

# Winter Term 1 September 30, 2024 to December 24, 2024 Brochure

www.skatesaskatoon.com

Email: office@skatesaskatoon.com

Sanctioned by SKATE CANADA

ACT Skating Centre 107 – 105 Street East, Saskatoon, SK S7N 122





# Skate Saskatoon Program Information

#### CANSKATE GROUP LESSONS: Learn-to-skate Program – Age 3 and over

- Working on CanSkate stages 1 -6. \*\*This is not an adult-tot program \*\*
- Classes highlighted in yellow on the schedule.
- Hockey or Figure Skates.
- Helmet information can be found here .
- Skaters MUST have skate guards. Rubber or plastic skate guards are preferred rather than cloth guards.
- Skate Saskatoon *does not* provide skates, guards, helmet, or mitts.
- For the younger skaters, gloves or mitts and a metal cage facemask is recommended.

#### ADULT LEARN TO SKATE GROUP LESSONS:

- Class on Sunday at 11:30am, highlighted in light yellow on the schedule.
- Hockey or Figure Skates.
- Helmet information can be found here .
- Skaters MUST have skate guards. Rubber or plastic skate guards are preferred rather than cloth guards.
- Skate Saskatoon *does not* provide skates, guards, helmet, or mitts.

#### **POWER SKATING GROUP LESSONS:**

- U9 and U11 hockey players; U10 and U12 ringette players
- Must skate in hockey skates.
- Must have a stick, gloves, helmet and hockey face mask.
- Other types of equipment are optional (elbow pads, shin pads, shoulder pads, pants etc.).
- Must be registered for U9/U11 hockey or U10/U12 ringette for the 2024/2025 year
- Must have played at least one year of organized hockey/ringette
- \*\*This is not a learn to skate program\*\*



# Figure Skating Training Program - Group Packages

• Recommended for optimal skater development.

#### JUNIOR PREP GROUP PROGRAM (previously referred to as Advanced PreSTAR):

- Working on CanSkate stages 4-6.
- Helmet information can be found <u>here</u>.
- Must skate in figure skates.
- Package includes 3 Group Instructed classes two on ice and one off ice classes highlighted in dark orange on the on ice and off ice schedules on Pages 12 and 13 of this brochure. For the on ice classes the skater should register for the package with their preference of the two on ice classes, space permitting.
- The on ice classes are available for separate registration:
  - If skaters registered for the package want to participate in the other on ice class or if the package doesn't work for a skater.
- Eligible to skate "Junior Prep Star 2 Privates" options on Tuesday and Thursday for private lessons (pink sessions on schedule) using 15-minute lesson ice tickets for the ice time see page 7. Private lessons can be arranged by a skater at an additional cost. For information on the process email: office@skatesaskatoon.com.
- Must have a coach recommendation and coordinator approval to advance from CanSkate into Junior Prep.
- Receive a 50% discount on Winter Term 1 options purchased. This does not include drop in registrations or coach bookable ice.

#### JUNIOR EXCEL GROUP PROGRAM (previously referred to as Supernovas):

# (START DATE OF OCTOBER 29)

- The Junior Excel Figure Skating Group Program is designed specifically for talented young skaters eager to elevate their skills and artistry on the ice. Participants will learn from experienced coaches who specialize in developing young athletes, focusing on advanced techniques such as jumps, spins, and footwork tailored for their age group. Our supportive environment not only boosts confidence and discipline but also encourages teamwork. With smaller class sizes, each skater receives personalized attention and a tailored experience, ensuring they get the most out of their training. We pride ourselves on fostering a positive and encouraging atmosphere that nurtures a love for the sport, all while providing access to state-of-the-art facilities for optimal training. Join us and watch your child shine on the ice!
- Program Registration requires permission from Director of Skating:
  - If interested contact Director of Skating Natasha Taylor at <u>directorofskating@skatesaskatoon.com.</u>



- Package includes 4 Group Instructed sessions two on ice and two off ice classes and 1 Freeskate session (Option 100). Sessions highlighted in pink on the on ice and off ice schedules on Pages 12 and 13 of this brochure. The Freeskate time does not include instruction. Private lessons can be arranged by a skater at an additional cost. For information on the process email: office@skatesaskatoon.com.
- Skaters can change from the default Freeskate session to any Figure Skating Open or All Levels session (on any day) at no cost until the end of the day October 15th, after this an administration fee will apply. The change is for the season.
- Skate Saskatoon Coaches can "flex" a skater to any Figure Skating Open or All levels session within the same week to accommodate lessons.
- Receive a 50% discount on additional Winter Term 1 options purchased. This does not include drop in registrations or coach bookable ice.

