

Junior

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freeskate - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freeskate - Sr A/B	
3:45 – 4:00 Edges - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 6:00 Freeskate - Int B	
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	
OFF-ICE	
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	

Tuesday	
TRC-a	TRC-b
1:15 – 2:15pm Freeskate - Sr A	4:00 – 4:15pm Spins - Sr B
Flood	4:00 – 6:00 Comp
2:30 – 3:30 Freeskate - Elite	5:15 – 6:00 Freeskate & Dance - Jr 11+
3:30 – 4:00 Edges - Sr A, Comp	Flood
Flood	6:15 – 6:45 Edges - Int B
4:15 – 5:00 Freeskate - Sr A/B	6:45 – 7:45 Freeskate - Int B
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
OFF-ICE	
4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:10 – 6:05 Fitness - Int A, Sr B	5:50 – 6:20 Off-ice - JumpStart
5:15 – 6:15 Ballet - Sr A	

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	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, Comp	5:45 – 7:15 Comp
Flood	
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	5:30 – 6:15pm CanSkate
	6:15 – 7:15 PowerSkate / CanSkate
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

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

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

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	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
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	Sunday - TRC-c
11:15 – 11:45 Edges - Jr	9:15 – 10:00am CanSkate
11:45 – 12:45 Freeskate - Jr	10:00 – 10:45 CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:30 JumpStart / CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	12:35 – 1:05 Off-ice - JumpStart
11:40 – 12:30 Gymnastics - Int A, Sr A/B	

Intermediate B

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30
1:45 – 2:30 Freeskate - Sr A	Junior Academy
Flood	5:30 – 6:15
2:45 – 3:45 Freeskate - Sr A/B	6:15 – 7:00 CanSkate
3:45 – 4:00 Edges - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 6:00 Freeskate - Int B	
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	
OFF-ICE	
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	

Tuesday	
TRC-a	TRC-b
1:15 – 2:15pm Freeskate - Sr A	4:00 – 4:15pm Spins - Sr B
Flood	4:00 – 6:00
2:30 – 3:30 Freeskate - Elite	Comp
3:30 – 4:00 Edges - Sr A, Comp	5:15 – 6:00 Freeskate & Dance - Jr 11+
Flood	Flood
4:15 – 5:00 Freeskate - Sr A/B	6:15 – 6:45 Edges - Int B
Flood	6:45 – 7:45 Freeskate - Int B
5:15 – 6:15 Freeskate - Jr U11	7:45 – 8:15 Spins - Int A/B
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
OFF-ICE	
4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:10 – 6:05 Fitness - Int A, Sr B	5:50 – 6:20 Off-ice - JumpStart
5:15 – 6:15 Ballet - Sr A	

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	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, Comp	5:45 – 7:15 Comp
Flood	
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	5:30 – 6:15pm CanSkate
	6:15 – 7:15 PowerSkate / CanSkate
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

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

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

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	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
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	Sunday - TRC-c
11:15 – 11:45 Edges - Jr	9:15 – 10:00am CanSkate
11:45 – 12:45 Freeskate - Jr	10:00 – 10:45 CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:30 JumpStart / CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	12:35 – 1:05 Off-ice - JumpStart
11:40 – 12:30 Gymnastics - Int A, Sr A/B	

Intermediate A

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30
1:45 – 2:30 Freeskate - Sr A	Junior Academy
Flood	5:30 – 6:15
2:45 – 3:45 Freeskate - Sr A/B	6:15 – 7:00 CanSkate
3:45 – 4:00 Edges - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 6:00 Freeskate - Int B	
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	
OFF-ICE	
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	

Tuesday	
TRC-a	TRC-b
1:15 – 2:15pm Freeskate - Sr A	4:00 – 4:15pm Spins - Sr B
Flood	4:00 – 6:00
2:30 – 3:30 Freeskate - Elite	Comp
3:30 – 4:00 Edges - Sr A, Comp	5:15 – 6:00 Freeskate & Dance - Jr 11+
Flood	Flood
4:15 – 5:00 Freeskate - Sr A/B	6:15 – 6:45 Edges - Int B
Flood	6:45 – 7:45 Freeskate - Int B
5:15 – 6:15 Freeskate - Jr U11	7:45 – 8:15 Spins - Int A/B
6:15 – 6:45 Edges - Jr, Int A, Sr B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:10 – 6:05 Fitness - Int A, Sr B	5:50 – 6:20 Off-ice - JumpStart
5:15 – 6:15 Ballet - Sr A	

