ICEPALACE
FIGURE SKATING CLUB

Intermediate A – Session Request Form

Skater: Coach:

Select your sessions by double clicking in the shaded area next to the session to place a check mark (✓)

Monday

WEM	
12:30 – 1:30pm Freeskate - Sr A	
Flood	
1:45 – 2:30 Freeskate - Sr A	
Flood	
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	

4:00 – 4:50pm Fitness - Int B	
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			

4:15 – 5:00pm Fundamentals - Jr		5:30 – 6:00pm Jump Class - Int B	
5:10 – 6:05 Fitness - Int A, Sr B			
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			
6:30 – 7:30 Freeskate - Jr			

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			
2:45 – 3:45 Freeskate - Sr A/B			
3:45 – 4:00 Jump Alignment - Sr A/B			
Flood			
4:15 – 5:00 Freeskate - Sr A/B			
Flood			
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*			

4:15 – 5:00pm Ballet - Jr			
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			
6:00 – 6:15 Stroking - Jr U11, Int A, Sr B			
6:15 – 7:15 Freeskate - Jr U11			
7:15 – 7:30 Artistic Development - Jr U11			

4:50 – 5:50pm Ballet - Jr U11		6:20 – 7:20pm Ballet - Int B	
6:20 – 7:20 Ballet - Int A, Sr 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			

9:35 – 10:20am Gymnastics - Int B			
10:20 – 11:05 Gymnastics - Jr			
11:40 – 12:30 Gymnastics - Int A, Sr A/B			

Be sure to discuss your skating schedule with your primary coach.

Email this form to info@icepalace.ca. Skaters must register online prior to submitting their Session Request Form.

Deadline for IPFSC members – August 1