

AURORA SKATING CLUB
2016 - 2017 WINTER SCHEDULE
 November 1, 2016 to March 10, 2017

MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
4:30	FLOOD		4:15	FLOOD			9:00 FLOOD
4:40	NOV/SEN/ADV		4:25	NOV/SEN			9:10 CANSKATE E
4:55	NOV/SEN/ADV		4:40	NOV/SEN			9:25 CANSKATE E
5:10	NOV/SEN/ADV		4:55	NOV/SEN			9:40 CANSKATE E
5:25	NOV/SEN/ADV	5:30 FLOOD	5:10	NOV/SEN	5:30 FLOOD		9:55 CANSKATE F
5:40	STROKING	5:40 CANSKATE B	5:25	FLOOD	5:40 STROKING		10:10 CANSKATE F
5:50	FLOOD	5:55 CANSKATE B	5:35	STROKING	5:55 JUN/CAN PLUS	6:00 FLOOD	10:25 CANSKATE F
6:00	CANSKATE A	6:10 CANSKATE B	5:50	JUN/CAN PLUS	6:10 JUN/CAN PLUS	6:10 POWER	10:40 FLOOD
6:15	CANSKATE A	6:25 NOV/SEN/ADV	6:05	JUN/CAN PLUS	6:25 JUN/CAN PLUS	6:35 POWER	10:55 CANSKATE G
6:30	CANSKATE A	6:40 NOV/SEN/ADV	6:20	JUN/CAN PLUS	6:40 CANSKATE D	7:00 POWER	11:10 CANSKATE G
6:45	STROKING	6:55 NOV/SEN/ADV	6:35	CANSKATE C	6:55 CANSKATE D	7:00 ice return	11:25 CANSKATE G
7:00	JUN/CAN PLUS	7:10 NOV/SEN/ADV	6:50	CANSKATE C	7:10 CANSKATE D		11:40 CANSKATE G
7:15	JUN/CAN PLUS	7:25 NOV/SEN/ADV	7:05	CANSKATE C	7:25 FLOOD		11:45 ice return
7:30	JUN/CAN PLUS	7:45 ice return	7:20	FLOOD	7:35 NOV/SEN/ADV		
7:45	ice return		7:30	ADVANCED	7:50 NOV/SEN/ADV		
			7:45	ADVANCED	8:05 NOV/SEN/ADV		
			8:00	ADVANCED	8:20 NOV/SEN/ADV		
			8:15	ADVANCED	8:35 STROKING		
			8:30	ADVANCED	8:45 ice return		
			8:45	ice return			

CANSKATE
JUN/CAN PLUS
NOV/SEN/ADV
NOV/SEN
ADVANCED
POWER

