

Sandy Shores SC - Winter 2018

	CanSkate	Primary Figure Skating	Junior	Primary Hockey
Competitive Level	Learn to Skate	Non-Competitive	Star 1-2	Novice: Age 7-8
Target Jumps	N/A	1W-1T	1W - 1Lz	High end Puple/St.3
LTAD Commitment	1-2 Days /w		2-3 Days /w	
	Intermediate	Senior	Junior & Intermediate	
Competitive Level	Star 3-4 • Pre-Juv - Juv	Juvenile - Senior	Junior - Senior	
Target Jumps	1Lz - 2Lz	2Lz - 3Lz		
LTAD Commitment	4-5 Days /w	5 Days /w	Int. + Senior	Harness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3:30-					Group	-3:30
3:45-	Junior & Intermediate	Intermediate & Senior	Intermediate & Senior	Group	Junior & Intermediate	-3:45
4:00-						-4:00
4:15-	FLOOD	CanSkate	CanSkate	Intermediate & Senior	Junior & Intermediate	-4:15
4:30-						-4:30
4:45-	Group	FLOOD	FLOOD	Group	Junior & Intermediate	-4:45
5:00-						-5:00
5:15-	Intermediate & Senior	FLOOD	FLOOD	Skates Off	Intermediate & Senior	-5:15
5:30-						-5:30
5:45-	Skates Off	Primary Figure Skating	JR	BootCamp	Primary Hockey	CrossFit
6:00-						
6:15-	Dryland - Shannon	Skates On	Skates On	Dryland - Tyler	FLOOD	-6:00
6:30-						-6:15
6:45-	Intermediate & Senior	Senior	Senior	Senior	Senior	-6:30
7:00-						-6:45
7:15-						-7:15