

**2018/2019 YKSC FALL SCHEDULE**

| Group                              | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  | Sunday   |
|------------------------------------|---|---|--|---|--|---|--|
|                                    | Ed Jeske  | Shorty  | Ed Jeske   | Shorty  | Ed Jeske   | Ed Jeske  | Ed Jeske   |
| RECREATIONAL PROGRAMS              | Pre - Canskate<br>6:00pm - 6:30pm<br>Canskate<br>6:45pm - 7:30pm                            | Sept 10, 2018 - Mar 13, 2019  | Pre - Canskate<br>6:00pm - 6:30pm<br>Canskate<br>6:45pm - 7:30pm |   |  |   |  |
| <b>JUMP START</b>                  |   |   |  |   |  |   |  |
| JUMP START                         | Sept 10, 2018 - Mar 14, 2019  | 6:15 pm- 7:15pm   |  | 6:15 - 7:15pm   |  |   |  |
| <b>Sept 10, 2018 - Nov 4, 2018</b> |   |   |  |   |  |   |  |
| JUNIOR                             |   | 5:00pm - 6:15pm<br>5:00 - 5:30 - Edges/Stroking<br>5:30 - 6:15 - Freeskate                |  |   | 5:00pm - 6:15pm<br>5:00 - 5:15 - Flood<br>5:15 - 6:15 - Freeskate    |   | 8:30am - 10:00am<br>8:30 - 8:45 - Flood<br>8:45 - 9:30 - Freeskate<br>9:30 - 10:00 - Dance |
| <b>Sept 10, 2018 - Nov 4, 2018</b> |   |   |  |   |  |   |  |
| INTERMEDIATE                       | 5:00 - 6:00pm<br>5:00 - 5:15 - Flood<br>5:15 - 6:00 -Freeskate                              |   |  | 4:45pm - 6:15pm<br>4:45 - 5:00 - Flood<br>5:00 - 5:45 - Freeskate<br>5:45 - 6:15 - Dance<br><br>(Shared with Seniors)   | 6:15pm - 7:30pm<br>6:15 - 6:45 - Skills<br>6:45pm - 7:30 - Freeskate | 3:00pm - 5pm<br>3:00 - 3:15 - Flood<br>3:15 - 3:30 - Stroking<br>3:30 - 4:15 - Dance<br>4:15 - 5:00 - Freeskate | 10:00am - 11:00am<br>10:00 - 10:15 - Flood<br>10:15-11:00 -Freeskate                       |
| FITNESS                            |   | 6:00 - 7:00pm - Fitness   |  |   |  |   | 1:00 - 2:00pm - Fitness  |
| <b>Sept 10, 2018 - Nov 4, 2018</b> |   |   |  |   |  |   |  |
| SENIOR                             | 7:30pm - 9:00pm<br>7:30 - 7:45 - Flood<br>7:45 - 8:00 - Stroking<br>8:00 - 9:00 - Freeskate | 7:15pm - 8:45pm<br>7:15 - 7:30 - Flood<br>7:30 - 8:00 - Skills<br>8:00 - 8:45 - Freeskate | 5:00 - 6:00pm<br>5:00 - 5:15 - Flood<br>5:15 - 6:00 - Freeskate  | 4:45pm - 6:15pm<br>4:45 - 5:00 - Flood<br>5:00 - 5:45 - Freeskate<br>5:45 - 6:15 - Dance<br>(shared with Intermediates) |  | 12:00pm - 2:00pm<br>12:00 - 12:15 - Flood<br>12:15 - 1:15 - Freeskate<br>1:15 - 2:00 - Dance                    | 11:00am - 12:30pm<br>11:00 - 11:45 - Skills<br>11:45 - 12:30 - Freeskate                   |
| Competition Prep                   |   |   |  |   |  | 2:00pm - 3:00pm<br><br>2:00 - 2:15 - Flood<br>2:15 - 3:00 - Freeskate   |  |