

Junior

Monday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
	5:30 – 6:15
12:30 – 1:30pm Freeskate - Sr A	CanSkate
Flood	6:15 – 7:00
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	7:00 – 7:45
2:45 – 3:45 Freeskate - Sr A	CanSkate / Adult LTS
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Flexibility - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A/B	
5:30 – 6:00 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	3:45 – 4:45
2:15 – 3:15 Freeskate - Sr A	Pair / Dance
3:15 – 3:45 Edge Class - Sr A	Flood
Flood	5:00 – 5:30 Int Dance
4:00 – 5:00 Freeskate - Int A, Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:45
5:15 – 6:15 Freeskate - Jr	Edges - Int B
6:15 – 6:45 Edge Class - Jr	Flood
6:15 – 6:45 Edge Class - Int A, Sr A/B	7:00 – 7:15
6:45 – 7:45 Freeskate - Int A, Sr A/B	Spins - Int B
	7:15 – 8:00
	Freeskate - Int B
	WEM
	4:15 – 5:00pm CanSkate
	5:00 – 6:00 JumpStart
	6:00 – 6:45 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	6:05 – 6:35pm Off-ice - JumpStart
4:15 – 5:00 Fitness - Jr	
5:10 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	4:00 – 4:15 Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
3:30 – 4:15 Freeskate - Sr A/B	5:15 – 5:30 Stroking - Int B
4:15 – 4:45 Stroking - Int A, Sr A/B	Flood
Flood	5:45 – 6:45 Pair / Dance
5:00 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:30 CanSkate
6:00 – 6:30 Spins - Int A, Sr A/B	7:30 – 8:15 PowerSkate / Adult LTS
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:30pm Jump Class - Int B

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:00 – 3:45 CanSkate
Flood	3:45 – 4:30 CanSkate
1:45 – 2:30 Freeskate - Sr A	4:30 – 5:30 Junior Academy
Flood	
2:45 – 3:45 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 CanSkate
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:10 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:30pm Pair / Dance
Flood	Flood
1:45 – 2:45 Freeskate - Sr A	4:45 – 5:15 Int Dance
Flood	5:15 – 6:00 Freeskate - Int B
3:00 – 3:45 Freeskate - Sr A/B	6:00 – 6:15 Stroking - Int B
Flood	Flood
4:00 – 5:00 Freeskate - Int A, Sr A/B	6:30 – 7:00 Spins - Int B
Flood	7:00 – 7:45 Freeskate - Int B
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 Creative Movement - Jr	
OFF-ICE	
4:45 – 5:45pm Ballet - Jr	

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	10:30 – 11:30am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:45 – 12:45 Pair / Dance
Flood	
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
	11:00 – 11:45 CanSkate
TRC-b	11:45 – 12:30 CanSkate
9:45 – 10:30am CanSkate	12:30 – 1:30 Junior Academy
10:30 – 11:15 CanSkate	
11:15 – 12:00 CanSkate	
12:00 – 1:00 JumpStart	
OFF-ICE	
9:40 – 10:20am Gymnastics - Int B	1:35 – 2:05pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
11:20 – 12:00 Gymnastics - Int A	
1:05 – 1:35 Off-ice - JumpStart	

Intermediate B

Monday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
	5:30 – 6:15
12:30 – 1:30pm Freeskate - Sr A	CanSkate
Flood	6:15 – 7:00
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	7:00 – 7:45
2:45 – 3:45 Freeskate - Sr A	CanSkate / Adult LTS
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Flexibility - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A/B	
5:30 – 6:00 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	3:45 – 4:45
2:15 – 3:15 Freeskate - Sr A	Pair / Dance
3:15 – 3:45 Edge Class - Sr A	Flood
Flood	5:00 – 5:30 Int Dance
4:00 – 5:00 Freeskate - Int A, Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:45
5:15 – 6:15 Freeskate - Jr	Edges - Int B
6:15 – 6:45 Edge Class - Jr	Flood
6:15 – 6:45 Edge Class - Int A, Sr A/B	7:00 – 7:15 Spins - Int B
6:45 – 7:45 Freeskate - Int A, Sr A/B	7:15 – 8:00 Freeskate - Int B
	WEM
	4:15 – 5:00pm CanSkate
	5:00 – 6:00 JumpStart
	6:00 – 6:45 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	6:05 – 6:35pm Off-ice - JumpStart
4:15 – 5:00 Fitness - Jr	
5:10 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	4:00 – 4:15 Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
3:30 – 4:15 Freeskate - Sr A/B	5:15 – 5:30 Stroking - Int B
4:15 – 4:45 Stroking - Int A, Sr A/B	Flood
Flood	5:45 – 6:45 Pair / Dance
5:00 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:30 CanSkate
6:00 – 6:30 Spins - Int A, Sr A/B	7:30 – 8:15 PowerSkate / Adult LTS
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:30pm Jump Class - Int B