# INTERMEDIATE

- Skaters working on STAR 1-5; completed Stage 6 CanSkate
- Includes Weekly:
  - 2 Freeskate sessions
    - Default sessions are options 50 and 101
      - Skaters can change from the default sessions to any Figure Skating Open or All levels session (on any day) at no cost until the end of the day October 15th, after this an administration fee will apply. The change is for the season.
  - Includes on ice and off ice Group instruction as shown on the schedules on Pages 12 and 13 of this brochure (On Ice is Intermediate Stroking classes Tuesday and Saturday; off ice is Intermediate Wednesday).
  - The registered times are also presented when you are logged into your member account and select calendar under the participant profile.

#### Additional Benefits of Intermediate Package:

- Receive a 50% discount on additional Winter Term 1 options purchased. This does not include drop in registrations or coach bookable ice.
- Skate Saskatoon Coaches can "flex" a skater onto any Figure Skating Open or All Levels sessions within the same **week** to accommodate lessons.

# SENIOR

- Pre-Novice Competitive Skaters, STAR 6+ (passed STAR 5 Freeskate both parts)
- Includes Weekly:
  - o 4 Freeskate sessions
    - Default sessions are options 12, 30, 48 and 66
      - Skaters can change from the default session to any regular session on the same day, with exception of an option included with a package, at no cost until the



end of the day October 15th. After this an administration fee will apply. The change is for the season.

- Includes on ice and off ice group instruction as shown on the schedules on Pages 12 and 13 of this brochure (description of Senior or Elite/Senior)
- The registered times are also presented when you are logged into your member account and select calendar under the participant profile.

#### Additional Benefits of Senior Package:

- Senior skaters can purchase Elite/Sr. options individually.
- Option 83 is available for separate registration.
- Elite/Sr. and Sr./Elite options are **ONLY** available to Elite or Senior skaters.
- Receive a 50% discount on additional Winter Term 1 options purchased. This does not include drop in registrations or coach bookable ice.
- Skate Saskatoon Coaches can "flex" a skater onto any regular session, with exception of an option included with a package, within the same day to accommodate lessons.

#### ELITE

- Novice to Senior Competitive Skaters or Double Axel completed with a 50% success rate or higher
- Includes Weekly:
  - o 4 Freeskate sessions
    - Default sessions are options 11, 29, 47 and 65
      - Skaters can change from the default session to any regular session on the same day, with exception of an option included with a package, at no cost until the end of the day October 15th. After this an administration fee will apply. The change is for the season.
  - Includes on ice and off ice group instruction as shown on the schedules on Pages 12 and 13 of this brochure (description of Elite or Elite/Senior).
  - The registered times are also presented when you are logged into your member account and select calendar under the participant profile.

#### Additional Benefits of Elite Package:

- Elite skaters can purchase Sr./Elite options individually.
- Option 83 is available for separate registration.
- Elite/Sr. and Sr./Elite options are **ONLY** available to Elite or Senior skaters.
- Receive a 50% discount on additional Winter Term 1 options purchased. This does not include drop in registrations or coach bookable ice.
- Skate Saskatoon Coaches can "flex" a skater onto any regular session, with exception of an option included with a package, within the same day to accommodate lessons.



#### SYNCHRO: Term 1 and Term 2

Synchronized skating provides the opportunity to join a team and enjoy skating at the same time.

# <u>Registration fee is for the entire winter season T1 and T2, no additional fees in January, includes 23 weeks of coaching</u>

#### STAR 3/4 Synchro

- 4 off-ice classes of 45 minutes, spread throughout the season
- Includes Synchro Stroking Level 1 instructed

#### STAR 6 Synchro

- 16 off-ice classes of 30 minutes, spread throughout the season
- Includes Synchro Stroking Level 1 instructed

#### STAR 8 Synchro

- 16 off-ice classes of 45 minutes, spread throughout the season
- Includes Synchro Stroking Level 2 instructed

#### **Open Synchro**

- 16 off-ice classes of 45 minutes, spread throughout the season
- Includes Synchro Stroking Level 2 instructed

#### Adult II Synchro

• Does not include stroking or off-ice

#### **IMPORTANT SYNCHRO REGISTRATION NOTE:**

- All Synchro packages other than Adult II include a winter option in both terms at no additional cost; to receive this option you MUST register by Sept. 25th 2024 at 6:00pm.
  - Those registering prior to the deadline need to contact the office by Oct. 4<sup>th</sup> to arrange for the chosen option.
    - NO option will be available for those failing to contact the office by the deadline.

#### **OPTION DISCOUNTS FOR SYNCHRO SKATERS:**

- Receive a 50% discount on additional Winter Term 1 options purchased
  - o see above Important Synchro Registration Note
- Adult II will receive a 50% discount on any Winter Term 1 options purchased

#### GROUP STROKING:

- Available on Saturdays at 9 am (STAR 4+) for seasonal registration outside of the skating packages.
- Group Sessions focus on: skating skills, edges, turns, speed, spins, power, endurance, musical interpretation

# FLEXIBILITY/GYMNASTICS/CIRCUS CLASSES – LINK TO DETAILED INFORMATION ON THE HOMEPAGE OF THE WEBSITE – START DATE OCTOBER 19



#### ADULT PROGRAM:

- Coach supervised but not coach instructed.
- Program on Saturdays at 6:15pm.
- Hockey or figure skates.

