

# WEDNESDAY SCHEDULE

\* Where block has a "/" it means you are skating during that time

Where block is blank, you are not skating

WEDNESDAY SCHEDULE						
Time	Pre-Can	Canskate	Intro (Stage 4-6)	Junior (Star 1-3)	Senior (Star 4&5)	Elite (Star 6-10)
WEDNESDAY	30min	45min	50min ( Structured )	55 min ( Open session )	1 hour (Open session )	1 hour (Open session)
6:10-6:55	/	/				
6:55-7:05	Flood	Flood	Flood	Flood	Flood	Flood
7:05-7:10 (5 min )			* STROKING (group)	* STROKING (group)		
7:10-7:20			Agility (group)	Private lesson		
7:20-7:30			Balance (group)	Private lesson		
7:30-7:40			Control (group)	Private Lesson		
7:40-7:50			Private Lesson	Private Lesson		
7:50-8:00				Private Lesson		
8:00-8:15					Private lesson	Private lesson
8:15-8:30					Private lesson	Private lesson
8:30-8:45					Private lesson	Private lesson
8:45-9:00					Private lesson	Private lesson