

# ICE SCHEDULE FOR THE 2018/2019 SEASON

(subject to change as needed)

<b>MONDAY</b>		
5:00 – 5:40	Pre-Canskate	
5:40 – 6:20	Canskate/PrePower	

<b>TUESDAY</b>		
4:30 – 4:45	Primary & Intermediate Starskate	Primary Freeskate/Intermed. Skills & Dance
4:45 – 5:00	Primary & Intermediate Starskate	Primary Group Lesson / Intermed. Skills/Dance
5:00 – 5:15	Primary & Intermediate Starskate	Primary Freeskate/Intermed. Skills & Dance
5:15 – 5:35	Primary & Intermediate Starskate	Stroking / Edges / Spins
5:35 – 5:50	Primary, Intermediate & Senior A Starskate	Freeskate, Skills & Dance
5:50 – 6:20	Intermediate & Senior A Starskate	Freeskate, Skills & Dance
6:20 – 6:30	Flood	
6:30 – 6:50	Senior A & B Starskate	Stroking/Spins
6:50 – 7:35	Senior A & B Starskate	Skills and Dance
7:35 – 8:20	Senior B Starskate	Freeskate

<b>WEDNESDAY</b>		
4:30 – 5:50	Primary, Intermediate & Senior Starskate	

<b>FRIDAY</b>		
4:30 – 4:45	Primary & Intermediate Starskate	Primary Freeskate/Intermed. Skills & Dance
4:45 – 5:00	Primary & Intermediate Starskate	Primary Group Lesson / Intermed. Skills/Dance
5:00 – 5:15	Primary & Intermediate Starskate	Primary Freeskate/Intermed. Skills & Dance
5:15 – 5:35	Primary & Intermediate Starskate	Stroking / Edges / Spins
5:35 – 5:50	Primary, Intermediate & Senior A Starskate	Freeskate, Skills & Dance
5:50 – 6:20	Intermediate & Senior A Starskate	Freeskate, Skills & Dance
6:20 – 6:30	Flood	
6:30 – 6:50	Senior A & B Starskate	Stroking/Spins
6:50 – 7:35	Senior A & B Starskate	Skills and Dance
7:35 – 8:20	Senior B Starskate	Freeskate

Note: Adult Starskaters can skate on their selected day during the Intermediate, Senior A or Senior B time slots as their schedules allow, in consultation with our coaching team.