

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:00-8:30am Cheapskate 1	7:00-8:00am Power Skating	7:00-8:30am Cheapskate 2	7:00-8:00am Power Skating	7:00-8:30am Cheapskate 3	7:00-8:00am Beginners Synchro						
2:30-3:30pm Open 1	2:15-3:15pm Open 2	2:30-3:30pm Open 3	2:15-3:15pm Open 4	2:30-3:45pm Open 5	8:00-9:00am FR Junior						
3:45-4:30pm Canskate	3:30-4:30pm FR Intermediate 4:30-4:45 Stroking INT/SR**	3:30-4:15pm Early Figure Skating	3:30-4:30pm FR Junior	3:45-4:30pm Canskate	9:15-10:15am FR Senior						
4:30-5:30pm FR 5:30-5:45pm SD* Junior	6:15-7:15pm FR 7:15-7:30pm Intro to Dance Junior	4:30-4:45pm SD* 4:45-5:45 FR 5:45-6:00 SD* Junior	4:45-5:45pm SD* Senior	4:45-5:45pm FR Senior	10:30-11:30am FR Intermediate						
6:00-7:00pm FR 7:00-7:30pm SD* Intermediate	7:30-8:30pm Junior Dance	6:00-6:45pm Canskate/Pre-Power	6:15-7:15pm Intermediate	6:00-7:00pm FR Junior	11:30am-12:15pm Canskate						
7:00-7:30pm SD* 8:45pm FR	7:45-8:45-9:45pm Senior Senior Dance	7:00-7:15 pm SD* 7:15-8:15 FR 8:15-8:30 SD* Intermediate/Senior	7:15-8:15pm Junior Dance	7:15-8:15pm FR Intermediate	12:15-1:00pm Early Figure Skating						
9:00-9:45pm FR Open	Adult	8:45-10:15pm Adult Synchro	8:30-9:45pm Senior Dance								
Session Qualifications: Junior: Preliminary and Under Intermediate: Passed Junior Bronze Freeskate Senior: Passed Pre Novice/Jr Silver (before or during Sept. 2007) Junior Dance: Preliminary-Junior Silver Senior Dance: Senior Silver and up						Abbreviations Used: SD* SKILL DEVELOPMENT Includes: stroking, spin patch, field moves, edges and turns and enhancement FR: Freeskate					

