

### Junior

| Monday                                   |   |
|--|---|
| WEM                                      | TRC-b                                     |
| 12:30 – 1:30pm<br>Freeskate - Sr A       | 3:45 – 4:30pm<br>CanSkate                 |
| Flood                                    | 4:30 – 5:30                               |
| 1:45 – 2:30<br>Freeskate - Sr A          | Junior Academy                            |
| Flood                                    | 5:30 – 6:15                               |
| 2:45 – 3:45<br>Freeskate - Sr A/B        | 6:15 – 7:00<br>CanSkate                   |
| 3:45 – 4:00<br>Edges - Sr A/B            |   |
| Flood                                    |   |
| 4:15 – 5:00<br>Freeskate - Sr A/B        |   |
| 5:00 – 6:00<br>Freeskate - Int B         |   |
| Flood                                    |   |
| 6:15 – 6:30<br>Edges - Int A/B, Sr B     |   |
| 6:30 – 7:00<br>Spins - Int A/B, Sr A/B   |   |
| 7:00 – 8:00<br>Freeskate - Int A, Sr A/B |   |
| OFF-ICE                                  |   |
| 4:00 – 4:50pm<br>Fitness - Int B         | 5:35 – 6:05pm<br>Off-ice - Junior Academy |
| 4:15 – 5:15<br>Fitness - Sr A            |   |
| 5:15 – 6:15<br>Fitness - Sr A            |   |
| 5:35 – 6:05<br>Jump Class - Int A, Sr B  |   |

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

| Wednesday                                   |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 1:00 – 2:00pm<br>Freeskate - Sr A           | 4:00 – 4:15pm<br>Spins - Int A/B     |
| Flood                                       | 4:15 – 5:15                          |
| 2:15 – 3:15<br>Freeskate - Sr A             | Freeskate - Int A/B                  |
| Flood                                       | 5:15 – 5:30                          |
| 3:30 – 4:15<br>Freeskate - Sr A/B           | Stroking - Int A/B                   |
| 4:15 – 4:45<br>Stroking - Sr, Comp + Juv 26 | Flood                                |
| Flood                                       | 5:45 – 6:15                          |
| 5:00 – 6:00<br>Freeskate - Sr A/B + Juv 26  | Dance / Skills - Int A/B             |
| 6:00 – 6:30<br>Spins - Sr A/B + Juv 26      | 5:45 – 7:15<br>Comp                  |
| 6:00 – 6:30<br>Edges - Jr                   | <b>WEM</b>                           |
| 6:30 – 7:30<br>Freeskate - Jr               | 4:30 – 5:30pm<br>JumpStart           |
|   | 5:30 – 6:15<br>CanSkate              |
|   | 6:15 – 7:15<br>PowerSkate            |
| OFF-ICE                                     |                                      |
| 5:00 – 5:45pm<br>Jump Class - Jr            | 5:35 – 6:05pm<br>Off-ice - JumpStart |

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

| Friday                                      |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 12:30 – 1:30pm<br>Freeskate - Elite         | 3:15 – 4:45pm<br>Comp                |
| Flood                                       | 4:45 – 5:45                          |
| 1:45 – 2:45<br>Freeskate - Sr A             | Freeskate - Int A/B                  |
| Flood                                       | 5:45 – 6:00<br>Spins - Int A/B       |
| 3:00 – 3:45<br>Freeskate - Sr A             | 6:00 – 6:15<br>Stroking - Int A/B    |
| Flood                                       |                                      |
| 4:00 – 5:00<br>Freeskate - Sr A/B + Juv 26  |                                      |
| Flood                                       |                                      |
| 5:15 – 6:00<br>Freeskate - Sr A/B + Juv 26  | <b>WEM</b>                           |
| 6:00 – 6:15<br>Stroking - Jr, Sr B + Juv 26 | 5:00 – 6:00pm<br>JumpStart           |
| 6:15 – 7:15<br>Freeskate - Jr               | 6:00 – 6:45<br>CanSkate              |
| 7:15 – 7:30<br>Artistic Development - Jr    | 6:45 – 7:30<br>CanSkate              |
|   |                                      |
| OFF-ICE                                     |                                      |
| 4:50 – 5:50pm<br>Ballet - Jr                | 4:20 – 4:50pm<br>Off-ice - JumpStart |
| 6:20 – 7:20<br>Ballet - Int A, Sr B         | 6:20 – 7:20<br>Ballet - Int B        |