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:00 – 3:45 CanSkate
Flood	3:45 – 4:30 CanSkate
1:45 – 2:30 Freeskate - Sr A	4:30 – 5:30 Junior Academy
Flood	
2:45 – 3:45 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 CanSkate
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:10 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:30pm Pair / Dance
Flood	Flood
1:45 – 2:45 Freeskate - Sr A	4:45 – 5:15 Int Dance
Flood	5:15 – 6:00 Freeskate - Int B
3:00 – 3:45 Freeskate - Sr A/B	6:00 – 6:15 Stroking - Int B
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	Flood
Flood	6:30 – 7:00 Spins - Int B
5:15 – 6:00 Freeskate - Int A, Sr A/B	7:00 – 7:45 Freeskate - Int B
6:00 – 6:15 Stroking - Jr, Int A	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:45 – 5:45pm Ballet - Jr	

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	10:30 – 11:30am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:45 – 12:45 Pair / Dance
Flood	
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
	11:00 – 11:45 CanSkate
TRC-b	11:45 – 12:30 CanSkate
9:45 – 10:30am CanSkate	12:30 – 1:30 Junior Academy
10:30 – 11:15 CanSkate	
11:15 – 12:00 CanSkate	
12:00 – 1:00 JumpStart	
OFF-ICE	
9:40 – 10:20am Gymnastics - Int B	1:35 – 2:05pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
11:20 – 12:00 Gymnastics - Int A	
1:05 – 1:35 Off-ice - JumpStart	

Intermediate A

Monday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
	5:30 – 6:15
12:30 – 1:30pm Freeskate - Sr A	CanSkate
Flood	6:15 – 7:00
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	7:00 – 7:45
2:45 – 3:45 Freeskate - Sr A	CanSkate / Adult LTS
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Flexibility - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A/B	
5:30 – 6:00 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	3:45 – 4:45
2:15 – 3:15 Freeskate - Sr A	Pair / Dance
3:15 – 3:45 Edge Class - Sr A	Flood
Flood	5:00 – 5:30 Int Dance
4:00 – 5:00 Freeskate - Int A, Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:45
5:15 – 6:15 Freeskate - Jr	Edges - Int B
6:15 – 6:45 Edge Class - Jr	Flood
6:15 – 6:45 Edge Class - Int A, Sr A/B	7:00 – 7:15 Spins - Int B
6:45 – 7:45 Freeskate - Int A, Sr A/B	7:15 – 8:00 Freeskate - Int B
	WEM
	4:15 – 5:00pm CanSkate
	5:00 – 6:00 JumpStart
	6:00 – 6:45 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	6:05 – 6:35pm Off-ice - JumpStart
4:15 – 5:00 Fitness - Jr	
5:10 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	4:00 – 4:15 Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
3:30 – 4:15 Freeskate - Sr A/B	5:15 – 5:30 Stroking - Int B
4:15 – 4:45 Stroking - Int A, Sr A/B	Flood
Flood	5:45 – 6:45 Pair / Dance
5:00 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:30 CanSkate
6:00 – 6:30 Spins - Int A, Sr A/B	7:30 – 8:15 PowerSkate / Adult LTS
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:30pm Jump Class - Int B

