

Sunshine Coast Skating Club Schedule for 2011-2012

Gibsons Arena:
Sechelt Arena:

Monday Tuesday & Wednesday AM
Wednesday, Thursday & Friday AM

LEGEND		
EXCEL	StarSkate	Cleans
CanSkate	Jr. Academy	CanPower

Time
4:00 – 4:30
4:30 - 5:00
5:00 - 5:15
5:15 - 6:00
6:00 - 6:45
6:45 - 7:30

On Ice Programs
<u>Monday On Ice (Gibsons)</u>
StarSkate Group
StarSkate FreeSkate
Clean
CanSkate ON ICE
StarSkate Dance/Skills
StarSkate FreeSkate

Off Ice Programs
<u>Monday Off Ice</u>
5:00 - 5:15 CanSkate WARM UP

Time
12:45 - 1:15
1:15 - 1:45
1:45 - 2:45
2:45 - 3:30
3:30 - 4:00
4:00 - 4:15
4:15 - 4:30
4:30 - 4:45
4:45 - 5:15
5:00 - 5:30

Tuesday On Ice (Gibsons)
EXCEL Figures/Group
EXCEL FreeSkate
EXCEL FreeSkate Jr. Academy
Clean
Jr. Academy
Jr Academy CanSkate
CanSkate ON ICE

Tuesday Off Ice
12:45 - 1:15 EXCEL Developmental Class
1:15 - 1:45 EXCEL Warm-Up
4:15 - 5:00 EXCEL - Kathleen
4:15 - 4:30 CanSkate Off Ice
5:00 - 5:30 Jr. Academy -Kathleen

Time
am 6:00-8:00
3:45 - 4:15
4:15 - 4:45
4:45 - 5:15
5:15 - 5:30
5:30 - 6:15
6:15 - 6:30
6:30 - 7:15
7:15 - 7:30
7:30 - 8:15
8:15 - 8:30
8:30 - 9:15

Wednesday On Ice
StarSkate Open (Gibsons)
StarSkate Dance/Skills
StarSkate Group
StarSkate FreeSkate
Clean
CanSkate ON ICE
Clean
CanPower Jr.
Clean
CanPower Int.
Clean
CanPower Adult/Sr

Wednesday Off Ice
5:15 - 5:30 CanSkate WARM UP
6:30 - 7:15 StarSkate - Lesleigh

Time
12:45 - 1:15
1:15 - 1:45
1:45 - 2:45
2:45 - 3:30
3:30 - 4:00
4:00 - 4:15
4:15 - 4:30
4:30 - 4:45
4:45 - 5:15
5:00 - 6:30

Thursday On Ice: (Sechelt)
EXCEL Figures/Group
EXCEL FreeSkate
EXCEL FreeSkate Jr. Academy
Clean
Jr. Academy
Jr Academy CanSkate
CanSkate ON ICE

Thursday Off Ice
12:45 - 1:15 EXCEL Developmental Class
1:15 - 1:45 EXCEL Warm-Up
4:00 - 4:45 EXCEL
4:15 - 4:30 CanSkate Off Ice
5:00- 5:30 Jr. Academy

Time
am 6:00-8:00

Friday On Ice (Sechelt)
StarSkate Open

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