ICE PALACE FIGURE SKATING CLUB

January 2 - March 27, 2010

Monday

WEM		CLW	
2:15 – 2:45pm Spins / PC	Sr	6:15 – 7:00pm CanSkate 1	
2:45 – 3:30 Freeskate	Sr	7:00 – 7:45 CanSkate 2	
3:30 – 3:45 Flood			
3:45 – 4:45 Freeskate	*Sr*		
4:45 – 5:15 Edges	*Sr* Jr		
5:15 – 6:00 Freeskate	Jr		
6:00 – 6:15 Flood			
6:15 – 6:45 Edges	Int		
6:45 – 7:45 Freeskate	Int Sr		
7:45 – 8:00 Spins / PC	Int Sr		
5:05 – 6:05pm Ballet	Int		
5:25 – 6:25 Yoga / Gymnastics	*Sr*		
6:10 – 6:55 Ballet	Jr		

Tuesday

WEM		CLW	
1:45 – 2:45pm Freeskate	Sr	6:15 – 7:15pm Dance	Comp
2:45 – 3:00 Flood		7:15 – 7:30 Edges	Comp
3:00 – 3:45 Freeskate	*Sr*	7:30 – 8:30 Dance	Comp
3:45 – 4:15 Edges	*Sr*		
4:15 – 4:30 Flood			
4:30 – 5:30 Freeskate	Int Sr		
5:30 – 5:45 Flood			
5:45 – 6:15 Edges	*Int*		
6:15 – 6:45 Spins / PC	*Int* Sr		
6:45 – 7:30 Freeskate	*Int* Sr		
1:10 – 1:30pm Jump Class	Sr	5:00 – 6:00pm Fitness	Comp
4:30-5:10 5:10-5:30 Fitness Jump	*Int* Sr		
5:45 – 6:30 Fitness / Jump	Int Sr		

Wednesday

CLW - A		CLW - B	
1:15 – 3:15pm Day Ice	Comp *Sr*	3:30 – 5:15pm Dance	Comp
3:15 – 3:30 Flood		5:15 – 5:30 Stroking	Comp
3:30 – 4:15 Freeskate	*Sr*	5:30 – 5:45 Flood	
4:15 – 4:45 Stroking	Int Sr	5:45 – 6:30 CanSkate 1	
4:45 – 5:00 Flood		6:30 – 7:15 CanSkate 2	
5:00 – 6:00 Freeskate	*Int* Sr	5:45 – 7:15 StarSkate Group	
6:00 – 6:15 Spins / PC	*Int* Sr		
6:15 – 6:45 Open	Test		
6:45 – 7:00 Flood			
7:00 – 8:15 AdultSkate			

Thursday

WEM		KMN	
1:45 – 2:30pm CanSkate 1		4:00 – 5:15pm Dance	Comp
2:00 – 2:30 Spin Patch	Sr	5:15 – 5:30 Stroking	Comp
2:30 – 3:15 Freeskate	Sr	5:30 – 5:45 Flood	
3:15– 3:30 Flood		5:45 – 7:00 Dance	Comp
3:30 – 4:30 Freeskate	Sr		
4:30 – 4:45 Edges	Sr		
4:30 – 5:00 Edges	Jr		
5:00 – 5:45 Freeskate	Jr		
5:45 – 6:00 Flood			
6:00 – 6:45 CanSkate 2			
6:45 – 7:30 CanSkate 3			
7:30 – 8:30 Freeskate	Int Sr		
4:55 – 5:55pm Ballet	Sr	7:10 – 7:40pm Core Class	Comp
6:15 – 7:15 Ballet	Int		
5:55 – 6:40 Jump Class	Jr		

Friday

CLW-A		CLW-B	
1:15 – 3:15pm Day Ice	Comp *Sr*	3:45 – 4:30pm Dance	Comp
3:15 – 3:30 Flood		4:30 – 5:15 Freeskate	Jr
3:30 – 4:30 Freeskate	*Sr*	5:15 – 5:45 Edges	Jr
4:30 – 5:15 Artistic Development	Int Sr	5:45 – 6:00 Stroking	Jr
5:15 – 5:30 Flood			
5:30 – 6:30 Freeskate	Int Sr		
6:30 – 7:00 Spins / PC	Int Sr	**WEM**	
		4:30 – 6:00pm JumpStart/ StarSkate	
		6:00 – 6:45 CanSkate 1	
		6:45 – 7:30 CanSkate 2	
		6:10 – 6:40pm Gymnastics	Jr

Saturday

WEM		KMN	
8:15 – 8:30am Spins / PC	Int Sr	8:45 – 10:15am Dance	Comp
8:30 – 9:30 Freeskate	Int Sr	10:15 – 10:45 Edges	Comp
9:30 – 9:45 Stroking	Int, Sr Jr	10:45 – 11:00 Flood	
9:45 – 10:00 Flood		11:00 – 12:15 Dance	Comp
10:00 – 10:45 Freeskate	Int Jr	12:15 – 1:00 CanSkate 1	
10:45 – 11:15 Edges	Int Jr	1:00 – 1:45 CanSkate 2	
9:55 – 10:40am Gymnastics	Int Sr		
11:25 – 12:10 Gymnastics	Int Jr		

Sr - Passed Pre-Novice / Jr Silver Freeskate
Int - Passed Preliminary Freeskate
Jr - No freeskate tests passed
Comp - Dance Competitors
Test - Test Dance, Skills, etc.

WEM - West Edmonton Mall
CLW - Callingwood Arena
KMN - Kinsmen Arena

Comp sessions are open to test dancers, at the discretion of the Dance Director
Int sessions are open to Pre-Preliminary Freeskate competitors, at the discretion of the Program Administrator
Sr sessions are open to skaters who have passed their Juvenile / Jr Silver Freeskate