

Junior

Monday	
WEM	TRC-b
12:45 – 1:45pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:00 – 3:00 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:00 – 3:15 Edge Class - Sr A	
Flood	
3:30 – 4:15 Freeskate - Sr A/B	
Flood	
4:30 – 5:30 Freeskate - Int A, Sr A/B	
5:30 – 5:45 Edge Class - Int A/B, Sr A/B	
5:45 – 6:15 Spins - Int A/B, Sr A/B	
Flood	
6:30 – 7:30 Freeskate - Int B	
OFF-ICE	
4:50 – 5:20pm Jump Class - Int B	5:35 – 6:05pm Off-ice - Junior Academy
7:15 – 8:00 (Zoom) Fitness - Int A, Sr A/B	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	5:15 – 6:15pm Freeskate - Jr
Flood	6:15 – 6:45 Edges - Jr, Int B
2:15 – 3:15 Freeskate - Sr A	6:45 – 7:45 Freeskate - Int B
3:15 – 3:45 Edge Class - Sr A	7:45 – 8:15 Spins - Int A/B
Flood	
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:15 Pair / Dance / Adult	
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
	WEM
	4:45 – 5:45pm Junior Academy
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	4:15 – 5:00pm Gymnastics - Jr
5:00 – 6:00 Ballet - Int A, Sr A/B	5:00 – 6:00 Gymnastics - Int B
	5:50 – 6:20 Off-ice - Junior Academy

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 (Optional)
4:15 – 4:45 Stroking - Int A, Sr A/B	5:45 – 7:15 Pair / Dance / Adult
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 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
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 PowerSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int B	
6:00 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:15 – 5:45 Jump Class - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	4:15 – 4:45pm Dance / Skills - Int (Optional)
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, Int A	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CRESTWOOD ARENA	KINSMEN ARENA
9:00 – 10:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance / Adult
10:00 – 10:30 Spins - Int A/B, Sr A/B	Flood
10:30 – 11:30 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance / Adult
Flood	12:00 – 12:45 Pair / Dance / Adult
11:45 – 12:15 Edge Class - Jr	
12:15 – 1:15 Freeskate - Jr	
	Sunday - TRC-c
	10:00 – 10:45am CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:15 CanSkate
	Flood
	12:30 – 1:30 Junior Academy
OFF-ICE	
	11:45am-12:15pm Off-ice - Junior Academy

Intermediate B

Monday	
WEM	TRC-b
12:45 – 1:45pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:00 – 3:00 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:00 – 3:15 Edge Class - Sr A	
Flood	
3:30 – 4:15 Freeskate - Sr A/B	
Flood	
4:30 – 5:30 Freeskate - Int A, Sr A/B	
5:30 – 5:45 Edge Class - Int A/B, Sr A/B	
5:45 – 6:15 Spins - Int A/B, Sr A/B	
Flood	
6:30 – 7:30 Freeskate - Int B	
OFF-ICE	
4:50 – 5:20pm Jump Class - Int B	5:35 – 6:05pm Off-ice - Junior Academy
7:15 – 8:00 (Zoom) Fitness - Int A, Sr A/B	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	5:15 – 6:15pm Freeskate - Jr
Flood	6:15 – 6:45
2:15 – 3:15 Freeskate - Sr A	Edges - Jr, Int B
3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45
Flood	Freeskate - Int B
4:00 – 4:45 Freeskate - Sr A/B	7:45 – 8:15
Flood	Spins - Int A/B
5:00 – 6:15 Pair / Dance / Adult	
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
	WEM
	4:45 – 5:45pm Junior Academy
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	4:15 – 5:00pm Gymnastics - Jr
5:00 – 6:00 Ballet - Int A, Sr A/B	5:00 – 6:00 Gymnastics - Int B
	5:50 – 6:20 Off-ice - Junior Academy