#### **OPTIONS:**

- Weekly designated ice time
- See the ice, registration and attendance rules for important information
- Costs vary based on number of sessions
- Ensure to vary the dates by checking the calendar tab under your member account
- Does not include coaching
- For the process to arrange private lessons Email office@skatesaskatoon.com

# **Drop In-Buy on Sessions**

To buy a drop-in session follow the instructions below:

- 1. Log into your Skate Saskatoon account.
- 2. On the Registration Tab click on "Calendar View".
- 3. Any options that are available for drop-in will have an icon with an arrow in the top right-hand corner of the calendar box.
- 4. Click on the option for the session you wish to purchase, and from the pop-up menu select DROP IN.
- 5. Select the participant from the drop-down menu and date(s) desired to DROP IN, only dates selected and purchased in this manner are acceptable, **no swapping of DROP In purchases for different dates.**
- 6. Click "ADD" to add the DROP IN purchases to your cart.
- 7. Programs that do not allow for drop-in will not have the icon. **Notes:**
- Skaters must have the 24-25 Skate Canada membership. If this is not already in place it will be automatically added at checkout. See the pricing section for further information
- Skaters must be at the appropriate level for the session they are buying
- Must be purchased prior to skating

# **15-Minute Lesson Ice Tickets**

- Must be in a private lesson to use this ticket private coaching fees not included.
- Must have a current season registration in group lessons.
- 15-minute tickets must be purchased prior to use/skating session.
- Coach, date, and option number are required to be completed in order to finalize the purchase.
- Maximum TWO tickets per day
  - Exception: Three tickets can be used for private lessons arranged on Junior Excel sessions
- Only valid on Figure Skating Open or All Levels Options.



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  - Only valid for skaters below STAR 3.
  - Not valid on Coach Bookable Ice.
  - Tickets expire at the end of the current season.

#### Coach Bookable Ice:

- Ice time that must be booked by a Skate Canada Coach with Skate Saskatoon a minimum of 48 hours in advance: Email office@skatesaskatoon.com
- The coach must be in attendance for the entire session.
- Skaters will be invoiced at the Drop-In rate for ice used. Payment must be made ahead of the session.
- Once the session has been set up in the system it is non-refundable and it cannot be exchanged for a
- •
- different time.
- Can be used for program choreography, supplementary lessons etc.
- 15-minute Lesson Ice Tickets are not valid on "Coach Bookable Ice".

#### All Sessions are BYOC: "Bring Your Own Coach"

- Must be Skate Canada Accredited Coach in good standing.
- Non-Skate Saskatoon coaches must get permission from Skate Saskatoon Executive to coach on Skate Saskatoon Winter Term 1 sessions in person or virtually. Email <u>office@skatesaskatoon.com</u> a minimum of 48 hours in advance. <u>Failure to do so may result in revoking permission to coach on Skate Saskatoon</u> <u>sessions.</u>
- The permission is for the season only.



#### **Pricing:**

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- All skaters are required to have an active Skate Canada Membership, which is valid for one year from Sept. 1, 2024 Aug. 31 2025 at a cost of \$58.65.
- Option Discount Structure for skaters who are choosing not to participate in the group packages, NOTE: Group packages are more cost effective.:
  - NOTE: <u>This discount WILL NOT apply upon checkout</u>, contact <u>office@skatesaskatoon.com</u> prior to **Nov. 30 2024** and a refund for the discount will be refunded to your card or set up as a credit on your member account, based on your stated preference. Requests after Nov. 30 2024 will not result in a refund or credit.

Number of Options Purchased	Discount (Applies to all options purchased)		
1	0%		
2	20%		
3-4	30%		
5-7	35%		
8-9	40%		
10	50%		

- All program fees listed do not include the Skate Canada fee or applicable taxes.
- There are no pricing prorations.
- There is a \$30 +GST administration fee for any changes to registered skating times. This fee is waived for any requests made until the end of the day October 15th.

Program	Details	Cost
CanSkate Group Lessons	• See Page 2	\$225
Adult Learn to Skate Group Lessons	• See Page 2	\$225
Power Skating	• See Page 2	\$230



#### Winter Term $1 \sim 2024$

Junior Prep Group Program	<ul> <li>See Page 3</li> <li>This is the price for the package</li> <li>The on-ice classes are available for separate registration priced at \$230</li> </ul>	\$450
Junior Excel Group Program	• See Pages 3 and 4- Oct 29 start date	\$430
Intermediate Package	• See Page 4	\$500
Senior Package	• See Pages 4 and 5	\$775
Elite Package	• See Page 5	\$895
STAR 3/4 Synchro	• See Page 6 – price is for Terms 1 and 2	\$585
STAR 6 Synchro	• See Page 6 – price is for Terms 1 and 2	\$890
STAR 8 Synchro	• See Page 6 – price is for Terms 1 and 2	\$1,295
Open Synchro	• See Page 6 – price is for Terms 1 and 2	\$1,295
Adult 2 Synchro	• See Page 6 – price is for Terms 1 and 2	\$795
Group Stroking <ul> <li>STAR 4+</li> </ul>	• See Page 6	\$155
Adult Program	• See Page 7	\$160
Options	• See Page 7	\$12 (per session)
Drop In Buy-On Sessions	• See Page 7	\$17 (per session)
15-Minute Lesson Ice Tickets	• See Pages 7 and 8	\$5 (per ticket)
Coach Bookable Ice	• See Page 8	\$17 (per session)
Lockers	• Subscription effective until June 30 2025	\$25



