

AUGUST

	Monday 4	Rink 4 Tuesday 5	Rink 3 Wednesday 6	
**Tues Off ice an advanced class and is intended for those skaters with past experience in off ice classes	NO SKATING	12:00-12:10 FLOOD 12:10-1:00 HSS(A) 1:00-1:10 FLOOD 1:10-2:20* Junior* 1:10-2:40 Interm/Senior 2:50-3:30 **Off ice Jr/interm/Senior	9:50-10:25 Off ice Int/Sr 10:30-10:40 FLOOD 10:40-12:10 Interm/Senior 12:10-12:25 FLOOD 12:25-1:05 CanSkate 1:05-2:00 Pre Junior	
	11	Rink 4 12	Rink 3 13	
	8:15-8:55 Off ice conditioning Jr 9:00-9:10 FLOOD 9:10-10:00 Pre Junior+ 9:10-10:10 Junior 10:10-11:30 Interm/Senior 11:40-12:20 Off ice conditioning	9:00-9:10 FLOOD 9:10-10:00 HSS(A) 10:00-10:10 FLOOD 10:10-11:30* Junior*/Interm/Senior 11:30-11:40 FLOOD 11:50-12:30 **Off ice Jr/Interm/Senior	9:50-10:25 Off ice Int/Sr 10:30-10:40 FLOOD 10:40-12:10 Interm/Senior 12:10-12:25 FLOOD 12:25-1:05 CanSkate 1:05-2:00 Pre Junior	
	Rink 3 18	Rink 3 19	Rink 3 20	
	8:15-8:55 Off ice conditioning Jr 9:00-9:10 FLOOD 9:10-10:00 Pre Junior+ 9:10-10:30 Junior 10:40-11:25 Off ice conditioning 11:30-11:40 FLOOD 11:40-1:00 Interm/Senior	10:30-10:40 FLOOD 10:40-11:30 HSS(A) 11:30-11:40 FLOOD 11:40-1:00* Junior*/Interm/Senior 1:10-1:50 **Off ice Jr/Interm/Senior	9:50-10:25 Off ice Int/Sr 10:30-10:40 FLOOD 10:40-12:10 Interm/Senior 12:10-12:25 FLOOD 12:25-1:05 CanSkate 1:05-2:00 Pre Junior	
	NO SKATING	NO SKATING	NO SKATING	