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

### Intermediate B

| Monday                                   |   |
|--|---|
| WEM                                      | TRC-b                                     |
| 12:30 – 1:30pm<br>Freeskate - Sr A       | 3:45 – 4:30pm<br>CanSkate                 |
| Flood                                    | 4:30 – 5:30                               |
| 1:45 – 2:30<br>Freeskate - Sr A          | Junior Academy                            |
| Flood                                    | 5:30 – 6:15                               |
| 2:45 – 3:45<br>Freeskate - Sr A/B        | 6:15 – 7:00<br>CanSkate                   |
| 3:45 – 4:00<br>Edges - Sr A/B            |   |
| Flood                                    |   |
| 4:15 – 5:00<br>Freeskate - Sr A/B        |   |
| 5:00 – 6:00<br>Freeskate - Int B         |   |
| Flood                                    |   |
| 6:15 – 6:30<br>Edges - Int A/B, Sr B     |   |
| 6:30 – 7:00<br>Spins - Int A/B, Sr A/B   |   |
| 7:00 – 8:00<br>Freeskate - Int A, Sr A/B |   |
| OFF-ICE                                  |   |
| 4:00 – 4:50pm<br>Fitness - Int B         | 5:35 – 6:05pm<br>Off-ice - Junior Academy |
| 4:15 – 5:15<br>Fitness - Sr A            |   |
| 5:15 – 6:15<br>Fitness - Sr A            |   |
| 5:35 – 6:05<br>Jump Class - Int A, Sr B  |   |

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

| Wednesday                                   |   |
|---|---|
| TRC-a                                       | TRC-b                                   |
| 1:00 – 2:00pm<br>Freeskate - Sr A           | 4:00 – 4:15pm<br>Spins - Int A/B        |
| Flood                                       | 4:15 – 5:15<br>Freeskate - Int A/B      |
| 2:15 – 3:15<br>Freeskate - Sr A             | 5:15 – 5:30<br>Stroking - Int A/B       |
| Flood                                       | Flood                                   |
| 3:30 – 4:15<br>Freeskate - Sr A/B           | 5:45 – 6:15<br>Dance / Skills - Int A/B |
| 4:15 – 4:45<br>Stroking - Sr, Comp + Juv 26 | 5:45 – 7:15<br>Comp                     |
| Flood                                       |   |
| 5:00 – 6:00<br>Freeskate - Sr A/B + Juv 26  |   |
| 6:00 – 6:30<br>Spins - Sr A/B + Juv 26      |   |
| 6:00 – 6:30<br>Edges - Jr                   | <b>WEM</b>                              |
| 6:30 – 7:30<br>Freeskate - Jr               | 4:30 – 5:30pm<br>JumpStart              |
|   | 5:30 – 6:15<br>CanSkate                 |
|   | 6:15 – 7:15<br>PowerSkate               |
| OFF-ICE                                     |   |
| 5:00 – 5:45pm<br>Jump Class - Jr            | 5:35 – 6:05pm<br>Off-ice - JumpStart    |

