

September 4, 2018 - April 21, 2019

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	TRC-b
2:45 – 3:45 Freeskate - Sr A	3:45 – 4:30pm CanSkate
3:45 – 4:00 Edges - Sr A	4:30 – 5:30 Junior Academy
4:00 – 4:15 Flood	5:30 – 6:15 CanSkate
4:15 – 5:00 Freeskate - Sr A/B	6:15 – 7:00 CanSkate
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	

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

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

4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A	
5:35 – 6:05 Jump Class - Int A, Sr B	

4:15 – 5:00pm Fundamentals - Jr U11	4:15 – 5:00pm Fundamentals - Jr 11+
5:10 – 6:05 Fitness - Int A, Sr B	5:30 – 6:00 Jump Class - Int B
5:10 – 6:10 Ballet - Sr A	5:50 – 6:20 Off-ice - JumpStart

5:00 – 5:45pm Jump Class - Jr	5:35 – 6:05pm Off-ice - JumpStart
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Thursday	
WEM	CLW
12:30 – 1:30pm Freeskate - Sr A	6:00 – 8:00pm Comp / AdultSkate
1:30 – 1:45 Flood	
1:45 – 2:30 Freeskate - Sr A	
2:30 – 2:45 Flood	TRC-b
2:45 – 3:45 Freeskate - Sr A	1:15 – 2:00pm CanSkate
3:45 – 4:00 Jump Alignment - Sr A/B	3:45 – 4:30 CanSkate
4:00 – 4:15 Flood	4:30 – 5:30 Junior Academy
4:15 – 5:00pm Freeskate - Sr A/B	5:30 – 6:15 CanSkate
5:00 – 5:15 Flood	6:15 – 7:00 CanSkate
5:15 – 6:00 Freeskate - Jr	
6:00 – 6:30 Jump Alignment - Jr, Int	
6:30 – 6:45 Spins - Jr, Int, Sr B	
6:45 – 7:45 Free - PreJuv, Juv, Sr B*	

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

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	Sunday - TRC-c
11:45 – 12:45 Freeskate - Jr	9:45 – 10:30am CanSkate
	10:30 – 11:15 CanSkate
	11:15 – 12:00 CanSkate
	12:00 – 1:00 Junior Academy

4:15 – 5:00pm Ballet - Jr	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Pound Fitness / Yoga - Sr A	
5:00 – 5:50 Flexibility - PreJuv, Juv	
5:15 – 6:15 Pound Fitness / Yoga - Sr A/B	

4:50 – 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

9:35 – 10:20am Gymnastics - Int B	1:05 – 1:35pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
11:40 – 12:30 Gymnastics - Int A, Sr A/B	

Levels:

Jr	- Star 1-4
Int B	- Star 5 plus successful evaluation of strong Star 5 requirements
Int A	- PreJuv-Juv competitor that has achieved 24+ points
Sr B	- PreNov competitor that has achieved 18+ technical score
Sr A	- PreNov-Sr that has achieved 77+ points
Elite	- landing triple jumps AND invited by Skating Director
Comp	- Dance & Pair teams (plus test dance / skills with approval of Dance Coordinator)

Additional Notes:

- The criteria listed above are guidelines only. Decisions regarding a skater's level are that of the Skating Director and are based on competition scores, skill level, and membership situation.
- All tests and competition scores must be achieved by July 1, 2018. In exceptional cases, some skaters may be moved up based on performance at Wild Rose Competition.
- 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, 2018 (born after July 1, 2007)
- Jr 11+ is open to juniors who are 11 or older as of July 1, 2018 (born before July 1, 2007). These skaters are eligible for test dance/skills sessions, which are included in their package.
- Sr A skaters will be placed on a minimum of 2 freeskate sessions per day. Elite skaters landing triple jumps will have priority for # of sessions and placement of sessions.
- Strong Sr B skaters may be permitted to skate on a limited # of Sr 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