

Skate Regina 2022 Summer School Schedule - WEEK 5

For the Week of: **August 1, 2022 (Monday)**

	Mon	Tues	Wed	Thurs	Friday	
9:00 AM	NO ICE					
9:15 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	
9:30 AM			Inter/Sr Jump class 9:15-9:45		Inter/Sr Jump class 9:15-9:45	
9:45 AM		Flood		Flood	Flood	
10:00 AM		Int/Sr Group Class		Int/Sr EDGE Class 10:00-10:30	Int/Sr SPIN Class	Jr/Int Jump class 10:00-10:30
10:15 AM		Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	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
10:30 AM						
10:45 AM		Flood		Int/Sr Freeskate 1 10:30-11:15	Junior/Intermediate Posture & Stretch 10:30-11:15	Int/Sr Freeskate 1 10:30-11:15
11:00 AM						
11:15 AM		Jr/Int Freeskate 2 11:15-12:00		Flood	Jr/Int Freeskate 2 11:15-12:00	Int/Sr Freeskate 1 11:00-11:45
11:30 AM						Jr Prep/Academy Off-ice 11:00-11:45
11:45 AM		Jr/Int Group Class		Jr/Int Freeskate 2 11:30-12:15	Jr/Int SPIN Class	Junior/Intermediate Off-ice at PEAK 11:00-11:45
12:00 PM		Flood		Jr/Int EDGE Class 12:15-12:45	Flood	
12:15 PM						SIMULATIONS 12:00-12:45
12:30 PM		Open Freeskate 12:30-1:15		Flood	Open Freeskate 12:30-1:15	
12:45 PM						Int/Sr Freeskate 2 12:45-1:30
1:00 PM		Flood		Open Freeskate 1:00-1:45	Flood	
1:15 PM						
1:30 PM		Int/Sr Freeskate 2 1:30-2:15		Flood	Int/Sr Freeskate 2 1:30-2:15	
1:45 PM				Int/Sr Freeskate 2 2:00-2:45		
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM		Interm/Seniors Off-ice Level 10 2:45-3:45		Interm/Seniors Off-ice Level 10 2:45-3:45		
3:00 PM					Interm/Seniors Off-ice Level 10 3:00-4:00	
3:15 PM			Intermed/Seniors Off-ice YOGA 3:00-3:45			
3:30 PM						
3:45 PM						
4:00 PM						