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 Stroking - Int B
3:30 – 4:15 Freeskate - Sr A/B	Flood
4:15 – 4:45 Stroking - Int A, Sr A/B	5:45 – 6:15
Flood	Dance / Skills - Int (Optional)
5:00 – 6:00 Freeskate - Int A, Sr A/B	5:45 – 7:15 Pair / Dance / Adult
6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
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 PowerSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int B	
6:00 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:15 – 5:45 Jump Class - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	4:15 – 4:45pm Dance / Skills - Int (Optional)
Flood	4:45 – 5:45
1:45 – 2:45 Freeskate - Sr A	Freeskate - Int B
Flood	5:45 – 6:00
3:00 – 3:45 Freeskate - Sr A	6:00 – 6:15 Spins - Int B
Flood	6:00 – 6:15 Stroking - Int B
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, Int A	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CRESTWOOD ARENA	KINSMEN ARENA
9:00 – 10:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance / Adult
10:00 – 10:30 Spins - Int A/B, Sr A/B	Flood
10:30 – 11:30 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance / Adult
Flood	12:00 – 12:45 Pair / Dance / Adult
11:45 – 12:15 Edge Class - Jr	
12:15 – 1:15 Freeskate - Jr	
	Sunday - TRC-c
	10:00 – 10:45am CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:15 CanSkate
	Flood
	12:30 – 1:30 Junior Academy
OFF-ICE	
	11:45am-12:15pm Off-ice - Junior Academy

Intermediate A

Monday	
WEM	TRC-b
12:45 – 1:45pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:00 – 3:00 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:00 – 3:15 Edge Class - Sr A	
Flood	
3:30 – 4:15 Freeskate - Sr A/B	
Flood	
4:30 – 5:30 Freeskate - Int A, Sr A/B	
5:30 – 5:45 Edge Class - Int A/B, Sr A/B	
5:45 – 6:15 Spins - Int A/B, Sr A/B	
Flood	
6:30 – 7:30 Freeskate - Int B	
OFF-ICE	
4:50 – 5:20pm Jump Class - Int B	5:35 – 6:05pm Off-ice - Junior Academy
7:15 – 8:00 (Zoom) Fitness - Int A, Sr A/B	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	5:15 – 6:15pm Freeskate - Jr
Flood	6:15 – 6:45 Edges - Jr, Int B
2:15 – 3:15 Freeskate - Sr A	6:45 – 7:45 Freeskate - Int B
3:15 – 3:45 Edge Class - Sr A	7:45 – 8:15 Spins - Int A/B
Flood	
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:15 Pair / Dance / Adult	
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	WEM
	4:45 – 5:45pm Junior Academy
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	4:15 – 5:00pm Gymnastics - Jr
5:00 – 6:00 Ballet - Int A, Sr A/B	5:00 – 6:00 Gymnastics - Int B
	5:50 – 6:20 Off-ice - Junior Academy

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	
3:30 – 4:15 Freeskate - Sr A/B	Flood
4:15 – 4:45 Stroking - Int A, Sr A/B	5:45 – 6:15 Dance / Skills - Int (Optional)
Flood	5:45 – 7:15 Pair / Dance / Adult
5:00 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
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 PowerSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int B	
6:00 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:15 – 5:45 Jump Class - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	4:15 – 4:45pm Dance / Skills - Int (Optional)
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, Int A	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CRESTWOOD ARENA	KINSMEN ARENA
9:00 – 10:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance / Adult
10:00 – 10:30 Spins - Int A/B, Sr A/B	Flood
10:30 – 11:30 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance / Adult
Flood	12:00 – 12:45 Pair / Dance / Adult
11:45 – 12:15 Edge Class - Jr	
12:15 – 1:15 Freeskate - Jr	
	Sunday - TRC-c
	10:00 – 10:45am CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:15 CanSkate
	Flood
	12:30 – 1:30 Junior Academy
OFF-ICE	
	11:45am-12:15pm Off-ice - Junior Academy

