

# WINTER 2019 SCHEDULE JANUARY 7 – APRIL 19, 2019

| <u>MONDAY</u>   | <u>TUESDAY</u>   | <u>WEDNESDAY</u>   |
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| <p><i>ON ICE</i><br/> <b>SOUTH ARENA</b><br/>           4:00-5:00pm Session B<br/>           5:00-5:15pm FLOOD<br/>           5:15-6:00pm Jr Development<br/>           5:15-6:00pm Star 1<br/>           5:15-5:45pm Pairs Session<br/>           5:45-6:00pm Session A Group<br/>           6:00-7:00pm Session A<br/>           6:15-7:00pm Session B<br/>           7:00-7:15pm FLOOD<br/>           7:15-8:15pm Session A</p> <p><b>NORTH ARENA**</b><br/>           4:00-4:30pm Pre-CanSkate<br/>           4:00-4:45pm CanSkate</p> <p><i>OFF ICE</i><br/>           4:00-5:00pm Session A - Dance<br/>           5:15-6:00pm Session B - Dance</p> <p style="color: red;"><b>No Skating Feb 18 &amp; Mar 25</b></p>   | <p><i>ON ICE</i><br/> <b>SOUTH ARENA</b><br/>           4:00-5:00pm Session A<br/>           5:00-5:15pm FLOOD<br/>           5:15-6:00pm Session B<br/>           6:00-6:15pm Session B Group<br/>           6:00-6:45pm Jr Development<br/>           6:00-6:45pm Star 1</p> <p>6:30-7:00pm Pre-CanSkate #1<br/>           7:00-7:30pm Pre-CanSkate #2<br/>           6:45-7:30pm CanSkate</p> <p><i>OFF ICE</i><br/>           4:00-5:00pm Session B - Fitness<br/>           5:15-6:15pm Session A - Fitness<br/>           7:45-8:30pm Jump Class</p> <p style="color: red;"><b>No Skating Mar 26</b></p> | <p><i>ON ICE</i><br/> <b>SOUTH ARENA</b><br/>           12:45-1:15pm Pre-CanSkate #1<br/>           1:15-1:45pm Pre-CanSkate #2<br/>           12:45-1:30pm CanSkate</p> <p>4:00-4:15pm Session B Group<br/>           4:15-5:00pm Session B<br/>           5:00-5:15pm FLOOD<br/>           5:15-6:00pm Jr Development<br/>           5:15-6:00pm Star 1<br/>           5:30-6:00pm Session A Group<br/>           6:00-7:00pm Session A<br/>           6:15-7:00pm Session B<br/>           7:00-7:15pm FLOOD<br/>           7:15-8:15pm Session A</p> <p><i>OFF ICE</i><br/>           4:00-5:00pm Session A - Flexibility<br/>           5:15-6:00pm Session B - Fitness</p> <p style="color: red;"><b>No Skating Mar 27</b></p> |
| <u>THURSDAY</u>   | <u>FRIDAY</u>  |  |
| <p><i>ON ICE</i><br/> <b>SOUTH ARENA</b><br/>           4:00-4:45pm Session A<br/>           4:45-5:00pm Session A Group<br/>           5:00-5:15pm FLOOD<br/>           5:15-6:00pm Session B<br/>           6:00-6:15pm Session B Group<br/>           6:00-6:45pm Jr Development<br/>           6:00-6:45pm Star 1</p> <p>6:30-7:00pm Pre-CanSkate #1<br/>           7:00-7:30pm Pre-CanSkate #2<br/>           6:45-7:30pm CanSkate</p> <p><b>NORTH ARENA**</b><br/>           4:00-4:45pm HockeySkate</p> <p><i>OFF ICE</i><br/>           4:00-5:00pm Session B - Flexibility<br/>           5:15-6:15pm Session A - Fitness<br/>           7:45-8:30pm Jump Class</p> <p style="color: blue;"><b>Mar 7 – ONLY Session A &amp; Session B (Ice 4:00-5:45pm)</b></p> <p style="color: red;"><b>No Skating Mar 14 &amp; 28</b></p> | <p><i>ON ICE</i><br/> <b>SOUTH ARENA</b><br/>           4:45-5:30pm Open/Outreach<br/>           5:30-5:45pm FLOOD<br/>           5:45-6:30pm Open/Outreach</p> <p><i>OFF ICE</i><br/>           4:00-4:30pm Session A/B Jumps<br/>           6:00-6:30pm Session A/B Jumps</p> <p style="color: red;"><b>No Skating Jan 18, Jan 25, Feb 1, Feb 8 Feb 15, Mar 8, Mar 15, Mar 22, Mar 29, Apr 19</b></p> <p style="background-color: yellow; text-align: center;"><b>Note: At the discretion of the Skating Directors, skaters may be moved to a different session to maintain balance.</b></p>                 | <p><b>LEVELS</b><br/> <b>Jr Development</b> – CanSkate Stage 4,5,6<br/> <b>Star 1</b> – Completed Jr Development<br/> <b>Session B</b> - Star 2 &amp; Star 3<br/> <b>Session A</b> – Star 4 through Gold &amp; Pre<br/>           Novice - Senior<br/> <b>Outreach</b> – Open to Peace Region Clubs</p>  |