

PRE-COMPETITIVE PROGRAM

DAY	TIMES	OPTIONS	FULL	AFTERSCHOOL
MONDAY	1:30 - 2:15 PM	OPEN	0.75	
	3:30 - 4:30 PM	FREESKATE	1	1
	4:45 - 5:15 PM	OFF ICE	0.5	0.5
			2.25	1.5

TUESDAY	2:30 - 3:15 PM	OPEN	0.75	
	3:30 - 4:15 PM	FREESKATE	0.75	0.75
	4:15 - 4:45 PM	CAMP	0.5	0.5
	5:00 - 5:45 PM	OFF ICE	0.75	0.75
	6:45 - 7:30 PM	OPEN	0.75	0.75
			3.5	2.75

WEDNESDAY	1:30 - 2:15 PM	OPEN	0.75	
	4:15 - 5:15 PM	FREESKATE	1	1
	5:45 - 6:15 PM	OFF ICE	0.5	0.5
	6:30 - 7:00 PM	SKILLS	0.5	0.5
			2.75	2

THURSDAY	2:30 - 3:15 PM	OPEN	0.75	
	3:45 - 4:30 PM	FREESKATE	0.75	0.75
	4:30 - 5:00 PM	CAMP	0.5	0.5
	5:15 - 6:00 PM	OFF ICE	0.75	0.75
	6:45 - 7:30 PM	OPEN	0.75	0.75
			3.5	2.75

FRIDAY	1:30 - 2:15 PM	OPEN	0.75	
	4:30 - 5:15 PM	FREESKATE	0.75	0.75
	5:30 - 5:45 PM	SPINS	0.25	0.25
			1.75	1

TOTAL HOURS 13.75 10