

WINTER SCHEDULE – JANUARY 2 – APRIL 18

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
<p>ON ICE SOUTH ARENA</p> <p>4:00-5:00pm Intermediate/Senior 5:00-5:15pm FLOOD/BREAK 5:15-6:00pm CanSkate 6:00-6:15pm FLOOD/BREAK 6:15-7:15pm Junior 7:15-7:30pm Junior Group</p> <p>OFF-ICE 5:15-6:00pm – Open Jump Class</p> <p><i>No Skating:</i> February 19 April 1</p>	<p>ON ICE SOUTH ARENA</p> <p>4:00-4:45pm Junior/Intermediate 4:45-5:30pm Senior 5:30-5:45pm FLOOD/BREAK 5:45-6:30pm Rising Star/Star 1/Adult 6:30-6:45pm FLOOD/BREAK 6:45-7:30pm Pre-Can/CanSkate</p> <p>OFF-ICE 5:00-5:30pm- Beginner Jump Class 6:00-7:00pm – Gym with Tyson (Open)</p>	<p>ON ICE SOUTH ARENA</p> <p>4:00-5:00pm Open Session 5:00-5:15pm FLOOD/BREAK 5:15-6:00pm Rising Stars/Star 1/CanSkate 6:00-6:15pm FLOOD/BREAK 6:15-7:15pm Intermediate/Senior 7:15-7:30pm Intermediate/Senior Group</p> <p>OFF-ICE 5:15-6:00pm –Open Yoga 5:15-6:00 -Off-Ice Harness (See Schedule) 6:15-6:45pm – Beginner Yoga</p>
<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p>ON ICE SOUTH ARENA</p> <p>4:00-4:45pm Senior 4:45-5:30pm Junior/Intermediate 5:30-5:45pm FLOOD/BREAK 5:45-6:30pm Rising Star/Star 1/Adult 6:30-6:45pm FLOOD/BREAK 6:45-7:30pm Pre-Can/CanSkate</p> <p>OFF-ICE 5:00-5:30pm – Beginner Jump Class 5:45-6:30pm – Off-Ice Harness (See Schedule) 6:00-7:00pm – Gym with Tyson (Open)</p> <p><i>No Skating:</i> Mar 7 Mar 14</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>LEVELS</p> <p>Junior – Star 2 Required 2-3 days/week</p> <p>Intermediate - Star 3, 4 Required 3-4 days/week</p> <p>Senior – Star 5 & Higher Required 4-5 days/week</p> <p>Open – Star 2 and up</p> </div>	<p>ON ICE SOUTH ARENA</p> <p>6:30-7:30am Open Session</p> <p>4:00-4:45pm Rising Stars/Star 1 4:45-5:00pm FLOOD/BREAK 5:00-6:00pm Open Session</p> <p><i>No Skating:</i> Jan 12 pm Jan 19 am/pm Feb 2 pm Feb 9 pm Feb 16 am/pm Mar 8 pm Mar 15 pm March 29</p> <p>Note: At the discretion of the Skating Director, skaters may be moved to a different session to maintain balance. Skaters wanting to skate 2 sessions in a day are to contact Program Director.</p> <p style="text-align: center; background-color: #00FF00; padding: 2px;">SCHEDULE IS SUBJECT TO CHANGE</p>	<p>ON ICE SOUTH ARENA</p> <p>Important Dates: January 14 Simulations January 19-21 GPSC Hosts Competition February 10-11 Totem February 16-19 AB Winter Games March 7 Simulations March 10-16 Arctic Winter Games March 15 – 17 StarSkate Championships April 13 (tentative) Home Club Competition April 19-21 Sunsational</p>