Ice Palace FSC – Session Request Form

Name:	☐ Sr A	☐ Sr B	☐ Int A	☐ Int B	☐ Jr	☐ Pair/Dance
Coach's signature:	***Your primary coach must approve your schedule prior to submitting this form*					

Request your sessions by placing a check mark (✓) in the shaded area next to the session.
Package skaters who submit registration, deposit cheques, and this form by August 7th will automatically be registered for our Pre-Season Camp at no charge; all other package skaters pay $100 to skate in the Camp.

Monday

TRC-c		CLW	
12:30 – 1:30pm Freeskate - Sr A		6:30 – 8:00pm Comp / AdultSkate	
1:30 – 1:45 Flood			
1:45 – 2:45 Freeskate - Sr A			
2:45 – 3:00 Flood			
3:00 – 3:45 Freeskate - Sr A			
3:45 – 4:00 Edges - Sr A			
4:00 – 4:15 Flood			
4:15 – 5:00 Freeskate - Sr A/B			
5:00 – 6:00 Freeskate - Int B			
6:00 – 6:15 Flood			
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			

4:00 – 4:50pm Fitness - Int B			
4:10 – 5:10 Fitness - Sr A			
5:10 – 6:10 Fitness - Sr A			
5:35 – 6:05 Jump Class - Int A, Sr B			

Tuesday

TRC-a		TRC-b	
1:45 – 2:45pm Freeskate - Sr A		4:00 – 4:30pm Spins / Dance / Skills - Sr	
2:45 – 3:00 Flood		4:30 – 6:00 Comp	
3:00 – 3:45 Freeskate - Elite		5:15 – 6:00 Freeskate & Dance - Jr	
3:45 – 4:15 Edges - Sr A		6:00 – 6:15 Flood	
4:15 – 4:30 Flood		6:15 – 6:45 Edges - Int B	
4:30 – 5:15 Freeskate - Sr A/B		6:45 – 7:45 Freeskate - Int B	
5:15 – 5:30 Flood		7:45 – 8:15 Spins - Int A/B	
5:30 – 6:15 Freeskate - Jr U11			
6:15 – 6:45 Edges - Jr, Int A, Sr B			
6:45 – 7:45 Freeskate - Int A, Sr A/B			

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			

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	
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

TRC-c		CLW	
12:30 – 1:30pm Freeskate - Sr A		6:30 – 8:00pm Comp / AdultSkate	
1:30 – 1:45 Flood			
1:45 – 2:45 Freeskate - Sr A			
2:45 – 3:00 Flood			
3:00 – 3:45 Freeskate - Sr A			
TRC-a			
4:30 – 5:15pm Freeskate - Sr A/B			
5:15 – 5:30 Flood			
5:30 – 6:15 Freeskate - Jr			
6:15 – 6:45 Jump Alignment - Jr, Int, Sr			
6:45 – 7:45 Freeskate - PreJuv, Juv, Sr			

3:55 – 4:10pm Jump Alignment - Sr A/B			
4:10 – 5:10 Ballet - Sr A			
4:30 – 5:15 Ballet - Jr			
5:15 – 6:05 Flexibility - PreJuv, Juv			
5:25 – 6:25 Ballet - Sr A/B			

Friday

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

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

Saturday

CLW		KMN	
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			
11:45 – 12:30 Freeskate - Jr			
12:30 – 12:45 Stroking - Jr			

9:35 – 10:20am Gymnastics - Int B			
10:20 – 11:05 Gymnastics - Jr			
11:35 – 12:20 Gymnastics - Int A, Sr B			