

September 1, 2026 - April 17, 2027

Monday		Tuesday		Wednesday	
WEM	TRC-b	TRC-a	TRC-b	TRC-b	TRC-a
6:30 – 8:00am Open	4:30 – 5:30pm Junior Academy	1:00 – 2:00pm Freeskate - Sr A/B	2:45 – 3:45pm Open	1:00 – 2:00pm Freeskate - Sr A/B	2:45 – 3:45pm Open
TRC-b/c	5:30 – 6:15 CanSkate	Flood	3:45 – 4:45 Open	Flood	Flood
	6:15 – 7:00 CanSkate	2:15 – 3:15 Freeskate - Sr A	Flood	2:15 – 3:15 Freeskate - Sr A	4:00 – 4:15 Spins - Int B
	1:00 – 2:00pm Freeskate - Sr A	3:15 – 3:45 Edge Class - Sr A	5:00 – 5:30 Int Dance	Flood	4:15 – 5:15 Freeskate - Int B
	Flood	4:00 – 5:00 Freeskate - Int A, Sr A/B	6:15 – 6:45 Edges - Int B	3:30 – 4:15 Freeskate - Sr A/B	5:15 – 5:30 Stroking - Int B
	2:15 – 3:15 Freeskate - Sr A	Flood	5:15 – 6:15 Freeskate - Jr	4:15 – 4:45 Jump Drills - Int A, Sr A/B	Flood
	3:15 – 3:30 Spins - Sr A/B	5:15 – 6:15 Freeskate - Jr	6:15 – 7:15 Spins - Int B	Flood	5:00 – 6:00 Pair / Dance
	3:30 – 3:45 Edge Class - Sr A/B	6:15 – 6:45 Edge Class - Jr	7:00 – 7:15 Spins - Int B	5:00 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:30 CanSkate
	Flood	6:15 – 6:45 Edge Class - Int A, Sr A/B	7:15 – 8:00 Freeskate - Int B	6:00 – 6:30 Spins - Int A, Sr A/B	7:30 – 8:15 PowerSkate / Teen & Adult
	4:00 – 5:00 Freeskate - Int A, Sr A/B	6:45 – 7:45 Freeskate - Int A, Sr A/B		6:00 – 6:30 Edge Class - Jr	
	5:00 – 6:00 Freeskate - Int B			6:30 – 7:30 Freeskate - Jr	
OFF-ICE		OFF-ICE		OFF-ICE	
4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Off-ice - Junior Academy	4:00 – 4:20pm Jump Class - Sr A		5:00 – 5:45pm Jump Class - Jr	5:45 – 6:25pm Jump Class - Int B
4:00 – 5:00 Fitness - Sr A	6:05 – 7:05 Off-ice - Jr	4:15 – 5:00 Fitness - Jr		6:40 – 7:10 Jump Class - Int A, Sr A/B	
5:15 – 6:15 Fitness - Sr A/B		4:20 – 5:10 Ballet - Sr A			
5:30 – 6:00 Jump Class - Int A		5:10 – 6:00 Ballet - Int A, Sr A/B			