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

| Friday                                      |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 12:30 – 1:30pm<br>Freeskate - Elite         | 3:15 – 4:45pm<br>Comp                |
| Flood                                       | 4:45 – 5:45<br>Freeskate - Int A/B   |
| 1:45 – 2:45<br>Freeskate - Sr A             | 5:45 – 6:00<br>Spins - Int A/B       |
| Flood                                       | 6:00 – 6:15<br>Stroking - Int A/B    |
| 3:00 – 3:45<br>Freeskate - Sr A             |                                      |
| Flood                                       |                                      |
| 4:00 – 5:00<br>Freeskate - Sr A/B + Juv 26  |                                      |
| Flood                                       |                                      |
| 5:15 – 6:00<br>Freeskate - Sr A/B + Juv 26  | <b>WEM</b>                           |
| 6:00 – 6:15<br>Stroking - Jr, Sr B + Juv 26 | 5:00 – 6:00pm<br>JumpStart           |
| 6:15 – 7:15<br>Freeskate - Jr               | 6:00 – 6:45<br>CanSkate              |
| 7:15 – 7:30<br>Artistic Development - Jr    | 6:45 – 7:30<br>CanSkate              |
|   |                                      |
| OFF-ICE                                     |                                      |
| 4:50 – 5:50pm<br>Ballet - Jr                | 4:20 – 4:50pm<br>Off-ice - JumpStart |
| 6:20 – 7:20<br>Ballet - Int A, Sr B         | 6:20 – 7:20<br>Ballet - Int B        |

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

### Intermediate A

| Monday                                   |   |
|--|---|
| WEM                                      | TRC-b                                     |
| 12:30 – 1:30pm<br>Freeskate - Sr A       | 3:45 – 4:30pm<br>CanSkate                 |
| Flood                                    | 4:30 – 5:30                               |
| 1:45 – 2:30<br>Freeskate - Sr A          | Junior Academy                            |
| Flood                                    | 5:30 – 6:15                               |
| 2:45 – 3:45<br>Freeskate - Sr A/B        | 6:15 – 7:00<br>CanSkate                   |
| 3:45 – 4:00<br>Edges - Sr A/B            |   |
| Flood                                    |   |
| 4:15 – 5:00<br>Freeskate - Sr A/B        |   |
| 5:00 – 6:00<br>Freeskate - Int B         |   |
| Flood                                    |   |
| 6:15 – 6:30<br>Edges - Int A/B, Sr B     |   |
| 6:30 – 7:00<br>Spins - Int A/B, Sr A/B   |   |
| 7:00 – 8:00<br>Freeskate - Int A, Sr A/B |   |
| OFF-ICE                                  |   |
| 4:00 – 4:50pm<br>Fitness - Int B         | 5:35 – 6:05pm<br>Off-ice - Junior Academy |
| 4:15 – 5:15<br>Fitness - Sr A            |   |
| 5:15 – 6:15<br>Fitness - Sr A            |   |
| 5:35 – 6:05<br>Jump Class - Int A, Sr B  |   |

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

| Wednesday                                   |   |
|---|---|
| TRC-a                                       | TRC-b                                   |
| 1:00 – 2:00pm<br>Freeskate - Sr A           | 4:00 – 4:15pm<br>Spins - Int A/B        |
| Flood                                       | 4:15 – 5:15<br>Freeskate - Int A/B      |
| 2:15 – 3:15<br>Freeskate - Sr A             | 5:15 – 5:30<br>Stroking - Int A/B       |
| Flood                                       | Flood                                   |
| 3:30 – 4:15<br>Freeskate - Sr A/B           | 5:45 – 6:15<br>Dance / Skills - Int A/B |
| 4:15 – 4:45<br>Stroking - Sr, Comp + Juv 26 | 5:45 – 7:15<br>Comp                     |
| Flood                                       |   |
| 5:00 – 6:00<br>Freeskate - Sr A/B + Juv 26  |   |
| 6:00 – 6:30<br>Spins - Sr A/B + Juv 26      |   |
| 6:00 – 6:30<br>Edges - Jr                   | <b>WEM</b>                              |
| 6:30 – 7:30<br>Freeskate - Jr               | 4:30 – 5:30pm<br>JumpStart              |
|   | 5:30 – 6:15<br>CanSkate                 |
|   | 6:15 – 7:15<br>PowerSkate               |
| OFF-ICE                                     |   |
| 5:00 – 5:45pm<br>Jump Class - Jr            | 5:35 – 6:05pm<br>Off-ice - JumpStart    |

