

# SASC Fall/Winter Schedule

September 2023-June 2024

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
ICE	DRYLAND	ICE	DRYLAND	ICE	DRYLAND	ICE	DRYLAND	ICE	ICE	ICE
Comp. 1:30-2:30pm		Comp. 1:30-2:30pm		Comp. 1:30-2:30pm		Comp. 1:30-2:30pm		Comp. 1:30-2:30pm	Canskate 10:00-10:45am	Canskate 3:45-4:30pm
Flood 2:30pm		Flood 2:30pm		Flood 2:30pm		Flood 2:30pm		Flood 2:30pm	Canskate 10:45-11:30am	Canskate 4:30-5:15pm
Comp. OPEN 2:45-3:30pm		Comp. 2:45-3:30pm		Comp. 2:45-3:30pm		Comp. OPEN 2:45-3:30pm		Comp. 2:45-3:30pm	Flood 11:30am	Flood 5:15pm
D/SS 3:30-4:00pm		Stroking 3:30-4:00pm		Spins 3:30-4:00pm		D/SS 3:30-4:00pm		Stroking 3:30-4:00pm	Star 1 Group Figure Skating 11:45-12:45pm	Intr/Sr/Jr 5:30-6:30pm
Flood 4:00pm		Flood 4:00pm		Flood 4:00pm		Flood 4:00pm		Flood 4:00pm		
Int/Sr OPEN 4:15-5:00pm	Comp Dryland 4:15-5:00pm	GOAUTO Int/Sr 4:15-5:00pm	Comp Dryland 4:15-5:00pm	Int/Sr 4:15-5:00pm	Comp Dryland 4:15-5:00pm	Int/Sr OPEN 4:15-5:00pm	Comp Dryland 4:15-5:00pm	Int/Sr 4:15-5:00pm	Flood 12:45pm	Flood 6:30pm
D/SS. 5:00-5:15pm	Jr Dryland 5:00-5:15pm	Stroking 5:00-5:15pm		Spins 5:00-5:15pm		D/SS 5:00-5:15pm	Jr Dryland 4:30-5:15pm	Stroking 5:00-5:15pm	OPEN ALL LEVELS 1:00-2:00pm	Intr/Sr/Adults 6:45-7:30pm
Flood 5:15pm		Flood 5:15pm				Flood 5:15pm				Flood 7:30pm
Junior 5:30-6:15pm	Int/Sr Dryland 5:30-6:15pm	GOAUTO Canskate 5:30-6:15pm		Junior OPEN 5:15-6:00pm	Int/Sr Dryland 5:30-6:00pm	Junior OPEN 5:30-6:15pm	Int/Sr Dryland 5:30-6:15pm	Junior 5:15-6:00pm	END 2:00pm	Adult Group 7:45-8:30pm
Stroking 6:15-6:45pm		GOAUTO Canskate 6:15-7:00pm		Flood 6:00pm		Stroking 6:15-6:45pm		Stroking 6:00-6:15pm		
Flood 6:45pm		END 7:00pm		Canskate 6:15-7:00pm	Jr Dryland 6:15-6:30pm	Flood 6:45pm		END 6:15pm		END 8:30pm
Power U9/U11 7:00-7:45pm				Star 1 Group Figure Skating 7:00-8:00pm		Int/Sr/Adults 7:00-7:45pm				
Power U11/U13 7:45-8:30pm				END 8:00pm		Stroking 7:45-8:00pm				
END 8:30pm						END 8:00pm				

## SASC Academy DRYLAND Schedule

Instructor & Class Type

Monday	Tuesday	Wednesday	Thursday
<i>Fitness Studio- (Dounia)</i> TRX/VIPR/CORE	<i>Track 3- (Jay)</i> STRENGTH	<i>Track 3- (Jay)</i> CONDITIONING	<i>Multipurpose- (Dounia)</i> YOGA
<i>Troy Murray- (Alisha)</i> Sport Specific Warm Up		<i>Multipurpose- (Reniel)</i> FLEXIBILITY	<i>Track 4- (Sam)</i> FULL BODY CIRCUIT
<i>Upstairs Kitchen- (Reniel)</i> TRX/STRENGTH		<i>Troy Murray- (Kris)</i> Sport Specific Cool Down	<i>Track 4- (Austin)</i> CONDITIONING