

FALL SCHEDULE 2016 Oct 11 - Dec 22, 2016

* All off ice classes are subject to availability of instructor

MONDAY's	TUESDAY's	WEDNESDAY's
<p>ON ICE SOUTH ARENA 3:45-4:30 – Int Freeskate 4:30-5:15 – Junior Starskate 5:15-5:30 – FLOOD 5:30-6:30 – Senior FS 6:30-7:15 – Senior/HP Open Trans/ D/S 7:15-8:15 – HP FreeSkate</p> <p>NORTH ARENA** 4:00-4:30 - PreCanskate 4:00-4:45 - Canskate</p> <p>OFF ICE 4:45-5:30pm – Intermediate 5:30-6:15pm – Junior Conditioning 4:30-5:15pm - Senior Agility/Jumps</p>	<p>ON ICE SOUTH ARENA 3:45-4:45pm – Senior Freeskate 4:45-5:45pm – HP Freeskate 5:45-6:00pm – FLOOD 6:00-6:45pm – Int Freeskate 6:45-7:15pm – Pre-Canskate 6:45-7:30pm - Canskate/Jr Prep</p> <p>NORTH ARENA** 4:00-4:45 – Junior Starskate</p> <p>OFF ICE 5:00-5:45 – Junior 5:00-5:45 - Intermediate Agility/Jumps 5:00-6:00 – Senior 6:00-7:00 – High Performance Conditioning</p>	<p>ON ICE 3:45-4:30pm – Int Freeskate 4:30-5:15pm – Senior Freeskate 5:15-5:30pm – FLOOD 5:30-6:30pm – HP Freeskate 6:30-6:45pm – FLOOD 6:45-7:05pm – Int Skills 7:05-7:25pm – Int Dance 7:25-7:45pm – Senior Skills 7:45-8:05pm – Senior Dance 8:05-8:25pm – HP Skills 8:25-8:45pm – HP Dance</p> <p>OFF ICE 4:15-5:00pm – High Performance 5:30-6:15pm – Senior Agility/Core 4:45-5:30pm – Intermediate Conditioning</p>
THURSDAY's	FRIDAY's	SATURDAY's
<p>ON ICE SOUTH ARENA 3:45-4:30pm – HP Freeskate 4:30-5:00pm – On-Ice Fitness (Star 3 and up) 5:00-5:15pm – FLOOD 5:15-6:00pm – Senior Freeskate 6:00-6:45pm – Int Freeskate 6:45-7:15pm – Pre-Canskate 6:45-7:30pm - Canskate/Jr Prep</p> <p>NORTH ARENA** 4:00-4:45pm – Junior Starskate** <i>**No Junior STARSkate Nov 17</i></p> <p>OFF ICE 5:00-5:45pm – Junior 5:00-5:45pm – Intermediate Flex/Spin Positions 6:15-7:15pm – Senior/High Perf Conditioning</p>	<p>ON ICE SOUTH ARENA 6:30-8:00am – Open Session (Star 2 and up) 3:45-4:45pm – Inter/Senior Freeskate 4:45-5:15pm – Inter/Senior On-Ice Movement 5:15-5:30pm – FLOOD 5:30-6:30pm – HP Freeskate 6:30-7:00pm – HP Transitions</p> <p>OFF ICE 7:15-8:00 – High Perf/Senior Jumps</p> <p><i>No AM Skating Nov 4, 11 & Dec 2 No PM Skating Nov 4, 11, 18 & Dec 2</i></p>	<p>ON ICE SOUTH ARENA 10:00-10:45am – Open Session (Star 2 and up) 10:45-11:15am – PreCanskate 11:15am-12:00pm – Canskate</p> <p><i>No Skating Nov 5, 19, 26 & Dec 3</i></p>

**every effort will be made to adhere to the planned schedule, but GPSC reserves the right to change schedule as necessary

LEVELS:

Note: At the discretion of the Skating Director, skaters may be moved to a different session to maintain balance.

Junior Starskate – Canskate Stage 4,5,6 & Star 1

Intermediate - Star 2-Star 5 (Must be working on Preliminary Freeskate test and working on Axel and double jumps)

Senior – Star 5-Star 8 / Pre-Juv-Juvenile (Must have passed Junior Bronze FS Test and Consistently landing at least one double jump)

High Performance – Pre-Novice through Senior/STAR 6 through Gold (3 Consistent doubles)

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Tuesday and Thursday Pre-Can/Canskate/Junior Prep

Pre-Canskate Caps – 24 Skaters

Canskate Caps – 15 Skaters

Junior Prep – 15 Skaters

(Canskate Levels 1,2,3 Interested In Figure Skating)

Monday Canskate

Pre-Canskate Caps – 15 skaters

Canskate Caps – 15 Skaters

Saturday Canskate

10:45-11:15 – Pre- Canskate ONLY – 35 Skaters

11:15-12:00 – Pre – Canskate Caps – 24 Skaters

11:15-12:00 – Canskate Caps – 30 Skaters

On-Ice Coaches (Junior Programs):

Mondays:

SOUTH ARENA

4:30-5:15 – Junior Starskate

Jessica

Cheryl

Diana

Darci – When finished Canskate on North

Carlye – When finished Canskate on North

NORTH ARENA

4:00-4:45 – Canskate

Brooke

Carlye

Darci

Nicole

Tuesdays:

NORTH ARENA

4:00-4:45 – Junior Starskate

Diana

Brooke

Carlye

Darci

SOUTH ARENA

6:45-7:30pm – Pre-Can/Can/Jr Prep

Carlye

Darci

Brooke

Sam

Nicole

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Jessica

Thursdays:

NORTH ARENA

4:00-4:45 – Junior Starskate

Diana

Brooke

Carlye

Darci

SOUTH ARENA

6:45-7:30pm – Pre-Can/Can/Jr Prep

Carlye

Darci

Brooke

Sam

Nicole

Jessica

Off-Ice Coaches

Monday:

4:45-5:30pm – Intermediate

5:30-6:15pm – Junior

Conditioning

Coach: BE FIT FOR LIFE

4:30-5:15pm - Senior

Agility/Jumps

Coach: Brooke

Tuesday:

5:00-5:45 – Junior

Coach: Darci

5:00-5:45 – Int

Coach: Brooke

Agility/Jumps

5:00-6:00 – Senior

6:00-7:00 – HP

Conditioning

Coach: ASDC

Wednesday:

4:15-5:00pm – HP

5:30-6:15pm – Sr

Coach: Brooke

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Agility/Core

4:45-5:30pm –Int

Conditioning

Coach: BE FIT FOR LIFE

Thursday:

5:00-5:45pm – Junior

Coach: Darci

5:00-5:45pm – Int

Coach: Brooke

Flex/Spin Positions

6:15-7:15pm – Senior/HP

Conditioning

Coach: ASDC

Friday:

7:15-8:00 – HP/Senior

Jumps

Coach - Jess