

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:30am <b>Cheapskate 1</b>	7:00-8:00am <b>Power Skating</b>	7:00-8:30am <b>Cheapskate 2</b>	7:00-8:00am <b>Power Skating</b>	7:00-8:30am <b>Cheapskate 3</b>	6:00 - 7:00 am <b>Power Skating</b>
2:30-3:30pm <b>FS</b> <b>Competitive</b>	2:15-3:15pm <b>FS</b> <b>Competitive</b>	2:30-3:30pm <b>FS</b> <b>Competitive</b>	2:15-3:15pm <b>FS</b> <b>Competitive</b>	2:30-3:45pm <b>FS</b> <b>Competitive</b>	7:15-8:15am <b>FS</b> <b>Junior</b>
3:30-4:30pm <b>FS</b> 4:30-4:45pm <b>SD</b> <b>Junior</b>	3:30-3:45pm <b>SD</b> 3:45-4:45pm <b>FS</b> <b>Intermediate</b>	3:30-4:15pm <b>Early Figure Skate</b>	3:30-4:30pm <b>FS</b> <b>Junior</b>	3:45-4:30pm <b>CanSkate</b>	8:15-9:15am <b>Early Figure Skate</b> 9:30-10:00am <b>Early Fig Off-Ice Class</b>
4:45-5:30pm <b>CanSkate</b>	5:00-6:00pm <b>FS</b> 6:00-6:15pm <b>SD</b> <b>Senior</b>	4:30-4:45pm <b>SD</b> 4:45-5:45pm <b>FS</b> <b>Junior</b>	4:45-5:45pm <b>FS</b> 5:45-6:00pm <b>SD</b> <b>Senior</b>	4:45-5:45pm <b>FS</b> <b>Senior</b>	9:30-10:30am <b>FS</b> <b>Intermediate</b>
5:45-6:45pm <b>FS</b> 6:45-7:15pm <b>SD</b> <b>Intermediate</b>	6:15-7:00pm <b>CanSkate</b> <b>Pre-Power</b>	6:00-7:00pm <b>FS</b> 7:00-7:15pm <b>SD</b> <b>Senior</b>	6:15-6:30pm <b>SD</b> 6:30-7:30pm <b>FS</b> <b>Intermediate</b>	6:00-7:00pm <b>FS</b> <b>Junior</b>	10:30 - 11:15am <b>CanSkate</b>
6:45-7:15pm <b>SD</b> 7:30-8:30pm <b>FS</b> <b>Senior</b>	7:15-8:15pm <b>FS</b> 8:15-8:30pm <b>SD</b> <b>Junior</b>	7:00-7:15pm <b>SD</b> 7:30-8:30pm <b>FS</b> <b>Intermediate</b>	7:45-8:45pm <b>Junior Dance</b>	7:15-8:15pm <b>FS</b> <b>Intermediate</b>	11:30 am - 12:30pm <b>FS</b> <b>Senior</b>
8:45-9:45pm <b>FS</b> <b>Adult/Teen Open</b>	8:30-9:45pm <b>Open Dance</b>	8:45-10:15pm <b>Adult Synchro</b>	8:45-9:45pm <b>Senior Dance</b>		
<b>Session Qualifications:</b> <b>Junior:</b> Elementary to Preliminary Freeskate <b>Intermediate:</b> passed Junior Bronze Freeskate <b>Senior:</b> passed Pre-Novice/Sr. Silver Freeskate (before Sept. 2010) <b>Competitive:</b> passed Juvenile/Junior Silver Freeskate <b>Junior Dance:</b> Preliminary - Junior Silver Dances <b>Senior Dance:</b> Senior Silver - Diamond Dances			<b>Abbreviations Used:</b> <b>FS</b> = Freeskate <b>SD</b> = Skill Development <b>Includes:</b> stroking, spin patch, field moves, enhancement, edges & turns		

## Coquitlam Skating Club -- 2011-2012 Fall/Winter Schedule

Poirier Sport & Leisure Complex (Rec Rink)

(September 16, 2011 - March 9, 2012)