

Summer: July 3-August 11

July 3-28 @ Callingwood Arena; July 31-August 11 @ Terwillegar Rec Centre

Mon / Wed / Fri		Tue / Thur	
Arena A	Arena B	Arena A	Arena B
9:00 - 9:30am Int / Sr B Edges (M/W), Theatre (F)	8:00 - 8:45am Int Freeskate	9:00 - 9:30am Int / Sr B Stroking	8:00 - 9:00am Comp
9:30 - 10:15 Sr B Freeskate	8:45 - 9:00 Int Spins	9:30 - 10:15 Sr B Freeskate	9:00 - 9:15 Flood
10:15 - 10:30 Flood	9:00 - 9:15 Flood	10:15 - 10:30 Flood	9:15 - 10:15 Comp
10:30 - 11:30 Sr A Freeskate	9:15 - 10:15 Comp	10:30 - 11:15 Sr A Freeskate	10:15 - 11:15 Int Freeskate
11:30 - 11:45 Flood	10:15 - 11:00 Int Freeskate	11:15 - 11:30 Sr A Int'l Judging System	11:15 - 11:30 Flood
11:45 - 12:30 Sr A Freeskate	11:00 - 11:15 Int Int'l Judging System	11:30 - 11:45 Flood	11:30 - 12:15 Int Freeskate
12:30 - 12:45 Flood	11:15 - 11:30 Flood	11:45 - 12:30 Sr A Freeskate	
12:45 - 1:30 Sr B Freeskate	11:30 - 12:30 Comp	12:30 - 12:45 Flood	1:30 - 2:30 Open
1:30 - 1:45 Sr B Int'l Judging System		12:45 - 1:45 Sr B Freeskate	
1:45 - 2:00 Sr B Spins	1:30 - 2:30 Open	1:45 - 2:00 Flood	
2:00 - 2:15 Flood		2:00 - 2:45 Sr A Freeskate	
2:15 - 3:00 Sr A Freeskate		2:45 - 3:15 Sr A Edges	
3:00 - 3:30 Sr A Stroking (M/W), Theatre (F)		3:15 - 3:30 Flood	
3:30 - 3:45 Flood		3:30 - 4:00 Jr Edges	
3:45 - 4:15 Jr Edges (M/W), Theatre (F)		4:00 - 4:45 Jr Freeskate	
4:15 - 5:00 Jr Freeskate		4:45 - 5:15 Prelim Group Dance	
5:00 - 5:15 Jr Stroking			

Off-ice		Off-ice	
10:25 - 11:25am Sr B / Comp Ballet (M/W), Zumba	9:40 - 10:00am Int Jump Class	10:30 - 10:50am Sr B Jump Class	9:40 - 10:00am Int Jump Class
12:10 - 12:30 Sr B Jump Class	12:00 - 1:00 Int Ballet (M/W), Zumba (F)	11:00 - 12:00 Sr B / Comp Fitness	1:00 - 2:00 Int Fitness
1:10 - 2:00 Sr A Ballet (M/W), Zumba (F)		1:25 - 1:45 Sr A Jump Class	
2:30 - 3:30 Jr Ballet (M/W), Zumba (F)		2:30 - 3:15 Jr Jump Class	
		3:30 - 4:30 Sr A Fitness	

Sr A - Nov, Jr, Sr	Sr B - Juv24, Pre-Nov	Int - Star 5, Pre-Juv, Juv	Jr - Star 1-4
Comp - Dance & Pair teams *The session levels listed are guidelines only; decisions regarding a skater's level are that of the IP Director			

*Exceptional Pre-Novice skaters may be placed on Sr A sessions

*Sr A skaters will be placed on a minimum of 12 freeskate sessions per week; Elite skaters landing triple jumps will have priority for # of sessions

*Visit our Calendar of Events for schedule changes, test days, competition dates, simulations, etc.