

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Freestyle=6:00-8:00 AM Freestyle=3:15-5:15 PM Off-Ice= 5:30-6:30 PM	2 Freestyle=6:00-8:00 AM Freestyle=3:15-5:15 PM LTS=5:30-7:00 PM	3 Freestyle=6:00-8:00 AM Freestyle=3:15-5:15 PM Off-Ice= 5:30-6:30 PM	4 Freestyle=6:00-8:00 AM LTS=3:45-5:15 PM	5 Freestyle=6:00-8:00 AM Freestyle=3:15-5:15 PM Off-Ice= 5:30-6:30 PM	6 Freestyle=11:15-12:45 PM Freestyle=3:15-5:00 PM
7 Freestyle=9:15-11:00 AM Freestyle=3:15-4:30 PM	8 Freestyle=6:00-7:45 AM Freestyle=3:45-5:15 PM Off-Ice= 5:30-6:30 PM	9 Freestyle=6:00-7:45 AM Freestyle=3:45-5:15 PM LTS=5:30-7:00 PM	10 Freestyle=6:00-7:45 AM Freestyle=3:45-5:15 PM Off-Ice= 5:30-6:30 PM	11 Freestyle=6:00-7:45 AM LTS=3:45-5:15 PM	12 Freestyle=6:00-7:45 AM Freestyle=3:45-5:15 PM Off-Ice= 5:30-6:30 PM	13 Freestyle=11:15-12:45 PM Freestyle=3:15-5:00 PM
14 Freestyle=9:30-11:00 AM Freestyle=3:15-4:30 PM	15 Freestyle=6:00-8:00 AM Freestyle=3:15-5:15 PM Off-Ice= 5:30-6:30 PM	16 Freestyle=6:00-8:00 AM Freestyle=3:15-5:15 PM LTS=5:30-7:00 PM	17 Freestyle=6:00-8:00 AM Freestyle=3:15-5:15 PM Off-Ice= 5:30-6:30 PM	18 Freestyle=6:00-8:00 AM LTS=3:45-5:15 PM	19 Freestyle=6:00-8:00 AM Freestyle=3:15-5:15 PM Off-Ice= 5:30-6:30 PM	20 Freestyle=9:45-11:15 AM
21 Freestyle=3:15-4:30 PM	22 Freestyle=6:00-7:30 AM Freestyle=3:45-5:15 PM Off-Ice= 5:30-6:30 PM	23 Freestyle=6:00-7:30 AM Freestyle=3:45-5:15 PM LTS=5:30-7:00 PM	24 Freestyle=6:00-7:30 AM Freestyle=3:45-5:15 PM Off-Ice=5:30-6:30 PM	25 Freestyle=6:00-7:30 AM LTS=3:45-5:15 PM Freestyle=6:45-7:45 PM	26 Freestyle=6:00-7:30 AM Freestyle=3:45-5:15 PM Off-Ice= 5:30-6:30 PM	27 Freestyle=8:00-9:15 AM
28 Freestyle=3:15-4:30 PM	29 Freestyle= 6:00-7:45 AM Freestyle=3:45-5:15 PM Off-Ice= 5:30-6:30 PM	30 Freestyle=6:00-7:45 AM Freestyle=3:45-5:15 PM LTS=5:30-7:00 PM *NEW SESSION*	31 Freestyle=6:00-7:45 AM Freestyle=3:45-5:15 PM Off-Ice=5:30-6:30 PM			