#### Ice, Registration and Attendance Rules

- 1. Skaters who have not yet **PASSED** the complete <u>STAGE 3</u> of CanSkate **MUST** also be registered in CanSkate group lessons in the current season to be eligible for non-group programming (private lessons), including using 15-minute lesson ice tickets.
  - Skaters who have not yet passed Stage 3 of CanSkate are required to be in a lesson while on the ice (private or group).
  - Exception: Skaters registered in U7, or older hockey are eligible for All Levels sessions provided they are in a lesson (for the entire time they are on the ice), without having passed CanSkate STAGE 3, but are not eligible for 15-minute lesson ice tickets unless also registered in a Skate Saskatoon Group Program.
- 2. Skaters are not permitted on sessions out of their level range:

Level is based on FREESKATE LEVEL PASSED (both parts when applicable)

- 3. Parents are not allowed in the ice area or off ice room without instructor permission. Parents are not allowed to provide instruction to a skater from the viewing gallery. Interrupting focus during a moving session is considered dangerous.
- 4. Only skaters and coaches or authorized persons may enter the music room. Parents are not allowed.
- 5. \* Regarding session music rules, if a solo has been stopped, the skater loses their privilege and will have to move to the back of the line to have their music played again.
- 6. \* Right away on the ice
  - Run through soloist with music playing
  - Private lessons
- 7. Skaters must not enter the ice prior to the session start time and must exit the ice at the time the session ends.
- 8. No standing or socializing on the ice.
- 9. Do not put others at risk by kicking or lying on the ice. Do not stand or coast in the middle of the ice. Be aware of other skaters and the pace of the session.
- 10. No Earbuds or headphones are permitted on the ice (Exception: Skate Canada coaches using them to choreograph programs, NOTE: the coach can wear the earbud, NOT the skater).
- 11. No swapping or exchanging sessions, with exception of what is specified with the group package information.
- 12. All Levels, CanSkate and Adult sessions: Hockey or Figure skates
  - All other sessions require figure skates.
- 13. \* Private Group lessons
  - Skate Saskatoon coaches are to use their discretion. The Director of Skating will request modification if the number of skaters in a private lesson is disruptive.
  - Maximum of 2 skaters per coach, non-club coaches
- 14. Pairs/Dance is permitted on sessions with fewer than 10 registered skaters (including the pair/dance team).
- 15. On ice and Off ice group lesson instructors have the right to dismiss skaters for lateness or disruptive behavior.
- 16. Skate Saskatoon reserves the right to revoke privileges of participants who do not follow guidelines or policies.
- 17. Skate Saskatoon reserves the right to modify or cancel programs or options at any time. Skate Saskatoon will provide as much cancellation notice as possible via email, the website and on social media. Please ensure your Uplifter account settings allow emails from Skate Saskatoon.



- 18. Skate Saskatoon is not required to provide makeup sessions or refunds for sessions missed as a result of unforeseen circumstances.
- 19. A Skate Canada Coach, plus at least one skater, must be in the building for the session to occur. Skater(s) must exit the ice if this requirement is not met. No refunds or make up sessions are provided.
- 20. For CanSkate and Junior Prep group lessons, parents/guardians or designated supervising adults are responsible for their child(ren) at all times when they are not on the ice, including before and after their scheduled group lesson. Parents/guardians or designated supervising adults must remain at the skating facility during the group lesson, in the event that the child requires assistance off the ice.
- 21. Skate Saskatoon welcomes children spectators to build interest in the sport. Children spectators must be supervised at all times.

#### The \* symbol is shown above to indicate a rule change – implemented in Fall 2024

# **Important Dates:**

- Tuesday December 24 Closed at 4 pm last day of Term 1
- Wednesday December 25 Closed
- Thursday December 26 Closed
- Tuesday December 31 Closed at 4 pm
- Wednesday January 1 Closed
- Details to follow regarding ice availability between Term 1 and Term 2
- Term 2 information will be posted in November with the date registration will open online