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:00 – 3:45 CanSkate
Flood	3:45 – 4:30 CanSkate
1:45 – 2:30 Freeskate - Sr A	4:30 – 5:30 Junior Academy
Flood	
2:45 – 3:45 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 CanSkate
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:10 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:30pm Pair / Dance
Flood	Flood
1:45 – 2:45 Freeskate - Sr A	4:45 – 5:15 Int Dance
Flood	5:15 – 6:00 Freeskate - Int B
3:00 – 3:45 Freeskate - Sr A/B	6:00 – 6:15 Stroking - Int B
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	Flood
Flood	6:30 – 7:00 Spins - Int B
5:15 – 6:00 Freeskate - Int A, Sr A/B	7:00 – 7:45 Freeskate - Int B
6:00 – 6:15 Stroking - Jr, Int A	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:45 – 5:45pm Ballet - Jr	

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	10:30 – 11:30am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:45 – 12:45 Pair / Dance
Flood	
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
	11:00 – 11:45 CanSkate
TRC-b	11:45 – 12:30 CanSkate
9:45 – 10:30am CanSkate	12:30 – 1:30 Junior Academy
10:30 – 11:15 CanSkate	
11:15 – 12:00 CanSkate	
12:00 – 1:00 JumpStart	
OFF-ICE	
9:40 – 10:20am Gymnastics - Int B	1:35 – 2:05pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
11:20 – 12:00 Gymnastics - Int A	
1:05 – 1:35 Off-ice - JumpStart	

Senior B

Monday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
	5:30 – 6:15
12:30 – 1:30pm Freeskate - Sr A	CanSkate
Flood	6:15 – 7:00
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	7:00 – 7:45 CanSkate / Adult LTS
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Flexibility - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A/B	
5:30 – 6:00 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	3:45 – 4:45
2:15 – 3:15 Freeskate - Sr A	Pair / Dance
3:15 – 3:45 Edge Class - Sr A	Flood
Flood	5:00 – 5:30 Int Dance
4:00 – 5:00 Freeskate - Int A, Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:45 Edges - Int B
5:15 – 6:15 Freeskate - Jr	Flood
6:15 – 6:45 Edge Class - Jr	7:00 – 7:15 Spins - Int B
6:15 – 6:45 Edge Class - Int A, Sr A/B	7:15 – 8:00 Freeskate - Int B
6:45 – 7:45 Freeskate - Int A, Sr A/B	WEM
	4:15 – 5:00pm CanSkate
	5:00 – 6:00 JumpStart
	6:00 – 6:45 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	6:05 – 6:35pm Off-ice - JumpStart
4:15 – 5:00 Fitness - Jr	
5:10 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	4:00 – 4:15 Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
3:30 – 4:15 Freeskate - Sr A/B	5:15 – 5:30 Stroking - Int B
4:15 – 4:45 Stroking - Int A, Sr A/B	Flood
Flood	5:45 – 6:45 Pair / Dance
5:00 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:30 CanSkate
6:00 – 6:30 Spins - Int A, Sr A/B	7:30 – 8:15 PowerSkate / Adult LTS
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:30pm Jump Class - Int B

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:00 – 3:45 CanSkate
Flood	3:45 – 4:30
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	4:30 – 5:30 Junior Academy
2:45 – 3:45 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 CanSkate
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:10 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:30pm Pair / Dance
Flood	Flood
1:45 – 2:45 Freeskate - Sr A	4:45 – 5:15 Int Dance
Flood	5:15 – 6:00 Freeskate - Int B
3:00 – 3:45 Freeskate - Sr A/B	6:00 – 6:15 Stroking - Int B
Flood	Flood
4:00 – 5:00 Freeskate - Int A, Sr A/B	6:30 – 7:00 Spins - Int B
Flood	7:00 – 7:45 Freeskate - Int B
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 Creative Movement - Jr	
OFF-ICE	
4:45 – 5:45pm Ballet - Jr	

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	10:30 – 11:30am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:45 – 12:45 Pair / Dance
Flood	
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
	11:00 – 11:45 CanSkate
TRC-b	11:45 – 12:30 CanSkate
9:45 – 10:30am CanSkate	12:30 – 1:30 Junior Academy
10:30 – 11:15 CanSkate	
11:15 – 12:00 CanSkate	
12:00 – 1:00 JumpStart	
OFF-ICE	
9:40 – 10:20am Gymnastics - Int B	1:35 – 2:05pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
11:20 – 12:00 Gymnastics - Int A	
1:05 – 1:35 Off-ice - JumpStart	

