

**Coquitlam Skating Club
Summer 2010 (Revised June 5/10)**

July 2nd - July 24th, 2010 PLANET ICE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:15-8:30am Open # 1		7:15-8:15am Open # 3		7:45-8:45am Open # 5		7:15 - 8:15am Open # 7		7:15-8:15am Open #9		7:15-8:30am Open # 13	
8:45 - 9:45am FR Competitive		8:30-9:30FR Competitive		9:00 - 10:00am FR Competitive		8:30-9:30FR Competitive		8:30-9:30amFR Competitive		8:45-10:00am FR Competitive	
10:00-11:30am Intermediate EDT (15m) FR (1hr.) ES (15m)		9:45-11:00am Intermediate SP (15m) FR (1hr.)		10:15-11:45am Intermediate FI (15m) FR (1hr.) ES (15m)		10:45-11:45am Senior Flexibility	9:45-11:00am Intermediate SP (15m) FR (1hr.)		9:45-10:45am Senior Dance	10:15-11:15am Open # 14	
11:45-1:15pm Senior EDT (15m) FR (1hr.) ES (15m)	11:45am-12:45pm Intermediate Conditioning	11:15-12:30pm Senior SP (15m) FR (1hr.)	11:15am-12:15pm Intermediate Pilates	12:00-1:30pm Senior FI (15m) FR(1hr.) ES (15m)	12:00-1:00pm Intermediate Flexibility	11:15-12:30pm Senior SP (15m) FR (1hr)	11:15am-12:15pm Intermediate Conditioning	11:15-12:30pm Senior FM (15m) FR (1hr.)	11:15am-12:15pm Intermediate Dance	11:30-12:45pm Programming	
1:30-2:30pm FR Open # 2	1:30-2:30pm Senior Conditioning	12:45-2:00pm Junior SP (15m) FR (1hr.)	12:45-1:45pm Senior Pilates	1:45-2:45pm FR Open #6	1:00-2:00pm Junior Flexibility	12:45-2:00pm Junior SP (15m) FR (1hr.)	12:45-1:45pm Senior Conditioning	12:45-1:45pm Open #10	12:45-1:45pm Junior Ballet	Abbreviations: EDT: Edges & Turns ES: Endurance Stroking FI: Figures FM: Field Moves FR: Freeski SP: Spin Patch	
2:45-4:15pm Junior (15m) (1hr.) (15m)	EDT FR ES	2:15-3:15pm Open #4		3:00 - 4:30 pm Junior FI (15m) FR (1hr.) ES (15m)		2:15-3:15pm Intermediate	2:15-3:15pm Junior Conditioning	2:00-3:15pm Junior FM (15m) FR (1hr.)			
4:30-5:15pm Canskate & Early Fig July 5 & 12 July 19	4:30-5:30pm Junior Conditioning	3:30-4:30pm FR Junior/Intermediate		4:45-5:30pm Canskate & Early Fig July 7 & 14 July 21		3:30-4:30pm Intermediate/Senior		3:30-4:15pm Canskate/Early Fig. July 9 & 16 July 23			
5:30-6:30pm Power Pre-Power	5:30-6:00pm Early Fig Conditioning	4:45-5:45 pm Senior		5:45-6:45pm Power Pre-Power		4:45-5:45 pm Power July 1 -29 Open #8 FR Aug 5, 12 & 19		4:30-5:30 pm Open #11			
6:45-8:00pm Adult (15m) (1hr.)	ES FR	6:00:6-45 pm Junior Dance		7:00-8:30pm Adult (30m) (1hr.)		Fig Fr	6:00-6:45pm Junior Dance		5:45-6:30pm Open #12		
		7:00-800pm Senior Dance				7:00-8:00 Senior Dance					