



WINTER 2023 SCHEDULE

START TIME	Monday ATB CENTRE	Tuesday ATB CENTRE	Wednesday ATB CENTRE	Wednesday YMCA	Wednesday CIVIC CENTRE	Thursday ATB CENTRE	START	Friday NICHOLAS SHERAN	START	Saturday CIVIC CENTRE
DAY TIME		CANSKATE 1:35 - 2:15 PM				CANSKATE 10:20 - 11:00 AM	1:30 PM	PRIVATE LESSON STARSKATE STAR2 + 1:30 - 3:00 PM	9:30 AM	GROUP STARSKATE STAR 1 - 4 9:30 - 10:30 AM
							1:45 PM		9:45 AM	
4:15 PM							2:00 PM		10:00 AM	
4:30 PM	PRIVATE LESSON STARSKATE STAR 1 - 4 4:30 - 5:30 PM	PRIVATE LESSON STARSKATE STAR 1-4 4:15 - 5:15 PM					2:15 PM		10:15 AM	
4:45 PM								2:30 PM	10:30 AM	PARENT & TOT 10:35 - 11:15AM
5:00 PM							2:45 PM	10:45 AM		
5:15 PM							3:00 PM	ROTATIONAL PROGRAMMING 3:00 - 4:30 PM	11:00 AM	CANSKATE A 11:20 AM - 12:00 PM
5:30 PM					PRE-POWER 5:00 - 5:45 PM		3:15 PM		11:15 AM	
5:45 PM	ELEMENTARY & BEGINNER SYNCHRO 5:30 - 6:30 PM	CANSKATE 5:35 - 6:15 PM	CANSKATE 5:35 - 6:15 PM				3:30 PM		11:30 AM	
6:00 PM						POWER SESSION 1 5:45 - 6:30 PM			3:45 PM	11:45 AM
6:15 PM		FLOOD					4:00 PM		12:00 PM	FLOOD
6:30 PM	FLOOD		GROUP STARSKATE STAR 1 - 4 6:15 - 7:15 PM	OFF-ICE TRAINING STAR 4+ 6:30 - 7:15 PM	FLOOD		4:15 PM	12:15 PM	CANSKATE B 12:20 - 1:00 PM	
6:45 PM		PRIVATE LESSON STARSKATE STAR 5 + 6:30 - 7:45 PM				PRE-NOVICE SYNCHRO 6:30 - 7:15 PM		12:30 PM		
7:00 PM	GROUP STARSKATE STAR 1 - 4 6:45 - 7:45 PM		FLOOD		POWER SESSION 2 6:45 - 7:30 PM			12:45 PM	1:00 PM	
7:15 PM						FLOOD		1:15 PM	ROTATIONAL PROGRAMMING 1:00 - 3:00 PM	
7:30 PM								1:30 PM		
7:45 PM		FLOOD			POWER SESSION 3 7:30 - 8:15 PM	PRIVATE LESSON STARSKATE STAR 3 + 7:30 - 8:30 PM		1:45 PM		
8:00 PM	PRIVATE LESSON STARSKATE STAR 5 + 7:45 - 9:00 PM (7:45 - 8:00 PM STROKING)		PRIVATE LESSON STARSKATE STAR 2 + 7:30 - 9:00 PM					2:00 PM		
8:15 PM		ADULTSKATE 8:00 - 9:00 PM			FLOOD			2:15 PM		
8:30 PM					POWER SESSION 4 8:30 - 9:15 PM			2:30 PM		
8:45 PM								2:45 PM		
9:00 PM						ADULTSKATE 8:45 - 9:30 PM				
9:15 PM										

*SUBJECT TO CHANGE 11/06/2022

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