



**2011-2012 SASC Coaches' Lesson Schedule**

	<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday AM</b>		<b>Sunday PM</b>
					<b>8:30-8:45am</b>	Int/SR Edge	
*DISC= Dance/Interp/Skills/Choreo					<b>8:45-9:00</b>	Int/SR Edge	
					<b>9:00-9:15</b>	Int/SR Edge	
					<b>9:15-9:30</b>		
					<b>9:30-9:45</b>		
<b>1:30-1:45pm</b>					<b>9:45-10:00</b>		
<b>1:45-2:00</b>					<b>10:00-10:15</b>	FLOOD	
<b>2:00-2:15</b>					<b>10:15-10:30</b>		
<b>2:15-2:30</b>				FLOOD	<b>10:30-10:45</b>		
<b>2:30-2:45</b>		FLOOD			<b>10:45-11:00</b>		
<b>2:45-3:00</b>					<b>11:00-11:15</b>		
<b>3:00-3:15</b>					<b>11:15-11:30</b>		
<b>3:15-3:30</b>				Open Interp.	<b>11:30-11:45</b>	J/S & JR Str.	
<b>3:30-3:45</b>		Open Stroking		Open Interp.	<b>11:45-12:00</b>	JR Stroking	
<b>3:45-4:00</b>	FLOOD	Open Stroking			<b>12:00-12:15</b>	FLOOD	CanSkate #1
<b>4:00-4:15</b>		FLOOD			<b>12:15-12:30</b>	CanSkate #1	CanSkate #1
<b>4:15-4:30</b>					<b>12:30-12:45</b>	CanSkate #1	CanSkate #1
<b>4:30-4:45</b>					<b>12:45-1:00</b>	CanSkate #1	CanSkate #2
<b>4:45-5:00</b>					<b>1:00-1:15</b>	CanSkate #2	CanSkate #2
<b>5:00-5:15</b>	FLOOD	J/S & JR Stroking	JR/Int Stations		<b>1:15-1:30</b>	CanSkate #2	CanSkate #2
<b>5:15-5:30</b>		CanSkate #1	JR/Int Stations		<b>1:30-1:45</b>	CanSkate #2	FLOOD
<b>5:30-5:45</b>		CanSkate #1	Jumpstart			<b>5:30-5:45</b>	
<b>5:45-6:00</b>		CanSkate #1	Jumpstart			<b>5:45-6:00</b>	
<b>6:00-6:15</b>	J/S & JR Str.	CanSkate #2	Jumpstart			<b>6:00-6:15</b>	
<b>6:15-6:30</b>	JR Stroking	CanSkate #2	Jumpstart			<b>6:15-6:30</b>	JR/Int Stroking
<b>6:30-6:45</b>	CanSkate	CanSkate #2	FLOOD			<b>6:30-6:45</b>	FLOOD
<b>6:45-7:00</b>	CanSkate	FLOOD				<b>6:45-7:00</b>	JR/INT/SR Figures
<b>7:00-7:15</b>	CanSkate					<b>7:00-7:15</b>	JR/INT/SR Figures
<b>7:15-7:30</b>	FLOOD					<b>7:15-7:30</b>	
<b>7:30-7:45</b>	PowerSkating					<b>7:30-7:45</b>	
<b>7:45-8:00</b>	PowerSkating	Int/SR Stroking	SR Stroking			<b>7:45-8:00</b>	
<b>8:00-8:15</b>	PowerSkating	Int/SR Stroking				<b>8:00-8:15</b>	
<b>8:15-8:30</b>	PowerSkating					<b>8:15-8:30</b>	SR Stroking