

Fall/Winter Ice Schedule

(updated as of October 21, 2011)

Day	Start	End	Level	Session	Notes
Mon	5:15	5:30	Junior	Stroking	
Mon	5:30	5:50	Junior	Freestyle	Pre-Jr. (5:45 - 6:45)
Mon	5:50	6:05	Junior	Group	
Mon	6:05	6:15	Junior	Dance	
Mon	6:15	7:05	Can Skate		
Mon	7:05	7:15	Flood		
Mon	7:15	8:05	Senior	Freestyle	
Mon	8:05	8:15	Flood		
Tues	3:45	4:05	Intermediate	Skills	
Tues	4:05	4:20	Intermediate	Stroking	
Tues	4:20	5:05	Intermediate	Freestyle	
Tues	5:05	5:35	Intermediate	Dance	
Tues	5:20	6:05	Senior	Dance	15 min overlap
Tues	6:05	6:15	Flood		
Tues	6:15	6:40	Senior	Skills	
Tues	6:40	6:55	Senior	Stroking	
Tues	6:55	7:05	Senior	Spins & Field Moves	
Tues	7:05	7:50	Senior	Freestyle	
Tues	7:50	8:00	Flood		
Wed	9:00	10:20	Synchro	Ice Vizion	
Wed	10:20	10:30	Flood		
Thurs	5:30	5:50	Junior	Dance/Stroking	
Thurs	5:50	6:15	Junior	Freestyle	Pre-Jr. (6:00 - 7:00)
Thurs	6:15	6:30	Junior	Group	
Thurs	6:30	7:20	Can Skate		
Thurs	7:20	7:30	Flood		
Thurs	7:30	8:20	Senior	Freestyle	
Thurs	8:20	8:30	Flood		
Fri	7:00	7:50	Senior	Freestyle	AM session
Fri	4:15	4:35	Intermediate	Skills	
Fri	4:35	5:25	Intermediate	Freestyle	
Fri	5:25	5:35	Intermediate	Spins & Field Moves	
Fri	5:35	5:50	Intermediate	Stroking	
Fri	5:50	6:00	Flood		
Sat	9:00	9:50	Senior/ Int.	Freestyle	
Sat	9:50	10:10	Senior/ Int.	Skills	
Sat	10:10	11:00	Can Skate		Pre-Jr. (10:30 - 11:30)
Sat	11:00	11:15	Junior	Stroking	
Sat	11:15	11:35	Junior	Freestyle	
Sat	11:35	11:50	Junior	Group	
Sat	11:50	12:00	Flood		
Sun	3:00	3:50	Synchro	Twilights	Canskate Synchro Academy (3-3:40)
Sun	3:50	4:00	Flood		
Sun	4:00	4:20	Intermediate	Skills	
Sun	4:20	5:15	Intermediate	Freestyle	
Sun	5:15	5:35	Intermediate	Dance	
Sun	5:25	6:05	Senior	Dance	10 min overlap
Sun	6:05	6:15	Flood		
Sun	6:15	6:45	Senior	Skills	
Sun	6:45	7:00	Senior	Stroking	
Sun	7:00	7:50	Senior	Freestyle	
Sun	7:50	8:00	Flood		

Fall/Winter Off-ice Schedule
(updated as of October 21, 2011)

Day	Start	End	Level	Session	Notes
Mon	4:30	5:00	Junior	Off-ice	Rm 101, Sr. Centre
Mon	5:15	5:35	Pre-Junior	Off-ice	bulletin board
Mon	5:45	6:05	Canskate	Off-ice	bulletin board
Tues	5:45	6:30	Intermediate	Off-ice	Rm 201, Sr. Centre
Tues				Off-ice	
Wed	7:00	8:30	Synchro - Ice Vizion	Off-ice*	Rm 1071, Dunsmuir School
Thurs	4:45	5:15	Junior	Off-ice	Rm 101, Sr. Centre
Thurs	5:30	5:50	Pre-Junior	Off-ice	bulletin board
Thurs	6:00	6:20	Canskate	Off-ice	bulletin board
Fri				Off-ice	
Fri				Off-ice	
Sat					
Sat	9:40	10:00	Can Skate	Off-ice	bulletin board
Sat	10:00	10:20	Pre-Junior	Off-ice	bulletin board
Sun	1:30	2:30	Synchro-Twilight	Off-ice*	Fitness Rm, JDF
Sun	3:00	3:45	Intermediate	Off-ice	Fitness Rm, JDF
Sun					

*as per coach/manager announcements