Thursday		Friday		Saturday	
WEM	TRC-b	TRC-a	TRC-b	CLW	KMN
6:30 – 8:00am Open	1:15 – 2:00pm CanSkate	1:00 – 2:00pm Freeskate - Sr A/B	3:30 – 4:45pm Pair / Dance	8:00 – 9:00am Freeskate - Int B	10:30 – 11:30am Pair / Dance
12:30 – 1:30pm Open	2:45 – 3:30 CanSkate	Flood	4:45 – 5:15 Int Dance	9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
Flood	3:30 – 4:15 CanSkate	2:15 – 3:15 Freeskate - Sr A/B	Flood	9:30 – 10:15 Freeskate - Int A, Sr A/B	11:45 – 12:45 Pair / Dance
1:45 – 2:30 Freeskate - Sr A	Flood	3:15 – 3:45 Spins - Sr A/B	5:30 – 6:15 Freeskate - Int B	Flood	
Flood	4:30 – 5:30 Junior Academy	Flood	6:15 – 6:30 Stroking - Int B	10:30 – 11:15 Freeskate - Int A, Sr A/B	
2:45 – 3:45 Freeskate - Sr A	5:30 – 6:15 CanSkate	4:00 – 5:00 Freeskate - Int A, Sr A/B	Flood	11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
3:45 – 4:00 Edge Class - Sr A/B	6:15 – 7:00 CanSkate	5:15 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:00 Spins - Int B	12:15 – 12:45 Edges - Jr	
Flood	7:00 – 7:45 JumpStart	6:00 – 6:15 Stroking - Jr, Int A	7:00 – 7:45 Freeskate - Int B		
4:15 – 5:15 Freeskate - Int A, Sr A/B		6:15 – 7:15 Freeskate - Jr			
5:15 – 6:15 Freeskate - Int B		7:15 – 7:30 Creative Movement - Jr			
Flood					
6:30 – 6:45 Edge Class - Int A/B					
6:45 – 7:00 Spins - Int A/B, Sr A/B					
7:00 – 7:45 Freeskate - Int A, Sr A/B					
OFF-ICE		OFF-ICE		OFF-ICE	
4:10 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy	4:45 – 5:45pm Ballet - Jr		9:40 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A				10:20 – 10:40 Jump Class - Int B	
5:25 – 6:15 Fitness - Int A				10:20 – 11:05 Gymnastics - Jr	
5:30 – 6:30 Yoga - Sr A/B				11:30 – 12:10 Gymnastics - Int A	
				1:00 – 1:20 Jump Class - Jr	
				1:05 – 1:35 Off-ice - JumpStart	

Junior

Monday	
WEM	TRC-b
6:30 – 8:00am Open	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
TRC-b/c	6:15 – 7:00 CanSkate
1:00 – 2:00pm Freestyle - Sr A	7:00 – 7:45 CanSkate / Teen & Adult
Flood	
2:15 – 3:15 Freestyle - Sr A	
3:15 – 3:30 Spins - Sr A/B	
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 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 – 7:30 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:00 – 5:00 Fitness - Sr A	6:05 – 7:05 Off-ice - Jr
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/B	2:45 – 3:45pm Open
Flood	3:45 – 4:45 Open
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	Flood
5:15 – 6:15 Freestyle - Jr	7:00 – 7:15 Spins - Int B
6:15 – 6:45 Edge Class - Jr	7:15 – 8:00 Freestyle - Int B
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freestyle - 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 Freestyle - Sr A/B	2:45 – 3:45pm Open
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 Jump Drills - 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 / Teen & Adult
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freestyle - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:25pm Jump Class - Int B
6:40 – 7:10 Jump Class - Int A, Sr A/B	

Thursday	
WEM	TRC-b
6:30 – 8:00am Open	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Open	2:45 – 3:30 CanSkate
Flood	3:30 – 4:15 CanSkate
1:45 – 2:30 Freestyle - Sr A	Flood
Flood	4:30 – 5:30 Junior Academy
2:45 – 3:45 Freestyle - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Edge Class - Sr A/B	6:15 – 7:00 CanSkate
Flood	7:00 – 7:45 JumpStart
4:15 – 5:15 Freestyle - Int A, Sr A/B	
5:15 – 6:15 Freestyle - Int B	
Flood	
6:30 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 7:45 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:10 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:25 – 6:15 Fitness - Int A	
5:30 – 6:30 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
1:00 – 2:00pm Freestyle - Sr A/B	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15 Int Dance
2:15 – 3:15 Freestyle - Sr A/B	Flood
3:15 – 3:45 Spins - Sr A/B	5:30 – 6:15 Freestyle - Int B
Flood	6:15 – 6:30 Stroking - Int B
4:00 – 5:00 Freestyle - Int A, Sr A/B	Flood
Flood	6:45 – 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
TRC-b	11:00 – 11:45 CanSkate
9:45 – 10:30am CanSkate / Teen & Adult	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	
11:30 – 12:10 Gymnastics - Int A	
1:00 – 1:20 Jump Class - Jr	
1:05 – 1:35 Off-ice - JumpStart	

