

# Peace River Skating Club

Fall/Winter 2022-2023

Schedule Starts October 12, 2022



Monday	Wednesday	Friday	Saturday
Canskate 4:00-4:45	Canskate 4:00-4:45	Senior 4:00-5:45	Intermediate 9:00- 10:00 OFF ICE 10:10-10:30
Junior 4:45-5:30 ON ICE 5:40-5:55 OFF ICE	Junior ON ICE 4:45-5:15 OFF ICE 6:00-6:30	Intermediate 5:15-6:30	Senior ON ICE 7:30-9:15 OFF ICE 10:10-10:30
Intermediate ON ICE 4:45-5:45 OFF ICE 6:00-6:20	Intermediate ON ICE 4:45-5:45 OFF ICE 6:00-6:30	Junior 5:45-6:30	
Flood/Break 5:45-6:00	Senior ON ICE 5:15-6:45 OFF ICE 6:50-7:20		
Senior OFF ICE 5:00-5:30 ON ICE 6:00-7:30			

Monday OFF ICE Core/Flexibility/Balance

Wednesday OFF ICE Strength/Cardio

Saturday OFF ICE Jumps/Spins