

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 for June 27 - 30, August 15 - August 17

	MONDAY Canlan Sports		TUESDAY Canlan Sports		WEDNESDAY Canlan Sports		THURSDAY Canlan Sports		FRIDAY Canlan Sports	
	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE
12:30	INTENSIVE 1 FREESKATE 12:15PM - 1:05PM		INTENSIVE 1 FREESKATE 12:15PM - 1:05PM		INTENSIVE 1 FREESKATE 12:15PM - 1:05PM		INTENSIVE 1 FREESKATE 12:15PM - 1:05PM		INTENSIVE 1 FREESKATE 12:15PM - 1:05PM	
1:30	INTENSIVE 2 FREESKATE (50 min) STEPS (10 min) 1:05PM - 2:05PM	INTENSIVE 1 OFF Ice 1:15PM - 2:00PM	INTENSIVE 2 FREESKATE (50 min) SPINS (10 min) 1:05PM - 2:05PM	INTENSIVE 1 OFF Ice 1:15PM - 2:00PM	INTENSIVE 2 FREESKATE (50 min) STEPS (10 min) 1:05PM - 2:05PM	INTENSIVE 1 OFF Ice 1:15PM - 2:00PM	INTENSIVE 2 FREESKATE (50 min) SPINS (10 min) 1:05PM - 2:05PM	INTENSIVE 1 OFF Ice 1:15PM - 2:00PM	INTENSIVE 2 FREESKATE 1:05PM - 2:05PM	INTENSIVE 1 OFF Ice 1:15PM - 2:00PM
	FLOOD		FLOOD		FLOOD		FLOOD		FLOOD	
2:30	INTENSIVE 1 continued FREESKATE (50 min) STEPS (10 min) 2:15PM - 3:15PM	INTENSIVE 2 OFF Ice 2:15PM - 3:00PM	INTENSIVE 1 continued FREESKATE (50 min) SPINS (10 min) 2:15PM - 3:15PM	INTENSIVE 2 OFF Ice 2:15PM - 3:00PM	INTENSIVE 1 continued FREESKATE (50 min) STEPS (10 min) 2:15PM - 3:15PM	INTENSIVE 2 OFF Ice 2:15PM - 3:00PM	INTENSIVE 1 continued FREESKATE (50 min) SPINS (10 min) 2:15PM - 3:15PM	INTENSIVE 2 OFF Ice 2:15PM - 3:00PM	INTENSIVE 1 continued FREESKATE 2:15PM - 3:15PM	INTENSIVE 2 OFF Ice 2:15PM - 3:00PM
3:30	INTENSIVE 2 continued FREESKATE 3:15PM - 4:05PM		INTENSIVE 2 continued FREESKATE 3:15PM - 4:05PM		INTENSIVE 2 continued FREESKATE 3:15PM - 4:05PM		INTENSIVE 2 continued FREESKATE 3:15PM - 4:05PM		INTENSIVE 2 continued FREESKATE 3:15PM - 4:05PM	
	FLOOD		FLOOD		FLOOD		FLOOD		FLOOD	
4:30	INTENSIVE 3 FREESKATE (50 min) STEPS (10 min) 4:15PM - 5:15pm	Jumpstart OFF Ice 4:30PM - 5:00PM	INTENSIVE 3 FREESKATE (50 min) SPINS (10 min) 4:15PM - 5:15pm	Jumpstart OFF Ice 4:30PM - 5:00PM	INTENSIVE 3 FREESKATE (50 min) STEPS (10 min) 4:15PM - 5:15pm	Jumpstart OFF Ice 4:30PM - 5:00PM	INTENSIVE 3 FREESKATE (50 min) SPINS (10 min) 4:15PM - 5:15pm	Jumpstart OFF Ice 4:30PM - 5:00PM	INTENSIVE 3 FREESKATE 4:15PM - 5:05PM	
5:30	INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:15PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:15PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:15PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM	INTENSIVE 4, JUMPSTART FREESKATE/ON ICE 5:15PM - 6:05PM	INTENSIVE 3 OFF Ice 5:30PM - 6:00PM		

COLOUR SCALE

COLOUR LEVELS DEFINED	Weeks Offered
JUMPSTART	Jul 4 - Jul 28
BRONZE	Aug 8 - Aug 11
INTENSIVE 4	Jul 4 - Jul 28
INTENSIVE 3	Jul 4 - Aug 12
INTENSIVE 2	Jul 4 - Aug 12
INTENSIVE 1	Jul 4 - Aug 12

Weeks Offered

JUMPSTART	Jul 4 - Jul 28
BRONZE	Aug 8 - Aug 11
INTENSIVE 4	Jul 4 - Jul 28
INTENSIVE 3	Jul 4 - Aug 12
INTENSIVE 2	Jul 4 - Aug 12
INTENSIVE 1	Jul 4 - Aug 12

REVISED TIMES: ON ICE 4:25pm - 5:15pm followed by OFF Ice 5:30pm - 6:00pm - BOTH MANDATORY ATTENDANCE