

SPRING 2019 SCHEDULE APRIL 29-MAY 29, 2019 COKE CENTRE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
<p>ON ICE SOUTH ARENA 4:00-5:00pm Session B 5:00-5:15pm FLOOD 5:15-6:00pm Session A 6:00-6:45pm Jr Development/Star 1 6:00-6:30pm Pairs</p> <p>6:30-7:15pm CanSkate 6:45-7:15pm Pre-CanSkate</p> <p>OFF ICE 6:30-7:15pm Jump Class</p>	<p>ON ICE SOUTH ARENA 4:00-5:00pm Session A 5:00-5:15pm FLOOD 5:15-6:00pm Session B 6:00-6:45pm Jr Development/Star1</p> <p>6:30-7:15pm CanSkate/AdultSkate 6:45-7:15pm Pre-CanSkate</p> <p>OFF ICE 4:00-5:00pm Session B Fitness 5:15-6:15pm Session A Fitness</p>	<p>ON ICE SOUTH ARENA 4:00-5:00pm Session B 5:00-5:15pm FLOOD 5:15-6:00pm Session A 6:00-6:45pm Jr Development/Star 1</p> <p>6:30-7:15pm CanSkate 6:45-7:15pm Pre-CanSkate</p> <p>OFF ICE 4:00-5:00pm Session A Flexibility 5:15-6:15pm Session B Flexibility 6:30-7:15pm Jump Class</p>
<u>THURSDAY</u>	<u>FRIDAY</u>	
<p>ON ICE SOUTH ARENA 4:00-5:00pm Session A 5:00-5:15pm FLOOD 5:15-6:00pm Session B 6:00-6:45pm Jr Development/Star1</p> <p>6:30-7:15pm CanSkate/AdultSkate 6:45-7:15pm Pre-CanSkate</p> <p>OFF ICE 4:00-5:00pm Session B - Fitness 5:15-6:15pm Session A - Fitness</p>	<p>ON ICE SOUTH ARENA 4:00-4:45pm HockeySkate/Jr Development/Star 1 4:45-5:15pm Spin Class Open 5:15-5:30pm FLOOD 5:30-6:00pm Edge Class Open 6:00-6:45pm Jump Class Open 6:45-7:15pm Stroking Class Open</p> <p><i>Note: At the discretion of the Skating Directors, skaters may be moved to a different session to maintain balance</i></p>	<p>LEVELS Jr Development – CanSkate Stage 4,5,6 Star 1 – Completed Jr Development Session B - Star 2 -4 Session A – Star 5 through Gold & Pre Novice - Senior</p> <p>OFF-ICE CLASSES will be instructed by Lisa Eldridge – Certified Personal Trainer, Gymnastics Coach</p> <p>JUMP CLASSES will be instructed by Coaches Cheryl and Dave</p> <p><i>Peace Region Skaters and Coaches are welcome to attend GPSC Spring Session. Please send an email to programdirector@gpskate.com if you are interested</i></p>