

Skate Regina 2022 Summer School Schedule - WEEK 2

For the Week of: **July 11, 2022 (Monday)**

	Mon			Tue			Wed			Thu			Fri		
9:00 AM	Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45		
9:15 AM															
9:30 AM															
9:45 AM	Flood			Flood			Flood			Flood			Flood		
10:00 AM	Int/Sr EDGE Class 10:00-10:30			Int/Sr Group Class		Jr/Int Jump class 10:00-10:30	Int/Sr EDGE Class 10:00-10:30			Int/Sr SPIN Class		Jr/Int Jump class 10:00-10:30	Jr/Int Freeskate 2 10:00-10:45		
10:15 AM		Jr Prep/Academy Off-ice 10:15-11:00		Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00		Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00		Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00			Sr/Pair Freeskate 10:30-11:15 (C6)	
10:30 AM	Int/Sr Freeskate 1 10:30-11:15		Junior/Intermediate Yoga 10:30-11:15	Flood			Flood			Flood			Flood		Jr Prep/Academy Off-ice 11:00-11:45
10:45 AM									Junior/Intermediate Posture & Stretch 10:30-11:15						
11:00 AM															
11:15 AM	Flood						Flood						SIMULATIONS 11:00-11:45		
11:30 AM	Jr/Int Freeskate 2 11:30-12:15		Intermed/Seniors Off-ice YOGA 11:30-12:15	Jr/Int Freeskate 2 11:15-12:00	Inter/Sr Jump class 11:45-12:15		Jr/Int Freeskate 2 11:30-12:15	Intermed/Seniors Off-ice YOGA 11:30-12:15		Jr/Int Freeskate 2 11:15-12:00	Inter/Sr Jump class 11:45-12:15		Int/Sr Freeskate 1 11:45-12:30	Junior/Intermediate Off-ice at PEAK 11:45-12:30	
11:45 AM															
12:00 PM	Jr/Int EDGE Class 12:15-12:45			Jr/Int Group Class			Jr/Int EDGE Class 12:15-12:45			Jr/Int Spin Class					
12:15 PM				Flood			Flood			Flood			Flood		
12:30 PM				Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15 (C6)		Open Freeskate 12:30-1:15			Open Freeskate 12:30-1:15			SIMULATIONS 12:45-1:30		
12:45 PM	Flood						Flood								
1:00 PM	Open Freeskate 1:00-1:45	Sr/Pair Freeskate 1:00-1:45 (C6)					Open Freeskate 1:00-1:45	Sr/Pair Freeskate 1:00-1:45 (C6)							
1:15 PM				Flood											
1:30 PM				Int/Sr Freeskate 2 1:30-2:15			Int/Sr Freeskate 2 1:30-2:15			Int/Sr Freeskate 2 1:30-2:15			Int/Sr Freeskate 2 1:30-2:15		
1:45 PM	Flood						Flood			Flood					
2:00 PM	Int/Sr Freeskate 2 2:00-2:45						Int/Sr Freeskate 2 2:00-2:45								
2:15 PM				Flood											
2:30 PM				Int/Sr Freeskate 3 2:30-3:15			Int/Sr Freeskate 3 3:00-3:45			Int/Sr Freeskate 3 2:30-3:15	Sr/Pair Freeskate 2:30-3:15 (DQ)				
2:45 PM	Flood														
3:00 PM	Int/Sr Freeskate 3 3:00-3:45														
3:15 PM															
3:30 PM															
3:45 PM															
4:00 PM				Interm/Seniors Off-ice Level 10 3:45-4:45						Interm/Seniors Off-ice Level 10 3:45-4:45					
4:15 PM															
4:30 PM															
4:45 PM															