

## Delta Skating Club Spring 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Session 7:00am-8:00am		Development (Skills & Spins) 6:00am-7:00am	CanPower 3:30pm-4:15pm	Development (Skills & Spins) 6:00am-7:00am		Rising Stars Academy 3:15pm-4:00pm
		CanPower 3:30pm-4:15pm	Junior 4:15pm-4:55pm		Ice after 4 week 9:00am-12:30pm	Junior 4:00pm-5:00pm
		Rising Stars Academy 4:15pm-5:00pm	Rising Stars Academy 4:55pm-5:35pm			FLOOD
		FLOOD	FLOOD (10 minutes)		FLOOD	Open Session 5:15pm-6:15pm
		CanSkate/PreCan 5:15pm-6:00pm	Open Session 5:45pm-6:30pm		CanSkate 12:45pm-1:30pm	CanPower 6:15pm-7:00pm
		Star 1 & Up 6:00pm-6:45pm			Rising Stars Academy 1:30pm-2:30pm	Synchro (Beginner) 7:00pm-7:45pm
		Junior 6:45pm-7:45pm			Junior Development 2:30pm-3:00pm	Synchro (Juvenile) 7:00pm-8:00pm
		FLOOD			Junior 3:00pm-4:00pm	Synchro (Intermediate) 8:00pm-9:00pm
		Open Session 8:00pm-9:00pm			FLOOD	
					Star 3+ Development 4:15pm-4:45pm	
					Star 3+ 4:45pm-5:45pm	
					Open Session 5:45pm-6:45pm	

### Off-Ice

Jump/ Stretch	Jump/ Stretch	Jump/ Stretch	Dance	Dance
Star 1+ (7:15am-8:00am)	Star 1 + 2 3:35pm-4:05pm	Star 1+ (7:15am-8:00am)	Star 1-3 1:15pm-2:15pm	Rising Stars Academy 2:15pm-3:00pm
Rising Stars Academy 5:10pm-5:40pm	Star 3+ 5:05pm-5:35pm		Rising Stars Academy 2:40pm-3:20pm	Star 1-3 3:00pm-3:45pm
Star 1-3 6:05pm-6:35pm	Rising Stars Academy 5:45pm-6:15pm		Star 3+ 3:20pm -4:05pm	Star 3+ 4:00pm-5:00pm
Star 3+ 7:15pm-7:45pm				