

WINTER 2019 SCHEDULE JANUARY 7 – APRIL 19, 2019

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
<p>ON ICE</p> <p>SOUTH ARENA 4:00-5:00pm Session B 5:00-5:15pm FLOOD 5:15-6:00pm Jr Development 5:15-6:00pm Star 1 5:15-5:45pm Pairs Session 5:45-6:00pm Session A Group 6:00-7:00pm Session A 6:15-7:00pm Session B 7:00-7:15pm FLOOD 7:15-8:15pm Session A</p> <p>NORTH ARENA** 4:00-4:30pm Pre-CanSkate 4:00-4:45pm CanSkate</p> <p>OFF ICE 4:00-5:00pm Session A - Dance 5:15-6:00pm Session B - Dance No Skating Feb 18 & Mar 25</p>	<p>ON ICE</p> <p>SOUTH ARENA 4:00-5:00pm Session A 5:00-5:15pm FLOOD 5:15-6:00pm Session B 6:00-6:15pm Session B Group 6:00-6:45pm Jr Development 6:00-6:45pm Star 1</p> <p>6:30-7:00pm Pre-CanSkate #1 7:00-7:30pm Pre-CanSkate #2 6:45-7:30pm CanSkate</p> <p>OFF ICE 4:00-5:00pm Session B - Fitness 5:15-6:15pm Session A - Fitness 7:45-8:30pm Jump Class</p> <p>No Skating Mar 26</p>	<p>ON ICE</p> <p>SOUTH ARENA 12:45-1:15pm Pre-CanSkate #1 1:15-1:45pm Pre-CanSkate #2 12:45-1:30pm CanSkate</p> <p>4:00-4:15pm Session B Group 4:15-5:00pm Session B 5:00-5:15pm FLOOD 5:15-6:00pm Jr Development 5:15-6:00pm Star 1 5:30-6:00pm Session A Group 6:00-7:00pm Session A 6:15-7:00pm Session B 7:00-7:15pm FLOOD 7:15-8:15pm Session A</p> <p>OFF ICE 4:00-5:00pm Session A - Flexibility 5:15-6:00pm Session B - Fitness No Skating Mar 27</p>
<u>THURSDAY</u>	<u>FRIDAY</u>	
	<p><i>Jan 11, Feb 22, Mar 1, Apr 5, Apr 12</i></p>	
<p>ON ICE</p> <p>SOUTH ARENA 4:00-4:45pm Session A 4:45-5:00pm Session A Group 5:00-5:15pm FLOOD 5:15-6:00pm Session B 6:00-6:15pm Session B Group 6:00-6:45pm Jr Development 6:00-6:45pm Star 1</p> <p>6:30-7:00pm Pre-CanSkate #1 7:00-7:30pm Pre-CanSkate #2 6:45-7:30pm CanSkate</p> <p>NORTH ARENA** 4:00-4:45pm HockeySkate</p> <p>OFF ICE 4:00-5:00pm Session B - Flexibility 5:15-6:15pm Session A - Fitness 7:45-8:30pm Jump Class (March 7 Jumps @ 6:30pm-7:15pm)</p> <p>Mar 7 – ONLY Session A & Session B (Ice 4:00-5:45pm) March 7-No Skating for Session B Group, JR Development, Star 1 or CanSkate) No Skating Mar 14 & 28</p>	<p>ON ICE</p> <p>SOUTH ARENA 4:45-5:30pm Open/Outreach 5:30-5:45pm FLOOD 5:45-6:30pm Open/Outreach</p> <p>OFF ICE 4:00-4:30pm Session A/B Jumps</p> <p style="text-align: center;"><u>No Skating</u> Jan 18, Jan 25, Feb 1, Feb 8, Feb 15, Mar 8, Mar 15, Mar 22, Mar 29, Apr 19</p> <p>Note: At the discretion of the Skating Directors, skaters may be moved to a different session to maintain balance</p>	<p>LEVELS Jr Development – CanSkate Stage 4,5,6 Star 1 – Completed Jr Development Session B - Star 2, Star 3 & Star 4 Session A – Star 5 through Gold & Pre Novice - Senior Outreach – Open to Peace Region Clubs</p>