Senior A

Monday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
	5:30 – 6:15
12:30 – 1:30pm Freeskate - Sr A	CanSkate
Flood	6:15 – 7:00
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	7:00 – 7:45 CanSkate / Adult LTS
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Flexibility - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A/B	
5:30 – 6:00 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	3:45 – 4:45
2:15 – 3:15 Freeskate - Sr A	Pair / Dance
3:15 – 3:45 Edge Class - Sr A	Flood
Flood	5:00 – 5:30 Int Dance
4:00 – 5:00 Freeskate - Int A, Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:45 Edges - Int B
5:15 – 6:15 Freeskate - Jr	Flood
6:15 – 6:45 Edge Class - Jr	7:00 – 7:15 Spins - Int B
6:15 – 6:45 Edge Class - Int A, Sr A/B	7:15 – 8:00 Freeskate - Int B
6:45 – 7:45 Freeskate - Int A, Sr A/B	WEM
	4:15 – 5:00pm CanSkate
	5:00 – 6:00 JumpStart
	6:00 – 6:45 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	6:05 – 6:35pm Off-ice - JumpStart
4:15 – 5:00 Fitness - Jr	
5:10 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freeskate - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	4:00 – 4:15 Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
3:30 – 4:15 Freeskate - Sr A/B	5:15 – 5:30 Stroking - Int B
4:15 – 4:45 Stroking - Int A, Sr A/B	Flood
Flood	5:45 – 6:45 Pair / Dance
5:00 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:30 CanSkate
6:00 – 6:30 Spins - Int A, Sr A/B	7:30 – 8:15 PowerSkate / Adult LTS
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:30pm Jump Class - Int B

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:00 – 3:45 CanSkate
Flood	3:45 – 4:30
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	4:30 – 5:30
2:45 – 3:45 Freeskate - Sr A	Junior Academy
3:45 – 4:00 Jump Drills - Sr A/B	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 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	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:10 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:30pm Pair / Dance
Flood	Flood
1:45 – 2:45 Freeskate - Sr A	4:45 – 5:15 Int Dance
Flood	5:15 – 6:00 Freeskate - Int B
3:00 – 3:45 Freeskate - Sr A/B	6:00 – 6:15 Stroking - Int B
Flood	Flood
4:00 – 5:00 Freeskate - Int A, Sr A/B	6:30 – 7:00 Spins - Int B
Flood	7:00 – 7:45 Freeskate - Int B
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 Creative Movement - Jr	
OFF-ICE	
4:45 – 5:45pm Ballet - Jr	

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	10:30 – 11:30am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:45 – 12:45 Pair / Dance
Flood	
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:45 – 10:30am CanSkate	11:45 – 12:30 CanSkate
10:30 – 11:15 CanSkate	12:30 – 1:30 Junior Academy
11:15 – 12:00 CanSkate	
12:00 – 1:00 JumpStart	
OFF-ICE	
9:40 – 10:20am Gymnastics - Int B	1:35 – 2:05pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
11:20 – 12:00 Gymnastics - Int A	
1:05 – 1:35 Off-ice - JumpStart	

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Monday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
12:30 – 1:30pm Freestyle - Sr A	6:15 – 7:00 CanSkate
Flood	7:00 – 7:45 CanSkate / Adult LTS
1:45 – 2:30 Freestyle - Sr A	
Flood	
2:45 – 3:45 Freestyle - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freestyle - Int A, Sr A/B	
5:00 – 6:00 Freestyle - Int B	
Flood	
6:15 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:45 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Flexibility - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A/B	
5:30 – 6:00 Jump Class - Int A	

