WINTER 2017 SCHEDULE January 9 – April 13, 2017

*All off ice classes are subject to availability of instructor

MONDAY

ON ICE

SOUTH ARENA

3:45-4:30pm – Int Freeskate
4:30-5:15pm – Junior STARSkate
5:15-5:30pm – FLOOD
5:30-6:30pm – Senior Freeskate
6:30-7:15pm – Senior/HP Open Trans/Dance/Skills
7:15-8:15pm – HP Freeskate

NORTH ARENA**

4:00-4:30pm – Pre-Canskate
4:00-4:45pm – Canskate

OFF ICE

4:45-5:30pm – Intermediate
5:30-6:15pm – Junior
Conditioning
4:30-5:15pm – Senior
Agility/Jumps

No Skating Feb 20

TUESDAY

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

NORTH ARENA**

4:00-4:45pm – Junior STARSkate

OFF ICE

5:00-5:45pm – Junior
5:00-5:45pm – Intermediate
Agility/Jumps
5:00-6:00pm - Senior
6:00-7:00pm – High Performance
Conditioning

WEDNESDAY

ON ICE

SOUTH ARENA

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

OFF ICE

4:15-5:00pm – High Performance
5:30-6:15pm – Senior
Agility/Core
4:45-5:30pm – Intermediate
Conditioning

THURSDAY

ON ICE

SOUTH ARENA

3:45-4:30pm – HP Freeskate
4:30-5:00pm – On-Ice Fitness
(Star 3 and up) max 30 skaters
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

NORTH ARENA**

4:00-4:45pm – Junior STARSkate

OFF ICE

5:00-5:45pm – Junior
5:00-5:45pm – Intermediate
Flex/Spin Positions
6:15-7:15pm – Senior/HP
Conditioning

No Skating March 9

FRIDAY

ON ICE

SOUTH ARENA

6:45-7:45am – Open Skate**
(Star 2 and up)
4:00-4:45pm – Int /Senior Freeskate
4:45-5:15pm – Open Dance & Skills
(Star 2 and up)
5:15-5:30pm – FLOOD
5:30-6:30pm – HP Freeskate
6:30-7:00pm – HP Transitions

OFF ICE

7:15-8:00 – Senior/ HP
Off-ice Jumps

No AM Skating Jan 27, Mar 24
No PM Skating Jan 13, 27, Feb 10, 17, Mar 10, 17, 24

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

Senior – Star 5-Star 8 / Pre-Juvenile-Juvenile (Must have passed Jr. Bronze Freeskate and consistently landing at least double jump)

High Performance (HP) - Pre-Novice through Senior / STAR 6 through Gold (3 consistent double jumps)