

MONDAY

THURSDAY

SATURDAY.

<p>Bronze 2 hours 15 minutes / week of ice 1 hour club group coaching included / week</p> <p>Silver 2 hours 15 minutes / week of ice 1 hour club group coaching included / week</p> <p>Gold 2 hours 55 minutes / week of ice 45 minutes of group coaching included / week</p> <p>LTS 30 minutes of group instruction / week 2 coaches</p> <p>Canskate 40 minute sessions - group instruction 2 coaches</p> <p>Powerskate 40 minutes sessions - group instruction 2 coaches</p>		<p><b>BRONZE</b> 7:00 - 7:15 club lesson Adrienne 7:15 - 7:30 7:30 - 7:45 club lesson Julie 7:45 - 8:00 8:00 - 8:15</p> <p><b>SILVER</b> 8:15 - 8:30 club lesson Julie 8:30 - 8:45 8:45 - 9:00 club lesson Adrienne 9:00 - 9:15 9:15 - 9:30</p> <p><b>POWER</b> 9:30am - 10:10am</p> <p>FLOOD 10:10 - 10:20</p> <p><b>LEARN TO SKATE</b> 10:20 - 10:50</p> <p><b>CANSKATE Saturday</b> 10:50 - 11:30</p>
<p><b>BRONZE</b> 4:00 - 4:15 club lesson James 4:15 - 4:30 4:30 - 4:45 club lesson Adrienne 4:45 - 5:00</p> <p><b>SILVER</b> 5:00 - 5:15 club lesson James 5:15 - 5:30 5:30 - 5:45 club lesson Julie 5:45 - 6:00</p> <p>6:00 - 6:10 FLOOD</p> <p><b>GOLD</b> 6:10 - 6:25 6:25 - 6:40 club lesson Jenn 6:40 - 7:30</p>	<p><b>GOLD</b> 4:00 - 4:30 4:30 - 4:45 club lesson Adrienne 4:45 - 5:00 5:00 - 5:15 club lesson Jenn 5:25 finish</p> <p>5:25 - 5:35 FLOOD</p> <p><b>CANSKATE 1</b> 5:25 - 6:15</p> <p><b>CANSKATE 2</b> 6:20 - 7:00</p>	