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

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

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:15 – 4:45pm Comp
Flood	4:45 – 5:45
1:45 – 2:45 Freeskate - Sr A	Freeskate - Int B
Flood	5:45 – 6:00 Spins - Int B
3:00 – 3:45 Freeskate - Sr A	6:00 – 6:15 Stroking - Int B
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr U11	4:20 – 4:50pm Off-ice - JumpStart
6:20 – 7:20 Ballet - Int A, Sr B	6:00 – 6:45 CanSkate
	6:45 – 7:30 CanSkate

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	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
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	9:15 – 10:00am CanSkate
	10:00 – 10:45 CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:30 JumpStart / CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	12:35 – 1:05 Off-ice - JumpStart
11:40 – 12:30 Gymnastics - Int A, Sr A/B	

Senior B

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freeskate - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freeskate - Sr A/B	
3:45 – 4:00 Edges - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 6:00 Freeskate - Int B	
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	
OFF-ICE	
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	

Tuesday	
TRC-a	TRC-b
1:15 – 2:15pm Freeskate - Sr A	4:00 – 4:15pm Spins - Sr B
Flood	4:00 – 6:00 Comp
2:30 – 3:30 Freeskate - Elite	5:15 – 6:00 Freeskate & Dance - Jr 11+
3:30 – 4:00 Edges - Sr A, Comp	Flood
Flood	6:15 – 6:45 Edges - Int B
4:15 – 5:00 Freeskate - Sr A/B	6:45 – 7:45 Freeskate - Int B
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
OFF-ICE	
4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:10 – 6:05 Fitness - Int A, Sr B	5:50 – 6:20 Off-ice - JumpStart
5:15 – 6:15 Ballet - Sr A	

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	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, Comp	5:45 – 7:15 Comp
Flood	
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	5:30 – 6:15pm CanSkate
	6:15 – 7:15 PowerSkate / CanSkate
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

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

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

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	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
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	Sunday - TRC-c
11:15 – 11:45 Edges - Jr	9:15 – 10:00am CanSkate
11:45 – 12:45 Freeskate - Jr	10:00 – 10:45 CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:30 JumpStart / CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	12:35 – 1:05 Off-ice - JumpStart
11:40 – 12:30 Gymnastics - Int A, Sr A/B	

Senior A

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30
1:45 – 2:30 Freeskate - Sr A	Junior Academy
Flood	5:30 – 6:15
2:45 – 3:45 Freeskate - Sr A/B	6:15 – 7:00 CanSkate
3:45 – 4:00 Edges - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 6:00 Freeskate - Int B	
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	
OFF-ICE	
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	

Tuesday	
TRC-a	TRC-b
1:15 – 2:15pm Freeskate - Sr A	4:00 – 4:15pm Spins - Sr B
Flood	4:00 – 6:00
2:30 – 3:30 Freeskate - Elite	Comp
3:30 – 4:00 Edges - Sr A, Comp	5:15 – 6:00 Freeskate & Dance - Jr 11+
Flood	Flood
4:15 – 5:00 Freeskate - Sr A/B	6:15 – 6:45 Edges - Int B
Flood	6:45 – 7:45 Freeskate - Int B
5:15 – 6:15 Freeskate - Jr U11	7:45 – 8:15 Spins - Int A/B
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
OFF-ICE	
4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:10 – 6:05 Fitness - Int A, Sr B	5:50 – 6:20 Off-ice - JumpStart
5:15 – 6:15 Ballet - Sr A	

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	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, Comp	5:45 – 7:15 Comp
Flood	
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	5:30 – 6:15pm CanSkate
	6:15 – 7:15 PowerSkate / CanSkate
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

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

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

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	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
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	Sunday - TRC-c
11:15 – 11:45 Edges - Jr	9:15 – 10:00am CanSkate
11:45 – 12:45 Freeskate - Jr	10:00 – 10:45 CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:30 JumpStart / CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	12:35 – 1:05 Off-ice - JumpStart
11:40 – 12:30 Gymnastics - Int A, Sr A/B	

