

SCIS		2011-2012		Session 3					
T= 1 hr		CLASSES		T= 3.25 hrs		T= 5.5 hrs		T= 6.5 hrs	
Sunday									
	4:45 - 5:00	low power	4:45 - 5:00		4:45 - 5:00		4:45 - 5:00		
	5:00 - 5:15	Juv Sync	5:00 - 5:15		5:00 - 5:15	JR Club practice ice	5:00 - 5:15	Sr Club practice ice	
	5:15 - 5:30		5:15 - 5:30		5:15 - 5:30		5:15 - 5:30		
	5:30 - 5:45		5:30 - 5:45		5:30 - 5:45		5:30 - 5:45		
	5:45 - 6:00		5:45 - 6:00		5:45 - 6:00		5:45 - 6:00		
	6:00 - 6:15		6:00 - 6:15		6:00 - 6:15		6:00 - 6:15		
	6:15 - 6:30	moves	6:15 - 6:30		6:15 - 6:30		6:15 - 6:30		
	6:30 - 6:45	low	6:30 - 6:45		6:30 - 6:45		6:30 - 6:45		
zam	6:45 - 7:00	zam	6:45 - 7:00	zam	6:45 - 7:00	zam	6:45 - 7:00	zam	zam
	7:00 - 7:15	high power	7:00 - 7:15		7:00 - 7:15		7:00 - 7:15		
	7:15 - 7:30	Novice Sync	7:15 - 7:30		7:15 - 7:30	JR Club LATE ice add on option	7:15 - 7:30	SR Club LATE ice add on option	
	7:30 - 7:45		7:30 - 7:45		7:30 - 7:45		7:30 - 7:45		
	7:45 - 8:00		7:45 - 8:00		7:45 - 8:00		7:45 - 8:00		
	8:00 - 8:15		8:00 - 8:15		8:00 - 8:15		8:00 - 8:15		
	8:15 - 8:30		8:15 - 8:30		8:15 - 8:30		8:15 - 8:30		
	8:30 - 8:45		8:30 - 8:45		8:30 - 8:45		8:30 - 8:45		
	8:45 - 9:00		8:45 - 9:00		8:45 - 9:00		8:45 - 9:00		
	9:00 - 9:15			9:00 - 9:15			9:00 - 9:15		
	9:15 - 9:30		9:15 - 9:30		9:15 - 9:30		9:15 - 9:30		
	9:30 - 9:45		9:30 - 9:45		9:30 - 9:45		9:30 - 9:45		
	9:45 - 10:00		9:45 - 10:00		9:45 - 10:00		9:45 - 10:00		
Monday									
	4:45 - 5:00	Beg Sync low dance	4:45 - 5:00	fs practice ice	4:45 - 5:00	JR club practice ice	4:45 - 5:00	Sr Club practice ice	
	5:00 - 5:15		5:00 - 5:15		5:00 - 5:15		5:00 - 5:15		
	5:15 - 5:30	Basics classes	5:15 - 5:30		5:15 - 5:30		5:15 - 5:30		
	5:30 - 5:45		5:30 - 5:45		5:30 - 5:45		5:30 - 5:45		
	5:45 - 6:00		5:45 - 6:00		5:45 - 6:00		5:45 - 6:00		
basics practice	6:00 - 6:15	fs classes	6:00 - 6:15		6:00 - 6:15		6:00 - 6:15		
zam	6:15 - 6:30		6:15 - 6:30		6:15 - 6:30		6:15 - 6:30		
	6:30 - 6:45	zam	6:30 - 6:45	zam	6:30 - 6:45	zam	6:30 - 6:45	zam	
	6:45 - 7:00	jumps & spins medium	6:45 - 7:00	fs practice ice	6:45 - 7:00	JR club practice ice	6:45 - 7:00	Sr Club practice ice	
	7:00 - 7:15		7:00 - 7:15		7:00 - 7:15		7:00 - 7:15		
	7:15 - 7:30	jumps & spins high	7:15 - 7:30		7:15 - 7:30		7:15 - 7:30		
	7:30 - 7:45		7:30 - 7:45		7:30 - 7:45		7:30 - 7:45		
	7:45 - 8:00	Medium moves	7:45 - 8:00		7:45 - 8:00		7:45 - 8:00		
	8:00 - 8:15		8:00 - 8:15		8:00 - 8:15		8:00 - 8:15		
	8:15 - 8:30	High moves	8:15 - 8:30		8:15 - 8:30		8:15 - 8:30		
	8:30 - 8:45		8:30 - 8:45		8:30 - 8:45		8:30 - 8:45		
	8:45 - 9:00	med/high Dance	8:45 - 9:00		8:45 - 9:00		8:45 - 9:00		
	9:00 - 9:15		9:00 - 9:15		9:00 - 9:15		9:00 - 9:15		
	9:15 - 9:30		9:15 - 9:30		9:15 - 9:30		9:15 - 9:30		
	9:30 - 9:45		9:30 - 9:45		9:30 - 9:45		9:30 - 9:45		
	9:45 - 10:00		9:45 - 10:00		9:45 - 10:00		9:45 - 10:00		
Wednesday									
	4:45 - 5:00	low power	4:45 - 5:00		4:45 - 5:00		4:45 - 5:00		
	5:00 - 5:15	Beg Sync Juv Sync	5:00 - 5:15		5:00 - 5:15		5:00 - 5:15	Sr Club practice ice	
	5:15 - 5:30		5:15 - 5:30		5:15 - 5:30	5:15 - 5:30			
	5:30 - 5:45		5:30 - 5:45		5:30 - 5:45	5:30 - 5:45			
	5:45 - 6:00		5:45 - 6:00		5:45 - 6:00	5:45 - 6:00			
basics practice	6:00 - 6:15	Intro to Sync	6:00 - 6:15	fs practice ice	6:00 - 6:15	JR Club practice ice	6:00 - 6:15		
	6:15 - 6:30	Buddy/fun	6:15 - 6:30		6:15 - 6:30		6:15 - 6:30		
	6:30 - 6:45	jumps & spins	6:30 - 6:45		6:30 - 6:45		6:30 - 6:45		
	6:45 - 7:00	low	6:45 - 7:00		6:45 - 7:00		6:45 - 7:00		
zam	7:00 - 7:15	zam	7:00 - 7:15	zam	7:00 - 7:15	zam	7:00 - 7:15	zam	
	7:15 - 7:30	high power	7:15 - 7:30		7:15 - 7:30		7:15 - 7:30		
	7:30 - 7:45	Novice Sync	7:30 - 7:45		7:30 - 7:45	JR Club LATE ice add on option	7:30 - 7:45	SR Club LATE ice add on option	
	7:45 - 8:00		7:45 - 8:00		7:45 - 8:00		7:45 - 8:00		
	8:00 - 8:15		8:00 - 8:15		8:00 - 8:15		8:00 - 8:15		
	8:15 - 8:30		8:15 - 8:30		8:15 - 8:30		8:15 - 8:30		
	8:30 - 8:45		8:30 - 8:45		8:30 - 8:45		8:30 - 8:45		
	8:45 - 9:00		8:45 - 9:00		8:45 - 9:00		8:45 - 9:00		
	9:00 - 9:15		9:00 - 9:15		9:00 - 9:15		9:00 - 9:15		
	9:15 - 9:30		9:15 - 9:30		9:15 - 9:30		9:15 - 9:30		
	9:30 - 9:45		9:30 - 9:45		9:30 - 9:45		9:30 - 9:45		
	9:45 - 10:00		9:45 - 10:00		9:45 - 10:00		9:45 - 10:00		