

University of Delaware
 Training Center
 2009 - 2010 Winter Schedule
 Please circle the desired sessions.

FRED RUST ARENA

1	SU	9:50 - 10:30	AM Freestyle/Open	
2	SU	10:40 - 11:20	AM Freestyle/Open	
3	SU	11:20 - 12:00	PM Dance/General	Low - No-test, Pre-Preliminary, Preliminary & Pre-Juvenile Medium - Juvenile & Intermediate High - Novice, Junior & Senior
4	SU	12:10 - 12:50	PM Dance/General	
5	M T W R F	6:00 - 6:40	AM Freestyle & Dance/Open	
6	M T W R F	6:40 - 7:20	AM Freestyle & Dance/Open	
7	M T W R F	7:20 - 8:00	AM Freestyle & Dance/Open	
8	M T W R F	8:00 - 8:40	AM Freestyle/Open	
9	M T W R F	8:50 - 9:30	AM Pairs	
10	M T W R F	9:40 - 11:20	AM Restricted	
11	M T W R F	11:30 - 12:10	PM Freestyle/High	
12	M T W R F	12:20 - 1:00	PM Dance/Competitive	
13	M T W R F	1:00 - 1:40	PM Dance/Competitive	
14	M T W R F	1:50 - 2:30	PM Pairs	
15	M T W R F	2:40 - 3:20	PM Pairs	
16	M T W R F	3:30 - 4:10	PM Freestyle/High	
17	M T W R F	4:20 - 5:00	PM Freestyle/Medium	
18	M T W R F	5:10 - 5:50	PM Freestyle/Medium	
19	M* T W R F	6:00 - 6:40	PM Freestyle/Medium/Low/General Dance	

***Monday session starts at 5:50 pm**

GOLD ARENA

	M	W	F	9:05 - 9:55	AM College Classes
	M	W	F	10:10 - 11:00	AM College Classes
		T	R	9:30 - 10:45	AM College Classes
		T	R	11:00 - 12:15	PM College Classes
21	M	W	F	11:10 - 12:10	PM International Freestyle/Pairs
22	M T W R F			12:20 - 1:00	PM Restricted/Freestyle
23	M T W R F			1:00 - 1:40	PM Freestyle/High
24	M T W R F			1:50 - 2:30	PM Freestyle/High
25	M T W R F			2:40 - 3:20	PM Dance/Competitive
26	M T W R F			3:20 - 4:00	PM Dance/Competitive
27	M T W R F			4:10 - 4:50	PM Freestyle/Low
28	M T W R F			5:00 - 5:40	PM Freestyle/Low

Off - Ice Schedule

Off-Ice Dance Schedule

M T W R	3:30 - 4:10	PM Medium Freestyle/Low Freestyle*
M T W R	4:20 - 5:00	PM High Freestyle/Competitive Dance/Pairs*

*September 8, 2009 - January 28, 2010

Off-Ice Conditioning Schedule

M T W R F	11:00 - 1:50	PM Open Lifting
M T W R F	1:50 - 2:30	PM Competitive Dance
M T W R F	2:40 - 3:20	PM Low/Medium Freestyle
M T W R F	3:20 - 5:00	PM Open Lifting
M T W R F	5:10 - 5:50	PM High Freestyle/Pairs

**Weight room hours 11:00 am - 6:00 pm Monday - Friday.
 Hours subject to change based on University's schedule.**