



<u>Friday, September 25th</u>						<u>Group</u>	<u>Level</u>
<u>Kin 2 Arena</u>			<u>Kin Meeting Room</u>				
<u>ON ICE</u>			<u>OFF ICE</u>				
3:30-4:15 pm	Jumps	Red	2:30-3:15 pm	Dryland Training	Red	Red Group	Pre-Star/Star 1
4:15-5:00 pm	Jumps	Orange	3:25-4:05 pm	Dryland Training	Yellow	Orange Group	Star 2
5:00-5:45 pm	Jumps	Yellow	4:15-4:55 pm	Dryland Training	Green	Yellow Group	Star 2/3
5:45-6:00 pm	Ice Clean		5:05-5:45 pm	Dryland Training	Blue	Green Group	Star 3/4
6:00-6:45 pm	Jumps	Green	5:55-6:35 pm	Dryland Training	Orange	Blue Group	Star 4/5
6:45-7:30 pm	Jumps	Blue	6:45-7:20 pm	Dryland Training	Purple	Purple Group	Star 6+ and Pond to Podium
7:30-7:45 pm	Ice Clean					Pond to Podium	Pre-Juv, Juv & Pre-Novice
7:45-8:30 pm	Jumps	Purple				*The levels above are a guesstimation but final groupings will be subject to enrollment and may shift to balance groups. Skaters in Pond to Podium levels MUST register for Pond to Podium when they register. NOT Star 6+.	

<u>Saturday, September 26th</u>						<u>Kin Meeting Room</u>	
<u>Kin 2 Arena</u>			<u>Kin 3 Arena</u>			<u>OFF ICE</u>	
<u>ON ICE</u>			<u>ON ICE</u>				
8:00-8:30 am	Spins	Red	8:00-8:40 am	Foundations & Flow	Yellow	8:00-8:40 am	Dryland Training Green
8:30-9:10 am	Spins	Purple	8:40-9:20 am	Foundations & Flow	Orange	8:50-9:30 am	Dryland Training Blue
9:10-9:40 am	Spins	Green	9:20-10:00 am	Foundations & Flow	Red	9:40-10:20 am	Dryland Training Purple
9:40-9:55 am	Ice Clean		10:00-10:15 am	Ice Clean		10:30-11:10 am	Dryland Training Red
9:55-10:25 am	Spins	Blue	10:15-10:55 am	Foundations & Flow	Green	11:20-12:00 pm	Dryland Training Green
10:25-10:55 am	Spins	Orange	10:55-11:35 am	Foundations & Flow	Blue	12:10-12:50 pm	Dryland Training Yellow
10:55-11:25 am	Spins	Yellow	11:35-12:15 pm	Foundations & Flow	Purple		
11:25-11:40 am	Ice Clean		12:15-12:30 pm	Ice Clean		2:10-2:50 pm	Dryland Training Orange
11:40-12:20 pm	Jumps	Orange	12:30-1:10 pm	Performance Lab	Red	3:00-3:40 pm	Dryland Training Green
12:20-1:00 pm	Jumps	Blue	1:10-1:50 pm	Performance Lab	Yellow	3:50-4:30 pm	Dryland Training Blue
1:00-1:45 pm	Jumps	Purple	1:50-2:30 pm	Performance Lab	Blue	4:40-5:20 pm	Dryland Training Yellow
1:45-2:00 pm	Ice Clean		2:40-2:45 pm	Ice Clean		5:30-6:10 pm	Dryland Training Purple
2:00-2:40 pm	Jumps	Green	2:45-3:40 pm	Performance Lab	Purple		
2:40-3:20 pm	Jumps	Red	3:40-4:20 pm	Performance Lab	Orange		
3:20-4:00 pm	Jumps	Yellow	4:20-5:00 pm	Performance Lab	Green		
4:00-5:00 pm	Pond to Podium						

<u>Sunday, September 27th</u>					
<u>Kin 2 Arena</u>			<u>Kin Meeting Room</u>		
<u>ON ICE</u>			<u>OFF ICE</u>		
8:00-8:45 am	Jumps	Red	7:50-8:30 am	Dryland Training	Orange
8:45-9:30 am	Jumps	Orange	8:40-9:20 am	Dryland Training	Blue
9:30-10:15 am	Jumps	Yellow	9:30-10:10 am	Dryland Training	Red
10:15-10:30 am	Ice Clean		10:20-11:00 am	Dryland Training	Purple
10:30-11:15 am	Jumps	Green	11:10-11:50 am	Dryland Training	Yellow
11:15-12:00 pm	Jumps	Blue	12:00-12:40 pm	Dryland Training	Green
12:00-12:15 pm	Ice Clean				
12:15-1:00 pm	Jumps	Purple			