

Sunshine Coast Skating Club Schedule for 2010-2011

Gibsons Arena:
Sechelt Arena:

Monday Tuesday & Wednesday AM
Wednesday, Thursday & Friday AM

LEGEND		
EXCEL	StarSkate	Cleans
CanSkate	Jr. Academy	CanPower

Time
Time
3:45 – 4:15
4:15 - 5:00
5:00 - 5:15
5:15 - 6:00
6:00 - 6:15
6:15 - 6:45
6:45 - 7:15

On Ice Programs
<u>Monday On Ice (Gibsons)</u>
StarSkate - Harness/FreeSkate
StarSkate - FreeSkate
Clean
CanSkate ON ICE
Clean
StarSkate – Stroking/Spins
StarSkate – Dance Skills

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

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

<u>Tuesday On Ice (Gibsons)</u>
EXCEL - Figures & Edges
EXCEL - Group Enrichment
EXCEL - FreeSkate
Clean
Jr. Academy
CanSkate Enriched

<u>Tuesday Off Ice</u>
12:30 - 1:00 EXCEL Developmental Class
1:00 - 1:15 EXCEL Warm-Up
4:00 - 4:45 EXCEL
4:15 – 4:30 CanSkate
5:15 - 6:00 Jr. Academy

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

<u>Wednesday On Ice</u>
StarSkate Open (Gibsons)
StarSkate – Open (Sechelt)
StarSkate – Varied Group Enrichment
StarSkate – FreeSkate
Clean
CanSkate ON ICE
Clean
CanPower Jr.
Clean
CanPower Int.
Clean
CanPower Adult/Sr

<u>Wednesday Off Ice</u>
5:00 - 5:15 CanSkate WARM UP
6:15 - 7:00 Lesleigh/StarSkate

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

<u>Thursday On Ice: (Sechelt)</u>
EXCEL - Figures & Edges
EXCEL - Group Enrichment
EXCEL - FreeSkate
Clean
Jr. Academy
CanSkate Enriched

<u>Thursday Off Ice</u>
12:30 - 1:00 EXCEL Developmental Class
1:00 - 1:15 EXCEL Warm-Up
4:00 - 4:45 EXCEL
4:15 – 4:30 CanSkate
5:15 - 6:00 Jr. Academy

Time
am 6:00-8:00

<u>Friday On Ice (Sechelt)</u>
StarSkate Open

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