

**Coquitlam Skating Club
Spring 2010
April 5 to June 16, 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00-8:30am OPEN 1	7:00-8:00am OPEN 3	6:30-8:30am OPEN 5	7:00-8:00am OPEN 7	6:30-8:30am OPEN 9	6:45-8:00am OPEN 11	
2:15-3:15pm OPEN 2	2:15-3:15pm OPEN 4	2:15-3:15pm OPEN 6	2:15-3:15pm OPEN 8	2:15-3:15pm OPEN 10		
3:30-4:30pm Intermediate	3:30-4:30pm Senior	3:15-4:00pm Junior	3:30-3:45pm Edges/Strok. 3:45-4:45pm Freeskate Intermediate	3:30-4:30pm Junior	3:30-4:30pm Senior Flexibility	
4:30-5:15pm CanSkate/ Early Fig incl Monday off ice for Early Fig	4:15-5:15pm Junior Off-Ice Conditioning	4:15-5:45pm Senior Off-Ice Conditioning	4:15-5:15pm Senior	5:00-6:00pm Senior	5:00-6:00pm Intern. Off-Ice Conditioning	4:30-5:15pm CanSkate/ Early Fig incl Mon off ice for Early Fig
5:30-6:30pm Junior	5:30-6:00pm Early Fig Off-Ice Conditioning	6:00-6:45pm Junior	5:15-6:15pm Intermediate	6:15-7:00pm Junior Dance	6:15-7:15pm Senior Off-Ice Conditioning	5:30-6:30pm Freeskate 6:30-6:45pm Edges/Strok. Senior
6:45-7:45pm Senior	6:45-7:45pm Open Dance		7:00-8:00 pm Sr Dance	7:00-7:15pm Edge/Stroking 7:15-8:15 Freeskate Intermediate	4:45-5:45pm Junior Flexibility	
					5:45-6:45pm Intermediate Flexibility	
<p>The Coquitlam Skating Club reserves the right to change schedules and pricing due to enrollment.</p>						

Session Qualifications
Senior : Passed Pre-Novice and up as of March 2009
Intermediate: Passed Jr. Bronze (Pre-Juv to Gold)
Junior : Up to Preliminary Jr Dance: Prelim-Jr Silver
Sr Dance: Sr. Silver and up
Open Dance any level

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