

## ICE SCHEDULE FOR THE 2019/2020 SEASON

(subject to change as needed)

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

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

WEDNESDAY		
4:30 – 5:50	Primary, Intermediate & Senior Starskate	

FRIDAY		
4:30 – 5:30	Senior Starskate	Freeskate, Skills & Dance
5:30 – 6:00	Intermediate A & B and Senior Starskate	Freeskate, Skills & Dance
6:00 – 6:20	Primary & Intermediate A & B & Senior Starskate	Stroking / Edges / Spins
6:20 – 6:35	Primary & Intermediate A & B Starskate	Freeskate, Skills & Dance
6:35 – 6:50	Primary & Intermediate A & B Starskate	Primary Group Lesson / Intermed. Skills/Dance
6:50 – 7:20	Primary & Intermediate A & B Starskate	Freeskate, Skills & Dance
7:20 – 8:20	Synchro Team	Practice

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