

2019-2020 Canmore Skating Club Schedule

Use this schedule in conjunction with the monthly schedule (which shows specific changes for that month).

	Sun. Off-Ice	Sunday	Monday	Mon. Off-Ice	Tuesday	Wednesday	Wed. Off-Ice	Thursday	Thurs. Off-Ice	Friday
AM										
6:45-7:00					PS/Jr/Int/Sr Open	PS/Jr/Int/Sr Open				
7:00-7:15										
7:15-7:30										
7:30-7:45					EDGES	EDGES				
7:45-8:00										
PM										
3:00-3:15										
3:15-3:30										
3:30-3:45										
3:45-4:00	Jr/Int/Sr Pilates		PRE-STAR		EDGES	Pre Star		Jr/Int Sr OPEN		
4:00-4:15					Jr/Sr/Int Open					
4:15-4:30										
4:30-4:45						Jr/Int/Sr OPEN				
4:45-5:00			CanSkate				Pre Star Off Ice	CanSkate		
5:00-5:15		Jr/Int/Sr OPEN		Prestar Off Ice						
5:15-5:30										
5:30-5:45			FLOOD			Jr/Int/Sr Off ice		FLOOD		
5:45-6:00			JR, INT, SR OPEN					Jr/Int/Sr OPEN		
6:00-6:15		Jr/Int/Sr OPEN								
6:15-6:30										
6:30-6:45										
6:45-7:00			GROUP							
7:00-7:15										
7:15-7:30										

PRE-STAR - is for the Pre-STAR group program These sessions are part of the basic PRE-STAR packages.

CanSkate

OPEN to all Disciplines and all levels

Denotes Jr/Int/Sr are to book private lessons

2019-2020 Descriptions & pre-requisites defined

Pre-STAR - Must have received an invite from the CanSkate coordinator. Or working on the Skating Clb Stage 5 & 6 Pre-STAR program.

Junior - Must have passed Badge 6 of the Pre-STAR Progress book

INT - Must have passed STAR 3 FreeSkate or be competing at Star 4, or passed STAR 5 Dances and STAR 5 Skating Skills

SR - Must have passed Sr. Br FreeSkate or Competing Pre-Juv or Star 6

NOTE - At COACHES DISCRETION skaters may be accepted to skate on a session up or down a level that they are qualified for.