#### Winter Term $1 \sim 2024$

	Schedule is su	bject to change	SKATE SASK	ATOON SCHEDULE Win	ter Term 1 2024-2025 - O	N ICE September 30 - Dece	ember 24 2024
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00		Intermediate	Senior	Elite	Option 72		
7:15		Stroking	Stroking	Stroking	All levels		
7:30		7:00 - 7:45	7:00 - 7:45	7:00 - 7:45	7:00 - 7:45		
7:45	Ice not available	Option 19	Option 37	Option 55	Option 73		
8:00	(maintainence)	Figure Skating Open	All Levels	Figure Skating Open	All Levels		
8:15		7:45 - 8:30	7:45 - 8:30	7:45 - 8:30	7:45 - 8:30	Option 92	Option 110
8:30		Option 20	Option 38	Option 56	Option 74	All Levels	All Levels
8:45		All Levels	All Levels	All Levels	All Levels	8:15 - 9:00	8:15 - 9:00
9:00		8:30 - 9:15	8:30 - 9:15	8:30 - 9:15	8:30 - 9:15	STAR 4+	Option 111
9:15		Option 21	Option 39	Option 57	Option 75	Stroking	All Levels
9:30 9:45		Coach Bookable Ice 9:15 - 10:00	Coach Bookable Ice 9:15 - 10:00	Coach Bookable Ice 9:15 - 10:00	Figure Skating Open 9:15 - 10:00	9:00 - 9:45 FLOOD	9:00 - 9:45 FLOOD
9.45		FLOOD	FLOOD	FLOOD	FLOOD	CanSkate #5	Option 112
10:15		Option 22	Option 40	Option 58	Option 76	Hockey or Figure Skates	Figure Skating Open
10:30		Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	10:00 - 10:45	10:00 - 10:45
10:45		10:15 - 11:00	10:15 - 11:00	10:15 - 11:00	10:15 - 11:00	CanSkate #6	Option 113
11:00		Option 23	Option 41	Option 59	Option 77	Hockey or Figure Skates	Figure Skating Open
11:15		Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	10:45 - 11:30	10:45 - 11:30
11:30	FLOOD	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	Junior Prep	Adult Learn to Skate #1
11:45	Option 6	Option 24	Option 42	Option 60	Option 78	Group Lessons	Hockey or Figure Skates
12:00	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	#3 11:30 - 12:15	11:30 - 12:15
12:15	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	FLOOD	FLOOD
12:30	Option 7	Option 25	Option 43	Option 61	Option 79	Option 97	CanSkate #7
12:45	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Figure Skating Open	Hockey or Figure Skates
1:00	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15
1:15	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	Option 98	CanSkate #8
1:30	Option 8	Option 26	Option 44	Option 62	Option 80	Figure Skating Open	Hockey or Figure Skates
1:45	Figure Skating Open	Coach Bookable Ice	Coach Bookable Ice	Figure Skating Open	Figure Skating Open	1:15 - 2:00	1:15- 2:00
2:00	1:30 - 2:15	1:30 - 2:15	1:30 - 2:15	1:30 - 2:15	1:30 - 2:15	Option 99	Option 117
2:15	Option 9	Option 27	Option 45	Option 63	Option 81	Figure Skating Open	All Levels
2:30	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	2:00 - 2:45	2:00 - 2:45
2:45	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00	FLOOD	FLOOD
3:00	Option 10	Option 28	Option 46	Option 64	Option 82	Option 100	Option 118
3:15	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	Junior Excel/Figure Skating Open	All Levels
3:30	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45
3:30 3:45	3:00 - 3:45 FLOOD	3:00 - 3:45 FLOOD	3:00 - 3:45 FLOOD	3:00 - 3:45 FLOOD	3:00 - 3:45 FLOOD	3:00 - 3:45 Option 101	3:00 - 3:45 Option 119
3:30 3:45 4:00	3:00 - 3:45 FLOOD Option 11	3:00 - 3:45 FLOOD Option 29	3:00 - 3:45 FLOOD Option 47	3:00 - 3:45 FLOOD Option 65	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15	3:00 - 3:45 Option 101 Intermediate	3:00 - 3:45 Option 119 All Levels
3:30 3:45 4:00 4:15	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30
3:30 3:45 4:00 4:15 4:30	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group
3:30 3:45 4:00 4:15 4:30 4:45	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66	3:00 - 3:45 FLOOD Eite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2
3:30 3:45 4:00 4:15 4:30 4:45 5:00	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 5:00-5:15	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate	3:00 - 3:45 <b>FLOOD</b> Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15
3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:00 Senior Stroking-5:00-5:15 Option 12	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 5:00-5:15 Option 48	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD
3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15 5:30	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking-5:00-5:15 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 48 Senior/Elite Freeskate	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program	3:00 - 3:45 <b>FLOOD</b> Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15
3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:00 Senior Stroking-5:00-5:15 Option 12	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 48 Senior/Elite Freeskate 5:15 - 6:00	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro
3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15 5:30 5:45	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 48 Senior/Elite Freeskate	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15
3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:455:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Rxcel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:500 Senior Stroking-5:00-5:15 Option 48 Senior/Elite Freeskate 5:15 - 6:00 FLOOD	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6
