

SUMMER 2018 SCHEDULE (schedules subject to change)

revised JUNE 28, 2018

LOCATION : Juan de Fuca Arena

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

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