

2024 April 22 - June 22 (Poirier)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Arena 3	Arena 3	Arena 3	Arena 3	Arena 3	Arena 3	
6:00	6:00-7:00am Star 1+ 26	6:00-7:00am Star 1+ 26	6:00-7:00am Star 1+ 26	6:00-7:00am Star 1+ 26	6:00-7:00am Star 1+ 26		
7:00	7:00-8:00am Juv / Star 6+ 24	7:00-8:00am Star 4+ 24	7:00-8:00am Juv / Star 6+ 24	7:00-8:00am Star 4+ 24	7:00-8:00am Star 4+ 24	7:00-7:45am Star 1+ 26	7:00
						7:45-8:30am JD/SSA Development 50	
8:00		8:00-8:15am Ice Clean		8:00-8:15am Ice Clean		8:30-8:45am Ice Clean	8:00
		8:15-9:30am City Buy-On		8:15-9:30am City Buy-On		8:45-9:30am Star 4+ 24	
9:00						9:30-10:15am Star 6+ 24	9:00
						10:15-10:30am Ice Clean	
1:00	1:00-2:00pm City Buy-On	1:00-2:00pm City Buy-On	1:00-2:00pm City Buy-On	1:00-2:00pm City Buy-On	1:00-2:00pm City Buy-On	10:30-11:15am Star 8+ 22	10:00
2:00	2:00-2:15pm Ice Clean	2:00-2:15pm Ice Clean	2:00-2:15pm Ice Clean	2:00-2:15pm Ice Clean	2:00-2:15pm Ice Clean	11:15-11:30am Ice Clean	
	2:15-3:15pm Juvenile+ Competitive* 20	2:15-3:15pm Juvenile+ Competitive* 20	2:15-3:15pm Juvenile+ Competitive* 20	2:15-3:15pm Juvenile+ Competitive* 20	2:15-3:15pm Juvenile+ Competitive* 20	11:30-12:15pm Canskate	11:00
3:00	3:15-3:30pm Ice Clean	3:15-3:30pm Ice Clean	3:15-3:30pm Ice Clean	3:15-3:30pm Ice Clean	3:15-3:30pm Ice Clean		
	3:30-4:15pm JD 24	3:30-4:15pm Star 4+ 24	3:30-4:15pm JD 24	3:30-4:15pm Star 4+ 24	3:30-4:15pm JD 24		
4:00	4:15-5:00pm Pre-Novice / Star 8+ 22	4:15-5:00pm Star 6+ 24	4:15-5:00pm Pre-Novice / Star 8+ 22	4:15-5:00pm Star 6+ 24	4:15-5:00pm Pre-Novice / Star 8+ 22		1:00
5:00		5:00-5:45pm RSA		5:00-5:45pm RSA	5:00-5:15pm Ice Clean		
		5:45-6:00pm Ice Clean		5:45-6:00pm Ice Clean	5:15-6:00pm Star 6+ 24		
6:00		6:00-6:30pm Canskate		6:00-6:30pm Canskate	6:00-6:45pm Star 4+ 24		
		6:30-7:00pm Canskate		6:30-7:00pm Canskate			
		6:00-7:00pm Pre-Power		6:00-7:00pm Pre-Power			
7:00		7:00-7:15pm Ice Clean		7:00-7:15pm Ice Clean			
		7:15-8:00pm SSA		7:15-8:00pm SSA			
8:00		8:00-8:45pm Star 6+** 22		8:00-8:45pm Star 6+** 22			
		8:45-9:00pm Ice Clean					
9:00		9:00-10:00pm Youth / Adult 25					

*Juvenile+ Competitive - Open to ABC package skaters

**Session changed from Star 8+ to Star 6+, capacity remained at 22.

Dryland

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MM* 3:30-4:20pm (A7+) R1 4:40-5:30pm (A10+) R1 5:50-6:40pm (A12+) R1	Fitness 3:30-4:20pm (A12+) R1 4:30-5:20pm (A7+) R1 5:20-6:30pm (A10+) R1 6:40-7:30pm (A12+) R1	Stretch 3:30-4:20pm (A7+) R1 4:20-5:10pm (A10+) R1 5:15-6:05pm (A12+) R1	Fitness 3:30-4:20pm (A12+) R1 4:30-5:20pm (A7+) R1 5:20-6:30pm (A10+) R1 6:40-7:30pm (A12+) R1	Dance** 4:00-4:50pm (A10+) R1 4:50-5:40pm (A7+) R1 5:50-6:40pm (A12+) R1	Jump 7:45-8:30am (Star 4-5) RS 9:30-10:15am (Star 8+) RS 10:30-11:15am (Star 5+) RS
JD 4:30-5:30pm L1	RSA 6:00-6:45pm R2	JD 4:30-5:30pm R2	RSA 6:00-6:45pm R2	JD 4:30-5:30pm RS	JD 8:45-9:25am MM & Stretch R1
Jump 3:30-4:00pm (Star 6+) RS 4:30-5:00pm (Star 4+) RS 5:10-5:40pm (Star 6+) R2	SSA 6:15-7:00pm RS	R1 = Room 1 R2 = Room 2 L1 = Arena 1 Lobby RS = Rink Side	SSA 6:15-7:00pm RS		SSA 8:45-9:25am RS

IMPORTANT DATES

Holiday - NO SKATING

Victoria Day (Mon. May 20th)

Competition

Victoria Day Competition (May 17-19)

High Performance Super Series (June 21-23)

Assessment

Star 6 - GOLD assessment (June 8th) - 8:45 to 11:15AM

NO DRYLAND SESSIONS

*Monday, May 27th - MM - 5:50-6:40pm (A12+)

**Friday, May 3rd Dance - all sessions