



ICEPALACE

FIGURE SKATING CLUB

icepalace.ca

Bootbreakers: May 13 - June 27

Mon / Wed / Fri		Tue / Thur	
TRC	TRC	WEM	TRC
1:45 - 2:45pm Freeskate - Sr A	5:15 - 6:00pm Freeskate - Jr	12:30 - 1:30pm Freeskate - Sr A	6:30 - 8:00am Comp Dance (Thur)
2:45 - 3:00 Flood	6:00 - 6:30 Edges - Jr, Int B	1:30 - 1:45 Flood	
3:00 - 3:45 Freeskate - Sr A	6:30 - 8:00 Comp Dance	1:45 - 2:45 Freeskate - Sr A	
3:45 - 4:00 Flood	7:15 - 8:00 Freeskate - Sr B	2:45 - 3:00 Flood	
4:00 - 5:00 Freeskate - Sr A/B		3:00 - 3:45 Freeskate - Sr A/B	
5:00 - 5:30 Stroking - Int A, Sr A/B		3:45 - 4:15 Edges - Sr A/B	
5:30 - 5:45 Flood		4:15 - 4:30 Flood	
5:45 - 6:30 Freeskate - Int A, Sr A/B		4:30 - 5:15 Freeskate - Sr A/B	
6:30 - 7:00 Spins - Int A/B, Sr A/B		5:15 - 5:30 Flood	
7:00 - 7:45 Freeskate - Int B		5:30 - 6:30 Freeskate - Int B	
		6:30 - 7:00 Edges - Int A/B, Sr B	
		7:00 - 8:00 Freeskate - Int A, Sr B	
Off-ice Classes		Off-ice Classes	
	6:40 - 7:35pm Off-ice - Jr	4:15 - 5:15pm Off-ice - Int B	
		4:25 - 5:25 Off-ice - Sr A	
		5:25 - 6:20 Off-ice - Int A, Sr A/B	

*Sr A skaters will be placed on a minimum of 10 freeskate sessions per week; Elite skaters landing triple jumps will have priority for # of sessions.

*Sr B skaters will be placed on a maximum of 10 freeskate sessions per week and will be required to skate on some evening sessions each week.