

Depending on the week, some programs may have a modified schedule on certain days. Any schedule changes for that week will be posted in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday
DANCE 3 Sessions (Week 1-9)	Includes 3 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.	Includes 3 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.	Includes 3 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.	Includes 3 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.	Includes 3 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.
DANCE 2 Sessions (Week 1-9)	Includes 2 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.	Includes 2 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.	Includes 2 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.	Includes 2 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.	Includes 2 on-ice sessions + 1 off-ice. Coaches will assign the sessions within the Dance program.

	Monday	Tuesday	Wednesday	Thursday	Friday
Dance Single Session (Week 1-9)	Single on-ice session	Single on-ice session	Single on-ice session	Single on-ice session	Single on-ice session

	Monday	Tuesday	Wednesday	Thursday	Friday
PAIRS (Week 1-9)	Includes 2 on-ice PAIR sessions + 1 ice only session + 2 off-ice. Coaches will assign the sessions within the Pairs program.	Includes 2 on-ice PAIR sessions + 1 ice only session + 2 off-ice. Coaches will assign the sessions within the Pairs program.	Includes 2 on-ice PAIR sessions + 1 ice only session + 2 off-ice. Coaches will assign the sessions within the Pairs program.	Includes 2 on-ice PAIR sessions + 1 ice only session + 2 off-ice. Coaches will assign the sessions within the Pairs program.	Includes 2 on-ice PAIR sessions + 1 ice only session + 2 off-ice. Coaches will assign the sessions within the Pairs program.

	Monday	Tuesday	Wednesday	Thursday	Friday
HIGH COMPETITIVE SINGLES (Week 1-9)	8:50am-9:10am TRR	8:50am-9:10am TRR	8:25am-9:10am Agility & Core	8:50am-9:10am TRR	8:50am-9:10am TRR
	9:20am-9:35am Stroking	9:20am-9:35am Stroking	9:20am-9:35am Stroking	9:20am-9:35am Stroking	9:20am-9:35am Stroking
	9:35am-10:20am On Ice	9:35am-10:20am On Ice	9:35am-10:20am On Ice	9:35am-10:20am On Ice	9:35am-10:20am On Ice
	10:30am-11:20am On Ice	10:30am-11:20am On Ice	10:30am-11:20am On Ice	10:30am-11:20am On Ice	10:30am-11:20am On Ice
	11:30am-12:30pm Performance (Studio)	11:20am-12:00pm Break	11:30am-12:30pm Contemporary (Studio)	11:20am-12:00pm Break	11:30am-12:30pm Ballet (Studio)

	Monday	Tuesday	Wednesday	Thursday	Friday
COMPETITIVE SINGLES (Week 1-9)	9:40am-10:10am TRR	9:40am-10:10am TRR	9:25am-10:10am Agility & Core	9:40am-10:10am TRR	9:40am-10:10am TRR
	10:20am-10:40am Stroking *Optimist*	10:20am-10:40am Stroking *Optimist*	10:20am-10:40am Stroking *Optimist*	10:20am-10:40am Stroking *Optimist*	10:20am-10:40am Stroking *Optimist*
	10:40am-11:30am On Ice *Optimist*	10:40am-11:30am On Ice *Optimist*	10:40am-11:30am On Ice *Optimist*	10:40am-11:30am On Ice *Optimist*	10:40am-11:30am On Ice *Optimist*
	11:30am-12:30pm Break	11:30am-12:30pm Break	11:30am-12:30pm Break	11:30am-12:30pm Break	11:30am-12:30pm Break
	12:30pm-1:20pm On Ice	12:30pm-1:20pm On Ice	12:30pm-1:20pm On Ice	12:30pm-1:20pm On Ice	12:30pm-1:20pm On Ice
	1:20pm-1:35pm Spins	1:20pm-1:35pm Field Moves	1:20pm-1:35pm Spins	1:20pm-1:35pm Field Moves	1:20pm-1:35pm Spins
	1:45pm-2:45pm Performance (Studio)	1:45pm-2:45pm Fitness	1:45pm-2:45pm Contemporary (Studio)	1:45pm-2:45pm Fitness	1:45pm-2:45pm Ballet (Studio)

