

WEEK 1

July 2 & 3	Monday		Tuesday		Wednesday		Thursday		
Times	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	Times
Location					BSRC	BSRC	BSRC	BSRC	Location
9:00-9:15					Schedule A		Schedule A		9:00-9:15
9:15-9:30									
9:30-9:45									9:30-9:45
9:45-10:00					Strokeing A/B/C		Flood		9:45-10:00
10:00-10:15					Schedule A/B/C		Schedule A/B/C		10:00-10:15
10:15-10:30									
10:30-10:45									10:30-10:45
10:45-11:00									10:45-11:00
11:00-11:15			Happy Canada Day			NO OFF-ICE		Schedule A/B/C Conditioning	11:00-11:15
11:15-11:30						Theme Day			11:15-11:30
11:30-11:45									11:30-11:45
11:45-12:00	NO SKATING								11:45-12:00

Location: BSRC

July 7 to 17	Monday		Tuesday		Wednesday		Thursday		
Times	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	Times
Location	BSRC	BSRC	BSRC	BSRC	BSRC	BSRC	BSRC	BSRC	Location
9:00-9:15	Schedule A		Schedule A		Schedule A		Schedule A		9:00-9:15
9:15-9:30								9:15-9:30	
9:30-9:45								9:30-9:45	
9:45-10:00	Strokeing A/B/C		Flood		Strokeing A/B/C		Flood		9:45-10:00
10:00-10:15									10:00-10:15
10:15-10:30	Schedule A/B/C		Schedule A/B/C		Schedule A/B/C		Schedule A/B/C		10:15-10:30
10:30-10:45									10:30-10:45
10:45-11:00									10:45-11:00
11:00-11:15									11:00-11:15
11:15-11:30	Schedule A/B/C Dance		Schedule A/B/C Strength			NO OFF-ICE		Schedule A/B/C Conditioning	11:15-11:30
11:30-11:45									11:30-11:45
11:45-12:00									

Location: BSRC for Monday July 21st and then KNRRC

July 21 to 24	Monday		Tuesday		Wednesday		Thursday		
Times	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	Times
Location	BSRC	BSRC	KNRRC	KNRRC	KNRRC	KNRRC	KNRRC	KNRRC	Location
8:00-8:15			Schedule A		Schedule A		Schedule A		8:00-8:15
8:15-8:30								8:15-8:30	
8:30-8:45								8:30-8:45	
8:45-9:00			Flood		Strokeing A/B/C		Flood		8:45-9:00
9:00-9:15	Schedule A		Schedule A/B/C		Schedule A/B/C		Schedule A/B/C		9:00-9:15
9:15-9:30								9:15-9:30	
9:30-9:45								9:30-9:45	
9:45-10:00	Strokeing A/B/C								9:45-10:00
10:00-10:15	Schedule A/B/C		Schedule A/B/C Strength			NO OFF-ICE	Schedule A/B/C Conditioning		10:00-10:15
10:15-10:30					Theme Day			10:15-10:30	
10:30-10:45								10:30-10:45	
10:45-11:00									10:45-11:00
11:00-11:15		Schedule A/B/C Dance							11:00-11:15
11:15-11:30								11:15-11:30	
11:30-11:45								11:30-11:45	
11:45-12:00								11:45-12:00	

Location: KNRRC

[illegible]