3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:15	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Ptep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:500 Senior Stroking-5:00-5:15 Option 48 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro
3:30 3:45 4:00 4:15 4:30 5:15 5:30 5:15 5:30 5:45 6:00 6:15 6:30	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 Intermediate	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD	3:00 - 3:45 <b>FLOOD</b> Eite/Senior Stroking -4-4:15 <b>Option 83</b> Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 <b>FLOOD</b> Option 85 Figure Skating Open 6:00 - 6:45	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8
3:30 3:45 4:00 4:15 4:30 4:45 5:15 5:15 5:15 5:15 5:15 6:00 6:15 6:30 6:45	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 Intermediate 6:15 - 7:00	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00
3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:15 7:00	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:455:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Rep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 6:00-5:15 Option 48 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking
3:30 3:45 4:00 4:15 4:30 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:15 6:30 6:45 7:00 7:15	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 48 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 Intermediate 6:15 - 7:00 Junior Prep Group Lessons	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking Lvf 2: 7:00 - 7:30
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons #1 7:00 - 7:45	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45 Elite Stroking - 4:45 Option 48 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 Intermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open	3:00 - 3:45 FLOOD Elte/Senior Stroking -4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking Lvf 2: 7:00 - 7:30
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:00 8:15	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:500 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons #1 7:00 - 7:45 Option 15 Figure Skating Open 7:45 - 8:30	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Excel Group Program Junior Excel Group Program Junior Excel Group Program Sign - 5:15 Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior /Elite Freeskate 5:15 - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Excel Group Program Junior Excel Group Program Junior Excel Group Program Ganskate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 6:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking Lv1 : 7:45 - 8:15 Synchro	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking Lvl 2: 7:00 - 7:30 FLOOD
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:00 8:15 8:30	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior /Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons #1 7:00 - 7:45 Noption 15 Figure Skating Open 7:45 - 8:30 FLOOD	3:00 - 3:45 FLOOD FLOOD Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Excel Group Program Junior State Group Argent 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skate 7:15 - 8:00 Option 34 Figure Skating Open 8:00 - 8:45	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 5:00-5:15 Option 48 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LV1 : 7:45 - 8:15 Synchro STAR 6	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LV 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:00 8:15 8:30	3:00 - 3:45           FLOOD           Option 11           Elite/Senior Freeskate           4:00 - 4:45           Bite Stroking-S:00-5:15           Option 12           Senior /Elite Freeskate           5:15 - 6:00           FLOOD           Canskate #1           Hockey or Figure Skates           6:15 - 7:00           Junior Prep           Group Lessons           #1           7:00 - 7:45           Figure Skating Open           7:45 - 8:30           FLOOD           Option 16	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00 Option 34 Figure Skating Open 8:00 - 8:45 FLOOD	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 5:00-5:15 Option 48 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 Intermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LV1 : 7:45 - 8:15 Synchro STAR 6 8:15 - 9:00	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:00 8:15 8:30 8:45 9:00	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons #1 7:00 - 7:45 Figure Skating Open 7:45 - 8:30 FLOOD Option 16 All Levels	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00 Option 34 Figure Skating Open 8:00 - 8:45 FLOOD	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elte Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 Intermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Excel Group Program Junior Excel Group Program Junior Excel Group Program GanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD	3:00 - 3:45 FLOOD Elite/Senior Stroking -4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LVI 1: 7:45 - 8:15 Synchro STAR 6 8:15 - 9:00 FLOOD	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:00 8:15 8:30 8:45 9:00 9:15	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons #1 7:00 - 7:45 Figure Skating Open 7:45 - 8:30 FLOOD Option 16 All Levels 8:45 - 9:30	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Pkep-STAR 2 Privates 5:30 - 6:15 Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00 Option 34 Figure Skating Open 8:00 - 8:45 FLOOD FLOOD	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 Intermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels 8:45 - 9:30	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD Synchro	3:00 - 3:45 FLOOD Eite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LV1 : 7:45 - 8:15 Synchro STAR 6 8:15 - 9:00 FLOOD Synchro	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:30 6:45 7:30 7:15 7:30 7:45 8:00 8:15 8:30 8:15 8:30 8:45 9:00 9:15 9:30	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons #1 7:00 - 7:45 Figure Skating Open 7:45 - 8:30 FLOOD Option 16 All Levels 8:45 - 9:30 Option 17	3:00 - 3:45           FLOOD           Option 29           Elite/Senior Freeskate           4:00 - 4:45           Option 30           Senior/Elite Freeskate           4:45 - 5:30           Junior Excel Group Program           Ganskate #2           Hockey or Figure Skates           6:30 - 7:15           Canskate #3           Hockey or Figure Skates           7:15 - 8:00           Option 34           Figure Skating Open           8:00 - 8:45           FLOOD           Synchro           STAR 8           9:00 - 9:45	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels 8:45 - 9:30 Option 53	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD Synchro Adult II	3:00 - 3:45 FLOOD Eite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LM 1: 7:45 - 8:15 Synchro STAR 6 8:15 - 9:00 FLOOD FLOOD Synchro STAR 8	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:00 8:15 8:30 8:45 9:00 9:15 9:30 9:45	3:00 - 3:45           FLOOD           Option 11           Elite/Senior Freeskate           4:00 - 4:45           Bite Stroking - 4:45:500           Senior Stroking-5:00-5:15           Option 12           Senior/Elite Freeskate           5:15 - 6:00           FLOOD           Canskate #1           Hockey or Figure Skates           6:15 - 7:00           Junior Prep           Group Lessons           #1 - 7:00 - 7:45           Option 15           Figure Skating Open           7:45 - 8:30           FLOOD           Option 16           All Levels           8:45 - 9:30           Option 17           All Levels	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00 Option 34 Figure Skating Open 8:00 - 8:45 FLOOD Synchro STAR 8 9:00 - 9:45 Synchro	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior /Elite Freeskate 5:15 - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels 8:45 - 9:30 Option 53 All levels	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD Synchro	3:00 - 3:45 FLOOD Eite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LV1 : 7:45 - 8:15 Synchro STAR 6 8:15 - 9:00 FLOOD Synchro	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
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3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:30 8:45 9:00 9:15 9:30 9:45 9:30 9:45	3:00 - 3:45           FLOOD           Option 11           Elite/Senior Freeskate           4:00 - 4:45           Bite Stroking - 4:45:500           Senior Stroking-5:00-5:15           Option 12           Senior/Elite Freeskate           5:15 - 6:00           FLOOD           Canskate #1           Hockey or Figure Skates           6:15 - 7:00           Junior Prep           Group Lessons           #1 - 7:00 - 7:45           Option 15           Figure Skating Open           7:45 - 8:30           FLOOD           Option 16           All Levels           8:45 - 9:30           Option 17           All Levels	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00 Option 34 Figure Skating Open 8:00 - 8:45 FLOOD Synchro STAR 8 9:00 - 9:45 Synchro	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior /Elite Freeskate 5:15 - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels 8:45 - 9:30 Option 53 All levels	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD Synchro Adult II	3:00 - 3:45 FLOOD Elte/Senior Stroking -4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro STAR 3/4 7:00 - 7:45 Synchro STAR 6 8:15 - 9:00 FLOOD Synchro STAR 8 9:15 - 10:15 Option 91	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 8:30 8:45 8:30 8:15 8:30 8:45 9:00 9:15 9:30 9:15 9:30 9:15 10:30	3:00 - 3:45           FLOOD           Option 11           Elite/Senior Freeskate           4:00 - 4:45           Bite Stroking - 4:45:500           Senior Stroking-5:00-5:15           Option 12           Senior/Elite Freeskate           5:15 - 6:00           FLOOD           Canskate #1           Hockey or Figure Skates           6:15 - 7:00           Junior Prep           Group Lessons           #1 - 7:00 - 7:45           Option 15           Figure Skating Open           7:45 - 8:30           FLOOD           Option 16           All Levels           8:45 - 9:30           Option 17           All Levels	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Rep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00 Cytion 34 Figure Skating Open 8:00 - 8:45 FLOOD Synchro STAR 8 9:00 - 9:45 Synchro Open	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior /Elite Freeskate 5:15 - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels 8:45 - 9:30 Option 53 All levels	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD Synchro Adult II	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LVI 1: 7:45 - 8:15 Synchro