

COQUITLAM SKATING CLUB SUMMER SCHEDULE JULY 3-AUGUST 22, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:30 AM City Buy On	7:30-8:30 AM City Buy On	7:30-8:30 AM City Buy On	7:30-8:30 AM City Buy On	7:30-8:30 AM City Buy On	
8:30-9:45 AM SENIOR A&B FREESKATE/SPINS	8:30-9:15 AM SENIOR A&B FREESKATE	8:30-9:45 AM SENIOR A&B FREESKATE /SPINS	8:30-9:15 AM SENIOR A&B FREESKATE	8:30-9:45 AM SENIOR A&B FREESKATE /SPINS	
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	
10:00-11:15 AM ELITE FREESKATE/SPINS	9:30-10:30 AM INTERMEDIATE FREESKATE/SPINS	10:00-11:15 AM ELITE FREESKATE /SPINS	9:30-10:30 AM INTERMEDIATE FREESKATE /SPINS	10:00-11:15 AM ELITE FREESKATE /SPINS	11:00 AM-12:00 PM CITY BUY ON
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	
11:30 AM-12:15 PM SENIOR A&B FREESKATE	10:45 AM-12: :00 PM SENIOR A&B FREESKATE /SPINS	11:30 AM-12:15 PM SENIOR A&B FREESKATE	10:45 AM-12:00 PM SENIOR A&B FREESKATE /SPINS	11:30 AM-12:15 PM SENIOR A & B FREESKATE	FLOOD
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	12:15-1:15 PM CITY BUY ON
12:30-1:15 PM ELITE FREESKATE	12:15-1:15 PM ELITE FREESKATE /SPINS	12:30-1:15 PM ELITE FREESKATE	12:15-1:15 PM ELITE FREESKATE /SPINS	12:30-1:15 PM ELITE FREESKATE	
1:15-1:45 PM SENIOR A&B / ELITE ENRICHMENT	FLOOD	1:15-1:45 PM SENIOR A&B/ELITE ENRICHMENT	FLOOD	1:15-1:45 PM SENIORS A&B /ELITE ENRICHMENT	
FLOOD	1:30-2:15 PM STAR 2/3 & INTERMEDIATE FREESKATE	FLOOD	1:30-2:15 PM STAR 2/3 & INTERMEDIATE FREESKATE	FLOOD	
2:00-3:00 PM INTERMEDIATE FREESKATE	FLOOD	2:00-3:00 PM INTERMEDIATE FREESKATE	FLOOD	2:00-3:00 PM INTERMEDIATE FREESKATE	
FLOOD	2:30-3:15 PM ELITE FREESKATE	FLOOD	2:30-3:15 PM ELITE FREESKATE	FLOOD	
3:15-3:45 PM INTERMEDIATE ENRICHMENT	FLOOD	3:15-3:45 PM INTERMEDIATE ENRICHMENT	FLOOD	3:15-3:45 PM INTERMEDIATE ENRICHMENT	
3:45-4:30 PM OPEN FREESKATE	3:30-4:15 PM JUNIOR DEVELOPMENT	3:45-4:30 PM OPEN FREESKATE	3:30-4:15 PM JUNIOR DEVELOPMENT	3:45-4:45 PM JUNIOR DEVELOPMENT	
FLOOD	4:15-5:00 PM RSA & SSA	FLOOD	4:15-5:00 PM RSA & SSA	FLOOD	
4:45-5:45 PM JUNIOR DEVELOPMENT	FLOOD	4:45-5:45 PM JUNIOR DEVELOPMENT	FLOOD	5:00-5:45 PM RSA & SSA	
FLOOD	5:15-6:00 PM LEARN TO SKATE/PRE-POWER	FLOOD	5:15-6:00 PM LEARN TO SKATE/PRE-POWER		
6:00-7:00 PM POWER SKATE		6:00-7:00 PM POWER SKATE			
FLOOD		FLOOD			
7:15-8:30 PM TEEN/ADULT CITY BUY ON		7:15-8:30 PM OPEN DANCE-CITY BUY ON			

OFF ICE SCHEDULE

2:00-3:00 PM  
SENIOR A & B

3:00-4:00 PM  
ELITE

4:00-5:00 PM  
INTERMEDIATE

6:00-7:00 PM  
JUNIOR DEVELOPMENT

OFF ICE SCHEDULE

10:45-11:45 AM  
INTERMEDIATE (LAST 15 MIN. FLEXIBILITY ON THEIR OWN)

11:30 AM-12:00 PM  
ELITE WARM UP

12:00-1:00 PM  
SENIORS A & B

2:15-3:15 PM  
JUNIOR DEVELOPMENT

3:30-4:15 PM  
RSA & SSA

4:15-5:15 PM  
ELITE

OFF ICE SCHEDULE

2:00-3:00 PM  
SENIOR A & B

3:00-4:00 PM  
ELITE

4:00-5:00 PM  
INTERMEDIATE

6:00-7:00 PM  
JUNIOR DEVELOPMENT

OFF ICE SCHEDULE

10:45-11:45 AM  
INTERMEDIATE ( LAST 15 MIN. FLEXIBILITY ON THEIR OWN)

11:30 AM-12 PM  
ELITE WARM UP

12:00-1:00 PM  
SENIORS A & B

2:15-3:15 PM  
JUNIOR DEVELOPMENT

3:30-4:15 PM  
RSA & SSA

4:15-5:15 PM  
ELITE

OFF ICE SCHEDULE

2:00-3:00 PM  
SENIOR A & B

3:00-4:00 PM  
ELITE

4:00-5:00 PM  
INTERMEDIATE

5:00-6:00 PM  
JUNIOR DEVELOPMENT

6:00-6:30 PM  
RSA & SSA

