



## SASC Spring Schedule – May 20-24, 2019

May 20-24	Monday		Tuesday		Wednesday		Thursday			Friday	
Arena	Troy Murray, Servus Place		Troy Murray, Servus Place		Troy Murray, Servus Place		Troy Murray, Servus Place			Troy Murray, Servus Place	
Time	On Ice	Dry Land	On Ice	Dry Land	On Ice	Dry Land	On Ice	Harness	Dry Land	On Ice	Dry Land
2:15-2:30	Senior Stoking		Sr. Dance & Skating Skills		Senior Stoking		Sr. Dance & Skating Skills			Senior Stoking	
2:30-2:45											
2:45-3:00	Senior Freeskate	N	Senior Freeskate	N	Senior Freeskate	N	Senior Freeskate		N	Senior Freeskate	N
3:00-3:15											
3:15-3:30											
3:30-3:45		O		O		O			O		O
3:45-4:00	Flood/Snack		Flood/Snack		Flood/Snack		Flood/Snack			Flood/Snack	
4:00-4:15	Junior Stoking	D	Jr. Dance & Skating Skills	D	Junior Stoking	D	Jr. Dance & Skating Skills		D	Junior Stoking	D
4:15-4:30											
4:30-4:45	Junior Freeskate	Y	Junior Freeskate	Y	Junior Freeskate	Y	Junior Freeskate		Y	Junior Freeskate	Y
4:45-5:00											
5:00-5:15											
5:15-5:30	Flood/Snack	N	Flood/Snack	N	Flood/Snack	N	Flood/Snack		N	Flood/Snack	N
5:30-5:45	Intermediate Stoking	D	Pre-Canskate CanSkate Pre-Power	D	Pre-Canskate CanSkate Pre-Power	D	Intermediate Freeskate		D	Intermediate Stoking	D
5:45-6:00											
6:00-6:15	Intermediate Freeskate		Flood/Snack		Flood/Snack		Intermediate Freeskate			Intermediate Freeskate	
6:15-6:30											
6:30-6:45											
6:45-7:00			Intermediate Freeskate		Intermediate Stoking		Int. Dance & Skating Skills			Intermediate Freeskate	
7:00-7:15											
7:15-7:30			Int. Dance & Skating Skills		Intermediate Freeskate						
7:30-7:45											
7:45-8:00											





## SASC Spring Schedule 2019

Senior (High Performance)	Competing at Star 9-Gold, Competitive Skaters, Discretion of SASC coaching team
Intermediate	Competing at Star 5-Star 8
Junior	Competing at Star 1-Star 4
Star 1	Group Figure Skating Class