LFSC 2010
Summer Skating Schedule

~ Subject to Change~

Summer School
Week 1: June 28 - July 2
*** No Skating Thursdy, July 1 ***

	Monday-Wednesday			Fridays	
	Senior/Int.	Primary		Senior/Int.	Primary
8:00	Senior/Int. Freeskate A		8:00	Freeskate	
8:15			8:15		
8:30			8:30		
8:45			8:45		
9:00	Senior/Int. Dance		9:00		
9:15			9:15		
9:30	Flood		9:30	Flood	Flood
9:45	Senior/Int. Freeskate B		9:45		Freeskate
10:00			10:00		
10:15		Off Ice	10:15		
10:30			10:30		
10:45	Senior/Int. Stroking		10:45		
11:00			11:00		
11:15	travel time	Flood	11:15		
11:30	Off Ice	Primary Stroking	11:30		
11:45			11:45		
12:00		Primary Freeskate A	12:00		
12:15			12:15		
12:30			12:30		
12:45			12:45		
1:00		Flood	1:00		
1:15		Primary Dance	1:15		
1:30			1:30		
1:45		Primary Freeskate B	1:45		
2:00			2:00		
2:15			2:15		
2:30			2:30		
2:45		Flood	2:45		

Summer School
Week 2: July 5 - 7
*** Freeskate Clinic: July 8 and 9 ***

	Monday-Wednesday				Thursday - Friday	
	Senior/Int.	Primary	Canskate		Primary/Int/Senior	Canskate
8:00	Senior/Int. Freeskate A			8:00	FREESKATE CLINIC	
8:15				8:15		
8:30				8:30		
8:45				8:45		
9:00	Senior/Int. Dance			9:00		
9:15				9:15		
9:30	Flood			9:30		
9:45	Senior/Int. Freeskate B			9:45		
10:00				10:00		
10:15				10:15		
10:30		Off Ice		10:30		
10:45	Senior/Int. Stroking			10:45		
11:00				11:00		
11:15	travel time			11:15		
11:30	Off Ice	Lunch Break/Travel Time	Canskate	11:30		Canskate
11:45				11:45		
12:00			Flood	12:00	Flood	
12:15		Primary Stroking		12:15	FREESKATE CLINIC	
12:30				12:30		
12:45		Primary Freeskate A		12:45		
1:00				1:00		
1:15				1:15		
1:30		Flood		1:30		
1:45		Primary Dance		1:45		
2:00				2:00		
2:15		Primary Freeskate B		2:15		
2:30				2:30		
2:45		Flood		2:45		
3:00				3:00		
3:15				3:15		
3:30				3:30		
3:45				3:45		
4:00				4:00		
4:15				4:15		
4:30				4:30		
4:45				4:45		

Summer School
Week 3: July 12 - 16
Week 4: July 19 - 23

	Monday-Thursday				Fridays		
	Senior/Int.	Primary	Canskate/Power		Senior/Int.	Primary	Canskate
8:00	Senior/Int. Freeskate A			8:00	Freeskate		
8:15				8:15			
8:30				8:30			
8:45				8:45			
9:00	Senior/Int. Dance			9:00			
9:15				9:15			
9:30	Senior/Int. Stroking			9:30	Flood	Flood	
9:45				9:45		Freeskate	
10:00	Flood	Flood	Flood	10:00			
10:15	Combined Freeskate C	Combined Freeskate C		10:15			
10:30				10:30			
10:45				10:45			
11:00				11:00			
11:15		travel time		11:15		Flood	Flood
11:30	Senior/Int. Freeskate B	Off Ice		11:30			
11:45				11:45			Power
12:00				12:00			
12:15	travel time		Canskate	12:15			
12:30	Off Ice	Lunch Break/Travel Time		12:30			Canskate
12:45				12:45			
1:00			Flood	1:00			
1:15		Primary Stroking		1:15			
1:30				1:30			
1:45		Primary Freeskate A		1:45			
2:00				2:00			
2:15				2:15			
2:30				2:30			
2:45		Flood		2:45			
3:00		Primary Dance		3:00			
3:15				3:15			
3:30		Primary Freeskate B					
3:45							
4:00							
4:15							
4:30		Flood					
4:45			Power				
5:00							
5:15							

Summer School
Week 5: July 26 - 30

	Monday-Thursday				Friday		
	Senior/Int.	Primary	Power		Senior/Int.	Primary	Power
8:00	Senior/Int. Freeskate A			8:00	Freeskate		
8:15				8:15			
8:30				8:30			
8:45				8:45			
9:00	Senior/Int. Dance			9:00			
9:15				9:15			
9:30	Flood			9:30	Flood	Flood	
9:45	Senior/Int. Freeskate B			9:45		Freeskate	
10:00				10:00			
10:15		Off Ice		10:15			
10:30				10:30			
10:45	Senior/Int. Stroking			10:45			
11:00				11:00			
11:15	travel time		Power	11:15		Flood	
11:30	Off Ice	Lunch Break/Travel Time		11:30			Power
11:45				11:45			
12:00			Flood	12:00			
12:15		Primary Stroking		12:15			
12:30				12:30			
12:45		Primary Freeskate A		12:45			
1:00				1:00			
1:15				1:15			
1:30		Flood		1:30			
1:45		Primary Dance		1:45			
2:00				2:00			
2:15		Primary Freeskate B		2:15			
2:30				2:30			
2:45				2:45			
3:00				3:00			
3:15				3:15			

Freeskate Camp
Week 6: August 3 - 5
(Minimum 10 skaters)

	Tuesday - Thursday	
	Senior/Int.	Primary
8:00		
8:15		
8:30		
8:45		
9:00	Open Freeskate A	
9:15		
9:30		
9:45		
10:00		
10:15		

Primary Session
Senior / Intermediate Session
Combined Primary and Senior/Int. Session
Canskate Session
Powerskating Session
Freeskate Clinic