

RINK 1

Start	Finish	Monday	Tuesday	Wednesday	Thursday	Friday	Off Ice
7:00	7:50	Open	Open	Open	Open	Open	Pairs
8:00	8:50	Pairs 1	Pairs 1	Pairs 1	Pairs 1	Pairs 1	
9:00	9:50	Pairs 2	Pairs 2	Pairs 2	Pairs 2	Pairs 2	Comp 3
10:00	10:50	Comp 3 Free	Comp 3 Free	Comp 3 Free	Comp 3 Free	Comp 3 Free	
11:00	11:30	Pairs Group	Pairs Group	Pairs Group	Pairs Group	Pairs Group	
11:30	12:20	Pairs 3	Pairs 3	Pairs 3	Pairs 3	Pairs 3	
12:30	1:20	Comp 3 Free	Comp 3 Free	Comp 3 Free	Comp 3 Free	Comp 3 Free	Pairs
1:20	1:50	Comp Group	Comp Group	Comp Group	Comp Group	Comp Group	
2:00	2:50	Pair/Comp 3 Free	Pair/Comp 3 Free	Pair/Comp 3 Free	Pair/Comp 3 Free	Pair/Comp 3 Free	
3:00	3:50	Open	Open	Open	Open	Open	
4:00	4:50		Open	Open	Open		
5:00	5:50		Open	Open	Open		
6:00	6:50		Open	Open	Open		

Off Ice

Comp 3	9:00	9:50
Comp 2	10:00	10:50
STAR C	11:00	11:40
STAR B	11:50	12:30
Pairs	12:30	1:20
Comp 1	1:30	2:00
STAR A	2:10	2:50

RINK 2

Start	Finish	Monday	Tuesday	Wednesday	Thursday	Friday	Off Ice
7:30	8:20	Open	Dance	Dance	Dance	Open	
8:30	9:20	Comp 2 Free	Comp 2 Free	Comp 2 Free	Comp 2 Free	Comp 2 Free	
9:30	10:40	STAR C w/Groups	STAR C w/Groups	STAR C w/Groups	STAR C w/Groups	STAR C w/Groups	Comp 2
10:50	11:40	STAR B Free	STAR B Free	STAR B Free	STAR B Free	STAR B Free	STAR C
11:50	12:40	STAR C/D Free	STAR C/D Free	STAR C/D Free	STAR C/D Free	STAR C/D Free	STAR B
12:50	2:00	STAR B w/Groups	STAR B w/Groups	STAR B w/Groups	STAR B w/Groups	STAR B w/Groups	Comp 1
2:10	3:00	Comp 1 Groups	Comp 1 Groups	Comp 1 Groups	Comp 1 Groups	Comp 1 Groups	STAR A
3:00	4:20	STAR A w/Groups	STAR A w/Groups	STAR A w/Groups	STAR A w/Groups	STAR A w/Groups	
4:30	5:20		Synchro	CanSkate	Synchro		
5:30	6:20		Synchro	CanSkate	Synchro		
6:30	7:20		Synchro	CanSkate	Synchro		

RINK 3

Start	Finish	Monday	Tuesday	Wednesday	Thursday	Friday
11:30	12:50	Comp 2 Gr/Free	Comp 2 Gr/Free	Comp 2 Gr/Free	Comp 2 Gr/Free	Comp 2 Gr/Free

PAIRS <i>includes pair sessions, on ice groups and off ice classes (pairs will have specific weekly training schedules)</i>			Per Day	Per week
7:20	7:50	off ice warm up lifts		
8:00	8:50	Pairs 1		
9:00	9:50	Pairs 2		
11:00	11:30	Pairs Group		
11:30	12:20	Pairs 3		
12:30	1:20	Pairs off Ice		
2:00	2:50	Pair/Comp 3 Free option for add on freeskate		

COMP 3 <i>includes - 2 freeskate sessions on ice groups and off ice classes</i>			Per Day	Per week
9:00	9:50	Comp 3 off Ice		
10:00	10:50	Comp 3 Free		
12:30	1:20	Comp 3 Free		
1:20	1:50	Comp Group		
2:00	2:50	Pair/Comp 3 Free option for add on freeskate		

COMP 2 <i>includes on ice group/free sessions, on ice free session and off ice classes</i>			Per Day	Per week
8:30	9:20	Comp 2 Free		
10:00	10:50	Comp 2 off Ice		
11:30	12:50	Comp 2 Groups/Free		

