

2024 SUMMER - August 12-17

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Arena 3		Arena 3		Arena 3		Arena 3		Arena 3		Arena 2	
7:00	7:00-8:00am Star 1+ 26	7:00	7:00-8:00am Star 1+ 26	7:00	7:00-8:00am Star 1+ 26	7:00	7:00-8:00am Star 1+ 26	7:00	7:00-7:45am Star 1+ 24	7:00	
8:00	8:00-9:00am Star 4+ 24	8:00	8:00-9:00am Juv / Star 6+ F/S 24	8:00	8:00-9:00am Star 4+ 24	8:00	8:00-9:00am Juv / Star 6+ F/S 24	8:00	7:45-8:30am Juv / Star 6+ F/S 24	8:00	8:00-9:00am Star 1+ 26
9:00	9:00-9:15am Ice Clean	9:00	9:00-9:15am Ice Clean	9:00	9:00-9:15am Ice Clean	9:00	9:00-9:15am Ice Clean	9:00	8:30-8:45am Ice Clean	9:00	9:00-9:15am Ice Clean
	9:15-9:45am Star 4+ DEV		9:15-10:15am Star 4+		9:15-9:45am Star 4+ DEV		9:15-10:15am Star 4+		8:45-9:30am Star 4+		9:15-10:15am Star 1+
	9:45-10:15am Juv / Star 6+ DEV				9:45-10:15am Juv / Star 6+ DEV				9:30-10:15am Juv / Star 6+ F/S		9:15-10:15am Star 1+ 26
10:00	10:15-10:30am Ice Clean	10:00	10:15-11:15am Juv / Star 6+ F/S 24	10:00	10:15-10:30am Ice Clean	10:00	10:15-11:15am Juv / Star 6+ F/S 24	10:00	10:15-10:30am Ice Clean	10:00	10:15-10:30am Ice Clean
	10:30-11:15am Juv / Star 6+ F/S				10:30-11:45am Juv / Star 6+ F/S				10:30-11:15am Star 1+		10:30-11:30am Star 1+ 26
11:00	11:15-11:45am Pre-Novice / Star 8+ DEV	11:00	11:15-11:30am Ice Clean	11:00	11:15-11:45am Pre-Novice / Star 8+ DEV	11:00	11:15-11:30am Ice Clean	11:00	11:15-12:00pm Pre-Novice / Star 8+ F/S	11:00	
	11:45-12:00am Ice Clean		11:30-12:30am Pre-Novice / Star 8+ F/S		11:45-12:00am Ice Clean		11:30-12:30am Pre-Novice / Star 8+ F/S		12:00am-12:15am Ice Clean		
12:00	12:00-12:45pm Pre-Novice / Star 8+ F/S 22	12:00	12:30am-12:45am Ice Clean	12:00	12:00-12:45pm Pre-Novice / Star 8+ F/S 22	12:00	12:30am-12:45am Ice Clean	12:00	12:15-1:00pm Elite F/S 22	12:00	
	12:45-1:30pm Juv / Star 6+ F/S 24		12:45-1:45pm Elite F/S 22		12:45-1:30pm Juv / Star 6+ F/S 24		12:45-1:45pm Elite F/S 22		1:00-1:45pm Pre-Novice / Star 8+ F/S 22		
	1:30-1:45pm Ice Clean				1:30-1:45pm Ice Clean				1:45-2:00pm Ice Clean		
	1:45pm-2:30pm Pre-Novice / Star 8+ F/S 22		1:45-2:45pm Star 2+ F/S 26		1:45pm-2:30pm Pre-Novice / Star 8+ F/S 22		1:45-2:45pm Star 2+ F/S 26		2:00-3:00pm Star 1+ 26		
	2:30-3:15pm Elite F/S 22		2:45-3:00pm Ice Clean		2:30-3:15pm Elite F/S 22		2:45-3:00pm Ice Clean				
15:00	3:15-3:30pm Ice Clean	15:00	3:00-4:00pm Pre-Novice / Star 8+ F/S 22	15:00	3:15-3:30pm Ice Clean	15:00	3:00-4:00pm Pre-Novice / Star 8+ F/S 22	15:00	3:00-3:15pm Ice Clean	15:00	
	3:30-4:30pm JD				3:30-4:30pm JD				3:15-4:15pm JD		
16:00	4:30-5:30pm SSA	16:00		16:00	4:30-5:30pm SSA	16:00		16:00		16:00	
	5:30-5:45pm Ice Clean				5:30-5:45pm Ice Clean						
	5:45pm-6:30pm Canskate				5:45pm-6:30pm Canskate						
18:00		18:00		18:00		18:00		18:00		18:00	
19:00		19:00		19:00		19:00		19:00		19:00	

Dryland (DRAFT)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MM 3:30-4:20 pm (A12+) 4:30-5:20 pm (A10+) 5:30-6:20 pm (A7+)	Fitness 10:30-11:20 am (A7+) 11:30-12:20 pm (A10+) 12:40-1:30 pm (A12+) 2:00-2:50 pm (A12+)	MM 3:30-4:20 pm (A12+) 4:30-5:20 pm (A10+) 5:30-6:20 pm (A7+)	Fitness 10:30-11:20 am (A7+) 11:30-12:20 pm (A10+) 12:40-1:30 pm (A12+) 2:00-2:50 pm (A12+)	Dance 9:45-10:35 (A7+) 10:35-11:25 (A10+) 2:00-2:50 (A12+)	
JD 4:45-5:45 pm	Jump 8:10-9:00 am (Star 4+) 9:10-10:00 am (Star 6+) 10:10-11:00 am (Star 8+)	JD 4:45-5:45 pm	Jump 8:10-9:00 am (Star 4+) 9:10-10:00 am (Star 6+) 10:10-11:00 am (Star 8+)	JD 4:30-5:30 pm	
RSA 5:45-6:35 pm		RSA 5:45-6:35 pm			
SSA 5:30-6:30 pm		SSA 5:30-6:30 pm			

IMPORTANT DATES

Holiday - NO SKATING

Canada Day (Monday, July 1st)
BC Day (Monday, August 5th)

Competition

SUPER SERIES Summerskate (Aug. 15-18)

Simulation

Summerskate Simulation (Saturday, July 27th)

Assessment

TBD