Tuesday		
TRC-a	TRC-b	
1:00 – 2:00pm Freestyle - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr	
Flood	3:45 – 4:45 Pair / Dance	
2:15 – 3:15 Freestyle - Sr A	Flood	
3:15 – 3:45 Edge Class - Sr A	5:00 – 5:30 Int Dance	
Flood	5:30 – 6:15 Freestyle - Int B	
4:00 – 5:00 Freestyle - Int A, Sr A/B	6:15 – 6:45 Edges - Int B	
Flood		
5:15 – 6:15 Freestyle - Jr	Flood	
6:15 – 6:45 Edge Class - Jr	7:00 – 7:15 Spins - Int B	
6:15 – 6:45 Edge Class - Int A, Sr A/B	7:15 – 8:00 Freestyle - Int B	
6:45 – 7:45 Freestyle - Int A, Sr A/B	WEM	
	4:15 – 5:00pm CanSkate	
	5:00 – 6:00 JumpStart	
	6:00 – 6:45 CanSkate	
OFF-ICE		
4:00 – 5:00pm Ballet - Sr A	6:05 – 6:35pm Off-ice - JumpStart	
4:15 – 5:00 Fitness - Jr		
5:10 – 6:00 Ballet - Int A, Sr A/B		

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freestyle - Sr A	2:45 – 3:45pm Pair / Dance / Int / Sr
Flood	Flood
2:15 – 3:15 Freestyle - Sr A	4:00 – 4:15 Spins - Int B
Flood	4:15 – 5:15 Freestyle - Int B
3:30 – 4:15 Freestyle - Sr A/B	5:15 – 5:30 Stroking - Int B
4:15 – 4:45 Stroking - Int A, Sr A/B	Flood
Flood	5:45 – 6:45 Pair / Dance
5:00 – 6:00 Freestyle - Int A, Sr A/B	6:45 – 7:30 CanSkate
6:00 – 6:30 Spins - Int A, Sr A/B	7:30 – 8:15 PowerSkate / Adult LTS
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freestyle - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:30pm Jump Class - Int B

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	3:00 – 3:45 CanSkate
12:30 – 1:30pm Freestyle - Sr A	3:45 – 4:30 CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freestyle - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freestyle - Sr A	
3:45 – 4:00 Jump Drills - Sr A/B	
Flood	
4:15 – 5:00 Freestyle - Int A, Sr A/B	
5:00 – 6:00 Freestyle - Int B	
Flood	
6:15 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:45 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:10 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freestyle - Sr A	3:30 – 4:30pm Pair / Dance
Flood	Flood
1:45 – 2:45 Freestyle - Sr A	4:45 – 5:15 Int Dance
Flood	5:15 – 6:00 Freestyle - Int B
3:00 – 3:45 Freestyle - Sr A/B	6:00 – 6:15 Stroking - Int B
Flood	
4:00 – 5:00 Freestyle - Int A, Sr A/B	Flood
Flood	6:30 – 7:00 Spins - Int B
5:15 – 6:00 Freestyle - Int A, Sr A/B	7:00 – 7:45 Freestyle - Int B
6:00 – 6:15 Stroking - Jr, Int A	
6:15 – 7:15 Freestyle - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:45 – 5:45pm Ballet - Jr	

Saturday		
CLW	KMN	
8:00 – 9:00am Freestyle - Int B	10:30 – 11:30am Pair / Dance	
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood	
9:30 – 10:15 Freestyle - Int A, Sr A/B	11:45 – 12:45 Pair / Dance	
Flood		
10:30 – 11:15 Freestyle - Int A, Sr A/B		
11:15 – 12:15 Freestyle - Jr	Sunday - TRC-c	
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate	
	10:15 – 11:00 CanSkate	
	11:00 – 11:45 CanSkate	
TRC-b		11:45 – 12:30 CanSkate
9:45 – 10:30am CanSkate		12:30 – 1:30 Junior Academy
10:30 – 11:15 CanSkate		
11:15 – 12:00 CanSkate		
12:00 – 1:00 JumpStart		
OFF-ICE		
9:40 – 10:20am Gymnastics - Int B	1:35 – 2:05pm Off-ice - Junior Academy	
10:20 – 11:05 Gymnastics - Jr		
11:20 – 12:00 Gymnastics - Int A		
1:05 – 1:35 Off-ice - JumpStart		