

# SUMMER 2017 SCHEDULE

as of June 30 (STAR 3 & SENIOR TIMES CHANGED)\*

LOCATION : Juan de Fuca Arena

<u>CanSkate</u> Levels: <u>1, 2, 3</u>  <u>RISING STARS</u>	<u>CanSkate</u> Levels: <u>3*,4, 5, 6</u> (*coach invite only) <u>PRE-JUNIOR</u>	<u>STAR 1</u> & <u>STAR 2</u>  <u>JUNIOR/</u> <u>INTERMEDIATE</u>	<u>STAR 3*</u>  <u>INTERMEDIATE*</u>	<u>STAR 4 &amp; UP</u> <u>COMPETITIVE</u>  <u>SENIOR*</u>
<u>START AT 9:35</u> <u>FINISH AT 10:20</u>	<u>START AT 8:30</u> <u>FINISH AT 10:20</u>	<u>START AT 8:30</u> <u>FINISH AT 11:45</u>	<u>START AT 8:30</u> <u>FINISH AT 1:05</u>	<u>START AT 10:30</u> <u>FINISH AT 3:00</u>
	8:30 - 8:45 OFF-ICE <u>INSTRUCTED</u>	8:30 - 8:45 OFF-ICE <u>INSTRUCTED</u>	8:30 - 8:45 OFF-ICE <u>INSTRUCTED</u>	
	8:45 - 8:55 lace up	8:45 - 8:55 lace up	8:45 - 8:55 lace up	
	9:00-10:20 ON ICE:	9:00 - 9:20 SKILLS <u>GROUP LESSON INCLUDED</u>	9:00 - 9:20 SKILLS	
9:20-9:30 lace up skates	<u>INCLUDES INSTRUCTION</u>	9:20-10:05 FREESKATE: <u>GROUP LESSON INCLUDED</u>	9:20-10:05  FREESKATE	
9:35-10:20 RISING STARS <u>INSTRUCTED</u>	&  <u>practice time</u>	>practice time >lessons can be arranged		
<b>FINISHED</b>	<b>FINISHED</b>	10:05- 10:35 DANCE <u>GROUP LESSON INCLUDED</u>	10:05- 10:35 DANCE	
		10:35-10:50 STROKING <u>instructed</u>	10:35-10:50 STROKING <u>instructed</u>	10:30-10:55 OFF ICE warm up
		10:50-11:00 SPINS: <u>GROUP LESSON INCLUDED</u>	10:50-11:00 SPINS	10:55-11:05 lace up
		11:00-11:15 skates off/ snack	11:00-11:15 skates off/ snack	11:10-11:35 SKILLS
		11:15-11:45 OFF-ICE <u>INSTRUCTED</u>	11:15-11:45 OFF-ICE <u>INSTRUCTED</u>	11:35-12:00 DANCE
		<b>FINISHED</b>	11:45-12:05 BREAK (lunch)	12:00-12:20 STROKING <u>instructed</u>
			12:05-12:15 lace up	12:20-1:05 FREESKATE
			12:20-1:05 FREESKATE	1:05- 1:15 ICE CLEAN
			<b>FINISHED</b>	1:15-1:30 SPINS
				1:30-2:25 FREESKATE
				2:30-3:00 OFF ICE <u>INSTRUCTED</u>
				<b>FINISHED</b>

Schedules subject to change