

ICE PALACE FIGURE SKATING CLUB

September 1, 2009 - March 27, 2010

Note: See August Newsletter for schedule revisions due to Callingwood Arena maintenance (Sept 1-Oct 3)

Monday			
WEM		CLW	
2:15 – 2:45pm	Sr	6:15 – 7:00pm	
Spins / PC		CanSkate 1	
2:45 – 3:30		7:00 – 7:45	
Freeskate	Sr	CanSkate 2	
3:30 – 3:45			
Flood			
3:45 – 4:45			
Freeskate	*Sr*		
4:45 – 5:15	*Sr*		
Edges	Jr		
5:15 – 6:00			
Freeskate	Jr		
6:00 – 6:15			
Flood			
6:15 – 6:45			
Edges	Int		
6:45 – 7:45	Int		
Freeskate	Sr		
7:45 – 8:00	Int		
Spins / PC	Sr		

5:05 – 6:05pm	Int		
Ballet			
5:25 – 6:25			
Yoga / Gymnastics	*Sr*		
6:10 – 6:55			
Ballet	Jr		

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

1:10 – 1:30pm	Sr	5:00 – 6:00pm	Comp
Jump Class		Fitness	
4:30-5:10 5:10-5:30	*Int*		
Fitness / Jump	Sr		
5:45 – 6:30	Int		
Fitness / Jump	Sr		

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

Thursday			
WEM		KMN	
1:45 – 2:30pm		4:00 – 5:15pm	Comp
CanSkate 1		Dance	
2:00 – 2:30		5:15 – 5:30	Comp
Spin Patch	Sr	Stroking	
2:30 – 3:15		5:30 – 5:45	
Freeskate	Sr	Flood	
3:15 – 3:30		5:45 – 7:00	Comp
Flood		Dance	
3:30 – 3:45			
Edges	Sr		
3:45 – 4:45			
Freeskate	Sr		
4:45 – 5:15			
Edges	Jr		
5:15 – 6:00			
Freeskate	Jr		
6:00 – 6:15			
Flood			
6:15 – 7:00			
CanSkate 2			
7:00 – 8:00	Int		
Freeskate	Sr		

4:50 – 5:50pm	Sr	7:10 – 7:40pm	Comp
Ballet		Core Class	
5:50 – 6:50	Int		
Ballet			
6:10 – 6:55			
Jump Class	Jr		

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

		6:10 – 6:40pm	Jr
		Gymnastics	

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

9:55 – 10:40am	Int		
Gymnastics	Sr		
11:25 – 12:10	Int		
Gymnastics	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