Jr Academy/Future Stars <i>includes on ice group/free session, and off ice classes</i>			Per Day	Per week
1:30	2:00	Comp 1 Off Ice		
2:10	3:00	Comp 1 Gr/Free		

STAR A <i>includes on ice groups, and off ice classes</i>			Per Day	Per week
2:10	2:50	STAR A Off ice		
3:00	4:20	STAR A Groups		

STAR B <i>includes on ice groups, and off ice classes</i>			Per Day	Per week
10:50	11:40	STAR B Free	Optional	
11:50	12:30	STAR B Off Ice		
12:50	2:00	STAR B w/Groups		

STAR C <i>includes on ice groups, and off ice classes</i>			Per Day	Per week
9:30	10:40	STAR C w/Groups	Optional	
11:00	11:40	STAR C Off Ice		
11:50	12:40	STAR C Free		

STAR D			Per Day	Per week
11:50	12:40	STAR C/D Free		

			Per Day	Per week
Dance	:50	Dance		
Opens	:50	Freeskate		

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RINK 2

Start	Finish	Monday	Tuesday	Wednesday	Thursday	Friday	Off Ice
7:00	7:50		Open	Open	Open	Open	Pairs
8:00	8:50		Pairs 1	Pairs 1	Pairs 1	Pairs 1	
9:00	9:50		Pairs 2	Pairs 2	Pairs 2	Pairs 2	Comp 3
10:00	10:50		Comp 3 Free	Comp 3 Free	Comp 3 Free	Comp 3 Free	
11:00	11:30		Pairs Group	Pairs Group	Pairs Group	Pairs Group	
11:30	12:20		Pairs 3	Pairs 3	Pairs 3	Pairs 3	
12:30	1:20		Comp 3 Free	Comp 3 Free	Comp 3 Free	Comp 3 Free	Pairs
1:20	1:50		Comp Group	Comp Group	Comp Group	Comp Group	
2:00	2:50		Pair/Comp 3 Free	Pair/Comp 3 Free	Pair/Comp 3 Free	Pair/Comp 3 Free	
3:00	3:50		Open	Open	Open	Open	
4:00	4:50		Open	CanSkate	Open		
5:00	5:50		Open	CanSkate	Open		
6:00	6:50		Open	CanSkate	Open		

RINK 3

Start	Finish	Monday	Tuesday	Wednesday	Thursday	Friday	Off Ice
8:00	8:50			Open	Open	Open	
10:30	11:50		Comp 2 w/Groups	Comp 2 w/Groups	Comp 2 w/Groups	Comp 2 w/Groups	
12:00	12:50		Comp 2 Free	Comp 2 Free	Comp 2 Free	Comp 2 Free	
1:00	1:50		Open	Open	Open	Open	
4:00	4:50		Comp 1 w/groups	Comp 1 w/groups	Comp 1 w/groups	Comp 1 w/groups	

PAIRS <i>includes pair sessions, on ice groups and off ice classes (pairs will have specific weekly training schedules)</i>			Per Day	Per week
7:20	7:50	off ice warm up lifts		
8:00	8:50	Pairs 1		
9:00	9:50	Pairs 2		
11:00	11:30	Pairs Group		
11:30	12:20	Pairs 3		
12:30	1:20	Pairs off Ice		
2:00	2:50	Pair/Comp 3 Free		

COMP 3 <i>includes - 2 freeskate sessions on ice groups and off ice classes</i>			Per Day	Per week
10:00	10:50	Comp 3 Free		
11:00	11:50	Comp 3 off Ice		
12:30	1:20	Comp 3 Free		
1:20	1:50	Comp Group		
2:00	2:50	Pair/Comp 3 Free	option for add on freeskate	

COMP 2 <i>includes on ice group/free sessions, on ice free session and off ice classes</i>			Per Day	Per week
10:30	11:50	Comp 2 Groups/Free		
12:00	12:50	Comp 2 Free		
1:20	2:10	Comp 2 off Ice		

Comp 1 <i>includes on ice group/free session, and off ice classes</i>			Per Day	Per week
3:15	3:45	Comp 1 Off Ice		
4:00	4:50	comp 1 groups		

Opens	:50	Freeskate		
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