Senior B

Monday	
WEM	TRC-b
12:45 – 1:45pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:00 – 3:00 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:00 – 3:15 Edge Class - Sr A	
Flood	
3:30 – 4:15 Freeskate - Sr A/B	
Flood	
4:30 – 5:30 Freeskate - Int A, Sr A/B	
5:30 – 5:45 Edge Class - Int A/B, Sr A/B	
5:45 – 6:15 Spins - Int A/B, Sr A/B	
Flood	
6:30 – 7:30 Freeskate - Int B	
OFF-ICE	
4:50 – 5:20pm Jump Class - Int B	5:35 – 6:05pm Off-ice - Junior Academy
7:15 – 8:00 (Zoom) Fitness - Int A, Sr A/B	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	5:15 – 6:15pm Freeskate - Jr
Flood	6:15 – 6:45 Edges - Jr, Int B
2:15 – 3:15 Freeskate - Sr A	6:45 – 7:45 Freeskate - Int B
3:15 – 3:45 Edge Class - Sr A	7:45 – 8:15 Spins - Int A/B
Flood	
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:15 Pair / Dance / Adult	
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
	WEM
	4:45 – 5:45pm Junior Academy
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	4:15 – 5:00pm Gymnastics - Jr
5:00 – 6:00 Ballet - Int A, Sr A/B	5:00 – 6:00 Gymnastics - Int B
	5:50 – 6:20 Off-ice - Junior Academy

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	
3:30 – 4:15 Freeskate - Sr A/B	Flood
4:15 – 4:45 Stroking - Int A, Sr A/B	5:45 – 6:15 Dance / Skills - Int (Optional)
Flood	5:45 – 7:15 Pair / Dance / Adult
5:00 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
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 PowerSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int B	
6:00 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:15 – 5:45 Jump Class - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	4:15 – 4:45pm Dance / Skills - Int (Optional)
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, Int A	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CRESTWOOD ARENA	KINSMEN ARENA
9:00 – 10:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance / Adult
10:00 – 10:30 Spins - Int A/B, Sr A/B	Flood
10:30 – 11:30 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance / Adult
Flood	12:00 – 12:45 Pair / Dance / Adult
11:45 – 12:15 Edge Class - Jr	
12:15 – 1:15 Freeskate - Jr	
	Sunday - TRC-c
	10:00 – 10:45am CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:15 CanSkate
	Flood
	12:30 – 1:30 Junior Academy
OFF-ICE	
	11:45am-12:15pm Off-ice - Junior Academy

Senior A

Monday	
WEM	TRC-b
12:45 – 1:45pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:00 – 3:00 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:00 – 3:15 Edge Class - Sr A	
Flood	
3:30 – 4:15 Freeskate - Sr A/B	
Flood	
4:30 – 5:30 Freeskate - Int A, Sr A/B	
5:30 – 5:45 Edge Class - Int A/B, Sr A/B	
5:45 – 6:15 Spins - Int A/B, Sr A/B	
Flood	
6:30 – 7:30 Freeskate - Int B	
OFF-ICE	
4:50 – 5:20pm Jump Class - Int B	5:35 – 6:05pm Off-ice - Junior Academy
7:15 – 8:00 (Zoom) Fitness - Int A, Sr A/B	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	5:15 – 6:15pm Freeskate - Jr
Flood	6:15 – 6:45 Edges - Jr, Int B
2:15 – 3:15 Freeskate - Sr A	6:45 – 7:45 Freeskate - Int B
3:15 – 3:45 Edge Class - Sr A	7:45 – 8:15 Spins - Int A/B
Flood	
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:15 Pair / Dance / Adult	
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
	WEM
	4:45 – 5:45pm Junior Academy
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	4:15 – 5:00pm Gymnastics - Jr
5:00 – 6:00 Ballet - Int A, Sr A/B	5:00 – 6:00 Gymnastics - Int B
	5:50 – 6:20 Off-ice - Junior Academy

