2017/18 Vibank Skating Club Weekly Schedule

Monday 5:00-8:30

Time				
5:00	Int. 5:00-6:30pm	Senior 5:00-6:30pm		
5:15				
5:30				
5:45				
6:00			Junior 6-6:30pm	Bridging 6-6:30pm
6:15				
6:30	Off Ice Training 6:30-7:15			Canskate 6:30-7:15pm
6:45				
7:00				
7:15	FLOOD / BREAK 7:15-7:30pm			
7:30	Int. 7:30-8:30pm	Senior 7:30-8:30	Junior 7:30-8pm	
7:45				
8:00				
8:15				
8:30				

Friday 5:00-8:15

Time				
5:00	Int. 5-6:15pm	Senior 5-6:15pm		
5:15				
5:30				
5:45			Junior 5:45-6:15pm	
6:00				
6:15	FLOOD / BREAK 6:15-6:30pm			
6:30	Off Ice Training 6:30-7:15pm			CanSkate 6:30-7:15pm
6:45				
7:00				
7:15	Int. 7:15-8:15pm	Senior 7:15-8:15pm	Junior 7:15-7:45pm	
7:30				
7:45				
8:00				
8:15				