	Monday	Tuesday	Wednesday	Thursday	Friday
COMPETITIVE DEVELOPMENT SINGLES (Week 1-9)	10:55am-11:10am Warm-Up On Own	10:55am-11:10am Warm-Up On Own	10:25am-11:10am Agility & Core (TRR)	10:55am-11:10am Warm-Up On Own	10:55am-11:10am Warm-Up On Own
	11:20am-11:35am Stroking	11:20am-11:35am Stroking	11:20am-11:35am Stroking	11:20am-11:35am Stroking	11:20am-11:35am Stroking
	11:35am-12:20pm On Ice	11:35am-12:20pm On Ice	11:35am-12:20pm On Ice	11:35am-12:20pm On Ice	11:35am-12:20pm On Ice
	12:20pm-1:05pm Break	12:20pm-1:05pm Break	12:20pm-1:05pm Break	12:20pm-1:05pm Break	12:20pm-1:05pm Break
	1:05pm-1:35pm TRR	1:05pm-1:35pm TRR	1:05pm-1:35pm TRR	1:05pm-1:35pm TRR	1:05pm-1:35pm TRR
	1:45pm-2:30pm On Ice	1:45pm-2:30pm On Ice	1:45pm-2:30pm On Ice	1:45pm-2:30pm On Ice	1:45pm-2:30pm On Ice
	2:30pm-2:45pm Spins	2:30pm-2:45pm Dance/Skills	2:30pm-2:45pm Field Moves	2:30pm-2:45pm Dance/Skills	2:30pm-2:45pm Spins
	2:55pm-3:45pm Performance (Studio)	2:55pm-3:45pm Fitness	2:55pm-3:45pm Contemporary (Studio)	2:55pm-3:45pm Fitness	2:55pm-3:55pm Ballet/Stretch (Studio)

	Monday	Tuesday	Wednesday	Thursday	Friday
SR. ACADEMY (Week 1-9)		2:05pm-2:35pm TRR (Studio)		2:05pm-2:35pm TRR (Studio)	
		2:45pm-3:00pm Stroking		2:45pm-3:00pm Stroking	
		3:00pm-3:45pm On Ice		3:00pm-3:45pm On Ice	
		3:55pm-4:40pm On Ice		3:55pm-4:40pm On Ice	
		4:50pm-5:30pm TRR		4:50pm-5:30pm TRR	

	Monday	Tuesday	Wednesday	Thursday	Friday
INTRO STAR 1-5 (Week 1-9)	2:05pm-2:35pm TRR		2:05pm-2:35pm Jump Class (TRR)		2:05pm-2:35pm TRR
	2:45pm-3:00pm Stroking		2:45pm-3:00pm Stroking		2:45pm-3:00pm Stroking
	3:00pm-3:45pm On Ice		3:00pm-3:45pm On Ice		3:00pm-3:45pm On Ice
	3:55pm-4:25pm On Ice		3:55pm-4:25pm On Ice		3:55pm-4:25pm On Ice
	4:25pm-4:40pm On Ice (Intro STAR Skills)		4:25pm-4:40pm On Ice (Field Moves)		4:25pm-4:40pm On Ice (Dance)
	4:50pm-5:35pm Performance (Studio)		4:50pm-5:35pm Ballet (Studio)		4:50pm-5:30pm Ballet + Stretch (Studio)

	Monday	Tuesday	Wednesday	Thursday	Friday
STAR 6-Gold / Mon-Wed-Thurs (Week 1-9)	5:35pm-6:20pm Performance (Studio)		5:35pm-6:20pm Ballet (Studio)	5:40pm-6:30pm On Ice	
	6:30pm-7:15pm On Ice		6:30pm-7:15pm On Ice	6:30pm-6:45pm Group Stroking	
	7:15pm-7:30pm Stroking		7:15pm-7:30pm Stroking	6:55pm-7:25pm TRR	

	Tuesday	Tuesday	Wednesday	Thursday	Friday
STAR 16+	8:40pm-9:30pm On Ice		6:30pm-7:20pm Studio	5:45pm-6:15pm TRR	
			7:40pm-8:25pm On Ice	6:30pm-6:45pm Group Stroking	
			8:25pm-8:40pm Stroking	6:45pm-7:30pm On Ice	

	Monday	Tuesday	Wednesday	Thursday	Friday
ADVANCED JR ACADEMY Monday & Wednesday	4:40pm-5:30pm On Ice		4:40pm-5:30pm On Ice		
	5:40pm-6:30pm On Ice		5:40pm-6:30pm On Ice		
	6:40pm-7:10pm TRR		6:40pm-7:10pm TRR		

	Monday	Tuesday	Wednesday	Thursday	Friday
JR ACADEMY Monday & Wednesday	4:40pm-5:30pm On Ice		4:40pm-5:30pm On Ice		
	5:40pm-6:20pm TRR		5:40pm-6:20pm TRR		
JR ACADEMY Tuesday & Thursday		4:40pm-5:30pm On Ice		4:40pm-5:30pm On Ice	
		5:40pm-6:20pm TRR		5:40pm-6:20pm TRR	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Group Star						12:45pm-1:35pm On Ice
Teen & Adult Group Star				6:45pm-7:30pm On Ice		12:45pm-1:35pm On Ice

Mandatory Attire: Activewear. Hair neatly tied up if it can reach the skater's eyes. Running Shoes (Flexaff/TRR/Jump and Phys. Lit/Warm Up Classes). Ballet Shoes/Socks (Ballet/Stretch Classes) ***If the skater is not wearing proper attire they maybe asked to sit out of the class.