

**Coquitlam Skating Club  
Summer 2009**

**July 4th - August 8th, 2009**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
7:45-8:45am <b>Open # 1</b>		7:45-8:45am <b>Open # 3</b>		7:45-8:45am <b>Open # 5</b>		7:45 - 8:45am <b>Open # 7</b>		7:45-8:45am <b>Open # 9</b>		7:45-8:45am <b>Open # 11</b>		
9:00 - 10:00am FR <b>Competitive</b>		9:00-10:00FR <b>Competitive</b>	Int. Conditioning 9:00-10:00am	9:00 - 10:00am FR <b>Competitive</b>		9:00-10:00FR <b>Competitive</b>	Int. Conditioning 9:00-10:00am	9:00 - 10:00amFR <b>Competitive</b>		9:00 - 10:00am FR <b>Competitive</b>		
10:15-11:45am <b>Intermediate</b> EDT (15m) FR (1hr.) ES (15m)	10:45-1:45am Senior Dance Class	10:15-11:30am <b>Intermediate</b> SP (15m) FR (1hr.)		10:15-11:45am <b>Intermediate</b> FI (15m) FR (1hr.) ES (15m)	10:45-1:45am Senior Flexibility	10:15-11:30am <b>Intermediate</b> SP (15m) FR (1hr.)		10:15-11:30am <b>Intermediate</b> FM (15m) FR (1hr.)	10:30-1:30am Senior Yoga	10:15-11:15am <b>Open # 12</b>		
12:00-1:30pm <b>Senior</b> EDT (15m) FR (1hr.) ES (15m)	12:00-1:00 pm Jr/Int. Dance Class	11:45-1:00pm <b>Senior</b> SP (15m) FR (1hr.)	11:45am-12:45pm Junior Conditioning	12:00-1:30pm <b>Senior</b> FI (15m) FR(1hr.) ES (15m)	12:00-1:00pm Intermediate Flexibility	11:45-1:00pm <b>Senior</b> SP (15m) FR (1hr)	11:45am-12:45pm Junior Conditioning	11:45-1:00pm <b>Senior</b> FM (15m) FR (1hr.)	11:45am-12:45pm Intermediate Yoga	11:15-12:00pm <b>Programming</b>		
1:45-2:45pm FR <b>Open # 2</b>		1:15-2:30pm <b>Junior</b> SP (15m) FR (1hr.)	1:15-2:15pm Senior Conditioning	1:45-2:45pm FR <b>Open #6</b>		1:15-2:30pm <b>Junior</b> SP (15m) FR (1hr.)	1:15-2:15pm Junior Flexibility	1:15-2:15pm FR <b>Open # 10</b>	<b>Session Qualifications</b> Competitive Skater: Passed Novice and up Junior: Up to Preliminary Intermediate: Passed Jr. Bronze to Pre-novice/Jr. Silver Senior: Passed Novice/Sr. Silver and up Jr Dance: Passed Prelim-Jr Silver Sr Dance: Passed Sr Silver and up			
3:00-4:30pm <b>Junior</b> EDT (15m) FR (1hr.) ES (15m)				3:00 - 4:30 pm <b>Junior</b> FI (15m) FR (1hr.) ES (15m)		2:45-3:45 FR <b>Open # 8</b>		2:30-3:45pm <b>Junior</b> FM (15m) FR (1hr.)				
4:45-5:30pm <b>Canskate!</b> <b>Early Fig.</b>		4:00 - 5:00pm FR <b>Open # 13</b> Junior/Intermediate		4:45-5:30pm <b>Canskate!</b> <b>Early Fig.</b>	Aug 5, 09 Simulation #1	4:00 - 5:00pm Simulation #2 Aug 6 only		3:45-4:30pm <b>Canskate</b> <b>Early Fig.</b>				Aug 7, 09 Simulation #3
5:45-6:45pm <b>Power</b> <b>Pre-Power</b>	5:45-6:30pm Early Fig Conditioning	5:15 - 6:15 pm FR <b>Open # 4</b> Intermediate / Senior		5:45-6:45pm <b>Power</b> <b>Pre-Power</b>		5:15 - 6:15 pm <b>Open # 15</b> Intermediate / Senior						
7:00-8:30pm <b>Adult</b> FI (30m) FR (1hr.)		6:30-7:30pm <b>Jr. Dance</b>		7:00-8:15pm <b>Adult</b> EDT (15m) FR (1hr)		6:30-7:30pm <b>Jr. Dance</b>		<b>Abbreviations:</b> EDT: Edges and Turns ES: Endurance Stroking FI: Figures FM: Field Moves FR: Freeskate SP: Spin Patch ** Starts 2nd week of August				
		7:45-8:45pm <b>Sr. Dance</b>		8:30 - 10:00 pm <b>Syncho</b>		7:45-8:45pm <b>Sr. Dance</b>						