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 (Optional)
4:15 – 4:45 Stroking - Int A, Sr A/B	5:45 – 7:15 Pair / Dance / Adult
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 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
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 PowerSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int B	
6:00 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:15 – 5:45 Jump Class - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	4:15 – 4:45pm Dance / Skills - Int (Optional)
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, Int A	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CRESTWOOD ARENA	KINSMEN ARENA
9:00 – 10:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance / Adult
10:00 – 10:30 Spins - Int A/B, Sr A/B	Flood
10:30 – 11:30 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance / Adult
Flood	12:00 – 12:45 Pair / Dance / Adult
11:45 – 12:15 Edge Class - Jr	
12:15 – 1:15 Freeskate - Jr	
	Sunday - TRC-c
	10:00 – 10:45am CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:15 CanSkate
	Flood
	12:30 – 1:30 Junior Academy
OFF-ICE	
	11:45am-12:15pm Off-ice - Junior Academy

Master Schedule

September 1, 2021 - April 23, 2022

Monday	
WEM	TRC-b
12:45 – 1:45pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15
2:00 – 3:00 Freeskate - Sr A	CanSkate
3:00 – 3:15 Edge Class - Sr A	6:15 – 7:00 CanSkate
Flood	
3:30 – 4:15 Freeskate - Sr A/B	
Flood	
4:30 – 5:30 Freeskate - Int A, Sr A/B	
5:30 – 5:45 Edge Class - Int A/B, Sr A/B	
5:45 – 6:15 Spins - Int A/B, Sr A/B	
Flood	
6:30 – 7:30 Freeskate - Int B	
OFF-ICE	
4:50 – 5:20pm Jump Class - Int B	5:35 – 6:05pm Off-ice - Junior Academy
7:15 – 8:00 (Zoom) Fitness - Int A, Sr A/B	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	5:15 – 6:15pm Freeskate - Jr
Flood	6:15 – 6:45
2:15 – 3:15 Freeskate - Sr A	Edges - Jr, Int B
3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45
Flood	Freeskate - Int B
4:00 – 4:45 Freeskate - Sr A/B	7:45 – 8:15
Flood	Spins - Int A/B
5:00 – 6:15 Pair / Dance / Adult	
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	WEM
	4:45 – 5:45pm Junior Academy
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	4:15 – 5:00pm Gymnastics - Jr
5:00 – 6:00 Ballet - Int A, Sr A/B	5:00 – 6:00 Gymnastics - Int B
	5:50 – 6:20 Off-ice - Junior Academy

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	Flood
Flood	5:45 – 6:15
5:00 – 6:00 Freeskate - Int A, Sr A/B	Dance / Skills - Int (Optional)
6:00 – 6:30 Spins - Int A, Sr A/B	5:45 – 7:15
6:00 – 6:30 Edge Class - Jr	Pair / Dance / Adult
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
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	CanSkate
3:45 – 4:00 Edge Class - Sr A/B	6:15 – 7:00 PowerSkate
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int B	
6:00 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:15 – 5:45 Jump Class - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	4:15 – 4:45pm Dance / Skills - Int (Optional)
Flood	4:45 – 5:45
1:45 – 2:45 Freeskate - Sr A	Freeskate - Int B
Flood	5:45 – 6:00
3:00 – 3:45 Freeskate - Sr A	Spins - Int B
Flood	6:00 – 6:15 Stroking - Int B
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, Int A	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CRESTWOOD ARENA	KINSMEN ARENA
9:00 – 10:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance / Adult
10:00 – 10:30 Spins - Int A/B, Sr A/B	Flood
10:30 – 11:30 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance / Adult
Flood	12:00 – 12:45 Pair / Dance / Adult
11:45 – 12:15 Edge Class - Jr	
12:15 – 1:15 Freeskate - Jr	
Sunday - TRC-c	
	10:00 – 10:45am CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:15 CanSkate
	Flood
	12:30 – 1:30 Junior Academy
OFF-ICE	
	11:45am-12:15pm Off-ice - Junior Academy