

**Extreme Edge Skating Club Schedule
April 3-27, 2017
Spring Break April 28-May 22, 2017**

<p align="center">Sun April 8, 9, 23 Londonderry</p>	<p align="center">Mon April 3, 10, 24 Londonderry</p>	<p align="center">Tues April 4, 11, 18, 25 Londonderry</p>	<p align="center">Wed April 5, 12, 19, 26 Londonderry</p>	<p align="center">Thurs April 6, 13, 20, 27 Londonderry</p>	<p align="center">Fri April 7, 14, 21, 28 Londonderry</p>
<p align="center">Senior/Inter A</p> <p>MUST DO - Independent Warm Up 10:45-11:15 On Ice Group 11:15-12:00 Free Skate Bring Yoga Mat 12:15-1:15 Yoga</p>	<p align="center">Senior/Inter A</p> <p>MUST DO - Independent Warm Up 1:15-2:15 Free Skate 2:15-2:45 On-Ice Group 3:00-3:45 Advanced Off Ice Technique</p> <p align="center">Senior</p> <p>MUST DO - Independent Warm Up 4:15-5:15 Free Skate 5:15-5:30 On Ice Group</p>	<p align="center">Senior/Inter A</p> <p>MUST DO - Independent Warm Up 4:00-4:45 Free Skate 5:00-5:15 On Ice Group 5:15-6:00 Free Skate</p>	<p align="center">Senior/Inter A</p> <p>MUST DO - Independent Warm Up 4:15-4:45 On Ice Group 4:45-5:30 Free Skate 5:45-6:15 Off Ice Jump 6:30-7:15 Free Skate</p>	<p align="center">Senior/Inter A</p> <p>I MUST DO - Independent Warm Up 1:15-2:15 Free Skate 2:30-3:00 On-Ice Group 3:00-3:45 Free Skate 4:00-4:45 No Jump Free</p> <p align="center">Senior</p> <p>MUST DO - Independent Warm Up 4:00-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:00 Group</p>	<p align="center">Senior</p> <p>I MUST DO - Independent Warm Up 4:15-5:00 Free Skate 5:00-5:30 Group 5:45-6:30 Off Ice Jump</p>
<p align="center">Intermediate B</p> <p>Bring Yoga Mat 10:45-11:45 Yoga 12:00-12:45 Free Skate 12:45-1:00 On Ice Group</p>	<p align="center">Intermediate B</p> <p>MUST DO - Independent Warm Up 4:15-5:15 Free Skate 5:15-5:30 On Ice Group 5:45-6:30 Free Skate</p>	<p align="center">Intermediate B</p> <p>MUST DO - Independent Warm Up 5:15-6:00 Free Skate 6:15-6:45 On Ice Group 6:45-7:30 Free Skate</p>	<p align="center">Intermediate B</p> <p>MUST DO - Independent Warm Up 4:45-5:30 Free Skate 5:45-6:15 Off Ice Jump 6:30-7:15 Free Skate 7:15-7:30 On Ice Group</p>	<p align="center">Intermediate A/B</p> <p>MUST DO - Independent Warm Up 4:00-4:45 Free Skate 5:00-5:45 Free Skate 5:45-6:00 Group</p>	<p align="center">Intermediate A/B</p> <p>I MUST DO - Independent Warm Up 4:15-5:00 Free Skate 5:00-5:30 Group 5:45-6:30 Off Ice Jump</p>
<p align="center">Junior</p> <p>Bring Yoga Mat 10:45-11:45 Yoga 12:00-12:45 Free Skate 12:45-1:00 On Ice Group</p>	<p align="center">Junior</p> <p>I MUST DO - Independent Warm Up 4:45-5:05 Off Ice Jump 5:15-5:30 On Ice Group 5:45-6:30 Free Skate</p>	<p align="center">Junior</p> <p>5:30-6:00 Off Ice Jump 6:15-6:45 On Ice Group 6:45-7:30 Free Skate</p>	<p align="center">Junior</p> <p>5:45-6:15 Off Ice Jump 6:30-7:15 Free Skate 7:15-7:30 On Ice Group</p>	<p align="center">Junior</p> <p>4:30-4:50 Off Ice Jump 5:00-5:45 Free Skate 5:45-6:00 Group</p>	<p align="center">Junior</p> <p>I MUST DO - Independent Warm Up 4:15-5:00 Free Skate 5:00-5:30 Group 5:45-6:30 Off Ice Jump</p>
<p align="center">Junior Prep</p> <p>Bring Yoga Mat 12:00-1:00 On Ice Group 1:15-2:15 Yoga</p>	<p align="center">Junior Prep</p> <p>Use Jr. Prep Reg Form 4:45-5:05 Off Ice Jump 5:15-6:00 On Ice Group</p>	<p align="center">Junior Prep</p> <p>Use Jr. Prep Reg Form 5:30-6:00 Off Ice Jump 6:15-7:00 On Ice Class</p>	<p align="center">Junior Prep</p> <p>No Jr. Prep on Wednesday.</p>	<p align="center">Junior Prep</p> <p>Use Jr. Prep Reg Form 5:30-5:50 Off Ice Jump 6:00-6:45 On-Ice Group</p>	<p align="center">Junior Prep</p> <p>No Jr. Prep on Friday</p>

Senior – Must have passed Jr. Silver Free Skate
 Intermediate A – Must have passed Jr. Bronze Free Skate
 Intermediate B – Must have passed Prelim Free Skate
 Junior – Must have approval from EESC Coaching Staff