			20	24 April 22 - 、	June 22	(Poirie	r)		
	Monday Tuesd		sday			sday	Friday	Saturday	
	Arena 3	Arena 3 Arena 3		Arena 3	Are	na 3	Arena 3	Arena 3	
6:00	6:00-7:00am Star 1+		7:00am ır 1+	6:00-7:00am Star 1+	6:00-7:00am Star 1+		6:00-7:00am Star 1+		
7:00		26 26 7:00-8:00am 7:00-8:00am Juv / Star 6+ Star 4+ 24 24		26 7:00-8:00am		26 8:00am	7:00-8:00am	26 7:00-7:45am Star 1+	7:00
	Juv / Star 6+			Juv / Star 6+	Star 4+ 24		Star 4+	:	26
8:00		8:00-8:15a	m Ice Clean		8:00-8:15am Ice Clean			JD/SSA Development	8:00
		8:15-9:30am		8:15-9:30am					<mark>50</mark>
		8:15-9:30am City Buy-On			City Buy-On			8:30-8:45am Ice Clean 8:45-9:30am	_
9:00								Star 4+	9:00
								-	24
								9:30-10:15am	
_								Star 6+	
1:00	1.00.2.00mm	1:00-2:00pm		4.00 2.00mm	1.00.1	::00pm	4.00 2.00mm	10:15-10:30am Ice Clean	24 10:0
	1:00-2:00pm City Buy-On		Buy-On	1:00-2:00pm City Buy-On				10:30-11:15am	
	City Buy-On	0.19 2		City Buy-On	City Buy-On		City Buy-On	Star 8+	
2:00	2:00-2:15pm Ice Clean	2:00-2:15pi	m Ice Clean	2:00-2:15pm Ice Clean	2:00-2:15pm Ice Clean		2:00-2:15pm Ice Clean		22 11:0
								11:15-11:30am Ice Clean	
	2:15-3:15pm	2:15-3	1:15pm	2:15-3:15pm	2:15-3:15pm		2:15-3:15pm	11:30-12:15pm	
	Competitive	Comp	oetitive	Competitive	Com	etitive	Competitive	Canskate	
3:00	20		20		20 20			20	12:0
	3:15-3:30pm Ice CLean		n Ice CLean	3:15-3:30pm Ice CLean		n Ice CLean	3:15-3:30pm Ice CLean		_
	3:30-4:15pm JD	3:30-4:15pm Star 4+		3:30-4:15pm JD	3:30-4:15pm Star 4+		3:30-4:15pm JD		_
4:00	JU	ola	24	JD	Star 4+		30		1:00
4.00	4:15-5:00pm	4:15-5		4:15-5:00pm	4:15-	24 :00pm	4:15-5:00pm		
	Pre-Novice / Star 8+	Sta	ır 6+	Pre-Novice / Star 8+	Star 6+		Pre-Novice / Star 8+		
	22		24	2				22	
5:00		5:00-5:45pm			5:00-5:45pm		5:00-5:15pm Ice Clean		
		R	SA		RSA		5:15-6:00pm		_
		5-45-0-55			5.45.0.55		Star 6+		_
6.00		5:45-6:00pi 6:00-6:30pm	m Ice Clean			m Ice Clean	6:00-6:45pm	24	_
6:00		Canskate	6:00-7:00pm		6:00-6:30pm Canskate	6:00-7:00pm	6:00-6:45pm Star 4+		_
		6:30-7:00pm	Pre-Power		6:30-7:00pm	Pre-Power		24	-
		Canskate			Canskate				
7:00		7:00-7:15pi	m Ice Clean		7:00-7:15p	m Ice Clean			
		7:15-8:00pm			7:15-8	:00pm			
		SSA			SSA				
		8:00-8:45pm Star 8+							_
8:00						:45pm			_
		Star 8+ 22			Star 8+ 22				_
		8:45-9:00pm Ice Clean				22		+	-
9:00		0.40 0.000			1				-
0.00		9:00-10	0:00pm		1			1	
		Youth / Adult					[]	1	-
		routin	/ / luun						

Dryland											
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
MM*	Fitness	Stretch	Fitness	Dance**	Jump						
3:30-4:20pm (A7-10) R1 4:40-5:30pm (A10-12) R1	3:30-4:20pm (A12+) R1 4:30-5:20pm (A7-10) R1	3:30-4:20pm (A7-10) R1 4:20-5:10pm (A10-12) R1	3:30-4:20pm (A12+) R1 4:30-5:20pm (A7-10) R1	4:00-4:50pm (A10-12) R1 4:50-5:40pm (A7-10) R1	7:45-8:30am (Star 4-5) RS 9:30-10:15am (Star 8+) RS						
5:50-6:40pm (A12+) R1	5:20-6:30pm (A10-12) R1 6:40-7:30pm (A12+) R1	5:15-6:05pm (A12+) R1	5:20-6:30pm (A10-12) R1 6:40-7:30pm (A12+) R1	5:50-6:40pm (A12+) R1	10:30-11:15am (Star 5+) RS						
D		D		D	D						
4:30-5:30pm L1	RSA 6:00-6:45pm <mark>R2</mark>	4:30-5:30pm R2	RSA 6:00-6:45pm R2	4:30-5:30pm RS	8:45-9:25am MM & Stretch R1						
Jump		R1 = Room 1			SSA						
3:30-4:00pm (Star 6+) RS	SSA	R2 = Room 2	SSA		8:45-9:25am RS						
4:30-5:00pm (Star 4+) RS 5:10-5:40pm (Star 6+) R2	6:15-7:00pm <mark>RS</mark>	L1 = Arena 1 Lobby RS = Rink Side	6:15-7:00pm RS								

IMPORTANT DATES Holiday - NO SKATING Victoria Day (Mon. May 20th) Competition Victoria Day Competiton (May 17-19) High Performance Super Series (June 21-23) Assessment Star 6 - GOLD assessment (June 8th) - 8:15 to 11:15AM NO DRYLAND SESSIONS *Monday, May 27th - MM - 5:50-6:40pm (A12+) **Friday, May 3rd Dance - all sessions