STAR 6 8:15 - 9:00 FLOOD Synchro STAR 8 9:15 - 10:15 Option 91 All Levels	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:30 8:45 9:00 9:15 9:30 9:45 9:30 9:45	3:00 - 3:45           FLOOD           Option 11           Elite/Senior Freeskate           4:00 - 4:45           Bite Stroking - 4:45:500           Senior Stroking-5:00-5:15           Option 12           Senior/Elite Freeskate           5:15 - 6:00           FLOOD           Canskate #1           Hockey or Figure Skates           6:15 - 7:00           Junior Prep           Group Lessons           #1 - 7:00 - 7:45           Option 15           Figure Skating Open           7:45 - 8:30           FLOOD           Option 16           All Levels           8:45 - 9:30           Option 17           All Levels	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Rep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00 Cytion 34 Figure Skating Open 8:00 - 8:45 FLOOD Synchro STAR 8 9:00 - 9:45 Synchro Open	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior /Elite Freeskate 5:15 - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels 8:45 - 9:30 Option 53 All levels	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD Synchro Adult II	3:00 - 3:45 FLOOD Elte/Senior Stroking -4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro STAR 3/4 7:00 - 7:45 Synchro STAR 6 8:15 - 9:00 FLOOD Synchro STAR 8 9:15 - 10:15 Option 91	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:10 6:45 7:30 7:45 8:30 8:15 8:30 8:15 8:30 8:15 9:00 9:15 9:30 9:45 10:00 10:15 10:30	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons #1 7:00 - 7:45 Figure Skating Open 7:45 - 8:30 FLOOD Option 15 Figure Skating Open 7:45 - 8:30 FLOOD Option 16 All Levels 8:45 - 9:30 Option 17 All Levels 9:30 - 10:15	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 0 Option 34 Figure Skating Open 8:00 - 8:45 FLOOD STAR 8 9:00 - 9:45 Synchro Open 9:45 - 10:45	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 Senior Stroking - 4:45:5:00 FLOOD Option 50 Intermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels 8:45 - 9:30 Option 53 All levels 9:30 - 10:15	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD Synchro Adult II	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LVI 1: 7:45 - 8:15 Synchro STAR 6 8:15 - 9:00 FLOOD Synchro STAR 8 9:15 - 10:15 Option 91 All Levels	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro
3:30 3:45 4:00 4:15 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:00 8:15 8:30 8:45 9:00 9:15 9:30 9:15 10:30 10:45	3:00 - 3:45 FLOOD Option 11 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking-5:00-5:15 Option 12 Senior/Elite Freeskate 5:15 - 6:00 FLOOD Canskate #1 Hockey or Figure Skates 6:15 - 7:00 Junior Prep Group Lessons #1 7:00 7:45 Figure Skating Open 7:45 - 8:30 FLOOD Option 15 Figure Skating Open 7:45 - 8:30 Option 17 All Levels 8:45 - 9:30 Option 17 All Levels 9:30 - 10:15 Junior Prep was previous	3:00 - 3:45 FLOOD Option 29 Elite/Senior Freeskate 4:00 - 4:45 Option 30 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Rep-STAR 2 Privates 5:30 - 6:15 FLOOD Canskate #2 Hockey or Figure Skates 6:30 - 7:15 Canskate #3 Hockey or Figure Skates 7:15 - 8:00 Cytion 34 Figure Skating Open 8:00 - 8:45 FLOOD Synchro STAR 8 9:00 - 9:45 Synchro Open	3:00 - 3:45 FLOOD Option 47 Elite/Senior Freeskate 4:00 - 4:45 Elite Stroking - 4:45:5:00 Senior Stroking - 6:00 FLOOD Option 50 htermediate 6:15 - 7:00 Junior Prep Group Lessons #2 7:00 - 7:45 FLOOD Option 51 Figure Skating Open 8:00 - 8:45 Option 52 All levels 8:45 - 9:30 Option 53 All levels 9:30 - 10:15 enced PreSTAR	3:00 - 3:45 FLOOD Option 65 Elite/Senior Freeskate 4:00 - 4:45 Option 66 Senior/Elite Freeskate 4:45 - 5:30 Junior Excel Group Program Junior Prep-STAR 2 Privates 5:30 - 6:15 FLOOD CanSkate #4 Hockey or Figure Skates 6:30 - 7:15 Option 69 Figure Skating Open 7:15 - 8:00 Option 70 Figure Skating Open 8:00 - 8:45 FLOOD Synchro Adult II	3:00 - 3:45 FLOOD Elite/Senior Stroking - 4-4:15 Option 83 Elite/Senior Freeskate 4:15 - 5:00 Option 84 Figure Skating Open 5:00 - 5:45 FLOOD Option 85 Figure Skating Open 6:00 - 6:45 FLOOD Synchro STAR 3/4 7:00 - 7:45 Synchro Stroking LVI 1: 7:45 - 8:15 Synchro STAR 6 8:15 - 9:00 FLOOD Synchro STAR 8 9:15 - 10:15 Option 91 All Levels	3:00 - 3:45 Option 101 Intermediate 3:45 - 4:30 Intermediate Stroking 4:30 - 5:15 FLOOD Group Power Skating #1 5:30 - 6:15 ADULT Program 6:15 - 7:00 FLOOD Club Specific Programming	3:00 - 3:45 Option 119 All Levels 3:45 - 4:30 Group Power Skating #2 4:30 - 5:15 FLOOD Synchro STAR 6 5:30 - 6:15 Synchro STAR 8 6:15 - 7:00 Synchro Stroking LM 2: 7:00 - 7:30 FLOOD Synchro



#### Winter Term $1 \sim 2024$

	Schedule is su	bject to change	SKATE SASKATOON SCHEDULE Winter T1 24-25- OFF ICE PACKAGES Sept 30-Dec 24 2024			
Times	Monday	Tuesday	Wednesday	Thursday	Friday	
4:30						
4:45						
5:00						
5:15					Off Ice	
5:30		Off Ice			Senior Package	
5:45		Elite Package			5:15 - 6:00	
6:00		5:30 - 6:15 PM				
6:15	Off Ice Junior Prep		Off Ice			
6:30	6:15 - 6:45 PM	Off Ice Junior Excel	Elite/Senior Packages	Off Ice Junior Excel		
6:45		6:30 - 7:00 PM	6:15 - 7:00	6:30 - 7:00 PM		
7:00						
7:15			Off Ice			
7:30			Intermediate Package			
7:45			7:15-8 PM			
8:00						
		ferred to as Advanced PreST	AR			
	Junior Excel was previously r	eferred to as Supernovas				