

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			SATURDAY			SUNDAY
	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	OFF ICE	ON ICE
6:30	DOME	ISNS	DOME	BASE	DOME	ISNS	DOME	DOME	DOME	ISNS	BASE				OPEN SKILLS/DANCE
6:45									DANCE/SKILLS 6:30 - 7:00 AM						
7:00									OPEN 7:00 - 7:45 AM						9:00 - 9:45 AM
7:15															OPEN FREESKATE
7:30															9:45 - 10:45 AM
2:00	OPEN FREESKATE 2:00 - 3:15 PM		OPEN FREESKATE 2:00 - 3:15 PM		OPEN FREESKATE 2:00 - 3:15 PM		OPEN FREESKATE 2:00 - 3:15 PM		OPEN FREESKATE 2:00 - 3:15 PM						
2:15															
2:30															
2:45															
3:00															
3:15	FLOOD		FLOOD		ISNS	ISNS SEYHOOR ROOM	FLOOD	DRESSING ROOM	FLOOD						
3:30	OPEN FREESKATE 3:30 - 4:15 PM		GOLD FREESKATE 3:30 - 4:15 PM		JUMPSTART/BRONZE 3:30 - 4:15 PM	COMPETITIVE 3:45 - 4:30 PM	GOLD FREESKATE 3:30 - 4:15 PM	COMPETITIVE 3:30 - 4:00 PM	OPEN FREESKATE 3:30 - 4:15 PM	ISNS					
3:45										CANSKATE					
4:00	COP/SPINS 4:15 - 4:45 PM		COP/SPINS 4:15 - 4:45 PM		CANSKATE 4:15 - 5:00 PM	JUMPSTART/BRONZE 4:30 - 5:00 PM	GOLD/COMP STEPS		COMPETITIVE FREESKATE 4:15 - 5:15 PM	CANSKATE 3:45 - 4:30 PM					
4:15										CAN POWER 4:30 - 5:15 PM					
4:45	COMPETITIVE FREESKATE 4:45 - 5:30 PM		COMPETITIVE FREESKATE 4:45 - 5:30 PM		SPINS - COMPETITIVE + SILVER 5:00 - 5:30 PM						BASE FITNESS 5:00 - 6:00 PM				
5:15		ISNS SEYHOOR ROOM	COMPETITIVE STEPS												
5:30		JUMPSTART/BRONZE 5:45 - 6:15 PM			FLOOD				JUMPSTART/BRONZE 5:30-6:15 PM	SILVER 5:30-6:00 PM					
5:45					COMPETITIVE FREESKATE 5:45 - 6:45 PM				OPEN 5:30 - 6:15 PM						
6:00		SILVER FREESKATE 6:00 - 6:45 PM		BASE FITNESS					SILVER+OPEN STEPS						
6:15	ISNS									JUMPSTART/BRONZE 6:30-7:00 PM					
6:30	JUMPSTART/BRONZE 6:30 - 7:15 PM														
6:45		GOLD		GOLD/COMPETITIVE 6:30 - 7:30 PM											
7:00					SILVER FREESKATE 6:45 - 7:30 PM										
7:15	SILVER FREESKATE 7:15 - 8:00 PM														
7:30															
7:45					GOLD FREESKATE 7:30 - 8:15										
8:00															
8:15	GOLD FREESKATE 8:00 - 8:45 PM														
8:30															
8:45	OPEN SESSION 8:45 - 9:15 PM														
9:00															

BRONZE = STAR 1
 SILVER = STAR 2, 3, 4
 GOLD = STAR 5, 6, 7, 8, 9, 10, GOLD + PRE-JUVENILE COMPETITORS
 COMPETITIVE = JUVENILE TO SENIOR (PROVINCIAL COMPETITORS)

IMPORTANT DATES

SEPT 9 - VSC OPEN HOUSE 3:00 PM - 4:45 PM Skate Swap will start at 3pm and Familv Skate 4:00pm - 4:45pm. Regular sessions will run till 4pm. NO CANSKATE Session Sep 9.
 OCT 9 - THANKSGIVING HOLIDAY MONDAY - NO REGULAR SKATING SCHEDULED this day - BUY ON ICE WILL BE AVAILABLE 10:00 AM - 12:00 PM
 OCT 31 - HALLOWEEN - DOME SESSIONS AS SCHEDULED 2:00 PM - 5:30 PM - NO SILVER SESSION this day
 NOV 11 - REMEMBRANCE DAY SATURDAY - YES REGULAR SKATING this day
 NOV 13 - REMEMBRANCE DAY Holiday is MONDAY - NO REGULAR SKATING this day
 December Test Day to be advised
 FEB 12 - FAMILY DAY HOLIDAY MONDAY - NO REGULAR SKATING SCHEDULED this day
 March Test Day to be advised

LESSON FEE STRUCTURE:

Freeskate, OPEN Sessions, COP, Spins, Drills, Dance, Skills - coaches will invoice direct to skater for coaching fees
 CAMP, STEPS and OFF Ice coaching fees are included in ice registration fees
 JUMPSTART & BRONZE Level - coaching fees are included in ice registration fees
 ON & OFF ICE are MANDATORY for ALL JUMPSTART. BRONZE. SILVER. GOLD. COMPETITIVE LEVELS