

### 1) ON-ICE TRAINING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novice/Junior 4:10-5:20	Senior/Advanced 4:10-5:30	Novice/Junior 4:10-5:30	Junior/Senior 4:10-5:30	Senior/Advanced 4:10-5:10	StarSkate Open Session ** 8:10-9:00
Junior/Senior 5:20-6:30	Novice/Junior 5:40-7:00	PEP * 5:40-6:10	Pre / CanSkate 5:40-6:30	Novice/Junior 5:10-6:10	Pre / CanSkate 9:00-9:50
Pre / CanSkate 6:40-7:30	Power 7:10-8:00	Junior/Senior 6:20-7:30	Pre /CanSkate 6:30-7:20	Pre / Canskate 6:20-7:10	Pre / CanSkate 10:00-10:50
Advanced 7:40-9:00	Power 8:10-9:00	Senior/Advanced 7:40-9:00	Advanced 7:30-9:00	Pre / CanSkate 7:10-8:00	Pre / CanSkate 10:50-11:40
			Adult/Teen 9:10-10:00		Novice/Junior 11:50-12:50
					Senior/Advanced Adult*** 1:00-2:00

\*PEP (Performance Enrichment Program) – Includes 30 minutes of off-ice training.

\*\* The StarSkate Open Ice session is for any skaters who are qualified to skate on Novice to Advanced sessions.

\*\*\* Adult participants on the Saturday session must be working on Star tests

### 2) OFF-ICE TRAINING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		PEP/Rising Stars 5:00 – 5:30			
		Novice/Junior 5:40 – 6:10	Junior/Senior 5:40 – 6:10	Senior/Advanced 5:20 – 6:00	
		PEP/Rising Stars 6:20 – 6:50	Novice/Junior 6:10 – 6:40	Novice/Junior 6:20 – 6:50	
		Senior/Advanced 6:50 – 7:30	Senior/Advanced 6:40 – 7:20		
			Adult 7:45 – 8:45		