

| | MONDAY Ice Sports North Shore (ISNS) | | | TUESDAY Ice Sports North Shore (ISNS) | | | WEDNESDAY Ice Sports North Shore (ISNS) | | | THURSDAY Ice Sports North Shore (ISNS) | | | FRIDAY Ice Sports North Shore (ISNS) | |
|------|---|--------------------------------------|--|---|---------------------------------|--------------------------------------|---|--------------------------------------|-----------------------------|---|---------------------------------|--|---|--------------------------------------|
| | RINK 3 | OFFICE | RINK 1 | RINK 3 | OFFICE | RINK 1 | RINK 3 | OFFICE | RINK 1 | RINK 3 | OFFICE | RINK 1 | RINK 3 | OFFICE |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | OPEN FREESKATE Includes 15 minutes STEPS 6:30AM - 7:35AM | | | | | | OPEN FREESKATE Includes 15 minutes STEPS 6:30AM - 7:35AM | |
| 8:00 | | | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | | | |
| 3:00 | ACCELERATED OPEN FREESKATE Includes 10 minutes STEPS 2:30PM - 3:35PM | | | ACCELERATED OPEN FREESKATE Includes 10 minutes STEPS 2:30PM - 3:35PM | | | ACCELERATED OPEN FREESKATE Includes 10 minutes STEPS 2:30PM - 3:35PM | | | ACCELERATED OPEN FREESKATE Includes 10 minutes STEPS 2:30PM - 3:35PM | | | ACCELERATED OPEN FREESKATE Includes 10 minutes STEPS 2:30PM - 3:35PM | |
| 4:00 | SILVER B FREESKATE 3:45PM - 4:30PM | COMP OFF ICE 3:45PM - 4:15PM | CANSKATE 4:05PM - 4:50PM | GOLD FREESKATE 3:45PM - 4:30PM | COMP OFF ICE 3:45PM - 4:15PM | CANSKATE 4:05PM - 4:50PM | SILVER B FREESKATE 3:45PM - 4:30PM | COMP OFF ICE 3:45PM - 4:15PM | CANSKATE 4:00PM - 4:45PM | GOLD FREESKATE 3:45PM - 4:30PM | COMP OFF ICE 3:45PM - 4:15PM | SIL A & BRONZE FREESKATE 4:00PM - 4:50PM | COMP FREESKATE 3:45PM - 4:30PM | GOLD OFF ICE 3:45PM - 4:15PM |
| 5:00 | COMP FREESKATE 4:30PM - 5:20PM | JUMPSTART OFF ICE 4:30PM - 5:00PM | OPEN/BRONZE 4:50PM - 5:35PM OPEN DEFINED below | COMP FREESKATE 4:30PM - 5:20PM | GOLD OFF ICE 4:45PM - 5:15PM | SILVER OFF ICE 5:15PM - 6:00PM | COMP FREESKATE 4:30PM - 5:20PM | JUMPSTART OFF ICE 4:30PM - 5:00PM | CANSKATE 4:50PM - 5:35PM | COMP FREESKATE 4:30PM - 5:20PM | GOLD OFF ICE 4:45PM - 5:15PM | SIL A & BRONZE OFF ICE 5:15PM - 5:45PM | GOLD FREESKATE 4:30PM - 5:20PM | JUMPSTART OFF ICE 4:45PM - 5:15PM |
| 6:00 | JUMPSTART ON ICE 5:30PM - 6:15PM | SILVER A OFF ICE 5:30PM - 6:00PM | | OPEN SESSION OPEN DEFINED below 5:30PM - 6:15PM | | | JUMPSTART ON ICE 5:30PM - 6:15PM | SILVER A OFF ICE 5:30PM - 6:00PM | | OPEN SESSION OPEN DEFINED below 5:30PM - 6:15PM | | | JUMPSTART ON ICE 5:30PM - 6:15PM | SILVER OFF ICE 5:15PM - 6:00PM |
| 7:00 | SILVER A FREESKATE 6:15PM - 7:05PM | GOLD OFF ICE 6:15PM - 7:00PM | | SILVER FREESKATE 6:15PM - 7:05PM | | | SILVER A FREESKATE 6:15PM - 7:05PM | GOLD OFF ICE 6:15PM - 7:00PM | | SILVER B FREESKATE 6:15PM - 7:05PM | | | SILVER FREESKATE 6:15PM - 7:05PM | |
| 8:00 | GOLD FREESKATE Includes 15 Minutes STEPS 7:15PM - 8:20PM | | | | | | GOLD FREESKATE Includes 15 Minutes STEPS 7:15PM - 8:20PM | | | SILVER B OFF ICE 7:15PM - 7:45PM | | | | |

IMPORTANT DATES

- APRIL 15 - EASTER FRIDAY - NO REGULAR SESSIONS
- APRIL 18 - EASTER MONDAY - YES REGULAR SESSIONS
- MAY 20 - FRIDAY MORNING ICE ONLY - NO PM SESSIONS
- MAY 23 - MONDAY VICTORIA DAY - NO REGULAR SESSIONS

COLOUR LEVELS DEFINED

- JUMPSTART - Invitation Only (Minimum 2 JS days per week)
- BRONZE - Invitation Only - Must register for designated Bronze sessions (2 BR days per week)
- SILVER = STAR 2,3,4 (skaters may register any SILVER session - Min 2 SIL days per week)
- **SILVER skaters will only be accepted on Silver A Age 11 & Over or Silver B Age 10 & Under
- GOLD = PREJUVENILE, STAR 5, 6, 7, 8, 9, 10, GOLD (Min 3 GOLD days per week)
- COMPETITIVE = JUVENILE TO SENIOR (Provincial Competitors) Min 5 COMP days per week

SESSIONS DEFINED

- ACFS (Accelerated Freeskat) = priority to COMP, PEAK (Gold, Silver REQUIRE Director approval)
- **OPEN Sessions = COMP, GOLD & SILVER freeskat levels & skills.
- OPEN Minimum Requirement: All Silver skaters designated as Silver for Fall 2021/Winter 2022
- COMP / GOLD / SILVER = All freeskat programs (priority given to stated level)
- ***All skaters must skate the minimum number of days per week/level prior to registering for OPEN sessions.

LESSON FEE STRUCTURE

- Freeskat, OPEN, Spins, Drills, Dance, Skills - coaches invoice skater for coaching fees
- STEPS and OFF Ice coaching fees are included in ice registration fees
- JUMPSTART & BRONZE - coaching fees are included on designated Jumpstart & Bronze programs
- ON & OFF ICE MANDATORY for ALL JUMPSTART, BRONZE, SILVER, GOLD, COMPETITIVE Levels