



2017-2018 Schedule

SUNDAY

- 2:10 - 2:55pm Star 1/2 Free
- 2:55 - 3:45 Canskate
- 3:00 - 3:45 PRE CANSKATE [3:00 – 3:15pm Off-Ice Warm-Up/ 3:15 – 3:45pm On-Ice Instruction]
- 3:55 – 4:45 SYNCHRO Beginner Team
- 4:30 – 5:25 SYNCHRO Elementary Team
- 5:35 – 7:00pm SYNCHRO PreNovice Team / Adult Team

MONDAY

- 6:45am-7:45am STAR 3/4/5 Private Freeskate Group A / Group B
- 3:40pm-4:35pm Senior Private Freeskate
- 4:35pm-4:55pm Senior Private Skills/Dance
- 4:55 – 5:10pm Group Edges/Turns/Stroking Group A STAR 3/4/5/Senior
- 5:10 – 5:30pm Group A STAR 3/4/5 Private Skills/Dance
- 5:30pm-5:40pm FLOOD
- 5:40pm-6:30pm Group A STAR 3/4/5 Private Freeskate

OFF ICE TRAINING

3:15 - 3:30 Senior Off-Ice Jump

6:40 – 7:00pm Group A STAR 3/4/5/Off-Ice Jump

TUESDAY

- 6:45am-7:45am Senior Private Freeskate
- 3:30pm- 4:20pm Senior Private Freeskate
- 4:20 – 4:35 pm Senior / Group A STAR 3/4/5 Group Edges/Turns/Stroking
- 4:35 – 5:15pm Group A STAR 3/4/5 Private Freeskate
- 5:15pm- 5:30pm STAR 1/2 /3 / Group A STAR 3/4/5 Spin Patch
- 5:30 – 5:40 FLOOD
- 5:40 – 6:30pm STAR 1/2 Group Session
- **5:40 – 6:30pm Canskate Stage 5/6 [Must skate another CanSkate session, 2nd or 3rd day option]**

OFF ICE TRAINING

4:45 - 5:00 Star 1/2 Off-Ice Jump

WEDNESDAY

- 6:45am-7:45am Competitive Private Freeskate [Must meet Competitive Criteria]
- 3:30 – 3:45pm Group B STAR 3/4/5 Spin Patch
- 3:45 - 4:15pm Group B STAR 3/4/5 Private Freeskate
- 4:15 – 4:45pm STAR 1 /2, Group B STAR 3/4/5 Stroking/Edge/Turn Group Session
- 4:45 – 5:30pm STAR 1/2 Private Freeskate
- 5:30 – 5:40pm FLOOD
- **5:40pm-6:30pm Canskate Stages 2-6**

THURSDAY

- 6:45am-7:45am STAR 3/4/5 Private Freeskate Group A / Group B / Senior
- 3:40pm-4:35pm Senior Private Freeskate
- 4:35pm-4:55pm Senior Private Skills/Dance
- 4:55 – 5:10pm Group Edges/Turns/Stroking Group B STAR 3/4/5/Senior
- 5:10 – 5:30pm Group B STAR 3/4/5 Private Skills/Dance
- 5:30pm-5:40pm FLOOD
- 5:40pm-6:30pm Group B STAR 3/4/5 Private Freeskate

OFF ICE TRAINING

3:15-3:30 Senior Off-Ice Jump

6:40 – 7:00pm Group B STAR 3/4/5 Off-Ice Jump

FRIDAY

- 3:30 – 4:30pm Competitive Freeskate [Must meet Competitive Criteria]
- 4:30 – 5:30pm STAR 3/4/5 Private Freeskate Group A / Group B Private Freeskate