

September 2, 2025 - April 18, 2026

Monday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
12:30 – 1:30pm Freeskate - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
1:45 – 2:30 Freeskate - Sr A	7:00 – 7:45 CanSkate
Flood	
2:45 – 3:30 Freeskate - Sr A	
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 4:45 Freeskate - Int A, Sr A/B	
4:45 – 5:45 Freeskate - Int B	
Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:00 – 6:00 Fitness - Sr A/B	
5:15 – 5:45 Jump Class - Int A	
6:40 – 7:30 Ballet - Int B	

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 Pair / Dance
2:15 – 3:15 Freeskate - Sr A	Flood
3:15 – 3:45 Edge Class - Sr A	5:00 – 5:30 Int Dance
Flood	5:30 – 6:15 Freeskate - Int B
4:00 – 5:00 Freeskate - Int A, Sr A/B	6:15 – 6:45 Edges - Int B
Flood	Flood
5:15 – 6:15 Freeskate - Jr	7:00 – 7:15 Spins - Int B
6:15 – 6:45 Edge Class - Jr	7:15 – 8:00 Freeskate - Int B
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:20pm Jump Class - Sr A	
4:15 – 5:00 Fitness - Jr	
4:20 – 5:10 Ballet - Sr A	
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 Jump Drills - 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 – 6:25pm 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	2:45 – 3:30 CanSkate
Flood	3:30 – 4:15 CanSkate
1:45 – 2:30 Freeskate - Sr A	Flood
Flood	4:30 – 5:30 Junior Academy
2:45 – 3:30 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:30 – 3:45 Edge Class - Sr A/B	6:15 – 7:00 CanSkate
Flood	7:00 – 7:45 JumpStart
4:00 – 4:45 Freeskate - Int A, Sr A/B	
4:45 – 5:45 Freeskate - Int B	
Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Yoga - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
4:55 – 5:45 Fitness - Int A	
5:00 – 6:00 Yoga - Sr A/B	
6:40 – 7:30 Fitness - Int B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15 Int Dance
1:45 – 2:45 Freeskate - Sr A	Flood
Flood	5:30 – 6:15 Freeskate - Int B
3:00 – 3:45 Freeskate - Sr A/B	6:15 – 6:30 Stroking - Int B
Flood	Flood
4:00 – 5:00 Freeskate - Int A, Sr A/B	6:45 – 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	
6:25 – 6:55 Jump Class - Int A, Sr A/B	

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	
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	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 10:40 Jump Class - Int B	
10:20 – 11:05 Gymnastics - Jr	
11:25 – 12:05 Gymnastics - Int A	
12:55 – 1:15 Jump Class - Jr	
1:05 – 1:35 Off-ice - JumpStart	

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	7:00 – 7:45 CanSkate
Flood	
2:45 – 3:30 Freeskate - Sr A	
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 4:45 Freeskate - Int A, Sr A/B	
4:45 – 5:45 Freeskate - Int B	
Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:00 – 6:00 Fitness - Sr A/B	
5:15 – 5:45 Jump Class - Int A	
6:40 – 7:30 Ballet - Int B	

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	
OFF-ICE	
4:00 – 4:20pm Jump Class - Sr A	
4:15 – 5:00 Fitness - Jr	
4:20 – 5:10 Ballet - Sr A	
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 Jump Drills - 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 – 6:25pm 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	2:45 – 3:30 CanSkate
Flood	3:30 – 4:15
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	Flood
	4:30 – 5:30 Junior Academy
2:45 – 3:30 Freeskate - Sr A	5:30 – 6:15
3:30 – 3:45 Edge Class - Sr A/B	CanSkate
Flood	6:15 – 7:00 CanSkate
4:00 – 4:45 Freeskate - Int A, Sr A/B	7:00 – 7:45 JumpStart
4:45 – 5:45 Freeskate - Int B	
Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Yoga - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
4:55 – 5:45 Fitness - Int A	
5:00 – 6:00 Yoga - Sr A/B	
6:40 – 7:30 Fitness - Int B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15
1:45 – 2:45 Freeskate - Sr A	Int Dance
Flood	Flood
3:00 – 3:45 Freeskate - Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:30 Stroking - Int B
4:00 – 5:00 Freeskate - Int A, Sr A/B	Flood
Flood	6:45 – 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	
6:25 – 6:55 Jump Class - Int A, Sr A/B	

