

SFSC Summer School Schedule

SAIT July 3 - July 28, 2017

	On Ice Schedule	Off Ice Schedule	Senior	Intermediate	Junior
8:00	Senior Freeskate		Sr Freeskate		
8:15					
8:30					
8:05					
9:00	Flood		Flood		
9:15	Senior Stroking		Sr Stroking		
9:30	Senior Freeskate	Intermediate Dry Land Training	Sr Freeskate	Int Dry Land Training	
9:45					
10:00					
10:15					
10:30	Flood		Sr Lunch Break	Flood	
10:45	Intermediate Stroking			Int Stroking	
11:00	Intermediate Freeskate			Int Freeskate	
11:15					
11:30					
11:45					
12:00	Senior Freeskate	Junior Dry Land Training	Sr Freeskate	Int Lunch Break	Jr Dry Land Training
12:15					
12:30					
12:45					
1:00	Senior Spin		Sr Spin		Break
1:15	Flood	Flood			
1:30	Junior/Intermediate Freeskate	Senior Dry Land Training	Sr Dry Land Training	Jr/Int Freeskate	Jr/Int Freeskate
1:45					
2:00					
2:15	Junior/Intermediate Spin			Jr/Int Spin	Jr/Int Spin
2:30	Intermediate Freeskate			Int Freeskate	Lunch Break
2:45					
3:00					
3:15				Open Freeskate (<i>Flood Cancelled</i>)	
3:30	Junior Freeskate				Jr Freeskate
3:45					
4:00					
4:15					
4:30	Junior Stroking				Jr Stroking