

May 2019 Spring Dryland Training for Figure Skaters

**All sessions are at the VFW Arena in EGF in the upstairs training room.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				6:00-6:45AM 8th & Above 6:45-7:30AM 7th & Below		
5	6	7	8	9	10	11
		3:45-4:30PM 8th & Up 4:30-5:15PM 7th & Below		6:00-6:45AM 8th & Above 6:45-7:30AM 7th & Below		
12 Mother's Day	13	14	15	16	17	18
		3:45-4:30PM 8th & Up 4:30-5:15PM 7th & Below		6:00-6:45AM 8th & Above 6:45-7:30AM 7th & Below		Armed Forces Day
19	20	21	22	23	24	25
		3:45-4:30PM 8th & Up 4:30-5:15PM 7th & Below		6:00-6:45AM 8th & Above 6:45-7:30AM 7th & Below <i>Last Day of Spring Dryland!</i>		
26	27 Memorial Day	28	29	30	31	