

Ice Palace Figure Skating Club

April 4-23, 2016

Monday	
WEM	TRC
1:30 – 2:30pm Freeskate - Sr	6:30 – 8:00pm Comp / AdultSkate
2:30 – 2:45 Flood	
2:45 – 3:30 Freeskate - Sr	TRC
3:30 – 3:45 Edges - Sr	4:30 – 5:30pm Junior Academy
3:45 – 4:00 Flood	5:30 – 6:15 CanSkate 1
4:00 – 5:00 Freeskate - Sr	6:15 – 7:00 CanSkate 2
5:00 – 5:15 Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:30 Edges - Int A/B	
6:30 – 7:00 Spins - Int A/B, Sr	
7:00 – 8:00 Freeskate - Int A, Sr	

Tuesday	
TRC	TRC
1:45 – 2:45pm Freeskate - Sr	4:15 – 5:00pm Freeskate - Juv24
2:45 – 3:00 Flood	4:15 – 6:00 Comp
3:00 – 3:45 Freeskate - Elite	6:00 – 6:15 Flood
3:45 – 4:15 Edges - Sr	6:15 – 6:45 Edges - Int B
4:15 – 4:30 Flood	6:45 – 7:45 Freeskate - Int B
4:30 – 5:15 Freeskate - Sr	7:45 – 8:15 Spins - Int A/B
5:15 – 5:30 Flood	
5:30 – 6:15 Freeskate - Jr	WEM
6:15 – 6:45 Edges - Jr, Int A	4:30 – 5:30pm JumpStart
6:45 – 7:45 Freeskate - Int A, Sr	5:30 – 6:15 CanSkate 1
	6:15 – 7:00 CanSkate 2

Wednesday	
TRC	TRC
1:15 – 2:15pm Freeskate - Sr	4:15 – 5:45pm Comp
2:15 – 2:30 Flood	5:15 – 5:45 Dance / Skills - Int B
2:30 – 3:30 Freeskate - Elite	5:45 – 6:00 Flood
3:30 – 3:45 Flood	6:00 – 7:00 Freeskate - Int B
3:45 – 4:30 Freeskate - Sr	7:00 – 7:15 Spins / PC - Int B
4:30 – 5:00 Stroking - Int A, Sr	
5:00 – 5:15 Flood	
5:15 – 6:15 Freeskate - Int A, Sr	
6:15 – 6:45 Spins - Int A, Sr	
6:15 – 6:45 Edges - Jr	
6:45 – 7:30 Freeskate - Jr	

4:15 – 5:05pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
5:10 – 6:10 Fitness - Sr	
5:30 – 6:00 Jump Class - Int A	

4:30 – 5:15pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:15 – 6:05 Fitness - Int A	5:35 – 6:05 Off-ice - JumpStart
5:25 – 6:25 Pilates - Sr	

5:15 – 6:00pm Jump Class - Jr	

Thursday	
WEM	TRC
1:00 – 1:45pm CanSkate 1	6:30 – 8:00pm Comp / AdultSkate
1:15 – 1:45 Spins - Sr	
1:45 – 2:30 Freeskate - Sr	
2:30 – 2:45 Flood	TRC
2:45 – 3:45 Freeskate - Sr	3:45 – 4:30pm CanSkate 1
3:45 – 4:00 Jump Alignment - Sr	4:30 – 5:30 Junior Academy
4:00 – 4:15 Flood	5:30 – 6:15 CanSkate 2
4:15 – 5:15 Freeskate - Sr	6:15 – 7:00 CanSkate 3
5:15 – 5:30 Flood	
5:30 – 6:15 Freeskate - Jr + Star 5	
6:15 – 6:45 Jump Alignment - Jr, Int A/B	
6:45 – 7:45 Freeskate - PreJuv-Gold	

Friday	
TRC	TRC
12:30 – 1:30pm Freeskate - Elite	3:45 – 4:45pm Comp
1:30 – 2:30 Freeskate - Sr	4:45 – 5:45 Freeskate - Int B
2:30 – 2:45 Flood	5:45 – 6:00 Spins / PC - Int B
2:45 – 3:45 Freeskate - Sr	6:00 – 6:15 Stroking - Int B
3:45 – 4:00 Flood	
4:00 – 4:45 Freeskate - Int A, Sr	
4:45 – 5:00 Flood	WEM
5:00 – 6:00 Freeskate - Int A, Sr	5:00 – 6:00pm JumpStart
6:00 – 6:15 Stroking - Jr, Int A	6:00 – 6:45 CanSkate 1
6:15 – 7:00 Freeskate - Jr	6:45 – 7:30 CanSkate 2
7:00 – 7:30 Artistic Development - Jr	

Saturday	
WEM	CLW
8:00 – 9:00am Freeskate - Star 5-Juv	9:45 – 10:45am Comp / AdultSkate
9:00 – 9:30 Spins - Star 5-Nov	10:45 – 11:00 Flood
9:30 – 9:45 Flood	11:00 – 12:00 Comp / AdultSkate
9:45 – 10:30 Freeskate - Juv24-Nov	12:00 – 12:45 Comp
10:30 – 11:00 Transitions - Juv24-Nov	
10:30 – 11:00 Edges - Jr	
11:00 – 11:45 Freeskate - Jr	Sunday - WEM
11:45 – 12:45 Junior Academy	10:30 – 11:15am CanSkate 1
	11:15 – 12:00 CanSkate 2
	12:00 – 1:00 JumpStart

4:30 – 5:15pm Ballet / Gym - Jr + Star 5	5:35 – 6:05pm Off-ice - Junior Academy
5:15 – 6:05 Flexibility - PreJuv-Gold	
5:25 – 6:25 Ballet - Sr	

5:05 – 5:50pm Ballet - Jr	6:05 – 6:35pm Off-ice - JumpStart
6:20 – 7:20 Ballet - Int A	6:20 – 7:20 Ballet - Int B

9:40 – 10:40am Gymnastics - Star 5-Juv	1:05 – 1:35pm Off-ice - JumpStart
11:05 – 11:35 Gymnastics - Juv24-Nov	
11:50 – 12:35 Gymnastics - Jr	
12:50 – 1:20 Off-ice - Jr Academy	