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

| Friday                                      |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 12:30 – 1:30pm<br>Freeskate - Elite         | 3:15 – 4:45pm<br>Comp                |
| Flood                                       | 4:45 – 5:45<br>Freeskate - Int A/B   |
| 1:45 – 2:45<br>Freeskate - Sr A             | 5:45 – 6:00<br>Spins - Int A/B       |
| Flood                                       | 6:00 – 6:15<br>Stroking - Int A/B    |
| 3:00 – 3:45<br>Freeskate - Sr A             |                                      |
| Flood                                       |                                      |
| 4:00 – 5:00<br>Freeskate - Sr A/B + Juv 26  |                                      |
| Flood                                       |                                      |
| 5:15 – 6:00<br>Freeskate - Sr A/B + Juv 26  | <b>WEM</b>                           |
| 6:00 – 6:15<br>Stroking - Jr, Sr B + Juv 26 | 5:00 – 6:00pm<br>JumpStart           |
| 6:15 – 7:15<br>Freeskate - Jr               | 6:00 – 6:45<br>CanSkate              |
| 7:15 – 7:30<br>Artistic Development - Jr    | 6:45 – 7:30<br>CanSkate              |
|   |                                      |
| OFF-ICE                                     |                                      |
| 4:50 – 5:50pm<br>Ballet - Jr                | 4:20 – 4:50pm<br>Off-ice - JumpStart |
| 6:20 – 7:20<br>Ballet - Int A, Sr B         | 6:20 – 7:20<br>Ballet - Int B        |

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

### Senior B

| Monday                                   |   |
|--|---|
| WEM                                      | TRC-b                                     |
| 12:30 – 1:30pm<br>Freeskate - Sr A       | 3:45 – 4:30pm<br>CanSkate                 |
| Flood                                    | 4:30 – 5:30                               |
| 1:45 – 2:30<br>Freeskate - Sr A          | Junior Academy                            |
| Flood                                    | 5:30 – 6:15                               |
| 2:45 – 3:45<br>Freeskate - Sr A/B        | 6:15 – 7:00                               |
| 3:45 – 4:00<br>Edges - Sr A/B            | CanSkate                                  |
| Flood                                    |   |
| 4:15 – 5:00<br>Freeskate - Sr A/B        |   |
| 5:00 – 6:00<br>Freeskate - Int B         |   |
| Flood                                    |   |
| 6:15 – 6:30<br>Edges - Int A/B, Sr B     |   |
| 6:30 – 7:00<br>Spins - Int A/B, Sr A/B   |   |
| 7:00 – 8:00<br>Freeskate - Int A, Sr A/B |   |
| OFF-ICE                                  |   |
| 4:00 – 4:50pm<br>Fitness - Int B         | 5:35 – 6:05pm<br>Off-ice - Junior Academy |
| 4:15 – 5:15<br>Fitness - Sr A            |   |
| 5:15 – 6:15<br>Fitness - Sr A            |   |
| 5:35 – 6:05<br>Jump Class - Int A, Sr B  |   |

