

FORMATION

SYNCHRONIZED SKATING

Spring 2022 Open Practices

APRIL 2022		WEEKEND #1			
SAT 23 @WF	NOV+INT		PRE-JUVENILE		ASPIRE (TBD)
9:15-10:15am	Virtual Ballet				
		10:30-11:30am	Virtual Ballet		
4:15-5:15pm	Off Ice				
5:30-7:45pm	On Ice				
8-8:30pm	Deep stretch				
SUN 24 @WF	NOV+INT		PRE-JUVENILE		ASPIRE (TBD)
		8-8:15am	Warm Up		
9-9:15am	Warm Up	8:30-9:30am	On Ice	8:30-9:30am	On Ice
9:30-10:30am	Skills+Drills On Ice	9:30-10:30am	Skills+Drills On Ice	9:45-10:30am	Off Ice
10:30-11:45am	On Ice	10:45-11:45am	Off Ice		
12-12:45pm	Conditioning	11:45-12am	Stretch+Share		
1-1:15pm	Stretch+Share				
April 2022		WEEKEND #2			
SAT 30 @WF	NOV+INT		PRE-JUVENILE		ASPIRE (TBD)
9:15-10:15am	Virtual Ballet				
		10:30-11:30am	Virtual Ballet		
4:15-5:15pm	Off Ice				
5:30-7:45pm	On Ice				
8-8:30pm	Deep stretch				
SUN 1 @WF	NOV+INT		PRE-JUVENILE		ASPIRE (TBD)
		7am	Warm Up		
8-8:15am	Warm Up	7:30-8:30am	On Ice	7:30-8:30am	On Ice
8:30-9:30am	Skills+Drills On Ice	8:30-9:30am	Skills+Drills On Ice	8:45-9:30am	Off Ice
9:30-10:45am	On Ice	9:45-10:45am	Off Ice		
11-11:45am	Conditioning	10:45-11am	Stretch+Share		
12-12:15am	Stretch+Share				