

**September 6, 2016 - March 25, 2017**

Monday	
WEM	CLW
12:30 – 1:30pm Freeskate - Sr A	6:30 – 8:00pm Comp / AdultSkate
1:30 – 1:45 Flood	
1:45 – 2:30 Freeskate - Sr A	
2:30 – 2:45 Flood	<b>TRC</b>
2:45 – 3:45 Freeskate - Sr A	3:45 – 4:30pm CanSkate 1
3:45 – 4:00 Edges - Sr A	4:30 – 5:30 Junior Academy
4:00 – 4:15 Flood	5:30 – 6:15 CanSkate 2
4:15 – 5:00 Freeskate - Sr A/B	6:15 – 7:00 CanSkate 3
5:00 – 5:15 Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:30 Edges - Int A/B, Sr B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	

4:10 – 5:10pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:05 Fitness - Int B	
5:10 – 6:10 Fitness - Sr A	
5:25 – 5:55 Jump Class - Int A, Sr B	

Tuesday	
TRC-a	TRC-b
1:45 – 2:45pm Freeskate - Sr A	4:15 – 6:00pm Comp
2:45 – 3:00 Flood	5:15 – 6:00 Freeskate & Dance - Jr 11+
3:00 – 3:45 Freeskate - Elite	6:00 – 6:15 Flood
3:45 – 4:15 Edges - Sr A	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 A/B	7:45 – 8:15 Spins - Int A/B
5:15 – 5:30 Flood	
5:30 – 6:15 Freeskate - Jr U11	<b>WEM</b>
6:15 – 6:45 Edges - Jr, Int A, Sr B	4:45 – 5:45pm JumpStart
6:45 – 7:45 Freeskate - Int A, Sr A/B	5:45 – 6:30 CanSkate 1
	6:30 – 7:15 CanSkate 2

4:30 – 5:15pm Fundamentals - Jr U11	4:30 – 5:05pm Fundamentals - Jr 11+
5:15 – 6:05 Fitness - Int A, Sr B	5:30 – 6:00 Jump Class - Int B
5:25 – 6:25 Pilates - Sr A	4:15 – 4:35 Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:15 – 2:15pm Freeskate - Sr A	3:45 – 4:15pm Dance / Skills - Int A
2:15 – 2:30 Flood	4:15 – 4:30 Spins - Int B
2:30 – 3:30 Freeskate - Sr A	4:30 – 5:30 Freeskate - Int B
3:30 – 3:45 Flood	5:30 – 5:45 Flood
3:45 – 4:30 Freeskate - Sr A/B	5:45 – 6:15 Dance / Skills - Int B
4:30 – 5:00 Stroking - Int A, Sr A/B	5:45 – 7:15 Comp
5:00 – 5:15 Flood	6:45 – 7:15 Freeskate & Dance - Jr 11+
5:15 – 6:15 Freeskate - Int A, Sr A/B	
6:15 – 6:45 Spins - Int A, Sr A/B	
6:15 – 6:45 Edges - Jr	
6:45 – 7:30 Freeskate - Jr U11	

5:15 – 6:00pm Jump Class - Jr	

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

4:30 – 5:15pm Ballet - Jr	5:35 – 6:05pm Off-ice - Junior Academy
5:15 – 6:05 Flexibility - PreJuv, Juv, Sr B	
5:25 – 6:25 Ballet - Sr A	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:45 – 4:45pm Comp
1:30 – 2:30 Freeskate - Sr A	4:45 – 5:45 Freeskate - Int B
2:30 – 2:45 Flood	5:45 – 6:00 Spins - Int B
2:45 – 3:45 Freeskate - Sr A	6:00 – 6:15 Stroking - Int B
3:45 – 4:00 Flood	
4:00 – 4:45 Freeskate - Int A, Sr A/B	
4:45 – 5:00 Flood	<b>WEM</b>
5:00 – 6:00 Freeskate - Int A, Sr A/B	5:00 – 6:00pm JumpStart
6:00 – 6:15 Stroking - Jr U11, Int A, Sr B	6:00 – 6:45 CanSkate 1
6:15 – 7:00 Freeskate - Jr U11	6:45 – 7:30 CanSkate 2
7:00 – 7:30 Artistic Development - Jr U11	

5:05 – 5:50pm Ballet - Jr U11	4:20 – 4:50pm Off-ice - JumpStart
6:20 – 7:20 Ballet - Int A, Sr B	6:20 – 7:20 Ballet - Int B

Saturday	
WEM	CLW
8:00 – 9:00am Freeskate - Int B	9:45 – 10:45am Comp / AdultSkate
9:00 – 9:30 Spins - Int A/B, Sr A/B	10:45 – 11:00 Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
10:15 – 10:30 Flood	12:00 – 12:45 Comp
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 11:30 Transitions - Int A, Sr A/B	
11:15 – 11:45 Edges - Jr	<b>Sunday - TRC</b>
11:45 – 12:30 Freeskate - Jr	10:30 – 11:15am CanSkate 1
12:30 – 12:45 Stroking - Jr	11:15 – 12:00 CanSkate 2
	12:00 – 1:00 Junior Academy

9:35 – 10:20am Gymnastics - Int B	1:05 – 1:35pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
11:35 – 12:20 Gymnastics - Int A, Sr B	

Levels:

Jr	- Star 1-4
Int B	- Star 5 plus successful evaluation of Star 5 requirements
Int A	- PreJuv-Juv competitor that has achieved 21+ points
Sr B	- PreNov competitor that has achieved 17+ technical score
Sr A	- PreNov-Sr that has achieved 65+ points
Elite	- landed double axel or triple AND invited by Skating Director
Comp	- Dance & Pair teams (plus test dance / skills with approval of Dance Coordinator)

Additional Notes:

- All tests and competition scores must be achieved by September 1, 2016
- The criteria listed above are guidelines only. Decisions regarding a skater's level are that of the Skating Director and are based on test level, competition level, skill level, and membership situation.
- Skaters must be competing at Sectionals in order to skate on the "PreJuv, Juv, Sr B" session on Thursdays
- Jr U11 is open to juniors who are 10 or younger as of July 1, 2016 (born after July 1, 2005)
- Jr 11+ is open to juniors who are 11 or older as of July 1, 2016 (born before July 1, 2005). These skaters are eligible for test dance/skills sessions, which are included in their package.
- There are limitations for Sr A skaters, such as max # of early sessions per week; skaters will be placed on sessions after we receive Session Request Forms
- Pre-Novice skaters that have not achieved the minimum Sectionals score may skate on Int A sessions

Arena Locations:

- WEM - Ice Palace Rink (West Edmonton Mall)
- TRC - Terwillegar Rec Centre (2051 Leger Road)
- CLW - Callingwood Arena (17740 69 Avenue)



**ICEPALACE**  
FIGURE SKATING CLUB