



Senior 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		Tuesday		Wednesday	
WEM		TRC-a	TRC-b	TRC-a	TRC-b
12:30 – 1:30pm Freestyle - Sr A		1:15 – 2:15pm Freestyle - Sr A	4:00 – 4:15pm Spins - Sr B	1:00 – 2:00pm Freestyle - Sr A	4:00 – 4:15pm Spins - Int B
Flood		Flood	4:00 – 6:00 Comp	Flood	4:15 – 5:15 Freestyle - Int B
1:45 – 2:30 Freestyle - Sr A		2:30 – 3:30 Freestyle - Elite	5:15 – 6:00 Freestyle & Dance - Jr 11+	2:15 – 3:15 Freestyle - Sr A	5:15 – 5:30 Stroking - Int B
Flood		3:30 – 4:00 Edges - Sr A, Comp	Flood	Flood	5:45 – 6:15 Dance / Skills - Int B
2:45 – 3:45 Freestyle - Sr A/B		Flood	6:15 – 6:45 Edges - Int B	3:30 – 4:15 Freestyle - Sr A/B	5:45 – 7:15 Comp
3:45 – 4:00 Edges - Sr A/B		4:15 – 5:00 Freestyle - Sr A/B	6:45 – 7:45 Freestyle - Int B	4:15 – 4:45 Stroking - Int A, Sr A/B, Comp	
Flood		Flood	7:45 – 8:15 Spins - Int A/B	Flood	
4:15 – 5:00 Freestyle - Sr A/B		5:15 – 6:15 Freestyle - Jr U11		5:00 – 6:00 Freestyle - Int A, Sr A/B	
5:00 – 6:00 Freestyle - Int B		6:15 – 6:45 Edges - Jr, Int A, Sr B		6:00 – 6:30 Spins - Int A, Sr A/B	
Flood		6:45 – 7:45 Freestyle - Int A, Sr A/B		6:00 – 6:30 Edges - Jr	
6:15 – 6:30 Edges - Int A/B, Sr B				6:30 – 7:30 Freestyle - Jr	
6:30 – 7:00 Spins - Int A/B, Sr A/B					
7:00 – 8:00 Freestyle - Int A, Sr A/B					
4:00 – 4:50pm Fitness - Int B		4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B	5:00 – 5:45pm Jump Class - Jr	
4:15 – 5:15 Fitness - Sr A		5:10 – 6:05 Fitness - Int A, Sr B			
5:15 – 6:15 Fitness - Sr A		5:15 – 6:15 Ballet - Sr A			
5:35 – 6:05 Jump Class - Int A, Sr B					
Thursday		Friday		Saturday	
WEM	CLW	TRC-a	TRC-b	WEM	CLW
12:30 – 1:30pm Freestyle - Sr A	6:00 – 8:00pm Comp / AdultSkate	12:30 – 1:30pm Freestyle - Elite	3:15 – 4:45pm Comp	8:00 – 9:00am Freestyle - Int B	9:45 – 10:45am Comp / AdultSkate
Flood		Flood	4:45 – 5:45 Freestyle - Int B	9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
1:45 – 2:30 Freestyle - Sr A		1:45 – 2:45 Freestyle - Sr A	5:45 – 6:00 Spins - Int B	9:30 – 10:15 Freestyle - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
Flood		Flood	6:00 – 6:15 Stroking - Int B	Freestyle - Int A, Sr A/B	12:00 – 12:45 Comp
2:45 – 3:45 Freestyle - Sr A/B		3:00 – 3:45 Freestyle - Sr A		Flood	
3:45 – 4:00 Jump Alignment - Sr A/B		Flood		10:30 – 11:15 Freestyle - Int A, Sr A/B	
Flood		4:00 – 5:00 Freestyle - Int A, Sr A/B		11:15 – 11:30 Transitions - Int A, Sr A/B	
4:15 – 5:00 Freestyle - Sr A/B		Flood		11:15 – 11:45 Edges - Jr	
Flood		5:15 – 6:00 Freestyle - Int A, Sr A/B		11:45 – 12:45 Freestyle - Jr	
5:15 – 6:00 Freestyle - Jr		6:00 – 6:15 Stroking - Jr U11, Int A, Sr B			
6:00 – 6:30 Jump Alignment - Jr, Int		6:15 – 7:15 Freestyle - Jr U11			
6:30 – 6:45 Spins - Jr, Int, Sr B		7:15 – 7:30 Artistic Development - Jr U11			
6:45 – 7:45 Free - PreJuv, Juv, Sr B*					
4:15 – 5:00pm Ballet - Jr		4:50 – 5:50pm Ballet - Jr U11	6:20 – 7:20pm Ballet - Int B	9:35 – 10:20am Gymnastics - Int B	
4:15 – 5:15 Yoga - Sr A		6:20 – 7:20 Ballet - Int A, Sr B		10:20 – 11:05 Gymnastics - Jr	
5:00 – 5:45 Flexibility - PreJuv, Juv				11:40 – 12:30 Gymnastics - Int A, Sr A/B	
5:15 – 6:15 Yoga - 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