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	
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	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 10:40 Jump Class - Int B	
10:20 – 11:05 Gymnastics - Jr	
11:25 – 12:05 Gymnastics - Int A	
12:55 – 1:15 Jump Class - Jr	
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 CanSkate
12:30 – 1:30pm Freeskate - Sr A Flood	6:15 – 7:00 CanSkate
1:45 – 2:30 Freeskate - Sr A Flood	7:00 – 7:45 CanSkate
2:45 – 3:30 Freeskate - Sr A	
3:30 – 3:45 Edge Class - Sr A/B Flood	
4:00 – 4:45 Freeskate - Int A, Sr A/B	
4:45 – 5:45 Freeskate - Int B Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:00 – 6:00 Fitness - Sr A/B	
5:15 – 5:45 Jump Class - Int A	
6:40 – 7:30 Ballet - Int B	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	2:45 – 3:45pm Pair / Dance / Int / Sr
2:15 – 3:15 Freeskate - Sr A	3:45 – 4:45 Pair / Dance
3:15 – 3:45 Edge Class - Sr A	Flood
4:00 – 5:00 Freeskate - Int A, Sr A/B Flood	5:00 – 5:30 Int Dance
5:15 – 6:15 Freeskate - Jr	5:30 – 6:15 Freeskate - Int B
6:15 – 6:45 Edge Class - Jr	6:15 – 6:45 Edges - Int B
6:15 – 6:45 Edge Class - Int A, Sr A/B	Flood
6:45 – 7:45 Freeskate - Int A, Sr A/B	7:00 – 7:15 Spins - Int B
	7:15 – 8:00 Freeskate - Int B
OFF-ICE	
4:00 – 4:20pm Jump Class - Sr A	
4:15 – 5:00 Fitness - Jr	
4:20 – 5:10 Ballet - Sr A	
5:10 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freeskate - Sr A Flood	2:45 – 3:45pm Pair / Dance / Int / Sr
2:15 – 3:15 Freeskate - Sr A Flood	Flood
3:30 – 4:15 Freeskate - Sr A/B	4:00 – 4:15 Spins - Int B
4:15 – 4:45 Jump Drills - Int A, Sr A/B Flood	4:15 – 5:15 Freeskate - Int B
5:00 – 6:00 Freeskate - Int A, Sr A/B	5:15 – 5:30 Stroking - Int B
6:00 – 6:30 Spins - Int A, Sr A/B	Flood
6:00 – 6:30 Edge Class - Jr	5:45 – 6:45 Pair / Dance
6:30 – 7:30 Freeskate - Jr	6:45 – 7:30 CanSkate
	7:30 – 8:15 PowerSkate / Adult LTS
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:25pm 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 Flood	2:45 – 3:30 CanSkate
1:45 – 2:30 Freeskate - Sr A Flood	3:30 – 4:15 CanSkate
2:45 – 3:30 Freeskate - Sr A	Flood
3:30 – 3:45 Edge Class - Sr A/B Flood	4:30 – 5:30 Junior Academy
4:00 – 4:45 Freeskate - Int A, Sr A/B	5:30 – 6:15 CanSkate
4:45 – 5:45 Freeskate - Int B Flood	6:15 – 7:00 CanSkate
6:00 – 6:15 Edge Class - Int A/B	7:00 – 7:45 JumpStart
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Yoga - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
4:55 – 5:45 Fitness - Int A	
5:00 – 6:00 Yoga - Sr A/B	
6:40 – 7:30 Fitness - Int B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood	3:30 – 4:45pm Pair / Dance
1:45 – 2:45 Freeskate - Sr A	4:45 – 5:15 Int Dance
3:00 – 3:45 Freeskate - Sr A/B Flood	Flood
4:00 – 5:00 Freeskate - Int A, Sr A/B Flood	5:30 – 6:15 Freeskate - Int B
5:15 – 6:00 Freeskate - Int A, Sr A/B	6:15 – 6:30 Stroking - Int B
6:00 – 6:15 Stroking - Jr, Int A	Flood
6:15 – 7:15 Freeskate - Jr	6:45 – 7:00 Spins - Int B
7:15 – 7:30 Creative Movement - Jr	7:00 – 7:45 Freeskate - Int B
OFF-ICE	
4:45 – 5:45pm Ballet - Jr	
6:25 – 6:55 Jump Class - Int A, Sr A/B	

