

# Figure 8 Skating Club



Time	Tuesday	Wednesday	Thursday	Time	Saturday	Saturday (Intro to Figure Skating)
	Kenilworth Arena	Kenilworth Arena	Kenilworth Arena		Kenilworth Arena	
3:45 PM	A/B/C Independent Practice		A/B/C Independent Practice	10:30 AM		
4:00 PM	A/B/C Proper Warm Up and Practice	Open Practice	A/B/C Proper Warm Up/Set Ups (Jumps)	10:45 AM		
4:15 PM	A/B/C Proper Warm Up and Practice	Open Practice	A/B/C Proper Warm Up/Set Ups	11:00 AM		
4:30 PM	A/B/C Music/Props	Open Practice***	A/B/C Proper Warm Up/Set Ups	11:15 AM		
4:45 PM	A/B/C Music/Props	D Proper Warm Up/Set Ups (Spins)	A/B/C Boot Breaker Stroking	11:30 AM	Open Practice	
5:00 PM	Ice Breakers A/B/C/D	D Set Ups	Ice Breakers A/B/C/D	11:45 AM	Open Practice	
5:15 PM	Ice Breakers A/B/C/D	D Set Ups	Ice Breakers A/B/C/D	12:00 PM	Open Practice	
5:30 PM	D Proper Warm Up and Practice	Ice Breakers A/B/C/D	D Proper Warm Up/Set Ups (Jumps)	12:15 PM	D Proper Warm Up/Choreographic Movements	IFS Proper Warm Up
5:45 PM	D Proper Warm Up and Practice	A/B/C Proper Warm Up/Set Ups (Spins)	D Set Ups	12:30 PM	D Choreographic Movements	IFS Edges
6:00 PM	D Music/Props	A/B/C Set Ups	D Boot Breaker Stroking	12:45 PM	D Choreographic Movements	IFS Creative Movement
6:15 PM		A/B/C Set Ups		1:00 PM	D/IFS Ice Breaker	
6:30 PM		A/B/C Boot Breaker Stroking		1:15 PM	Flood	
6:45 PM		***ABC Skaters must be off the open practice by		1:30 PM	A/B/C Ice Breaker	
7:00 PM		4:20pm so they can be ready for the off ice session.		1:45 PM	A/B/C Proper Warm Up/Choreographic Movements	
7:15 PM				2:00 PM	A/B/C Choreographic Movements	
7:30 PM				2:15 PM	A/B/C Choreographic Movements	
7:45 PM				2:30 PM	A/B/C Field Movements	

2018-2019 MASTER SCHEDULE (OFF ICE)

Time	Tuesday	Wednesday	Thursday	Time	Saturday	
	Kenilworth Arena	Kenilworth Arena	Kenilworth Arena		Kenilworth Arena	
3:45 PM				10:30 AM		
4:00 PM				10:45 AM		
4:15 PM				11:00 AM		
4:30 PM		A/B/C (4:30-5:15PM): Dance w/Peyton Black		11:15 AM		
4:45 PM		A/B/C		11:30 AM		
5:00 PM		A/B/C		11:45 AM		
5:15 PM				12:00 PM		
5:30 PM				12:15 PM		
5:45 PM	A/B/C (5:45-6:15PM)	D (5:45-6:30PM): Dance w/Peyton Black	A/B/C (5:45PM-6:15PM)	12:30 PM	A/B/C (12:30-1:15PM): Off Ice Warm Ups w/Brielle Pulfer	
6:00 PM	Mindfulness w/Nikki Henriksen	D	Fitness Testing w/Jennifer Taylor	12:45 PM	A/B/C:	
6:15 PM	D (6:25PM-6:55PM)	D	D (6:25PM-6:55PM)	1:00 PM	A/B/C	
6:30 PM	Mindfulness w/Nikki Henriksen		Fitness Testing w/Jennifer Taylor	1:15 PM		
	Parent Talk 6:25-6:55pm		Parent Talk 6:25-6:55pm	1:30 PM	D/IFS (1:30-2:15)	D/IFS (1:30-2:15)
				1:45 PM	D/IFS	D/IFS
				2:00 PM	D/IFS	D/IFS
				2:15 PM		
				2:30 PM		

\*Schedule subject to change