

Nepean Skating Club - 2010 Summer Schedule

June 28 - July 2

On Ice

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:20am <i>jun/int starskate</i>		7:30-8:20am <i>jun/int starskate</i>	7:30-8:20am <i>jun/int starskate</i>	
8:30-9:20am <i>open starskate</i>	8:30-9:20am <i>open starskate</i>	8:30-9:20am <i>open starskate</i>	8:30-9:20am <i>open starskate</i>	8:30-9:20am <i>open starskate</i>
9:20-9:50am <i>skills/dance</i>	9:20-9:50am <i>stroking</i>	9:20-9:50am <i>skills/dance</i>	9:20-9:50am <i>stroking</i>	9:20-9:50am <i>spins</i>
10:00-10:50am <i>sen star/comp</i>	10:00-10:50am <i>sen star/comp</i>	10:00-10:50am <i>sen star/comp</i>	10:00-10:50am <i>sen star/comp</i>	10:00-10:50am <i>sen star/comp</i>
11:00-11:50 <i>competitive</i>	11:00-11:50 <i>competitive</i>	11:00-11:50 <i>competitive</i>	11:00-11:50 <i>competitive</i>	11:00-11:50 <i>competitive</i>
11:50am-12:20pm <i>spins/spirals</i>	11:50am-12:20pm <i>stroking</i>	11:50am-12:20pm <i>footwork</i>	11:50am-12:20pm <i>stroking</i>	11:50am-12:20pm <i>spins/spirals</i>
12:30-1:20pm <i>competitive</i>	12:30-1:20pm <i>competitive</i>	12:30-1:20pm <i>competitive</i>	12:30-1:20pm <i>competitive</i>	12:30-1:20pm <i>competitive</i>

Off Ice

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:50 <i>pilates</i>	10:00-10:50 <i>ballet</i>	10:00-10:50 <i>boot camp circuits</i>	10:00-10:50 <i>ballet</i>	10:00-10:50 <i>sport stretch</i>
11:00-11:50 <i>pilates</i>	11:00-11:50 <i>ballet</i>	10:00-10:50 <i>boot camp circuits</i>	11:00-11:50 <i>ballet</i>	11:00-11:50 <i>sport stretch</i>

Nepean Skating Club - 2010 Summer Schedule

July 5 - August 6

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:20am <i>jun/int starskate</i>		7:30-8:20am <i>jun/int starskate</i>	7:30-8:20am <i>jun/int starskate</i>	
8:30-9:20am <i>open starskate</i>	8:30-9:20am <i>open starskate</i>	8:30-9:20am <i>open starskate</i>	8:30-9:20am <i>open starskate</i>	8:30-9:20am <i>open starskate</i>
9:20-9:50am <i>skills/dance</i>	9:20-9:50am <i>stroking</i>	9:20-9:50am <i>skills/dance</i>	9:20-9:50am <i>stroking</i>	9:20-9:50am <i>spins</i>
10:00-10:50am <i>sen star/comp</i>	10:00-10:50am <i>sen star/comp</i>	10:00-10:50am <i>sen star/comp</i>	10:00-10:50am <i>sen star/comp</i>	10:00-10:50am <i>sen star/comp</i>
11:00-11:50 <i>competitive</i>	11:00-11:50 <i>competitive</i>	11:00-11:50 <i>competitive</i>	11:00-11:50 <i>competitive</i>	11:00-11:50 <i>competitive</i>
11:50am-12:20pm <i>spins/spirals</i>	11:50am-12:20pm <i>stroking</i>	11:50am-12:20pm <i>footwork</i>	11:50am-12:20pm <i>stroking</i>	11:50am-12:20pm <i>spins/spirals</i>
12:30-1:20pm <i>competitive</i>	12:30-1:20pm <i>competitive</i>	12:30-1:20pm <i>competitive</i>	12:30-1:20pm <i>competitive</i>	12:30-1:20pm <i>competitive</i>
1:30-2:20pm <i>open</i>	1:30-2:20pm <i>open</i>	1:30-2:20pm <i>open</i>	1:30-2:20pm <i>open</i>	1:30-2:20pm <i>open</i>

Off Ice

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:50 pilates	10:00-10:50 ballet	10:00-10:50 boot camp circuits	10:00-10:50 ballet	10:00-10:50 sport stretch
11:00-11:50 pilates	11:00-11:50 ballet	11:00-11:50 boot camp circuits	11:00-11:50 ballet	11:00-11:50 sport stretch