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 Flood	11:45 – 12:45 Pair / Dance
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	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 10:40 Jump Class - Int B	
10:20 – 11:05 Gymnastics - Jr	
11:25 – 12:05 Gymnastics - Int A	
12:55 – 1:15 Jump Class - Jr	
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 CanSkate
12:30 – 1:30pm Freeskate - Sr A Flood	6:15 – 7:00 CanSkate
1:45 – 2:30 Freeskate - Sr A Flood	7:00 – 7:45 CanSkate
2:45 – 3:30 Freeskate - Sr A	
3:30 – 3:45 Edge Class - Sr A/B Flood	
4:00 – 4:45 Freeskate - Int A, Sr A/B	
4:45 – 5:45 Freeskate - Int B Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:00 – 6:00 Fitness - Sr A/B	
5:15 – 5:45 Jump Class - Int A	
6:40 – 7:30 Ballet - Int B	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	2:45 – 3:45pm Pair / Dance / Int / Sr
2:15 – 3:15 Freeskate - Sr A	3:45 – 4:45 Pair / Dance
3:15 – 3:45 Edge Class - Sr A Flood	5:00 – 5:30 Int Dance
4:00 – 5:00 Freeskate - Int A, Sr A/B Flood	5:30 – 6:15 Freeskate - Int B
5:15 – 6:15 Freeskate - Jr	6:15 – 6:45 Edges - Int B 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	
OFF-ICE	
4:00 – 4:20pm Jump Class - Sr A	
4:15 – 5:00 Fitness - Jr	
4:20 – 5:10 Ballet - Sr A	
5:10 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freeskate - Sr A Flood	2:45 – 3:45pm Pair / Dance / Int / Sr
2:15 – 3:15 Freeskate - Sr A Flood	4:00 – 4:15 Spins - Int B
3:30 – 4:15 Freeskate - Sr A/B	4:15 – 5:15 Freeskate - Int B
4:15 – 4:45 Jump Drills - Int A, Sr A/B Flood	5:15 – 5:30 Stroking - Int B
5:00 – 6:00 Freeskate - Int A, Sr A/B	5:45 – 6:45 Pair / Dance
6:00 – 6:30 Spins - Int A, Sr A/B	6:45 – 7:30 CanSkate
6:00 – 6:30 Edge Class - Jr	7:30 – 8:15 PowerSkate / Adult LTS
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:25pm Jump Class - Int B

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	2:45 – 3:30 CanSkate
12:30 – 1:30pm Freeskate - Sr A Flood	3:30 – 4:15 CanSkate
1:45 – 2:30 Freeskate - Sr A Flood	4:30 – 5:30 Junior Academy
2:45 – 3:30 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:30 – 3:45 Edge Class - Sr A/B Flood	6:15 – 7:00 CanSkate
4:00 – 4:45 Freeskate - Int A, Sr A/B	7:00 – 7:45 JumpStart
4:45 – 5:45 Freeskate - Int B Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Yoga - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
4:55 – 5:45 Fitness - Int A	
5:00 – 6:00 Yoga - Sr A/B	
6:40 – 7:30 Fitness - Int B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood	3:30 – 4:45pm Pair / Dance
1:45 – 2:45 Freeskate - Sr A Flood	4:45 – 5:15 Int Dance
3:00 – 3:45 Freeskate - Sr A/B Flood	5:30 – 6:15 Freeskate - Int B
4:00 – 5:00 Freeskate - Int A, Sr A/B Flood	6:15 – 6:30 Stroking - Int B
5:15 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:00 Spins - Int B
6:00 – 6:15 Stroking - Jr, Int A	7:00 – 7:45 Freeskate - Int B
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:45 – 5:45pm Ballet - Jr	
6:25 – 6:55 Jump Class - Int A, Sr A/B	

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 Flood	11:45 – 12:45 Pair / Dance
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	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 10:40 Jump Class - Int B	
10:20 – 11:05 Gymnastics - Jr	
11:25 – 12:05 Gymnastics - Int A	
12:55 – 1:15 Jump Class - Jr	
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
2:45 – 3:30 Freeskate - Sr A	CanSkate
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 4:45 Freeskate - Int A, Sr A/B	
4:45 – 5:45 Freeskate - Int B	
Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:00 – 6:00 Fitness - Sr A/B	
5:15 – 5:45 Jump Class - Int A	
6:40 – 7:30 Ballet - Int B	

