

### October 2019 - April 2020 Strathmore Skating Club Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 - 7:45 AM		4			
3:45 - 4:00			STROKING		SPIN
4:00 - 4:15	1	<b>OFF ICE</b> Sr. Skaters <b>1 Hour</b>	5		8
4:15 - 4:30	SPIN				
4:30 - 4:45		Break	STROKING		
4:45 - 5:00	2				9
5:00 - 5:15		<b>OFF ICE</b>	6		
5:15 - 5:30		Jr. Skaters			EDGES & TURNS
5:30 - 5:45	PreCan Skate & CanSkate	45 Min	PreCan Skate & CanSkate		
5:45 - 6:00					
6:00 - 6:15	FLOOD				
6:15 - 6:30			FLOOD		
6:30 - 6:45			FIGURES		
6:45 - 7:00	3				
7:00 - 7:15					
7:15 - 7:30					
7:30 - 7:45			7		
7:45 - 8:00					

SPIN, FIGURES, STROKING, EDGES & TURNS - Group lessons				
OFF-ICE - Group lessons				
PRECAN SKATE & CANSKATE				
1	PS(45min) STAR 1+	6	STAR 3 +	
2	STAR 3+	7	STAR 3 +	
3	STAR 3+	8	STAR 5+	
4	Synchro	9	PS (45min) STAR 1+	
5	PS(45min), STAR 1, 2			

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