Intermediate B

Monday	
WEM	TRC-b
6:30 – 8:00am Open	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
TRC-b/c	6:15 – 7:00 CanSkate
1:00 – 2:00pm Freeskate - Sr A	7:00 – 7:45 CanSkate / Teen & Adult
Flood	
2:15 – 3:15 Freeskate - Sr A	
3:15 – 3:30 Spins - Sr A/B	
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 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 – 7:30 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:00 – 5:00 Fitness - Sr A	6:05 – 7:05 Off-ice - Jr
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/B	2:45 – 3:45pm Open
Flood	3:45 – 4:45 Open
2:15 – 3:15 Freeskate - Sr A	Flood
3:15 – 3:45 CanSkate	5:00 – 5:30 Int Dance
Edge Class - Sr A	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:45 Edges - Int B
4:00 – 5:00 Freeskate - Int A, Sr A/B	Flood
Flood	7:00 – 7:15 Spins - Int B
5:15 – 6:15 Freeskate - Jr	7:15 – 8:00 Freeskate - Int B
6:15 – 6:45 Edge Class - Jr	
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/B	2:45 – 3:45pm Open
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 / Teen & Adult
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
6:40 – 7:10 Jump Class - Int A, Sr A/B	

Thursday	
WEM	TRC-b
6:30 – 8:00am Open	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Open	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 – 3:45 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Edge Class - Sr A/B	6:15 – 7:00 CanSkate
Flood	7:00 – 7:45 JumpStart
4:15 – 5:15 Freeskate - Int A, Sr A/B	
5:15 – 6:15 Freeskate - Int B	
Flood	
6:30 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:10 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:25 – 6:15 Fitness - Int A	
5:30 – 6:30 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A/B	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15 Int Dance
2:15 – 3:15 Freeskate - Sr A/B	Flood
3:15 – 3:45 Spins - 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	

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	
12:15 – 12:45 Edges - Jr	
Sunday - TRC-c	
	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:45 – 10:30am CanSkate / Teen & Adult	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	
11:30 – 12:10 Gymnastics - Int A	
1:00 – 1:20 Jump Class - Jr	
1:05 – 1:35 Off-ice - JumpStart	

Intermediate A

Monday	
WEM	TRC-b
6:30 – 8:00am Open	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
TRC-b/c	6:15 – 7:00 CanSkate
1:00 – 2:00pm Freestyle - Sr A	7:00 – 7:45 CanSkate / Teen & Adult
Flood	
2:15 – 3:15 Freestyle - Sr A	
3:15 – 3:30 Spins - Sr A/B	
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 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 – 7:30 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:00 – 5:00 Fitness - Sr A	6:05 – 7:05 Off-ice - Jr
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/B	2:45 – 3:45pm Open
Flood	3:45 – 4:45 Open
2:15 – 3:15 Freestyle - Sr A	Flood
3:15 – 3:45 CanSkate	5:00 – 5:30 Int Dance
Edge Class - Sr A	5:30 – 6:15 Freestyle - Int B
Flood	6:15 – 6:45 Edges - Int B
4:00 – 5:00 Freestyle - Int A, Sr A/B	Flood
5:15 – 6:15 Freestyle - Jr	7:00 – 7:15 Spins - Int B
6:15 – 6:45 Edge Class - Jr	7:15 – 8:00 Freestyle - Int B
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freestyle - 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 Freestyle - Sr A/B	2:45 – 3:45pm Open
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 Jump Drills - 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 / Teen & Adult
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freestyle - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:25pm Jump Class - Int B
6:40 – 7:10 Jump Class - Int A, Sr A/B	

Thursday	
WEM	TRC-b
6:30 – 8:00am Open	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Open	2:45 – 3:30 CanSkate
Flood	3:30 – 4:15 CanSkate
1:45 – 2:30 Freestyle - Sr A	Flood
Flood	4:30 – 5:30 Junior Academy
2:45 – 3:45 Freestyle - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Edge Class - Sr A/B	6:15 – 7:00 CanSkate
Flood	7:00 – 7:45 JumpStart
4:15 – 5:15 Freestyle - Int A, Sr A/B	
5:15 – 6:15 Freestyle - Int B	
Flood	
6:30 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 7:45 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:10 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:25 – 6:15 Fitness - Int A	
5:30 – 6:30 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
1:00 – 2:00pm Freestyle - Sr A/B	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15 Int Dance
2:15 – 3:15 Freestyle - Sr A/B	Flood
3:15 – 3:45 Spins - Sr A/B	5:30 – 6:15 Freestyle - Int B
Flood	6:15 – 6:30 Stroking - Int B
4:00 – 5:00 Freestyle - Int A, Sr A/B	Flood
Flood	6:45 – 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
TRC-b	11:00 – 11:45 CanSkate
9:45 – 10:30am CanSkate / Teen & Adult	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	
11:30 – 12:10 Gymnastics - Int A	
1:00 – 1:20 Jump Class - Jr	
1:05 – 1:35 Off-ice - JumpStart	

