

23-Sep-07

Fergus Skating Club

**Programs by Discipline**

<b>Canskate</b>				
Mon/ Wed & Fri	Warm-up	6:00 - 6:10 pm		
	10 min stations	6:10 - 6:40 pm		
	Free Time	6:40 - 6:45 pm		
Sat	Warm-up	9:30 - 9:40 am		
	10 min stations	9:40 - 10:10 am		
	Free Time	10:10 - 10:15 am		
Sat Advanced	Group Lesson	10:15 - 11:05 am		
	FLOOD	11:05 - 11:15 am		
<b>Kidskate</b>				
Mon/Wed & Fri	Warm-up	6:00 - 6:10 pm		
	10 min lesson	6:10 - 6:20 pm		
	games	6:20 - 6:30 pm		
Sat	Warm-up	9:30 - 9:40 am		
	10 min lesson	9:40 - 9:50 am		
	games	9:50 - 10:00 am		
<b>Jr STAR</b>				
Monday	Freestyle	4:00 - 4:30 pm	Jr group 15 min lesson	
	Dance	4:30 - 4:45 pm	Jr Group 10 min lesson	
	Skills	4:45 - 5:00 pm	JR group 10 min lesson	
	Stroking	5:00 - 5:05 pm	Jr group 5 min lesson	
	FLOOD	5:05 - 5:15 pm		
	Tech & Agility	5:15 - 6:00pm	Jr Group 45 min lesson	
Wed	Spins	4:00 - 4:10 pm	Jr group 10 min lesson	
	Freestyle	4:10 - 4:55 pm	Jr group 20 min lesson	
	Dance	4:55 - 5:15 pm	Jr group 10 min lesson	
	FLOOD	5:15 - 5:25 pm		
	Skills	5:25 - 5:45 pm	Jr group 10 min lesson	
	Stroking	5:45 - 6:00 pm	Pro Coach lead 15 min lesson for everyone	
Fri	Dance	6:45 - 7:05 pm	Jr group 10 min lesson	
	FLOOD	7:05 - 7:15 pm		
	Skills	7:15 - 7:35 pm	Jr group 10 min lesson	
	Freestyle	7:35 - 8:05 pm	Jr group 15 min lesson	
	Stroking	8:05 - 8:20 pm	Pro Coach lead 15 min lesson for everyone	
	FLOOD	8:20 - 8:30 pm		
Sat	Ticket Ice	10:15 - 11:05 am	Your coach should be present with you.	
	FLOOD	11:05 - 11:15 am		

<b>Sr STAR</b>				
Mon	Skills	6:45 - 7:10 pm		
	FLOOD	7:10 - 7:20 pm		
	Dance	7:20 - 7:40 pm		
	Freeskate	7:40 - 8:35 pm		
	Stroking	8:35 - 8:50 pm		
	FLOOD	8:50 - 9:00 pm		
Wed	Dance	6:45 - 7:10 pm		
	FLOOD	7:10 - 7:20 pm		
	Stroking	7:20 - 7:35 pm		
	Freeskate	7:35 - 8:25 pm		
	Skills	8:25 - 8:50 pm		
	FLOOD	8:50 - 9:00 pm		
Fri	Freeskate	3:30 - 4:50 pm		
	Stroking	4:50 - 5:05 pm		
	FLOOD	5:05 - 5:15 pm		
	Dance	5:15 - 5:35 pm		
	Skills	5:35 - 5:55 pm		
	Spins	5:55 - 6:00 pm		
Sat	Ticket Ice	10:15 - 11:05 am		
	FLOOD	11:05 - 11:15 am		