

AUGUST 2016 - MOSAIC

Monday	Tuesday	Wednesday	Thursday
22 5:30-6:30 Open TT1/2/3 6:30-7:30 TT1/2/3 7:30-7:45 flood 7:45-8:45 Open TT2/3	23 5:30-6:30 Open TT1/2/3 6:30-7:30 TT1/2/3 7:30-7:45 flood 7:45-8:45 Open TT2/3	24 5:30-6:30 Open TT1/2/3 6:30-7:30 TT1/2/3 7:30-7:45 flood 7:45-8:45 Open TT2/3	25 5:00-6:00 Open TT2/3 6:00-6:45 TT2/3
29 5:30-6:30 Open TT1/2/3 6:30-7:30 TT1/2/3 7:30-7:45 flood 7:45-8:45 Open TT2/3	30 2:15-3:00 Open TT1/2/3 3:00-3:45 Open TT1/2/3 3:45-4:00 Flood 4:00-4:45 Open TT2/3	31 5:15-6:15 Open TT1/2/3 6:15-7:15 TT1/2/3 7:15-7:30 flood 7:30-8:30 Open TT2/3	1 5:15-6:15 Open TT2/3 6:15-7:15 TT2/3

Open sessions will run as an open freeskate where your skater can have 15 minute private or semi-private lessons with coaches as they are available and we have the designated levels as listed for each open (ie: Open TT1/2/3 is open to all levels for an open freeskate session and an Open TT2/3 is open to level 2 and 3 skaters)

Team Training sessions are listed as TT1/2/3 which includes all skaters and skaters will be grouped according to level for their lessons as they rotate through each coach and a TT2/3 is team training for level 2 and 3's.

There are going to be all levels of skaters on the ice and this will be a good opportunity for the skaters to learn skating etiquette while training.

There is a maximum of 20 skaters per session.

There will be off-ice conditioning offered by Brei and Sarah as well.

Open sessions are available for all coaches to coach on and Team Training will be the MJSC coaches providing the group lessons.

(TT1) Team Training 1 – No Freeski Tests Passed

(TT2) Team Training 2 – Passed Preliminary Freeski

(TT3) Team Training 3 – Passed Sr. Bronze Freeski and Higher or 13 years or older

Team Training 1 hour = \$26

Team Training 45 min = \$24

1 hour open = \$16

45 min open = \$15