

# Oak Bay FSC 2017 Summer Schedule

## Junior / Intermediate / Senior Schedule

July 3 - August 11

(NO Skating August 7th)

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 - 8:45	Stroke	8:30 - 8:45	Stroke	8:30 - 8:45	Stroke	8:30 - 8:45	Stroke	8:30 - 8:45	Stroke
8:45 - 9:30	Jr / Int Free	8:45 - 9:30	Jr / Int Free	8:45 - 9:30	Jr / Int Free	8:45 - 9:30	Jr / Int Free	8:45 - 9:30	Jr / Int Free
9:30 - 10:00	Jr / Int Dance	9:30 - 10:00	Jr / Int Class	9:30 - 10:00	Jr / Int Dance	9:30 - 10:00	Jr / Int Class	9:30 - 10:00	Jr / Int Dance
10:00 - 10:15	Flood	10:00 - 10:15	Flood	10:00 - 10:15	Flood	10:00 - 10:15	Flood	10:00 - 10:15	Flood
10:15 - 11:00	Int Free	10:15 - 11:00	Int Free	10:15 - 11:00	Int Free	10:15 - 11:00	Int Free	10:15 - 11:00	Int Free
10:15 - 11:00	Jr Crafts	10:15 - 11:00	Jr Crafts	10:15 - 11:00	Jr Crafts	10:15 - 11:00	Jr Crafts	10:15 - 11:00	Jr Crafts
10:15 - 11:00	Sr Off ice	10:15 - 11:00	Sr Off ice	10:15 - 11:00	Sr Off ice	10:15 - 11:00	Sr Off ice	10:15 - 11:00	Sr Off ice
11:00 - 11:15	Flood	11:00 - 11:15	Flood	11:00 - 11:15	Flood	11:00 - 11:15	Flood	11:00 - 11:15	Flood
11:15 - 12:00	Jr / Int Off ice	11:15 - 12:00	Jr / Int Off ice	11:15 - 12:00	Jr / Int Off ice	11:15 - 12:00	Jr / Int Off ice	11:15 - 12:00	Jr / Int Off ice
11:15 - 12:00	Sr Free	11:15 - 12:00	Sr Free	11:15 - 12:00	Sr Free	11:15 - 12:00	Sr Free	11:15 - 12:00	Sr Free
12:00 - 12:30	Sr Skill/Dance	12:00 - 12:30	Sr Skill/Dance	12:00 - 12:30	Sr Skill/Dance	12:00 - 12:30	Sr Skill/Dance	12:00 - 12:30	Sr Skill/Dance
12:30 - 12:45	Flood	12:30 - 12:45	Flood	12:30 - 12:45	Flood	12:30 - 12:45	Flood	12:30 - 12:45	Flood
12:45 - 1:30	Sr Free	12:45 - 1:30	Sr Free	12:45 - 1:30	Sr Free	12:45 - 1:30	Sr Free	12:45 - 1:30	Sr Free
1:30 - 1:45	Sr Spin Patch	1:30 - 1:45	Sr Spin Patch	1:30 - 1:45	Sr Spin Patch	1:30 - 1:45	Sr Spin Patch	1:30 - 1:45	Sr Spin Patch
1:45 - 2:00	Sr Stroke	1:45 - 2:00	Sr Flex	1:45 - 2:00	Sr Stroke	1:45 - 2:00	Sr Flex	1:45 - 2:00	Sr Stroke

## Rink Ratz

July 3 - August 11 (NO Skating August 7th)

<i>Daily Monday - Friday</i>	
8:30 - 9:15	On Ice
9:15 - 9:30	Break & Snack
9:30 - 10:00	On Ice Rhythm
10:00 - 10:15	Skates off
10:15 - 11:00	Crafts
11:00 - 11:15	Prepare for Off ice
11:15 - 12:00	Fun & Fitness Off ice
12:00 - 1:00	Pick up time or Supervised Lunch
1:00 - 5:00	Fun Unlimited Option (July & August)