

TIME	Sunday ICE		Monday		Tuesday	Wednesday		Thursday		Friday	
			On ICE	OFF Ice	ICE	ICE	OFF Ice	ICE	OFF Ice	ICE	
6:00 - 6:15 AM											6:00 - 6:15 AM
6:15 - 6:30 AM											6:15 - 6:30 AM
6:30 - 6:45 AM							PRELIMINARY SKILLS 6:00 - 7:00 AM				6:30 - 6:45 AM
6:45 - 7:00 AM										GOLD Dance 6:30 - 7:00 AM	6:45 - 7:00 AM
7:00 - 7:15 AM											7:00 - 7:15 AM
7:15 - 7:30 AM										SILVER / GOLD Freeskate	7:15 - 7:30 AM
7:30 - 7:45 AM								Off Ice 7:00 - 7:40 AM			7:30 - 7:45 AM
7:45 - 8:00 AM										GROUP	7:45 - 8:00 AM
2:45 - 3:00 PM											2:45 - 3:00 PM
3:00 - 3:15 PM											3:00 - 3:15 PM
3:15 - 3:30 PM											3:15 - 3:30 PM
3:30 - 3:45 PM	PowerSkate 3:15 - 4:00		STAR / SILVER GROUP 3:15 - 4:15		CanSkate, PrePower, PreCanSkate 3:30-4:15			CanSkate, PrePower, PreCanSkate 3:30-4:15			3:30 - 3:45 PM
3:45 - 4:00 PM		CanSkate 3:45 - 4:30									3:45 - 4:00 PM
4:00 - 4:15 PM	PowerSkate Scrimmage		STAR / SILVER SYNCHRO 4:15 - 4:45	GOLD Warm up	STAR, SILVER, GOLD 4:15 - 5:00			STAR, SILVER, GOLD 4:15 - 5:00			4:00 - 4:15 PM
4:15 - 4:30 PM											4:15 - 4:30 PM
4:30 - 4:45 PM											4:30 - 4:45 PM
4:45 - 5:00 PM			GOLD Freeskate 4:45 - 5 :45		SILVER, GOLD FREE 5:00 5 -5:45			SILVER, GOLD FREE 5:00 - 6:00			4:45 - 5:00 PM
5:00 - 5:15 PM											5:00 - 5:15 PM
5:15 - 5:30 PM											5:15 - 5:30 PM
5:30 - 5:45 PM											5:30 - 5:45 PM
5:45 - 6:00 PM			JR. BRONZE SKILLS / DANCE 5:45 - 6:30		SILVER, GOLD DANCE 5:45 - 6:15						5:45 - 6:00 PM
6:00 - 6:15 PM											6:00 - 6:15 PM
6:15 - 6:30 PM											6:15 - 6:30 PM
6:30 - 6:45 PM								HOCKEY SKATING SKILLS 6:00 - 6:45			6:30 - 6:45 PM