

JUAN DE FUCA SKATING CLUB (Westhills Arena in Langford)

SPRING SCHOOL TENTATIVE SCHEDULE (Monday April 2, 2018-Friday May 18, 2018)

**MONDAY**

3:35-3:50 off ice warm up Pre-Junior/Junior (Star 1)

4:00-4:15 – Pre-Junior/Junior (Star 1) Stroking

4:15-4:30 – Pre-Junior/Junior (Star 1) Freeskate

4:30-4:45 – Pre-Junior/Junior (Star 1) Group

4:45-5:00 – Pre-Junior/Junior (Star 1) Freeskate

5:00-5:30 - Junior (Star 1)/Intermediate (Star 2/3) Dance (Prelim to Jr. Bronze /Star dances)

5:30-6:15- Intermediate (Star 2/3) Freeskate

**6:15-6:30 – Ice Clean**

6:10-6:20 – off ice warm up CanSkate

6:30-7:15 – CanSkate/Pre-Power

7:15-7:30 – Senior (Star 4 & up) Spins

7:30-8:20 – Senior (Star 4 & Up) Freeskate

**TUESDAY**

3:35-3:50 off ice warm up Intermediate (Star 2/3)

4:00-4:15– Intermediate (Star 2/3) Stroking

4:15-5:00 – Intermediate (Star 2/3) /Senior (Star 4 & Up) Freeskate

5:00-5:20 – Intermediate (Star 2/3) /Senior (Star 4 & Up) Skills

5:20-5:50 – Intermediate (Star 3) /Senior (Star 4 & Up) Dance (Sr. Bronze & Up)

**5:50-6:00 - Ice Clean**

6:00-6:10 – Senior (Star 4 & Up) Spins

6:10-7:10 – Senior (Star 4 & Up) Freeskate

7:10-7:20 – Senior (Star 4 & Up) Stroking

**WEDNESDAY**

3:35-3:50 off ice warm up Intermediate (Star 2/3)

4:00-4:15 – Intermediate (Star 2/3) Stroking

4:15-5:00 – Intermediate (Star 2/3) Freeskate

5:00-5:30 – Intermediate (Star 2/3)/Senior (Star 4 & Up) Skills

5:30-6:00 – Intermediate (Star 3)/Senior (Star 4 & Up) Dance (Senior Bronze & Up)

6:10-6:10 – Ice Clean

6:10-7:10 – Senior (Star 4 & Up) Freeskate

7:10-7:20 – Senior (Star 4 & Up) Spins

#### THURSDAY

3:35-3:50 off ice warm up Pre- Junior/Junior(Star 1)

4:00-4:10 – Pre- Junior/Junior (Star 1) Stroking

4:10-4:25 – Pre- Junior/Junior (Star 1) Freeskate

4:25-4:35 – Pre- Junior/Junior (Star 1) Group

4:35-4:50 – Pre-Junior/Junior (Star 1) Freeskate

4:50-5:00 – Junior (Star 1)/Intermediate (Star 2/3) Dance (Prelim to Jr. Bronze/Star Dances)

5:00-5:45 – Intermediate (Star 2/3) Freeskate

5:40-5:50 – off ice warmup Canskate

5:45-6:00 – Ice Clean

6:00--6:45 – CanSkate/Pre-Power

6:45-6:55 – Senior (Star 4 & Up) Spin

6:55-7:50 – Senior (Star 4 & Up) Free

#### FRIDAY

3:35-3:50 off ice warm up Intermediate (Star 3)/Senior

4:00-5:00 – Intermediate (Star 3)/Senior Freeskate

5:00–5:10 Intermediate (Star 3)/Senior Stroking

5:10-5:20 – Ice Clean

5:00-5:10 off ice warmup Junior (Star 1)/Intermediate (Star 2)

5:20-5:35 – Junior (Star 1)/Intermediate (Star 2) Stroking

5:35-6:20 – Junior (Star 1)/Intermediate (Star 2) Freeskate

Session Breakdowns: Dance – Junior/Intermediate (Star 2/3) for skaters working on Prelim and Jr. Bronze

Intermediate (Star 3)/Senior for skaters working on Sr. Bronze and higher dances

Freeskate – Pre-Junior/Junior ( Star 1) Intermediate – Star 2/3

Senior – Star 4 & up/ Pre-Juvenile & up