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
Flood	Flood
3:15 – 3:45 Edge Class - Sr A	5:00 – 5:30 Int Dance
Flood	5:30 – 6:15
4:00 – 5:00 Freeskate - Int A, Sr A/B	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
OFF-ICE	
4:00 – 4:20pm Jump Class - Sr A	
4:15 – 5:00 Fitness - Jr	
4:20 – 5:10 Ballet - Sr A	
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 Jump Drills - 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 – 6:25pm 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	2:45 – 3:30 CanSkate
Flood	3:30 – 4:15
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	Flood
2:45 – 3:30 Freeskate - Sr A	4:30 – 5:30 Junior Academy
3:30 – 3:45 Edge Class - Sr A/B	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
4:00 – 4:45 Freeskate - Int A, Sr A/B	7:00 – 7:45 JumpStart
4:45 – 5:45 Freeskate - Int B	
Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Yoga - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
4:55 – 5:45 Fitness - Int A	
5:00 – 6:00 Yoga - Sr A/B	
6:40 – 7:30 Fitness - Int B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15
1:45 – 2:45 Freeskate - Sr A	Int Dance
Flood	Flood
3:00 – 3:45 Freeskate - Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:30 Stroking - Int B
4:00 – 5:00 Freeskate - Int A, Sr A/B	Flood
Flood	6:45 – 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	
6:25 – 6:55 Jump Class - Int A, Sr A/B	

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	
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	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 10:40 Jump Class - Int B	
10:20 – 11:05 Gymnastics - Jr	
11:25 – 12:05 Gymnastics - Int A	
12:55 – 1:15 Jump Class - Jr	
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
2:45 – 3:30 Freeskate - Sr A	CanSkate
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 4:45 Freeskate - Int A, Sr A/B	
4:45 – 5:45 Freeskate - Int B	
Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:00 – 6:00 Fitness - Sr A/B	
5:15 – 5:45 Jump Class - Int A	
6:40 – 7:30 Ballet - Int B	

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
4:00 – 5:00 Freeskate - Int A, Sr A/B	Int Dance
Flood	5:30 – 6:15
5:15 – 6:15 Freeskate - Jr	Freeskate - Int B
6:15 – 6:45 Edge Class - Jr	6:15 – 6:45
6:15 – 6:45 Edge Class - Int A, Sr A/B	Edges - Int B
6:45 – 7:45 Freeskate - Int A, Sr A/B	Flood
	7:00 – 7:15
	Spins - Int B
	7:15 – 8:00
	Freeskate - Int B
OFF-ICE	
4:00 – 4:20pm Jump Class - Sr A	
4:15 – 5:00 Fitness - Jr	
4:20 – 5:10 Ballet - Sr A	
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 Jump Drills - 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 – 6:25pm 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	2:45 – 3:30 CanSkate
Flood	3:30 – 4:15
1:45 – 2:30 Freeskate - Sr A	CanSkate
Flood	Flood
2:45 – 3:30 Freeskate - Sr A	4:30 – 5:30 Junior Academy
3:30 – 3:45 Edge Class - Sr A/B	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
4:00 – 4:45 Freeskate - Int A, Sr A/B	7:00 – 7:45 JumpStart
4:45 – 5:45 Freeskate - Int B	
Flood	
6:00 – 6:15 Edge Class - Int A/B	
6:15 – 6:30 Spins - Int A/B, Sr A/B	
6:30 – 7:15 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Yoga - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
4:55 – 5:45 Fitness - Int A	
5:00 – 6:00 Yoga - Sr A/B	
6:40 – 7:30 Fitness - Int B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15
1:45 – 2:45 Freeskate - Sr A	Int Dance
Flood	Flood
3:00 – 3:45 Freeskate - Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:30 Stroking - Int B
4:00 – 5:00 Freeskate - Int A, Sr A/B	Flood
Flood	6:45 – 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	
6:25 – 6:55 Jump Class - Int A, Sr A/B	

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	
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	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 10:40 Jump Class - Int B	
10:20 – 11:05 Gymnastics - Jr	
11:25 – 12:05 Gymnastics - Int A	
12:55 – 1:15 Jump Class - Jr	
1:05 – 1:35 Off-ice - JumpStart	