

# 2024 SUMMER - July 2 - August 10

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Arena 3		Arena 3		Arena 3		Arena 3		Arena 3			
6:00		6:00	6:00-7:00am Star 1+ 26	6:00		6:00	6:00-7:00am Star 1+ 26	6:00		6:00	
7:00	7:00-8:00am Star 1+ 26	7:00	7:00-8:00am Juv / Star 6+ F/S 24	7:00	7:00-8:00am Star 1+ 26	7:00	7:00-8:00am Juv / Star 6+ F/S 24	7:00	6:00-6:45am Star 1+ 24	7:00	
8:00	8:00-9:00am Star 4+ 24	8:00	8:00-8:15am Ice Clean 8:15-9:15am Star 4+ 24	8:00	8:00-9:00am Star 4+ 24	8:00	8:00-8:15am Ice Clean 8:15-9:15am Star 4+ 24	8:00	6:45-7:30am Juv / Star 6+ F/S 24	8:00	8:00-9:00am JD/SSA
9:00	9:00-9:15am Ice Clean 9:15-9:45am Star 4+ DEV 9:45-10:15am Juv / Star 6+ DEV 22	9:00	9:15-10:15am Juv / Star 6+ F/S 22	9:00	8:00-8:15am Ice Clean 9:15-9:45am Star 4+ DEV 9:45-10:15am Juv / Star 6+ DEV 22	9:00	8:00-8:15am Ice Clean 9:15-10:15am Juv / Star 6+ F/S 22	9:00	7:45-8:45am Star 4+ 24	9:00	9:00-9:15am Ice Clean 9:15-10:00am Canskate Potential Session (TBC)
10:00	10:15-10:30am Ice Clean 10:30-11:15am Juv / Star 6+ F/S 24	10:00	10:15-10:30am Ice Clean 10:30-11:30am Pre-Novice / Star 8+ F/S 22	10:00	10:15-10:30am Ice Clean 10:30-11:45am Juv / Star 6+ F/S 24	10:00	10:15-10:30am Ice Clean 10:30-11:30am Pre-Novice / Star 8+ F/S 22	10:00	8:45-9:45am Juv / Star 6+ F/S 24	10:00	10:00-10:45am Canskate Potential Session (TBC)
11:00	11:15-11:45am Pre-Novice / Star 8+ DEV 11:45-12:00am Ice Clean	11:00	11:30am-11:45am Ice Clean 11:45-12:45pm Elite F/S 22	11:00	11:15-11:45am Pre-Novice / Star 8+ DEV 11:45-12:00am Ice Clean	11:00	11:15-11:45am Pre-Novice / Star 8+ DEV 11:45-12:45pm Elite F/S 22	11:00		11:00	Simulation July 27
12:00	12:00-12:45pm Pre-Novice / Star 8+ F/S 22	12:00	12:45-1:30pm Star 2+ F/S 26	12:00	12:00-12:45pm Pre-Novice / Star 8+ F/S 22	12:00	12:00-12:45pm Pre-Novice / Star 8+ F/S 22	12:00		12:00	
13:00	12:45-1:30pm Juv / Star 6+ F/S 24	13:00	1:30-1:45pm Ice Clean	13:00	12:45-1:30pm Juv / Star 6+ F/S 24	13:00	12:45-1:30pm Juv / Star 6+ F/S 24	13:00		13:00	
14:00	1:45pm-2:30pm Pre-Novice / Star 8+ F/S 22	14:00	1:45-2:00pm Ice Clean	14:00	1:45pm-2:30pm Pre-Novice / Star 8+ F/S 22	14:00	1:45-2:00pm Ice Clean	14:00		14:00	
15:00	2:30-3:15pm Elite F/S 22	15:00	2:00-3:00pm Pre-Novice / Star 8+ F/S 22	15:00	2:30-3:15pm Elite F/S 22	15:00	2:00-3:00pm Pre-Novice / Star 8+ F/S 22	15:00	2:15-3:00pm Pre-Novice / Star 8+ F/S 22	15:00	
16:00	3:15-3:30pm Ice Clean 3:30-4:30pm JD	16:00		16:00	3:15-3:30pm Ice Clean 3:30-4:30pm JD	16:00	3:15-3:30pm Ice Clean 3:30-4:30pm JD	16:00	3:00-3:45pm Elite F/S 22	16:00	
17:00	4:30-5:30pm RSA	17:00		17:00	4:30-5:30pm RSA	17:00	4:30-5:30pm RSA	17:00	3:45-4:45pm JD	17:00	
18:00	5:30-5:45pm Ice Clean 5:45-6:30pm Canskate	18:00		18:00	5:30-5:45pm Ice Clean 5:45-6:30pm Canskate	18:00	5:30-5:45pm Ice Clean 5:45-6:30pm Canskate	18:00	4:45-5:00pm Ice Clean 5:00-6:00pm Pre-Novice / Star 8+ F/S 22	18:00	
19:00	6:30-6:45pm Ice Clean 6:45-7:45pm SSA	19:00		19:00	6:30-6:45pm Ice Clean 6:45-7:45pm SSA	19:00	6:30-6:45pm Ice Clean 6:45-7:45pm SSA	19:00		19:00	
20:00	7:45-8:45pm Youth / Adult 25	20:00		20:00	7:45-8:45pm Youth / Adult 25	20:00	7:45-8:45pm Youth / Adult 25	20:00		20:00	
21:00		21:00		21:00		21:00		21:00		21:00	

## 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 9:30-10:20 am (A7+) 10:30-11:20 am (A10+) 11:50-12:40 am (A12+) 1:00-1:50 am (A12+)		Stretch 3:30-4:20 pm (A12+) 4:30-5:20 pm (A10+) 5:30-6:20 pm (A7+)		Fitness 9:30-10:20 am (A7+) 10:30-11:20 am (A10+) 11:50-12:40 am (A12+) 1:00-1:50 am (A12+)		Dance 9:00-9:50 am (A7+) 10:00-10:50 am (A10+) 1:10-2:00 pm (A12+)		SSA 7:00-7:50am JD 9:20-10:10 am	
JD 4:45-5:45 pm		Jump 7:10-8:00 am (Star 4+) 8:10-9:00 am (Star 6+) 9:10-10:00 am (Star 8+)		JD 4:45-5:45 pm		Jump 7:10-8:00 am (Star 4+) 8:10-9:00 am (Star 6+) 9:10-10:00 am (Star 8+)		JD 5:00-6:00 pm			
RSA 5:45-6:35 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		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