Competitive Dance

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30
1:45 – 2:30 Freeskate - Sr A	Junior Academy
Flood	5:30 – 6:15
2:45 – 3:45 Freeskate - Sr A/B	CanSkate
3:45 – 4:00 Edges - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 6:00 Freeskate - Int B	
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	
OFF-ICE	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05 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	

Tuesday	
TRC-a	TRC-b
1:15 – 2:15pm Freeskate - Sr A	4:00 – 4:15pm Spins - Sr B
Flood	4:00 – 6:00 Comp
2:30 – 3:30 Freeskate - Elite	5:15 – 6:00 Freeskate & Dance - Jr 11+
3:30 – 4:00 Edges - Sr A, Comp	Flood
Flood	6:15 – 6:45 Edges - Int B
4:15 – 5:00 Freeskate - Sr A/B	6:45 – 7:45 Freeskate - Int B
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
OFF-ICE	
4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:10 – 6:05 Fitness - Int A, Sr B	5:50 – 6:20 Off-ice - JumpStart
5:15 – 6:15 Ballet - Sr A	

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	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, Comp	5:45 – 7:15 Comp
Flood	
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	5:30 – 6:15pm CanSkate
	6:15 – 7:15 PowerSkate / CanSkate
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

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

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

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	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
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 – 12:45 Freeskate - Jr	
	Sunday - TRC-c
	9:15 – 10:00am CanSkate
	10:00 – 10:45 CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:30 JumpStart / CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	12:35 – 1:05 Off-ice - JumpStart
11:40 – 12:30 Gymnastics - Int A, Sr A/B	

Master Schedule September 3, 2019 - April 18, 2020

Monday	
WEM	TRC-b
12:30 – 1:30pm Freestyle - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freestyle - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freestyle - Sr A/B	
3:45 – 4:00 Edges - Sr A/B	
Flood	
4:15 – 5:00 Freestyle - Sr A/B	
5:00 – 6:00 Freestyle - Int B	
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 Freestyle - Int A, Sr A/B	
OFF-ICE	
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	

Tuesday	
TRC-a	TRC-b
1:15 – 2:15pm Freestyle - Sr A	4:00 – 4:15pm Spins - Sr B
Flood	4:00 – 6:00 Comp
2:30 – 3:30 Freestyle - Elite	5:15 – 6:00 Freestyle & Dance - Jr 11+
3:30 – 4:00 Edges - Sr A, Comp	Flood
Flood	6:15 – 6:45 Edges - Int B
4:15 – 5:00 Freestyle - Sr A/B	6:45 – 7:45 Freestyle - Int B
Flood	7:45 – 8:15 Spins - Int A/B
5:15 – 6:15 Freestyle - Jr U11	
6:15 – 6:45 Edges - Jr, Int A, Sr B	
6:45 – 7:45 Freestyle - Int A, Sr A/B	WEM
	4:45 – 5:45pm JumpStart
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE	
4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:10 – 6:05 Fitness - Int A, Sr B	5:50 – 6:20 Off-ice - JumpStart
5:15 – 6:15 Ballet - Sr A	

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freestyle - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freestyle - Int B
2:15 – 3:15 Freestyle - Sr A	5:15 – 5:30 Stroking - Int B
Flood	Flood
3:30 – 4:15 Freestyle - Sr A/B	5:45 – 6:15 Dance / Skills - Int B
4:15 – 4:45 Stroking - Int A, Sr A/B, Comp	5:45 – 7:15 Comp
Flood	
5:00 – 6:00 Freestyle - 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 Freestyle - Jr	5:30 – 6:15pm CanSkate
	6:15 – 7:15 PowerSkate / CanSkate
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

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

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

Saturday	
WEM	CLW
8:00 – 9:00am Freestyle - Int B	9:45 – 10:45am Comp / AdultSkate
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freestyle - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
Flood	12:00 – 12:45 Comp
10:30 – 11:15 Freestyle - Int A, Sr A/B	
11:15 – 11:30 Transitions - Int A, Sr A/B	Sunday - TRC-c
11:15 – 11:45 Edges - Jr	9:15 – 10:00am CanSkate
11:45 – 12:45 Freestyle - Jr	10:00 – 10:45 CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:30 JumpStart / CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	12:35 – 1:05 Off-ice - JumpStart
11:40 – 12:30 Gymnastics - Int A, Sr A/B	