

FREE ONLINE ACTIVITIES FOR EVERYONE!

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WEEK OF FEBRUARY 14TH, 2022

Monday, February 14th

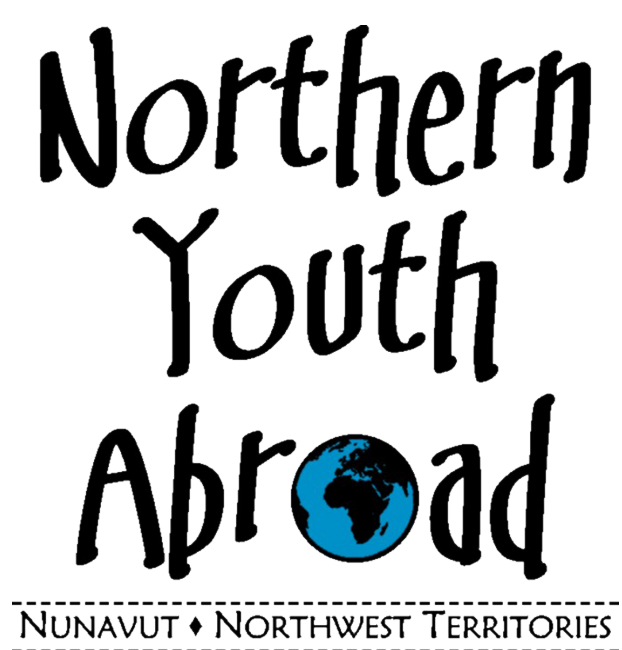
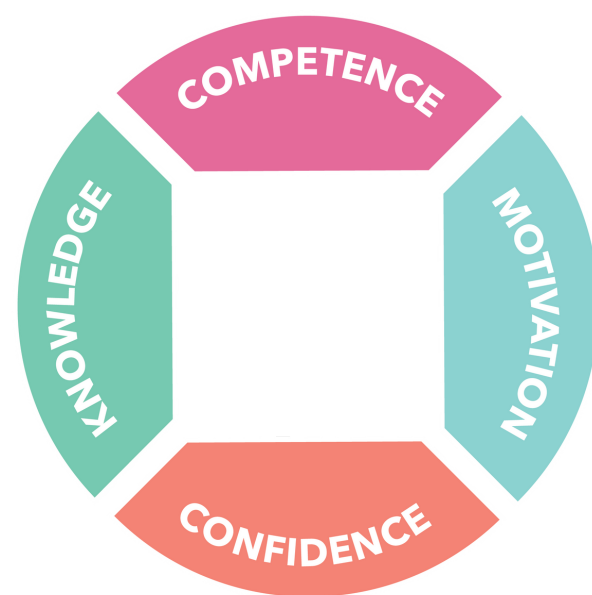
Daily Skating Success	9:30 am MST	5 mins	
BOKS with Lauren	10:00 am MST	5 mins	
One Foot High Kick	10:15 am MST	5 mins	
Judo - Learning to Fall Safely	11:30 am MST	5 mins	
Daily Skating Success	12:00 pm MST	30 mins	
Free Play	1:00 pm MST	30 mins	
Meditation & Mindfulness yoga	3:00 pm MST	5 mins	
Straight Up Strength	6:30 pm MST	30 mins	

Tuesday, February 15th

Daily Skating Success	9:00 am MST	5 mins	
One Foot High Kick	9:45 am MST	5 mins	
BOKS with Lauren	10:00 am MST	5 mins	
Judo - Learning to Fall Safely	11:30 am MST	5 mins	
Table Tennis - Footwork Patterns	2:00 pm MST	30 mins	
Meditation & Mindfulness yoga	3:00 pm MST	5 mins	

Wednesday, February 16th

Upper Body Mobility	9:00 am MST	30 mins	
Daily Skating Success	9:30 am MST	5 mins	
One Foot High Kick	10:15 am MST	5 mins	
Judo - Learning to Fall Safely	11:30 am MST	5 mins	
Daily Skating Success	12:00 pm MST	30 mins	
Table Tennis - Footwork Patterns	2:00 pm MST	30 mins	
Coordination	2:30 pm MST	30 mins	
Meditation & Mindfulness yoga	3:00 pm MST	5 mins	
Gentle Flow Yoga	6:45 pm MST	30 mins	



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WEEK OF FEBRUARY 7TH, 2022

Thursday, February 17th

YOGAPL3Y	9:00 am MST	30 mins	
Daily Skating Success	9:30 am MST	5 mins	
One Foot High Kick	10:15 am MST	30 mins	
Judo - Learning to Fall Safely	11:30 am MST	5 mins	
Daily Skating Success	12:00 pm MST	30 mins	
Aerobic Table Tennis	2:00 pm MST	30 mins	
Gentle Flow Yoga	6:45 pm MST	30 mins	

Friday, February 18th

Daily Skating Success	9:30 am MST	5 mins	
Judo - Learning to Fall Safely	11:30 am MST	5 mins	
Aerobic Table Tennis: Fun Games	2:00 pm MST	30 mins	
Meditation & Mindfulness yoga	3:00 pm MST	5 mins	