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

| Wednesday                                   |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 1:00 – 2:00pm<br>Freeskate - Sr A           | 4:00 – 4:15pm<br>Spins - Int A/B     |
| Flood                                       | 4:15 – 5:15                          |
| 2:15 – 3:15<br>Freeskate - Sr A             | Freeskate - Int A/B                  |
| Flood                                       | 5:15 – 5:30                          |
| 3:30 – 4:15<br>Freeskate - Sr A/B           | Stroking - Int A/B                   |
| 4:15 – 4:45<br>Stroking - Sr, Comp + Juv 26 | Flood                                |
| Flood                                       | 5:45 – 6:15                          |
| 5:00 – 6:00<br>Freeskate - Sr A/B + Juv 26  | Dance / Skills - Int A/B             |
| 6:00 – 6:30<br>Spins - Sr A/B + Juv 26      | 5:45 – 7:15<br>Comp                  |
| 6:00 – 6:30<br>Edges - Jr                   | <b>WEM</b>                           |
| 6:30 – 7:30<br>Freeskate - Jr               | 4:30 – 5:30pm<br>JumpStart           |
|   | 5:30 – 6:15<br>CanSkate              |
|   | 6:15 – 7:15<br>PowerSkate            |
| OFF-ICE                                     |                                      |
| 5:00 – 5:45pm<br>Jump Class - Jr            | 5:35 – 6:05pm<br>Off-ice - JumpStart |

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

| Friday                                      |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 12:30 – 1:30pm<br>Freeskate - Elite         | 3:15 – 4:45pm<br>Comp                |
| Flood                                       | 4:45 – 5:45                          |
| 1:45 – 2:45<br>Freeskate - Sr A             | Freeskate - Int A/B                  |
| Flood                                       | 5:45 – 6:00<br>Spins - Int A/B       |
| 3:00 – 3:45<br>Freeskate - Sr A             | 6:00 – 6:15<br>Stroking - Int A/B    |
| Flood                                       |                                      |
| 4:00 – 5:00<br>Freeskate - Sr A/B + Juv 26  |                                      |
| Flood                                       |                                      |
| 5:15 – 6:00<br>Freeskate - Sr A/B + Juv 26  | <b>WEM</b>                           |
| 6:00 – 6:15<br>Stroking - Jr, Sr B + Juv 26 | 5:00 – 6:00pm<br>JumpStart           |
| 6:15 – 7:15<br>Freeskate - Jr               | 6:00 – 6:45<br>CanSkate              |
| 7:15 – 7:30<br>Artistic Development - Jr    | 6:45 – 7:30<br>CanSkate              |
|   |                                      |
| OFF-ICE                                     |                                      |
| 4:50 – 5:50pm<br>Ballet - Jr                | 4:20 – 4:50pm<br>Off-ice - JumpStart |
| 6:20 – 7:20<br>Ballet - Int A, Sr B         | 6:20 – 7:20<br>Ballet - Int B        |

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

### Senior A

| Monday                                   |   |
|--|---|
| WEM                                      | TRC-b                                     |
| 12:30 – 1:30pm<br>Freeskate - Sr A       | 3:45 – 4:30pm<br>CanSkate                 |
| Flood                                    | 4:30 – 5:30                               |
| 1:45 – 2:30<br>Freeskate - Sr A          | Junior Academy                            |
| Flood                                    | 5:30 – 6:15                               |
| 2:45 – 3:45<br>Freeskate - Sr A/B        | 6:15 – 7:00<br>CanSkate                   |
| 3:45 – 4:00<br>Edges - Sr A/B            |   |
| Flood                                    |   |
| 4:15 – 5:00<br>Freeskate - Sr A/B        |   |
| 5:00 – 6:00<br>Freeskate - Int B         |   |
| Flood                                    |   |
| 6:15 – 6:30<br>Edges - Int A/B, Sr B     |   |
| 6:30 – 7:00<br>Spins - Int A/B, Sr A/B   |   |
| 7:00 – 8:00<br>Freeskate - Int A, Sr A/B |   |
|  |   |
| OFF-ICE                                  |   |
| 4:00 – 4:50pm<br>Fitness - Int B         | 5:35 – 6:05pm<br>Off-ice - Junior Academy |
| 4:15 – 5:15<br>Fitness - Sr A            |   |
| 5:15 – 6:15<br>Fitness - Sr A            |   |
| 5:35 – 6:05<br>Jump Class - Int A, Sr B  |   |

