



MODIFIED SPECIAL SCHEDULES

Note: Changes are 'only' for the noted dates below and are underlined

Wednesday, December 20, 2017

6:10-6:30 - STAR 1-3 lanes&circles(*skill/dance*) (20min)
6:30-6:40 - STAR 1-3 Dance Patterns only (10min)
6:40-7:25 - STAR 2-3 Freeskate (45min)
6:40-7:20 - STAR 1 Freeskate (40min)
7:20-7:25 - STAR 1 Creative Expression (5min)
7:25-7:40 - STAR 1-3 Stroking & Cool Down (15min)
7:25-7:45 - STAR 4-Gold/12+ Stroking & Warm-Up* (20min)
7:45-8:30 - STAR 4-Gold/12+ yrs Freeskate (45min)
8:30-8:45 - STAR 4-Gold/12+ Skills (15min)
8:45-9:00 - STAR 4-Gold/12+ Dance (15min)

WEDNESDAY Off-Ice Class - Fitness, Ballet & Yoga

6:20-7:05 - STAR 4-Gold/12+ (45min)
7:50-8:20 - STAR 1-3 (30min)

Saturday, March 3, 2018

9:40-10:00 - STAR 4-Gold/12+ Warm-Up & Stroking (20min)
10:00-11:00 - STAR 4-Gold/12+ Freeskate (60min)
11:00-11:20 - STAR 4-Gold/12+ Skills (20min)
11:20-11:40 - STAR 4-Gold/12+ Dance (20min)
11:40-11:50 - FLOOD/Nutrition Break (10min)
11:50-12:35 - STAR 1-3 Freeskate (45min)
12:35-12:55 - STAR 1-3 lanes&circles(*skill/dance*) (20min)
12:55-1:05 - STAR 1-3 Dance Patterns only (10min)
1:05-1:20 - Stroking: STAR 1-3 (15min)
1:20-1:30 - FLOOD/Nutrition Break (10min)
1:30-2:15 - Fast Track, GroupSTAR
2:15-2:30 -Stroking: Fast Track, GroupSTAR(15min)
2:30-3:00 - Showcase Rehearsals(Schedule TBA)

SATURDAY Off-Ice Class - Fitness, Ballet & Yoga

12:00-12:45 - STAR 4-Gold/12+ (45 min)
12:45-1:15 - Fast Track, GroupSTAR(30)
1:30-2:00 - Star 1-3

Note: Changes are 'only' for the noted dates below and are underlined

Wednesday, January 10th, 2018

5:10-5:30 - STAR 1-3 lanes&circles(*skill/dance*) (20min)
5:30-5:40 - STAR 1-3 Dance Patterns only (10min)
5:40-6:25 - STAR 2-3 Freeskate (45min)
5:40-6:20- STAR 1 Freeskate (40min)
6:20-6:25 - STAR 1 Creative Expression (5min)
6:25-6:40 - STAR 1-3 Stroking & Cool Down (15min)
6:25-6:45 - STAR 4-Gold/12+ Stroking & Warm-Up* (20min)
6:45-7:30 - STAR 4-Gold/12+ yrs Freeskate (45min)
7:30-7:45 - STAR 4-Gold/12+ Skills (15min)
7:45-8:00 - STAR 4-Gold/12+ Dance (15min)

WEDNESDAY Off-Ice Class - Fitness, Ballet & Yoga

5:30-6:15 - STAR 4-Gold/12+ (45min)
6:50-7:20 - STAR 1-3 (30min)



MODIFIED SPECIAL SCHEDULES

Saturday, January 20th, 2018

10:10-10:30 - STAR 4-Gold/12+ Warm-Up & Stroking (20min)

10:30-11:20 - STAR 4-Gold/12+ Freeskate (50min)

11:20-11:35 - STAR 4-Gold/12+ Skills (15min)

11:35-11:50 STAR 4-Gold/12+ Dance (15min)

11:50-12:35 - STAR 1-3 Freeskate (45min)

12:35-12:55 - STAR 1-3 lanes&circles(skill/dance) (20min)

12:55-1:05 - STAR 1-3 Dance Patterns only (10min)

1:05-1:20 - Stroking: STAR 1-3 (15min)

1:20-1:30 - FLOOD/Nutrition Break (10min)

1:30-2:15 - Fast Track, GroupSTAR

2:15-2:30 -Stroking: Fast Track, GroupSTAR(15min)

SATURDAY Off-Ice Class - Fitness, Ballet & Yoga

12:00-12:45 STAR 4-Gold/12+ (45 min)

12:45-1:15 Fast Track, GroupSTAR(30)

1:30-2:00 Star 1-3