

VSC SUMMER 2022 DAILY SCHEDULE (MONDAY through FRIDAY) July 4 - August 12, 2022
 SUMMER FACILITY - Canlan Sports, 2411 Mount Seymour Parkway, North Vancouver
 Additional Summer Schedules are posted by June 27 - 30, August 15, August 17

	MONDAY Canlan Sports	TUESDAY Canlan Sports	WEDNESDAY Canlan Sports	THURSDAY Canlan Sports	FRIDAY Canlan Sports
	Ring 3 OFF ICE	Ring 3 OFF ICE	Ring 3 OFF ICE	Ring 3 OFF ICE	Ring 3 OFF ICE
12:30	INTERNSIVE 1 FREESKATE 12:35PM - 1:05PM	INTERNSIVE 1 FREESKATE 12:35PM - 1:05PM	INTERNSIVE 1 FREESKATE 12:35PM - 1:05PM	INTERNSIVE 1 FREESKATE 12:35PM - 1:05PM	INTERNSIVE 1 FREESKATE 12:35PM - 1:05PM
1:30	INTERNSIVE 2 FREESKATE (50 min) STEPS (20 min) 1:05PM - 2:05PM	INTERNSIVE 2 FREESKATE (50 min) SPNG (20 min) 1:05PM - 2:05PM	INTERNSIVE 2 FREESKATE (50 min) STEPS (20 min) 1:05PM - 2:05PM	INTERNSIVE 2 FREESKATE (50 min) SPNG (20 min) 1:05PM - 2:05PM	INTERNSIVE 2 FREESKATE (50 min) SPNG (20 min) 1:05PM - 2:05PM
2:30	INTERNSIVE 2 OFF ICE 2:15PM - 3:00PM	INTERNSIVE 2 OFF ICE 2:15PM - 3:00PM	INTERNSIVE 2 OFF ICE 2:15PM - 3:00PM	INTERNSIVE 2 OFF ICE 2:15PM - 3:00PM	INTERNSIVE 2 OFF ICE 2:15PM - 3:00PM
3:30	INTERNSIVE 2 continued FREESKATE 3:15PM - 4:05PM	INTERNSIVE 2 continued FREESKATE 3:15PM - 4:05PM	INTERNSIVE 2 continued FREESKATE 3:15PM - 4:05PM	INTERNSIVE 2 continued FREESKATE 3:15PM - 4:05PM	INTERNSIVE 2 continued FREESKATE 3:15PM - 4:05PM
4:30	INTERNSIVE 3 FREESKATE (50 min) STEPS (20 min) 4:15PM - 5:05PM	INTERNSIVE 3 FREESKATE (50 min) SPNG (20 min) 4:15PM - 5:05PM	INTERNSIVE 3 FREESKATE (50 min) STEPS (20 min) 4:15PM - 5:05PM	INTERNSIVE 3 FREESKATE (50 min) SPNG (20 min) 4:15PM - 5:05PM	INTERNSIVE 3 FREESKATE (50 min) SPNG (20 min) 4:15PM - 5:05PM
5:30	INTERNSIVE 4, JL, BR FREESKATE/ON ICE 5:15PM - 6:05PM	INTERNSIVE 4, JL, BR FREESKATE/ON ICE 5:15PM - 6:05PM	INTERNSIVE 4, JL, BR FREESKATE/ON ICE 5:15PM - 6:05PM	INTERNSIVE 4, JL, BR FREESKATE/ON ICE 5:15PM - 6:05PM	INTERNSIVE 4, JL, BR FREESKATE/ON ICE 5:15PM - 6:05PM

COLOUR SCALE	COLOUR LEVELS DEFINED	Weeks Offered
JUMPMSTART (J)	JUMPMSTART (invitation only)	Jul 4 - Jul 28
Bronze (BR)	Bronze (invitation only)	Aug 1 - Aug 11
INTERNSIVE 4	Skaters NEW to Silver in Spring 2022	Jul 4 - Jul 28
INTERNSIVE 3	STAR 2 & 3	Jul 4 - Aug 12
INTERNSIVE 2	GOLD plus Silver Skaters (list to be published)	Jul 4 - Aug 12
INTERNSIVE 1	COACH Plus Bronze/Gold Skaters from Spring	Jul 4 - Aug 12