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

| Wednesday                                   |   |
|---|---|
| TRC-a                                       | TRC-b                                   |
| 1:00 – 2:00pm<br>Freeskate - Sr A           | 4:00 – 4:15pm<br>Spins - Int A/B        |
| Flood                                       | 4:15 – 5:15<br>Freeskate - Int A/B      |
| 2:15 – 3:15<br>Freeskate - Sr A             | 5:15 – 5:30<br>Stroking - Int A/B       |
| Flood                                       | Flood                                   |
| 3:30 – 4:15<br>Freeskate - Sr A/B           | 5:45 – 6:15<br>Dance / Skills - Int A/B |
| 4:15 – 4:45<br>Stroking - Sr, Comp + Juv 26 | 5:45 – 7:15<br>Comp                     |
| Flood                                       |   |
| 5:00 – 6:00<br>Freeskate - Sr A/B + Juv 26  |   |
| 6:00 – 6:30<br>Spins - Sr A/B + Juv 26      |   |
| 6:00 – 6:30<br>Edges - Jr                   | <b>WEM</b>                              |
| 6:30 – 7:30<br>Freeskate - Jr               | 4:30 – 5:30pm<br>JumpStart              |
|   | 5:30 – 6:15<br>CanSkate                 |
|   | 6:15 – 7:15<br>PowerSkate               |
|   |   |
| OFF-ICE                                     |   |
| 5:00 – 5:45pm<br>Jump Class - Jr            | 5:35 – 6:05pm<br>Off-ice - JumpStart    |

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

| Friday                                      |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 12:30 – 1:30pm<br>Freeskate - Elite         | 3:15 – 4:45pm<br>Comp                |
| Flood                                       | 4:45 – 5:45                          |
| 1:45 – 2:45<br>Freeskate - Sr A             | Freeskate - Int A/B                  |
| Flood                                       | 5:45 – 6:00<br>Spins - Int A/B       |
| 3:00 – 3:45<br>Freeskate - Sr A             | 6:00 – 6:15<br>Stroking - Int A/B    |
| Flood                                       |                                      |
| 4:00 – 5:00<br>Freeskate - Sr A/B + Juv 26  |                                      |
| Flood                                       |                                      |
| 5:15 – 6:00<br>Freeskate - Sr A/B + Juv 26  | <b>WEM</b>                           |
| 6:00 – 6:15<br>Stroking - Jr, Sr B + Juv 26 | 5:00 – 6:00pm<br>JumpStart           |
| 6:15 – 7:15<br>Freeskate - Jr               | 6:00 – 6:45<br>CanSkate              |
| 7:15 – 7:30<br>Artistic Development - Jr    | 6:45 – 7:30<br>CanSkate              |
|   |                                      |
| OFF-ICE                                     |                                      |
| 4:50 – 5:50pm<br>Ballet - Jr                | 4:20 – 4:50pm<br>Off-ice - JumpStart |
| 6:20 – 7:20<br>Ballet - Int A, Sr B         | 6:20 – 7:20<br>Ballet - Int B        |

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

### Competitive Dance

| Monday                                   |   |
|--|---|
| WEM                                      | TRC-b                                     |
| 12:30 – 1:30pm<br>Freestyle - Sr A       | 3:45 – 4:30pm<br>CanSkate                 |
| Flood                                    | 4:30 – 5:30                               |
| 1:45 – 2:30<br>Freestyle - Sr A          | Junior Academy                            |
| Flood                                    | 5:30 – 6:15                               |
| 2:45 – 3:45<br>Freestyle - Sr A/B        | CanSkate                                  |
| 3:45 – 4:00<br>Edges - Sr A/B            |   |
| Flood                                    |   |
| 4:15 – 5:00<br>Freestyle - Sr A/B        |   |
| 5:00 – 6:00<br>Freestyle - Int B         |   |
| Flood                                    |   |
| 6:15 – 6:30<br>Edges - Int A/B, Sr B     |   |
| 6:30 – 7:00<br>Spins - Int A/B, Sr A/B   |   |
| 7:00 – 8:00<br>Freestyle - Int A, Sr A/B |   |
| OFF-ICE                                  |   |
| 4:00 – 4:50pm<br>Fitness - Int B         | 5:35 – 6:05pm<br>Off-ice - Junior Academy |
| 4:15 – 5:15<br>Fitness - Sr A            |   |
| 5:15 – 6:15<br>Fitness - Sr A            |   |
| 5:35 – 6:05<br>Jump Class - Int A, Sr B  |   |

