

JUNE

	Rink 2 Monday 2	Rink 1 Tuesday 3	Rink 1 Wednesday 4	Rink 4 Thursday 5	
Session Qualification: working on.. Junior STAR 2-3 freeskates Interm STAR 4-5 freeskates Senior STAR 6 & up freeskates	4:35-5:10 Junior off ice 5:15-5:25 FLOOD 5:25-6:05 CanSkate 6:05-7:35 Junior 7:35-7:45 FLOOD 7:45-8:45 Interm/Senior	4:20-4:55 Junior off ice 5:00-5:10 FLOOD 5:10-6:00 Junior 6:10-6:55 *Off ice and spin 7:00-7:10 FLOOD 8:00 Interm/Senior	4:00-4:10 FLOOD 4:10-5:00 Pre Junior 5:00-6:30 Interm/Senior* 6:40-7:25 *off ice conditioning	4:30-4:40 FLOOD 4:40-5:30 HSS & HSSA 4:50-5:25 Junior off ice 5:30-5:40 FLOOD 5:40-6:55 Junior 6:55-8:30 Interm/Senior	
	Rink 2 & 4 9	Rink 1 10	Rink 1 11	Rink 4 12	
	4:00-4:10 FLOOD Rink 4 4:10-5:10 Junior 5:10-5:20 FLOOD 5:20-5:50 Junior Off ice 5:20-6:00 CanSkate 6:25-7:10 Interm/Sr Off ice 7:15-7:25 FLOOD Rink 2 7:25-8:45 Interm/Senior	4:00-4:10 FLOOD 4:10-5:10 Junior 5:20-5:55 Junior Off ice 5:10-6:00 Pre Junior 6:10-6:55 *Off ice and spin 7:00-7:10 FLOOD 7:10-8:00 *Interm/Senior	4:30-4:40 FLOOD 4:40-5:30 Pre Junior 5:30-6:30 *Interm/Senior 6:40-7:25 *off ice conditioning	4:30-4:40 FLOOD 4:40-5:30 HSS & HSSA 4:50-5:25 Junior off ice 5:30-5:40 FLOOD 5:40-6:55 Junior 6:55-8:30 Interm/Senior	
	Rink 1 16	Rink 1 17			
	4:00-4:10 FLOOD 4:10-5:40 Junior 5:40-5:50 FLOOD 5:50-6:30 CanSkate 6:45-7:25 Interm/Sr Off ice 7:30-7:40 FLOOD 7:40-8:30 Interm/Senior	4:00-4:10 FLOOD Rink 1 4:10-5:10 Junior 5:20-5:55 Junior Off ice 5:10-6:00 Pre Junior 6:10-6:55 *Off ice and spin 7:00-7:10 FLOOD 7:10-8:00 *Interm/Senior	NO SKATING	NO SKATING	
	Rink 1 & 2 23	Rink 1 24	Rink 2 25	Rink 4 26	
	4:30-4:40 FLOOD Rink 1 4:40-5:40 Junior 5:40-5:50 FLOOD 5:50-6:30 CanSkate 6:40-7:10 Interm/Sr off ice 7:15-7:25 FLOOD Rink 2 7:25-8:45 Interm/Senior	4:00-4:10 FLOOD 4:10-5:10 Junior 5:20-5:55 Junior Off ice 5:10-6:00 Pre Junior 6:10-6:55 *Off ice spin class 7:00-7:10 FLOOD 7:10-8:00 *Interm/Senior	4:15-4:25 FLOOD 4:25-5:15 Pre Junior 5:15-7:00 *Interm/Senior 7:10-7:55 *off ice conditioning	4:30-4:40 FLOOD 4:40-5:30 HSS & HSSA 4:50-5:25 Junior off ice 5:30-5:40 FLOOD 5:40-6:55 Junior 6:55-8:30 Interm/Senior	