

	2024 April 2-19th (Planet Ice Coquitlam)				
	Monday	Tuesday	Wednesday	Thursday	Friday
6:00	6:00-7:00am Star 4+ 24	6:00-7:00am Star 1+ 26	6:00-7:00am Star 6+ 24	6:00-7:00am Star 1+ 26	
7:00	7:00-8:00am JD / SSA 50	7:00-8:00am Star 6+ 24	7:00-8:00am JD / SSA 50	7:00-8:00am Star 6+ 24	
8:00	8:00-8:15am Ice Clean	8:00-8:15am Ice Clean	8:00-8:15am Ice Clean	8:00-8:15am Ice Clean	
	8:15-9:15am Star 1+ 26	8:15-9:15am Star 1+ 26	8:15-9:15am Star 1+ 26	8:15-9:15am Star 1+ 26	
9:00					
2:00					
	2:15-3:15pm Juvenile + Competitive* 20	2:15-3:15pm Juvenile + Competitive* 20	2:15-3:15pm Juvenile + Competitive* 20	2:15-3:15pm Juvenile + Competitive* 20	
3:00	3:15-4:00pm Star 8+ / Pre-Novice 22	3:15-4:00pm Star 4+ 26	3:15-4:00pm Star 8+ / Pre-Novice 22	3:15-4:00pm Star 4+ 26	
4:00					

\*Juvenile+ Competitive - Open to ABC Winter package skaters

Dryland (All off-ice training sessions will take place at <b>Poirier</b> )				
Monday	Tuesday	Wednesday	Thursday	Friday
Dance 3:30-4:20pm (A7-10) <b>R1</b> 4:30-5:20pm (A12+) <b>R1</b> 5:30-6:20pm (A10-12) <b>R1</b>  JD/SSA 4:30-5:30pm <b>R2</b>	Jump 3:30-4:20pm (S6+) <b>L1</b> 4:30-5:20pm (S4+) <b>L1</b> 5:30-6:20pm (S6+) <b>L1</b>	Stretch 3:30-4:20pm (A7-10) <b>R1</b> 4:30-5:20pm (A12+) <b>R1</b> 5:30-6:20pm (A10-12) <b>R1</b>  JD/SSA 4:30-5:30pm <b>R2</b>	Fitness 3:45-4:35pm (A12+) <b>R1</b> 4:40-5:30pm (A7-10) <b>R1</b> 5:40-6:30pm (A10-12) <b>R1</b>	Jump 4:30-5:20pm (S4+) <b>L1</b> 5:30-6:20pm (S6+) <b>L1</b> 6:30-7:20pm (S6+) <b>L1</b>  JD/SSA 3:30-4:30pm <b>L1</b>  Spin&MM* 3:30-4:20pm (S4+) <b>R1</b> 4:30-5:20pm (S6+) <b>R1</b> 5:30-6:20pm (S6+) <b>R1</b>
<b>R1 = Room 1</b> <b>R2 = Room 2</b> <b>L1 = Arena 1 Lobby</b> <b>RS = Rink Side</b>				

IMPORTANT DATES
Holiday - <b>NO SKATING</b> Easter (Monday, April 1st)
NO DRYLAND SESSIONS <b>*Friday, April 19th</b> - Spin & MM - all sessions