Senior B

Monday	
WEM	TRC-b
6:30 – 8:00am Open	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
TRC-b/c	6:15 – 7:00 CanSkate
1:00 – 2:00pm Freestyle - Sr A	7:00 – 7:45 CanSkate / Teen & Adult
Flood	
2:15 – 3:15 Freestyle - Sr A	
3:15 – 3:30 Spins - Sr A/B	
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 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 – 7:30 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:00 – 5:00 Fitness - Sr A	6:05 – 7:05 Off-ice - Jr
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/B	2:45 – 3:45pm Open
Flood	3:45 – 4:45 Open
2:15 – 3:15 Freestyle - Sr A	Flood
3:15 – 3:45 CanSkate	5:00 – 5:30 Int Dance
Edge Class - Sr A	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	Flood
5:15 – 6:15 Freestyle - Jr	7:00 – 7:15 Spins - Int B
6:15 – 6:45 Edge Class - Jr	7:15 – 8:00 Freestyle - Int B
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freestyle - 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 Freestyle - Sr A/B	2:45 – 3:45pm Open
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 Jump Drills - 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 / Teen & Adult
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freestyle - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:25pm Jump Class - Int B
6:40 – 7:10 Jump Class - Int A, Sr A/B	

Thursday	
WEM	TRC-b
6:30 – 8:00am Open	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Open	2:45 – 3:30 CanSkate
Flood	3:30 – 4:15 CanSkate
1:45 – 2:30 Freestyle - Sr A	Flood
Flood	4:30 – 5:30 Junior Academy
2:45 – 3:45 Freestyle - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Edge Class - Sr A/B	6:15 – 7:00 CanSkate
Flood	7:00 – 7:45 JumpStart
4:15 – 5:15 Freestyle - Int A, Sr A/B	
5:15 – 6:15 Freestyle - Int B	
Flood	
6:30 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 7:45 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:10 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:25 – 6:15 Fitness - Int A	
5:30 – 6:30 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
1:00 – 2:00pm Freestyle - Sr A/B	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15 Int Dance
2:15 – 3:15 Freestyle - Sr A/B	Flood
3:15 – 3:45 Spins - Sr A/B	5:30 – 6:15 Freestyle - Int B
Flood	6:15 – 6:30 Stroking - Int B
4:00 – 5:00 Freestyle - Int A, Sr A/B	Flood
Flood	6:45 – 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
TRC-b	11:00 – 11:45 CanSkate
9:45 – 10:30am CanSkate / Teen & Adult	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	
11:30 – 12:10 Gymnastics - Int A	
1:00 – 1:20 Jump Class - Jr	
1:05 – 1:35 Off-ice - JumpStart	

Senior A

Monday	
WEM	TRC-b
6:30 – 8:00am Open	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
	6:15 – 7:00 CanSkate
	7:00 – 7:45 CanSkate / Teen & Adult
TRC-b/c	
1:00 – 2:00pm Freeskate - Sr A	
Flood	
2:15 – 3:15 Freeskate - Sr A	
3:15 – 3:30 Spins - Sr A/B	
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 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 – 7:30 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:00 – 5:00 Fitness - Sr A	6:05 – 7:05 Off-ice - Jr
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/B	2:45 – 3:45pm Open
Flood	3:45 – 4:45 Open
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/B	2:45 – 3:45pm Open
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 / Teen & Adult
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
6:40 – 7:10 Jump Class - Int A, Sr A/B	

Thursday	
WEM	TRC-b
6:30 – 8:00am Open	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Open	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 – 3:45 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Edge Class - Sr A/B	6:15 – 7:00 CanSkate
Flood	7:00 – 7:45 JumpStart
4:15 – 5:15 Freeskate - Int A, Sr A/B	
5:15 – 6:15 Freeskate - Int B	
Flood	
6:30 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:10 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:25 – 6:15 Fitness - Int A	
5:30 – 6:30 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A/B	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15 Int Dance
2:15 – 3:15 Freeskate - Sr A/B	Flood
3:15 – 3:45 Spins - 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	

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
	11:45 – 12:30 CanSkate
	12:30 – 1:30 Junior Academy
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	
11:30 – 12:10 Gymnastics - Int A	
1:00 – 1:20 Jump Class - Jr	
1:05 – 1:35 Off-ice - JumpStart	