

2017-2018 Strathmore Skating Club Schedule (as of Sep 08 2017)

Use this schedule in conjunction with the monthly schedule for specific changes for the month

	Monday	Tuesday	Tue. Off-Ice	Wednesday	Wed. Off-Ice	Friday
AM						
7:00-7:15		Can Power Novice/Atom				
7:15-7:30						
7:30-7:45						
PM						
3:15-3:45						
3:45-4:00	STAR 1+			STROKING	STAR 1/2	FIGURES
4:00-4:15				STAR 3+	PreSTAR	STAR 5+
4:15-4:30			STAR 1+			
4:30-4:45	SPIN					
4:45-5:00	STAR 3/4			STROKING		STAR 1+
5:00-5:15				STAR 1/2	STAR 3/4	
5:15-5:30			Can Power Dryland	PreSTAR		
5:30-5:45	PreCan, CanSkate					STROKING
5:45-6:00	PrePower				STAR 5+	
6:00-6:15				PreCan, CanSkate		
6:15-6:30	FLOOD			PrePower		
6:30-6:45	STAR 5+					
6:45-7:00				FLOOD		
7:00-7:15				STAR 3+		
7:15-7:30						
7:30-7:45						
7:45-8:00				SPIN		
STROKING - Group lesson included in package SPIN & FIGURES - Group lesson included in package Wed. Off-Ice - Group Session included in package						