

Winter Schedule 2009-2010

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	6:45-7:45am Power Skating	7:00-8:30am Cheapskate 3	7:00-8:30am Power Skating	7:00-8:30am Cheapskate 3	7:00-8:30am Cheapskate 3	6:45-7:45am Power Skating	8:00-9:00am FR Junior
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	2:30-3:45pm Open 5	2:30-3:45pm Open 5	2:30-3:45pm Open 5	2:30-3:45pm Open 5	8:00-9:00am FR Junior	9:15-10:15am Intermediate Conditioning
3:30-4:30pm FR 4:30-4:45 SD* Junior	3:30-4:30pm FR 4:30-4:45pm SD* Intermediate	3:30-4:15pm Early Figure Skating	3:30-4:30pm FR Junior	3:45-4:30pm Canskate	9:15-10:15am FR Senior Competitive	3:30-4:30pm FR Junior	3:30-4:30pm FR Junior	3:45-4:30pm Canskate	3:45-4:30pm Canskate	9:15-10:15am FR Senior Competitive	10:30-11:30am Senior Conditioning
4:45-5:30pm Canskate	4:30-4:45 SD* 5:00-6:00pm FR Senior Competitive	4:30-4:45pm SD* 4:45-5:45 FR 5:45-6:00 SD* Junior	4:45-5:45pm FR 5:45-6:00 SD* Senior Competitive	4:45-5:45pm FR Senior Competitive	10:30-11:30am FR Intermediate	4:45-5:45pm SD* 4:45-5:45 FR 5:45-6:00 SD* Junior	4:45-5:45pm FR Senior Competitive	4:45-5:45pm FR Senior Competitive	4:45-5:45pm FR Senior Competitive	10:30-11:30am FR Intermediate	11:30am-12:00pm Early Fig Conditioning
5:45-6:45pm FR 6:45-7:15pm SD* Intermediate	6:15-7:15pm FR Junior 7:15-7:30pm SD*	6:00-6:45pm Canskate/Pre-Power	6:15-7:15pm FR Intermediate	6:00-7:00pm FR Junior	11:30-12:15 Canskate	5:00-6:00pm Jr./Int. Conditioning	5:00-6:00pm Jr./Int. Conditioning	5:00-6:00pm Jr./Int. Conditioning	5:00-6:00pm Jr./Int. Conditioning	11:30-12:15 Canskate	
6:45-7:15pm SD* 7:30-8:30pm FR Senior Competitive	7:30-8:30pm Junior 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	6:15-7:15pm Senior Dance	6:15-7:15pm Senior Conditioning	6:00-7:00pm Senior Flexibility	6:00-7:00pm Senior Flexibility	12:15-1:00pm Early Figure Skating	
8:45-9:45pm FR Adult Open	8:45-9:45pm Senior Dance	8:45-10:15pm Adult Synchro	8:30-8:45pm Sr. Dance Stroking 8:45-9:45 Sr. Dance	8:30-8:45pm Sr. Dance Stroking 8:45-9:45 Sr. Dance							

Session Qualifications:
Junior: Preliminary and Under
Intermediate: Passed Junior Bronze to Gold Freeskate
Senior Competitive: Passed Pre Novice Competitive (before or during Sept. 2008)
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