



# MODIFIED SPECIAL SCHEDULES 2018/19

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

## Wednesday September 12th, 19th, December 19th, January 9th, February 20th

- 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)


## Monday, September 17th

- 4:40-5:30 - CANPower 1 & 2 (50 min)
- >>5:00pm FT/STAR 1 & 2 PARENT MEETING**
- 5:30-6:20 - FT/STAR 1 & 2 WORKSHOP (50min)**
- 6:20-6:35 - Fast Track & STAR 1-2 Stroking (15 min)
- 6:35-7:20 - Fast Track & STAR 1-2 (45 min)
- 7:20-7:30 - STAR 1-2 Dance/Skill (10 min)

**\*MONDAY Off-Ice Class - Jump**  
NO Off-Ice Class

## Saturday, September 15

- 10:40-11:30 - STAR 4-Gold/12+ Freeskate (50min)
- 11:30-11:45 - STAR 4-Gold/12+ Skills (15min)
- 11:45-12:00 - STAR 4-Gold/12+ Dance (15min)
- 12:00-12:20- STAR 4-Gold/12+ Stroking (20min)
- 12:20-1:05 - STAR 1-3 Freeskate (45min)
- 1:05-1:25 - STAR 1-3 lanes&circles(*skill/dance*) (20min)
- 1:25-1:35 - STAR 1-3 Dance Patterns only (10min)
- 1:35-1:50 - Stroking: STAR 1-3 (15min)
- 1:50-2:00 - FLOOD/Nutrition Break (10min)**
- 2:00-2:15 - Stroking: Fast Track, GroupSTAR (15 min)
- 2:15-3:00 - Fast Track, GroupSTAR (45min)



**Sat., September 15th**  
**11:45AM - 1:45PM**  
**WELCOME BACK BBQ**  
(in rink parking lot)

### **\*SATURDAY Off-Ice Class - Fitness, Ballet & Pilates**

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



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## Saturday, September 22

9:40-10:30 - STAR 4-Gold/12+ Freeskate (50min)  
10:30-10:45 - STAR 4-Gold/12+ Skills (15min)  
10:45-11:00 - STAR 4-Gold/12+ Dance (15min)  
11:00-11:20- STAR 4-Gold/12+ Stroking (20min)  
11:20-11:30 - **FLOOD/Nutrition Break (10min)**  
11:30-12:20 - **P.A.CLINIC ON-ICE** LOOK>>  
12:20-1:05 - STAR 1-3 Freeskate (45min)  
1:05-1:25 - STAR 1-3 lanes&circles(*skill/dance*) (20min)  
1:25-1:35 - STAR 1-3 Dance Patterns only (10min)  
1:35-1:50 - Stroking: STAR 1-3 (15min)  
1:50-2:00 - **FLOOD/Nutrition Break (10min)**  
2:00-2:15 - Stroking: Fast Track, GroupSTAR (15 min)  
2:15-3:00 - Fast Track, GroupSTAR (45min)

**P.A. Off-Ice CLINIC for Junior P.A.'s**  
(skaters not on Saturday STAR 4-Gold Session must attend)  
10:15-11:20 - **JR.PA'S** in dressing rm.  
11:20-11:30- **PA Pizza Lunch**  
11:30-12:20 **ON-ICE CLINIC for ALL**

**\*SATURDAY Off-Ice Class - Fitness, Ballet & Pilates**  
12:30-1:15 STAR 4-Gold/12+ (45 min)  
1:15-1:45 GroupSTAR/Fast Track(30)  
2:00-2:45 STAR 1-3 (45)

## Wednesday, January 2nd

5:10-6:00 - STAR 1-3 Ticket Ice  
6:00-7:00 - STAR 1-3 WORKSHOP  
7:00-7:10 - **FLOOD/Nutrition Break (10min)**  
7:10-8:10 - STAR 4-Gold WORKSHOP  
8:10-9:00 - STAR 4-Gold Ticket Ice

**WEDNESDAY Off-Ice Class - Fitness, Ballet & Yoga**

No off-ice classes January 2nd!

## Saturday, January 19th

10:10-10:25 - STAR 4-Gold/12+ Warm-Up & Stroking (15min)  
10:25-11:15 - STAR 4-Gold/12+ Freeskate (50min)  
11:15-11:30 - STAR 4-Gold/12+ Skills (15min)  
11:30-11:45 - STAR 4-Gold/12+ Dance (15min)  
11:45-11:55 - **FLOOD/Nutrition Break (10min)**  
11:55-12:45- CANSKATE (50min)  
12:05-12:35 - PRE-CANSKATE (30min)  
12:45-1:30 - STAR 1-3 Freeskate (45min)  
1:30-1:50 - STAR 1-3 lanes&circles(*skill/dance*) (20min)  
1:50-2:00 - STAR 1-3 Dance Patterns only (10min)  
2:00 -2:15 - Stroking: STAR 1-3, FT, GroupSTAR (15 min)  
2:15-3:00 - Fast Track, GroupSTAR (45min)

**\*SATURDAY Off-Ice Class - Fitness, Ballet & Pilates**  
12:45-1:25 STAR 4-Gold/12+ (40 min)  
1:25-1:50 GroupSTAR/Fast Track(25)  
2:25-3:10 STAR 1-3 (45)

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## Saturday, February 23, 2019

9:10-9:40 - PRE-CANSKATE/Parent & Tot AM (30 min)

9:40-10:30- AdultSkate: CANSKATE & STARSKATE(50min)

9:40-10:30- STAR 4-Gold/12+ General(50 min) [no solo's permitted]

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)

11:50-12:10- STAR 4-Gold/12+ Warm-Up & Stroking (20min)

**12:10-12:20 - FLOOD/Nutrition Break (10min)**

12:20-1:05 - STAR 1-3 Freeskate (45min)

1:05-1:25 - STAR 1-3 lanes&circles(*skill/dance*) (20min)

1:25-1:35 - STAR 1-3 Dance Patterns only (10min)

1:35-1:50 - Stroking: STAR 1-3 (15min)

**1:50-2:00 - FLOOD/Nutrition Break (10min)**

2:00-2:15 - Stroking: Fast Track, GroupSTAR (15 min)

2:15-3:00 - Fast Track, GroupSTAR (45min)

**\*SATURDAY Off-Ice Class - Fitness, Ballet & Pilates**

12:30-1:15 STAR 4-Gold/12+ (45 min)

1:15-1:45 GroupSTAR/Fast Track(30)

2:00-2:45 STAR 1-3 (45)