

## Sundays Winter Session | Blue Line Arena

Time	Discipline
<b>1:45 – 1:55</b>	<b>Off Ice –Diamond Synchro</b>
<b>2:00 – 2:25</b>	<b>Diamond Synchro</b>
<b>2:10 – 2:20</b>	<b>Off Ice – F2+ Skater not in Synchro</b>
<b>2:25 – 2:50</b>	<b>F2 + Edging &amp; Power</b>
<b>2:50 – 3:00</b>	<b>F2+ Jumps &amp; Spins</b>
<b>3:00– 3:15</b>	<b>F2+ Group/Individual Lessons*</b>
	Alex Individual Lesson
	Allison Individual Lesson
	Jaycie Individual Lesson
	Sydney G Individual Lesson
	Kayla F Individual Lesson
<b>3:15– 3:30</b>	<b>F2+ Group/Individual Lessons*</b>
	Naomi Individual Lesson
	April Individual Lesson
	Lilly Individual Lesson
	Ella Individual Lesson
<b>3:30– 3:45</b>	<b>F2+ Group/Individual Lessons*</b>
	Rebecca Individual Lesson
	Aubree Individual Lesson
	Azalea Individual Lesson
	Sloan Individual Lesson
<b>3:30 – 3:40</b>	<b>Basic 4 – F1 Off Ice</b>
<b>3:45 - 4:15</b>	<b>Basic 4 – F1 &amp; TBARS Edging &amp; Power</b>
<b>4:15 - 4:30</b>	<b>Resurface</b>
<b>4:30 - 5:00</b>	<b>Basic 4 Class</b>
	<b>Basic 5 Class</b>
	<b>Basic 6 Class</b>
	<b>Practice Ice for Pre-Freeskate, F1, TBARS</b>
<b>5:00 – 5:30</b>	<b>Pre-Freeskate Class</b>
	<b>Freeskate 1 Class</b>
	<b>TBARS Class</b>
	<b>Practice Ice for Basic 4-6</b>
<b>5:30 – 6:00</b>	<b>AIM, Intro to Synchro Theatre on Ice</b>
<b>6:00 - 6:30</b>	<b>Low Ice</b>
<b>6:30 - 7:00</b>	<b>High Ice</b>

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

## Sundays Winter Session | Cardinal Arena

Time	Discipline
<b>4:00 – 4:30</b>	<b>Beginning Skating &amp; Beginning Hockey Skating</b>
	<b>Snowplow Sam 1 Class</b>
	<b>Snowplow Sam 2 Class</b>
	<b>Basic 1 Class</b>
	<b>Hockey 1</b>
	<b>Practice Ice Snowplow 3, B2, B3, Hockey 2-4</b>
<b>4:30 – 5:00</b>	<b>Snowplow Sam 3 Class</b>
	<b>Basic 2 Class</b>
	<b>Basic 3 Class</b>
	<b>Hockey 2-4 Class</b>
	<b>Practice Ice Beginning Skaters, Snowplow 1-2,</b>
	<b>Basic 1, Hockey 1</b>