Senior A & B Dryland Jump NDRC	3:30 - 4:30 pm Senior A Freeskate			
3:45 - 4:30 pm Junior Freeskate		FLOOD	4:30 - 5:30 pm Intermediate Off Ice	4:00 - 4:45 pm Int. & Senior B Freeskate			4:45 - 5:45 pm Intermediate Dryland Jump NDRC	4:30 - 5:30 pm Senior B Freeskate	4:00 - 5:00 pm Intermediate Off Ice		
FLOOD	4:45 - 5:30 pm Junior Off Ice	4:30 - 5:15 pm JSA & SSA PRE-STAR		FLOOD	5:00 - 6:00 pm Senior A Freeskate	5:00 - 6:00 pm Senior B Off Ice		FLOOD	5:00 - 6:00 pm Senior A & B Off Ice*		
4:45 - 5:30 pm Int. Freeskate	5:30 - 6:30 pm Senior A Off Ice	5:15 - 6:00 pm CANSKATE			6:00 - 6:45 pm Senior A Enrichment			5:45 - 6:30 pm Intermediate Freeskate			
5:30 - 5:45 Int. Enrichment		6:00 - 6:45 pm CANSKATE						6:30 - 7:15 JSA & SSA PRE-STAR	6:00 - 7:00 pm Junior Off Ice		
FLOOD								FLOOD			
6:00 - 6:45 Senior B Free		FLOOD				7:00 - 8:00 pm Senior A Off Ice					
6:45 - 7:15 Sr. A & B Enrichment		7:00 - 8:00 pm Senior B Freeskate						7:30 - 8:15 Junior Freeskate	7:30 - 8:15 pm JSA & PRE-STAR Off Ice		
FLOOD								8:15 - 8:30 pm Junior Enrich.			
7:30 - 8:30 pm Senior A Free	7:30 - 8:30 pm Senior B Off Ice	8:00 - 9:00 pm Senior A Freeskate									

*No Skating Oct. 6 & March 8

* Two separate classes, with Senior A from 5:00 - 6:00 and Senior B from 5:45 - 6:45 pm