

Coquitlam Skating Club  
Fall/Winter 2007/2008  
Sept. 4, 2007 to March 14, 2008

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>	7:00-8:00am <b>Cheapskate 4</b>
2:30-3:30pm <b>Open 2</b>	2:15-3:15pm <b>Open 3</b>	2:30-3:30pm <b>Open 4</b>	2:15-3:15pm <b>Open 5</b>	2:30-3:45pm <b>Open 6</b>	8:00-9:00am FR <b>Junior</b>
3:45-4:30pm <b>Canskate</b>	3:30-4:30pm FR <b>Intermediate</b> 4:45-5:45pm FR <b>Senior</b>	3:45-4:30pm <b>Early Figure Skating</b>	3:30-4:30pm FR <b>Junior</b>	3:45-4:30pm <b>Canskate</b>	9:15-10:15am FR <b>Senior</b>
4:30-5:30pm FR 5:30-5:45pm ST <b>Junior</b>	6:00-7:00pm FR 7:00-7:15pm Intro to Dance <b>Junior</b>	4:30-4:45pm EN 4:45-5:45 FR 5:45-6:00pm ST <b>Junior</b>	4:45-5:45pm FR <b>Senior</b>	4:45-5:45pm FR <b>Senior</b>	10:30-11:30am FR <b>Intermediate</b>
6:00-7:00pm FR 7:00-7:30pm ENH* <b>Intermediate</b>	7:15-8:15pm <b>Junior Dance</b>	6:15-7:00pm <b>Canskate/Pre-power</b>	6:00-7:00pm FR 7:00-7:15pm ST <b>Intermediate</b>	6:00-7:00pm FR <b>Junior</b>	11:30am-12:15pm <b>Canskate</b>
7:00-7:30pm ENH* 7:45-8:45pm FR <b>Senior</b>	8:30-9:45pm <b>Senior Dance</b>	7:15-8:15pm FR 8:15-8:30 ST <b>Intermediate/Senior</b>	7:15-8:15pm <b>Junior Dance</b>	7:15-8:15pm <b>Intermediate</b>	12:15-1:00pm <b>Early Figure Skating</b>
9:00-9:45pm FR <b>Adult/Teen</b>		8:45-10:30pm <b>Adult Synchro</b>	8:30-9:45pm <b>Senior Dance</b>		
<b>The Coquitlam Skating Club reserves the right to change schedules and pricing due to enrollment</b>					

**Session Qualifications:**  
**Junior:** Up to Preliminary  
**Intermediate:** Passed Jr. Bronze Freeskate to Pre-novice/Jr. Silver  
**Senior:** Passed Prenovice/Sr. Silver freeskate and up  
**Junior Dance:** Preliminary-Junior Silver  
**Senior Dance:** Senior Silver and up

Abbreviations Used:  
**ST=**Stroking  
**FR=**Freeskate  
**EN=**Enrichment/  
 Stroking\*\*