

FALL 2019 SCHEDULE SEPTEMBER 9 - DECEMBER 20, 2019

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
<p>ON ICE SOUTH ARENA 4:00-4:45pm Session B 4:45-5:00pm Session B/C Edge Class 5:00-5:45pm Session C/Star 1 5:00-5:45pm Pairs Session 5:45-6:00pm FLOOD 6:00-7:00pm Session A 6:15-7:00pm Session B 7:00-7:15pm FLOOD 7:15-8:15pm Session A 8:15-8:45pm Session A Edge Class</p> <p>NORTH ARENA** 4:00-4:30pm Pre-CanSkate 4:00-4:45pm CanSkate 4:00-4:45pm Jr Development</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 6:00-6:45pm Star 1/Session C</p> <p>6:45-7:30pm CanSkate/Adult Skate 7:00-7:30pm Pre-CanSkate</p> <p>OFF ICE 4:00-5:00pm Session B - Fitness 5:15-6:15pm Session A - Fitness 7:00-7:45pm Jump Class</p>	<p>ON ICE SOUTH ARENA 12:45-1:15pm Pre-CanSkate #1 12:45-1:30pm CanSkate</p> <p>4:00-5:00pm Session B/C 5:00-5:45pm Jr Development 5:00-5:45pm Star 1/Session C 5:45-6:00pm FLOOD 6:00-7:00pm Session A 6:15-7:00pm Session B 7:00-7:15pm FLOOD 7:15-7:45pm Session A/B School Figures 7:45-8:30pm Session A</p> <p>OFF ICE 4:00-5:00pm Session A - Flexibility 5:15-6:00pm Session B - Fitness</p>
<u>THURSDAY</u>	<u>FRIDAY</u>	<u>Saturday</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 6:00-6:45pm Star 1/ Session C</p> <p>6:45-7:30pm CanSkate 7:00-7:30pm Pre-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 7:00-7:45pm Jump Class</p>	<p>ON ICE SOUTH ARENA 6:30-7:45am Open Session</p> <p>4:00-4:30pm Spin Class 4:30-5:00pm Jump Class 5:00-5:30pm Stroking Class 5:30-5:45pm FLOOD 5:45-6:15pm Theatre Class 6:15-7:00pm Open Dance/ Skills/Transitions</p> <p style="text-align: center;"><i>Note: At the discretion of the Skating Directors, skaters may be moved to a different session to maintain balance</i></p> <p style="text-align: center;">SCHEDULE IS SUBJECT TO CHANGE</p>	<p>ON ICE SOUTH ARENA 9:30-10:15am Open Edge Class 10:00-11:00am Open Session 11:00-11:15am FLOOD 11:15-12:00pm CanSkate 11:15-11:45pm Pre-CanSkate</p> <p>OFF ICE 11:15-12:00pm Jump Class</p> <p>LEVELS Jr Development - CanSkate Stage 4,5,6 Star 1 - Completed Jr Development Session C - Star 2 Session B - Star 3, 4 & 5 Session A - Star 5 through Gold & Pre Novice - Senior - *Must have passed Star 5 Freeskate Open - Session A, B, and C</p>