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**Week 7 - Only  
August 10, 2009 through August 15, 2009**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
7:45-8:45am <b>Open #1</b>		7:45-8:45am <b>Open #3</b>		7:45-8:45am <b>Open #5</b>		7:45-8:45am <b>Open #7</b>		7:45-8:45am <b>Open #9</b>				
9:00-10:00amFR <b>Competitive</b>		9:00-10:00am <b>FR Competitive</b>	9:00-10:00am Int. Cond.	9:00-10:00amFR <b>Competitive</b>		9:00-10:00amFR <b>Open #17 only by sign up sheet</b>		9:00-10:00amFR <b>Open #24 only by sign up sheet</b>				
10:15-11:45am <b>Intermediate</b> EDT (15m) FR (1hr.) ES (15m)	10:45-11:45am Senior Dance	10:15-11:30am <b>Intermediate</b> SP (15m) FR (1hr.)		10:15-11:45am <b>Intermediate</b> FI (15m) FR (1hr.) ES (15m)	10:45-11:45am Senior Flexibility	10:15-11:15amFR <b>Open #18 only by sign up sheet</b>		10:15-11:15amFR <b>Open #25 only by sign up sheet</b>		10:00-11:00am <b>Open #31 only by sign up sheet</b>		
12:00-1:30pm <b>Senior</b> EDT (15m) FR (1hr.) ES (15m)	12:00-1:00pm Jr/Int. Dance	11:45-1:00pm <b>Senior</b> SP (15m) FR (1hr.)	11:45-12:45am Junior Conditioning	12:00-1:30pm <b>Senior</b> FI(15m) FR (1hr.) ES (15m)	12:00-1:00pm Flexibility	11:30am-12:30pmFR <b>Open #19 only by sign up sheet</b>		11:30am-12:30pmFR <b>Open #26 only by sign up sheet</b>		11:15-12:15pm <b>Open #32 only by sign up sheet</b>		
1:45-2:45 FR <b>Open #2</b>		1:15-2:30pm <b>Junior</b> SP (15m) FR (1hr.)	1:15-2:15pm Senior Cond.	1:45-2:45pm <b>Open #6</b>		1:15-2:15pm Junior Flexibility	12:45-1:45pmFR <b>Open #20 only by sign up sheet</b>		12:45-1:45pmFR <b>Open #27 only by sign up sheet</b>		<b>Session Qualifications</b> Competitive Skate: Novice and up Junior: Up to Preliminary Intermediate: Passed Jr. Bronze to Pre-novice/Jr. Silver Senior: Passed Novice/Sr. Silver and up Jr Dance: Passed Prelim-Jr Silver Sr Dance: Passed Sr Silver and up	
3:00-4:30pm <b>Junior</b> EDT (15m) FR (1hr.) ES (15)				3:00-4:30pm <b>Junior</b> FI (15m) FR (1hr.) ES (15m)		2:00-3:00pmFR <b>Open #21 only by sign up sheet</b>		2:00-3:00pmFR <b>Open #28 only by sign up sheet</b>				
4:45-5:30pm <b>Simulation #4</b> Aug 10		4:00-5:00pmFR <b>Open #13</b> Junior/Intermediate		4:45-5:30pm <b>Simulations #5</b> Aug 12		3:15-4:15pmFR <b>Open #22 only by sign up sheet</b>		3:15-4:15pmFR <b>Open #29 only by sign up sheet</b>				
5:45-6:45pm <b>Power Pre-Power</b>		5:15-6:15pm <b>Open #4</b> Intermediate / Senior		5:45-6:45pm <b>Power Pre-Power</b>		4:30-5:30pmFR <b>Open #23 only by sign up sheet</b>		4:30-5:30pmFR <b>Open #30 only by sign up sheet</b>				
7:00-8:30pm <b>Adult</b> FI(30m) FR(1hr.)		6:30-7:30pm <b>Jr. Dance</b>		7:00-8:15 pm <b>Adult</b> EDT (15m) FR(1hr.)		5:45-6:45pm <b>Jr. Dance</b>						
		7:45-8:30pm <b>Sr. Dance</b>		8:30-10:00pm <b>Syncho</b>		7:00-8:00pm <b>Sr. Dance</b>						

**The Coquitlam Skating Club reserves the right to change schedules and pricing due to enrollment**

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