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

| Wednesday                                   |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 1:00 – 2:00pm<br>Freestyle - Sr A           | 4:00 – 4:15pm<br>Spins - Int A/B     |
| Flood                                       | 4:15 – 5:15                          |
| 2:15 – 3:15<br>Freestyle - Sr A             | Freestyle - Int A/B                  |
| Flood                                       | 5:15 – 5:30                          |
| 3:30 – 4:15<br>Freestyle - Sr A/B           | Stroking - Int A/B                   |
| 4:15 – 4:45<br>Stroking - Sr, Comp + Juv 26 | Flood                                |
| Flood                                       | 5:45 – 6:15                          |
| 5:00 – 6:00<br>Freestyle - Sr A/B + Juv 26  | Dance / Skills - Int A/B             |
| 6:00 – 6:30<br>Spins - Sr A/B + Juv 26      | 5:45 – 7:15<br>Comp                  |
| 6:00 – 6:30<br>Edges - Jr                   | WEM                                  |
| 6:30 – 7:30<br>Freestyle - Jr               | 4:30 – 5:30pm<br>JumpStart           |
|   | 5:30 – 6:15<br>CanSkate              |
|   | 6:15 – 7:15<br>PowerSkate            |
| OFF-ICE                                     |                                      |
| 5:00 – 5:45pm<br>Jump Class - Jr            | 5:35 – 6:05pm<br>Off-ice - JumpStart |

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

| Friday                                      |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 12:30 – 1:30pm<br>Freestyle - Elite         | 3:15 – 4:45pm<br>Comp                |
| Flood                                       | 4:45 – 5:45                          |
| 1:45 – 2:45<br>Freestyle - Sr A             | Freestyle - Int A/B                  |
| Flood                                       | 5:45 – 6:00<br>Spins - Int A/B       |
| 3:00 – 3:45<br>Freestyle - Sr A             | 6:00 – 6:15<br>Stroking - Int A/B    |
| Flood                                       |                                      |
| 4:00 – 5:00<br>Freestyle - Sr A/B + Juv 26  |                                      |
| Flood                                       |                                      |
| 5:15 – 6:00<br>Freestyle - Sr A/B + Juv 26  | WEM                                  |
| 6:00 – 6:15<br>Stroking - Jr, Sr B + Juv 26 | 5:00 – 6:00pm<br>JumpStart           |
| 6:15 – 7:15<br>Freestyle - Jr               | 6:00 – 6:45<br>CanSkate              |
| 7:15 – 7:30<br>Artistic Development - Jr    | 6:45 – 7:30<br>CanSkate              |
|   |                                      |
| OFF-ICE                                     |                                      |
| 4:50 – 5:50pm<br>Ballet - Jr                | 4:20 – 4:50pm<br>Off-ice - JumpStart |
| 6:20 – 7:20<br>Ballet - Int A, Sr B         | 6:20 – 7:20<br>Ballet - Int B        |

