

Peace River Skating Club January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:30</p> <p>Intermediate 4:45-5:45</p> <p>Flood/Break 5:45-6:00</p> <p>Senior 6:00-7:30</p> <p>Junior Off Ice 5:40-5:55</p> <p>Inter Off Ice 6:00-6:20</p> <p>Senior Off Ice 5:00-5:30</p> <p>Core/Flexibility/Balance</p>	4	<p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:15</p> <p>Intermediate 4:45-5:45</p> <p>Senior 5:15-6:45</p> <p>Junior/Inter Off ice6:00-6:30</p> <p>Senior Off Ice 6:50-7:20</p> <p>Strength/Cardio</p>	6	<p>Junior 5:45-6:30</p> <p>Intermediate 5:15-6:30</p> <p>Senior 4:00-5:45</p>	8
9	<p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:30</p> <p>Intermediate 4:45-5:45</p> <p>Flood/Break 5:45-6:00</p> <p>Senior 6:00-7:30</p> <p>Junior Off Ice 5:40-5:55</p> <p>Inter Off Ice 6:00-6:20</p> <p>Senior Off Ice 5:00-5:30</p> <p>Core/Flexibility/Balance</p>	11	<p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:15</p> <p>Intermediate 4:45-5:45</p> <p>Senior 5:15-6:45</p> <p>Junior/Inter Off ice6:00-6:30</p> <p>Senior Off Ice 6:50-7:20</p> <p>Strength/Cardio</p>	13	<p>Junior 5:45-6:30</p> <p>Intermediate 5:15-6:30</p> <p>Senior 4:00-5:45</p>	15
16	<p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:30</p> <p>Intermediate 4:45-5:45</p> <p>Flood/Break 5:45-6:00</p> <p>Senior 6:00-7:30</p> <p>Junior Off Ice 5:40-5:55</p> <p>Inter Off Ice 6:00-6:20</p> <p>Senior Off Ice 5:00-5:30</p> <p>Core/Flexibility/Balance</p>	18	<p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:15</p> <p>Intermediate 4:45-5:45</p> <p>Senior 5:15-6:45</p> <p>Junior/Inter Off ice6:00-6:30</p> <p>Senior Off Ice 6:50-7:20</p> <p>Strength/Cardio</p>	20	<p>Junior 5:45-6:30</p> <p>Intermediate 5:15-6:30</p> <p>Senior 4:00-5:45</p>	22
23	<p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:30</p> <p>Intermediate 4:45-5:45</p> <p>Flood/Break 5:45-6:00</p> <p>Senior 6:00-7:30</p> <p>Junior Off Ice 5:40-5:55</p> <p>Inter Off Ice 6:00-6:20</p> <p>Senior Off Ice 5:00-5:30</p> <p>Core/Flexibility/Balance</p>	25	<p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:15</p> <p>SIMULATION DAY FOR COMPETITION</p> <p>INTER/SENIOR</p> <p>Junior/Inter Off ice6:00-6:30</p> <p>Senior Off Ice 6:50-7:20</p> <p>Strength/Cardio</p>	27	<p>NO JUNIOR STARSKATE</p> <p>Intermediate/Senior 4:00-5:30</p> <p>GP COMPETITION</p>	29
30	<p>GP COMPETITION</p> <p>Canskate 4:00-4:45</p> <p>Junior 4:45-5:30</p> <p>Intermediate 4:45-5:45</p> <p>Flood/Break 5:45-6:00</p> <p>Senior 6:00-7:30</p> <p>Junior Off Ice 5:40-5:55</p> <p>Inter Off Ice 6:00-6:20</p> <p>Senior Off Ice 5:00-5:30</p> <p>Core/Flexibility/Balance</p>	31				