



ICE PLAN 18 - 24. 4. 2022



Änderungen in rot/aggiornamenti i rosso

Date		Developing physical literacy	Developing physical literacy	Developing physical literacy	Learn	Train	Excellence
Date	Day	ACTIVE START & FUNDamentals 1 (2016+2017 & 2014+2015)	FUNDamentals 2 (2012+2013)	LEARN TO TRAIN (2010+2011)	TRAIN TO TRAIN 1 (2009)	TRAIN TO TRAIN 2 (2005+2006+2007+2008)	TRAIN TO COMPETE (2002+2003+2004+2005+2006)
18	Mon						
19	Tue	Eishlaufkurs/Corso di pattinaggio 16:00 - 16:45 Ice					19:00 - 19:45 U17+U19 Free Ice optional
20	Wed	14:30 - 14:40 Warm up 15:15 - 16:00 Ice	15:15 - 15:25 Warm up Vladimir 16:00-16:45 Ice	(2011+2012 optional) 17:00-17:45 Free Ice	(2009+2010 optional) 17:45-18:30 Free Ice	17:45 - 18:30 Off Ice 18:45-19:30 Free Ice optional	
21	Thu	Eishlaufkurs/Corso di pattinaggio 16:00 - 16:45 Ice		17:15 - 18:00 Off Ice	18:00 - 18:45 Off Ice	18:15 - 19:00 Goalies	19:00 - 19:45 U17+U19 Free Ice optional
22	Fri	14:00 - 14:10 Warm up 14:45 - 15:30 Ice	14:45 - 14:55 Warm up 15:30-16:15 Ice	15: 45 - 15:55 Warm up 16:30-17:15 Ice	16:45 - 16:55 Warm up 17:30-18:15 Ice	17:45 Warm up 18:30-19:15 Ice	
23	Sa						
24	So						