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

## Master Schedule September 3, 2019 - April 18, 2020

| Monday                                   |   |
|--|---|
| WEM                                      | TRC-b                                     |
| 12:30 – 1:30pm<br>Freeskate - Sr A       | 3:45 – 4:30pm<br>CanSkate                 |
| Flood                                    | 4:30 – 5:30                               |
| 1:45 – 2:30<br>Freeskate - Sr A          | Junior Academy                            |
| Flood                                    | 5:30 – 6:15                               |
| 2:45 – 3:45<br>Freeskate - Sr A/B        | CanSkate                                  |
| 3:45 – 4:00<br>Edges - Sr A/B            | 6:15 – 7:00<br>CanSkate                   |
| Flood                                    |   |
| 4:15 – 5:00<br>Freeskate - Sr A/B        |   |
| 5:00 – 6:00<br>Freeskate - Int B         |   |
| Flood                                    |   |
| 6:15 – 6:30<br>Edges - Int A/B, Sr B     |   |
| 6:30 – 7:00<br>Spins - Int A/B, Sr A/B   |   |
| 7:00 – 8:00<br>Freeskate - Int A, Sr A/B |   |
| OFF-ICE                                  |   |
| 4:00 – 4:50pm<br>Fitness - Int B         | 5:35 – 6:05pm<br>Off-ice - Junior Academy |
| 4:15 – 5:15<br>Fitness - Sr A            |   |
| 5:15 – 6:15<br>Fitness - Sr A            |   |
| 5:35 – 6:05<br>Jump Class - Int A, Sr B  |   |

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

| Wednesday                                   |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 1:00 – 2:00pm<br>Freeskate - Sr A           | 4:00 – 4:15pm<br>Spins - Int A/B     |
| Flood                                       | 4:15 – 5:15                          |
| 2:15 – 3:15<br>Freeskate - Sr A             | Freeskate - Int A/B                  |
| Flood                                       | 5:15 – 5:30                          |
| 3:30 – 4:15<br>Freeskate - Sr A/B           | Stroking - Int A/B                   |
| 4:15 – 4:45<br>Stroking - Sr, Comp + Juv 26 | Flood                                |
| Flood                                       | 5:45 – 6:15                          |
| 5:00 – 6:00<br>Freeskate - Sr A/B + Juv 26  | Dance / Skills - Int A/B             |
| 6:00 – 6:30<br>Spins - Sr A/B + Juv 26      | 5:45 – 7:15<br>Comp                  |
| 6:00 – 6:30<br>Edges - Jr                   |                                      |
| 6:30 – 7:30<br>Freeskate - Jr               | 4:30 – 5:30pm<br>JumpStart           |
|   | 5:30 – 6:15<br>CanSkate              |
|   | 6:15 – 7:15<br>PowerSkate            |
| OFF-ICE                                     |                                      |
| 5:00 – 5:45pm<br>Jump Class - Jr            | 5:35 – 6:05pm<br>Off-ice - JumpStart |

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

| Friday                                      |                                      |
|---|--------------------------------------|
| TRC-a                                       | TRC-b                                |
| 12:30 – 1:30pm<br>Freeskate - Elite         | 3:15 – 4:45pm<br>Comp                |
| Flood                                       | 4:45 – 5:45                          |
| 1:45 – 2:45<br>Freeskate - Sr A             | Freeskate - Int A/B                  |
| Flood                                       | 5:45 – 6:00<br>Spins - Int A/B       |
| 3:00 – 3:45<br>Freeskate - Sr A             | 6:00 – 6:15<br>Stroking - Int A/B    |
| Flood                                       |                                      |
| 4:00 – 5:00<br>Freeskate - Sr A/B + Juv 26  |                                      |
| Flood                                       | WEM                                  |
| 5:15 – 6:00<br>Freeskate - Sr A/B + Juv 26  | 5:00 – 6:00pm<br>JumpStart           |
| 6:00 – 6:15<br>Stroking - Jr, Sr B + Juv 26 | 6:00 – 6:45<br>CanSkate              |
| 6:15 – 7:15<br>Freeskate - Jr               | 6:45 – 7:30<br>CanSkate              |
| 7:15 – 7:30<br>Artistic Development - Jr    |                                      |
| OFF-ICE                                     |                                      |
| 4:50 – 5:50pm<br>Ballet - Jr                | 4:20 – 4:50pm<br>Off-ice - JumpStart |
| 6:20 – 7:20<br>Ballet - Int A, Sr B         | 6:20 – 7:20<br>Ballet - Int B        |

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