



JULY 2023 SCHEDULE CFC WEST ARENA

START TIME	WEEK 1: JULY 10-14	
9:45AM	PRIVATE LESSON STARSKATE STAR 3 + 9:45 - 11:45 AM	GROUP STARSKATE A STAR 1-4 9:45 - 10:45 AM
10:00AM		
10:15AM		
10:30AM		
10:45AM		
11:00AM		GROUP STARSKATE B STAR 1-4 10:45 - 11:45 AM
11:15AM		
11:30AM		
11:45AM	STAR 1-GOLD OFF-ICE 12:00 - 1:00 PM	
12:00PM		
12:15PM		
12:130PM		
12:45PM		

START TIME	WEEK 2: JULY 17-21	
9:00 AM	STAR 3+ OFF-ICE 9:00 - 9:30 AM	
9:15 AM		
9:30AM	BREAK	
9:45AM	PRIVATE LESSON STARSKATE STAR 3 + 9:45 - 11:45 AM	
10:00AM		
10:15AM		
10:30AM		
10:45AM		
11:00AM		
11:15AM		
11:30AM	FLOOD	
11:45AM		
12:00PM	GROUP STARSKATE STAR 1-4 12:00 - 1:00 PM	
12:15PM		
12:130PM		
12:45PM		
1:00 PM	BREAK	
1:15 PM	STAR 1-4 OFF-ICE 1:15 - 2:00 PM	
1:30 PM		
1:45 PM		

START TIME	WEEK 3: JULY 24,-28	
9:45AM	PRIVATE LESSON STARSKATE STAR 3 + 9:45 - 11:45 AM	
10:00AM		
10:15AM		
10:30AM		
10:45AM		
11:00AM		
11:15AM		
11:30AM	BREAK	
11:45AM		
12:00PM	STAR 3+ OFF-ICE 12:00 - 1:00 PM	
12:15PM		
12:130PM		
12:45PM		
AFTERNOON SESSIONS		
2:00 PM	STAR 1-4 OFF-ICE 2:00 - 2:45 PM	
2:15 PM		
2:30 PM		
2:45 PM	BREAK	
3:00 PM	GROUP STARSKATE STAR 1-4 3:00 - 4:15 PM	
3:15 PM		
3:30 PM		
3:45 PM		
4:00 PM		

*SUBJECT TO CHANGE 06/09/2023

* PLEASE NOTE THERE IS NO GROUP STAR OR STAR 1-4 OFF-ICE ON JULY 26

- CANSKATE
- CANPOWERSKATE
- GROUP STARSKATE
- PRIVATE LESSON STARSKATE
- OFF-ICE
- SYNCHRONIZED SKATING
- ADULTSKATE
- ROTATIONAL PROGRAMMING