



Intermediate B – Session Request Form

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

Monday		Tuesday		Wednesday	
WEM		TRC-a	TRC-b	TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood		1:15 – 2:15pm Freeskate - Sr A Flood	4:00 – 4:15pm Spins - Sr B 4:00 – 6:00 Comp	1:00 – 2:00pm Freeskate - Sr A Flood	4:00 – 4:15pm Spins - Int B 4:15 – 5:15 Freeskate - Int B
1:45 – 2:30 Freeskate - Sr A Flood		2:30 – 3:30 Freeskate - Elite 3:30 – 4:00 Edges - Sr A, Comp	5:15 – 6:00 Freeskate & Dance - Jr 11+ Flood	2:15 – 3:15 Freeskate - Sr A Flood	5:15 – 5:30 Stroking - Int B 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 Flood	6:15 – 6:45 Edges - Int B 6:45 – 7:45 Freeskate - Int B	3:30 – 4:15 Freeskate - Sr A/B 4:15 – 4:45 Stroking - Int A, Sr A/B, Comp Flood	5:45 – 6:15 Dance / Skills - Int B 5:45 – 7:15 Comp
4:15 – 5:00 Freeskate - Sr A/B 5:00 – 6:00 Freeskate - Int B Flood		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	7:45 – 8:15 Spins - Int A/B	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	
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	4:15 – 5:00pm Fundamentals - Jr 5:10 – 6:05 Fitness - Int A, Sr B 5:15 – 6:15 Ballet - Sr A	5:30 – 6:00pm Jump Class - Int B	5:00 – 5:45pm Jump Class - Jr
Thursday		Friday		Saturday	
WEM	CLW	TRC-a	TRC-b	WEM	CLW
12:30 – 1:30pm Freeskate - Sr A Flood	8:00 – 8:00pm Comp / AdultSkate	12:30 – 1:30pm Freeskate - Elite Flood	3:15 – 4:45pm Comp 4:45 – 5:45 Freeskate - Int B	8:00 – 9:00am Freeskate - Int B 9:00 – 9:30 Spins - Int A/B, Sr A/B 9:30 – 10:15 Freeskate - Int A, Sr A/B Flood	9:45 – 10:45am Comp / AdultSkate Flood 11:00 – 12:00 Comp / AdultSkate 12:00 – 12:45 Comp
1:45 – 2:30 Freeskate - Sr A Flood		1:45 – 2:45 Freeskate - Sr A Flood	5:45 – 6:00 Spins - Int B 6:00 – 6:15 Stroking - Int B	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	
2:45 – 3:45 Freeskate - Sr A/B 3:45 – 4:00 Jump Alignment - Sr A/B Flood		4:00 – 5:00 Freeskate - Int A, Sr A/B Flood			
4:15 – 5:00 Freeskate - 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			
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*		7:15 – 7:30 Artistic Development - Jr U11			
		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	4:50 – 5:50pm Ballet - Jr U11 6:20 – 7:20 Ballet - Int A, Sr B	6:20 – 7:20pm Ballet - Int B	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