

Private Skater Sessions Schedule 2011/2012

Monday – Kensington Arena

September 12/2011 – March 12/2012

Session Package – Intermediate or Senior

4:15 – 4:30 pm	Int./Sr. Spin Patch
4:30 – 5:30 pm	Int./Sr. Freeskate
5:30 – 5:45 pm	Int./Sr. Enhancement (Field movement & Stroking)
5:45 – 6:15 pm	Int./Sr. Skills & Dance
6:20 – 7:05 pm	Int./Sr. Off-ice (Strength/Conditioning/Mental Training)

***No skating on Monday, 10/10/2011 – Thanksgiving Day**

Tuesday – Burnaby Lake Arena

September 06/2011 – March 13/2012

Session Package – Intermediate

3:30 – 3:45 pm	Int. Enhancement (Edges & Turns)
3:45 – 4:00 pm	Int. Spin Patch/Stroking
4:00 – 4:45 pm	Int. Freeskate
(4:50 – 5:20 pm)	Int./Sr. Off-Ice (Cardio/Conditioning)

Session Package – Senior

(4:50 – 5:20 pm)	Int./Sr. Off-Ice (Cardio/Conditioning)
5:30 – 5:45 pm	Sr. Spin Patch
5:45 – 6:30 pm	Sr. Freeskate
6:30 – 6:45 pm	Sr. Enhancement

Thursday – Burnaby Lake Arena / Bill Copeland

September 08/2011 – March 15/2012

Session Package – Intermediate (Choice of early OR late session only)

3:30 – 4:00 pm	Int. Skills & Dance (Burnaby Lake)
4:00 – 4:45 pm	Int. Freeskate (Bill Copeland)
(4:50 – 5:20 pm)	Int./Sr. Off-Ice (Cardio/Conditioning)
5:30 – 6:15 pm	Int. Freeskate (Burnaby Lake)
6:15 – 6:45 pm	Int./Sr. Skills & Dance (Burnaby Lake)

Session Package – Senior

(4:50 – 5:20 pm)	Int./Sr. Off-Ice (Cardio/Conditioning)
5:30 – 6:15 pm	Sr. Freeskate (Bill Copeland)
6:15 – 6:45 pm	Int./Sr. Skills & Dance (Burnaby Lake)

