

**Coquitlam Skating Club
Summer 2010 (Rev. June 1/10)**

July 26th - August 21, 2010 CURLING RINK (Poirier)

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.)		9:45-11:00am Intermediate FM (15m) FR (1hr.)		10:15-11:15am Open # 14	
11:45-1:15pm Senior EDT (15m) FR (1hr.) ES (15m)		11:15-12:30pm Senior SP (15m) FR (1hr.)		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.)		11:15-12:30pm Senior FM (15m) FR (1hr.)		11:30-12:45pm Programming	
1:30-2:30pm FR Open # 2		12:45-2:00pm Junior SP (15m) FR (1hr.)		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 Open # 10		Session Qualifications Competitive Skate: Novice and up Junior: Up to Preliminary Intermediate: Passed Jr. Bronze(Pre-Juv-Gold) Senior: Passed Pre- Novice & up to Dec 2009 Jr Dance: Passed Prelim-Jr Silver Sr. Dance: Passed Sr Silver and up	
2:45-4:15pm Junior EDT (15m) FR (1hr.) ES (15m)		2:15-3:15pm Open #4		3:00 - 4:30 pm Junior FI (15m) FR (1hr.) ES (15m)		2:15-3:15pm FR Intermediate		2:00-3:15pm Junior FM (15m) FR (1hr.)		12:45-1:45pm Junior Ballet			
4:30-5:15pm CanSkate/Early Fig July 26 Simulations Aug 9 & 16		3:30-4:30pm FR Junior/Intermediate		4:45-5:30pm Canskate/EF July 28 Simulations Aug 4, 11 & 18		3:30-4:30pm Intermediate/Senior		3:30-4:15pm Canskate/EF July 30 Simulations Aug 6, 13 Open #15 Aug 20					
5:30-6:30pm Power Pre-Power To Aug 16		4:45-5:45 pm Senior		5:45-6:45pm Power Pre-Power To Aug 18		4:45-5:45 pm Power July 29 Open #8 Aug 5, 12, 19		4:30-5:30 pm Open #11					
6:45-8:00pm Adult (15m) (1hr.)		6:00:6-45 pm Junior Dance		7:00-8:30pm Adult (30m) (1hr.)		7:00-8:30pm Fig Fr		6:00-6:45pm Junior Dance		5:45-6:30pm Open #12		Abbreviations: EDT: Edges & Turns ES: Endurance Stroking FI: Figures FM: Field Moves FR: Freeskate SP: Spin Patch	
		7:00-800pm Senior Dance		8:45-10:15pm Synchro Aug 4, 11 & 18		7:00-8:00 Senior Dance							

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

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