



## SASC Summer School July 2-August 2, 2019

(Troy Murray Arena until July 12 - Kinex Arena July 15-August 9)

Time	Monday		Tuesday		Wednesday			Thursday		Friday	
	On Ice	Dry Land	On Ice	Dry Land	On Ice	Dry Land	Lee Harness	On Ice	Dry Land	On Ice	Dry Land
10:45-11:00	Junior		Junior		Junior			Junior		Junior	
11:00-11:15	Stroking		Dance/Skills		Stroking			Dance/Skills		Freeskate	
11:15-11:30	Junior	Intermediate	Junior	Intermediate	Junior	Intermediate		Junior	Intermediate	Club Development (Jump/Spin Tech.) *2 doubles lower	
11:30-11:45	Freeskate	Conditioning	Freeskate	Sports Psych	Freeskate	Dance		Freeskate	TRX+Core		
11:45-12:00											
12:00-12:15	Flood/Snack		Flood/Snack		Flood/Snack			Flood/Snack			
12:15-12:30	Intermediate		Intermediate		Intermediate			Intermediate		Flood/Snack	
12:30-12:45	Freeskate	Junior	Freeskate	Junior	Freeskate	Junior		Freeskate	Junior	Intermediate Freeskate	Class 1 Stretch +
12:45-1:00		Conditioning		Sports Psych		Dance			TRX+Core		
1:00-1:15	Flood/Snack	Senior	Flood/Snack	Senior	Flood/Snack	Senior		Flood/Snack	Senior	Club Development (Jump/Spin Tech.) *3 doubles higher	Class 2 Stretch +
1:15-1:30	Intermediate	Conditioning	Intermediate	Sports Psych	Intermediate	Dance		Intermediate	TRX+Core		
1:30-1:45	Freeskate		Freeskate		Freeskate			Freeskate			
1:45-2:00											
2:00-2:15	Int. & Sr.		Int. & Sr.		Int. & Sr.			Int. & Sr.		Senior Freeskate	
2:15-2:30	Dance/Skills		Dance/Skills		Dance/Skills			Dance/Skills			
2:30-2:45	Flood/Snack		Flood/Snack		Flood/Snack			Flood/Snack			
2:45-3:00	Int. & Sr.		Int. & Sr.		Int. & Sr.			Int. & Sr.			
3:00-3:15	Stroking		Stroking		Stroking			Stroking		*No Exceptions On Jump levels for Club Development Sessions*	
3:15-3:30	Senior		Senior		Senior			Senior			
3:30-3:45	Freeskate		Freeskate		Freeskate			Freeskate			
3:45-4:00											
4:00-4:15	Flood/Snack		Flood/Snack		Flood/Snack			Flood/Snack			
4:15-4:30	Senior		Senior		Senior			Senior			
4:30-4:45	Freeskate	Star 1	Freeskate	*Star 1	Freeskate	Star 1		Freeskate	Star 1		
4:45-5:00		20 min		20 min		20 min			20 min		
5:00-5:15	Flood/Snack		Flood/Snack		Flood/Snack			Flood/Snack			
5:15-5:30	Junior &		Junior &		Junior &			Junior &			
5:30-5:45	Star 1 Group		Star 1 Group		Star 1 Group			Star 1 Group			
5:45-6:00	Freekate		Freekate		Freekate			Freekate			
6:00-6:15	Flood		Flood		Flood			Flood			
6:15-6:30	Pre-Canskate		Pre-Canskate		Pre-Canskate			Pre-Canskate			
6:30-6:45	Canskate		Canskate		Canskate			Canskate			
6:45-7:00	Pre-Power		Pre-Power		Pre-Power			Pre-Power			



## SASC Summer School August 6-9, 2019 (Kinex Arena)

	Monday 5th		Tuesday 6th		Wednesday 7th			Thursday 8th		Friday 9th	
Time	On Ice		On Ice	Dry Land	On Ice	Dry Land	Lee Harness	On Ice	Dry Land	On Ice	Dry Land
11:45-12:00			Junior		Junior			Junior		Junior	
12:00-12:15			Stroking		Stroking			Stroking		Open	
12:15-12:30	H	H	Junior	Intermediate	Junior	Intermediate		Junior	Fitness		
12:30-12:45	O	O	Open	Sports Psych	Open	Dance		Open	Core	Club Development	
12:45-1:00	L	L								(Jump/Spin Tech.)	
1:00-1:15	I	I	Flood		Flood			Flood		*2 doubles lower	
1:15-1:30	D	D	Intermediate	Junior	Intermediate	Junior		Intermediate	Fitness	Flood	
1:30-1:45	A	A	Freeskate	Sports Psych	Freeskate	Dance		Freeskate	Core	Intermediate Freeskate	Class 1
1:45-2:00	Y	Y									Stretch
2:00-2:15			Flood	Senior	Flood	Senior		Flood	Fitness		
2:15-2:30			Intermediate	Sports Psych	Intermediate	Dance		Intermediate	Core		
2:30-2:45			Freeskate		Freeskate			Freeskate		Club Development	
2:45-3:00										(Jump/Spin Tech.)	Class 2
3:00-3:15			Int. & Sr.		Int. & Sr.			Int. & Sr.		*3 doubles higher	Stretch
3:15-3:30			Dance/Skills		Dance/Skills			Dance/Skills		Flood	
3:30-3:45			Flood		Flood			Flood		Senior Freeskate	
3:45-4:00			Int. & Sr.		Int. & Sr.			Int. & Sr.			
4:00-4:15			Stroking		Stroking			Stroking			
4:15-4:30			Senior		Senior			Senior			
4:30-4:45			Freeskate		Freeskate			Freeskate			
4:45-5:00										*No Exceptions On Jump levels for Club Development Sessions*	
5:00-5:15			Flood		Flood		Flood				
5:15-5:30			Senior		Senior		Senior				
5:30-5:45			Freeskate		Freeskate		Freeskate				
5:45-6:00											
6:00-6:15			Flood		Flood			Flood			
6:15-6:30			Pre-Canskate		Pre-Canskate			Pre-Canskate			
6:30-6:45			Canskate		Canskate			Canskate			
6:45-7:00			Pre-Power		Pre-Power			Pre-Power			

**SASC Summer School July 2-August 2, 2019**

(Troy Murray Arena until July 12 - Kinex Arena July 15-August 9)

(August 6-9, 2019 Kinex Arena)

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 Pre-Star 1 and Star 1-Star 4