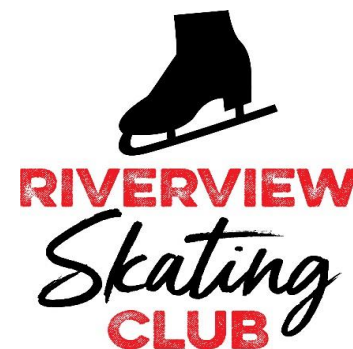


SCHEDULE FOR OCTOBER 13 to DECEMBER 20, 2020

CANSKATE STARTS OCTOBER 14



Monday	
4:00-4:15	Star 6+ Skills
4:15-5:15	Star 6+ Free
5:15-5:45	Star 6+ Dance
5:45-6:00	FLOOD
6:00-6:45	CanSkate Group A
6:45-7:45	Star 2-3 Free
6:45-7:45	Star 4-5 Free
6:45-7:45	FHS Free

Tuesday	
4:00-4:30	Star 2-3 Skills
4:00-4:30	Star 4-5 Skills
4:30-5:00	Star 2-3 Free
4:30-5:00	Star 4-5 Free
5:00-5:30	Star 2-3 Dance
5:00-5:30	Star 4-5 Dance
5:30-5:45	FLOOD
5:45-6:30	CanSkate Group B
6:30-7:45	Icebreakers Free
6:30-7:45	FHS Free

Wednesday	
3:45-4:00	Star 6+ Skills
4:00-4:15	Star 6 Edges, Spins
4:15-5:15	Star 6+ Free
5:15-5:45	Star 6+ Dance
5:45-6:00	FLOOD
6:00-6:45	CanSkate Group A
6:45-7:45	Jumpstart/Star 1

Thursday	
4:00-5:30	Star 6+ Free
5:30-5:45	Star 6+ Skills
5:45-6:00	FLOOD
6:00-6:45	CanSkate Group B

Friday	
3:45-4:00	Star 4-5 Stoking
4:00-4:15	Star 4-5 Skills
4:15-5:00	Star 4-5 Free
5:00-5:15	Star 6+ Stoking
5:00-5:15	FHS Stoking
5:15-6:15	Star 6+ Free
5:15-6:15	FHS Free

Saturday	
11:45-12:15	Star 2-3 Dance
11:45-12:15	Star 4-5 Dance
12:15-1:15	Star 2-3 Free
12:15-1:15	Star 4-5 Free
1:15-1:30	Star 2-3 Skills
1:15-1:30	Star 4-5 Skills
1:30-1:45	FLOOD
1:45-2:45	Novice Synchro
2:45-3:45	Jumpstart/Star 1

Sunday	
3:45-4:00	FLOOD
4:00-4:15	Star 6+ Stoking
4:15-5:00	Star 6+ Free
5:00-5:15	Star 6+ Dance
5:15-5:30	FLOOD
5:30-6:30	Synchro Adults/Inter/Open
6:30-7:30	Icebreakers Group Lessons
6:30-7:30	Adult Learn to Skate

Schedule Subject to Change

Group Criteria:

CanSkate For Skaters 6 years of age and older, or for those aged 3-5 who have passed the first 2 stages of CanSkate

Due to COVID 19 Restrictions all skaters must be able to stand up on their own, and be able to get up on their own if they fall down

Jumpstart/Star 1 - For Skaters working on or who have passed Stages 5 and 6 of the CanSkate program who wish to pursue Figure Skating

Star 2-3 For Skaters who have passed the Star 1 Dance and Free Tests

Star 4-5 For Skaters who have passed the Star 3 Free Assessment

Star 6+ For Skaters who have passed the Star 5 Free Assessment

FHS - For Starskate 2-6+ Skaters attending French High School to replace time missed during regular sessions

Icebreakers - For Adult Figure Skaters

Adult Learn to Skate - For Adults who wish to learn to skate. Ice time will be a mix of group lessons and free time