

Summer Skating - Week 4 (Tuesday, July 21st through Friday, July 24th)

<p><u>Tuesday</u> July 21st <i>Noralta Ice Time: 8:45am - 1:30pm</i></p>
<p>8:45am - 9:45am Session 1 <i>Star 5-Goldx6 & Coaches Discretion</i></p>
<p>9:45 - 10:00 Flood</p>
<p>10:00am - 11:00am Session 2 <i>Star 5-Goldx4 & Coaches Discretion</i></p>
<p>11:00 - 11:15 Flood</p>
<p>11:15am - 12:15pm Session 3 <i>Coaches Discretion ONLY</i></p>
<p>12:15 - 12:30 Flood</p>
<p>12:30pm - 1:30pm Session 4 <i>Star 1-4 Skaters</i></p>

<p><u>Wednesday</u> July 22nd <i>Noralta Ice Time: 8:45am - 1:30pm</i></p>
<p>8:45am - 9:45am Session 1 <i>Star 5-Goldx6 & Coaches Discretion</i></p>
<p>9:45 - 10:00 Flood</p>
<p>10:00am - 11:00am Session 2 <i>Star 5-Goldx4 & Coaches Discretion</i></p>
<p>11:00 - 11:15 Flood</p>
<p>11:15am - 12:15pm Session 3 <i>Coaches Discretion ONLY</i></p>
<p>12:15 - 12:30 Flood</p>
<p>12:30pm - 1:30pm Session 4 <i>Star 1-4 Skaters</i></p>

<p><u>Thursday</u> July 23rd <i>Noralta Ice Time: 8:45am - 1:30pm</i></p>
<p>8:45am - 9:45am Session 1 <i>Star 5-Goldx6 & Coaches Discretion</i></p>
<p>9:45 - 10:00 Flood</p>
<p>10:00am - 11:00am Session 2 <i>Star 5-Goldx4 & Coaches Discretion</i></p>
<p>11:00 - 11:15 Flood</p>
<p>11:15am - 12:15pm Session 3 <i>Coaches Discretion ONLY</i></p>
<p>12:15 - 12:30 Flood</p>
<p>12:30pm - 1:30pm Session 4 <i>Star 1-4 Skaters</i></p>

<p><u>Friday</u> July 24th <i>Noralta Ice Time: 9:30am - 11:45am</i></p>
<p>9:30am - 10:30am Session 1 <i>Star 5-Goldx6 & Coaches Discretion</i></p>
<p>10:30 - 10:45 - Flood</p>
<p>10:45am - 11:45am Session 2 <i>Star 5-Goldx4 & Coaches Discretion</i></p>