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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Competitive 1&2**  7:30-8:00 am  **Stroking** | **Competitive 2**  7:30-8:15am  **Free Skate** | **Competitive 1&2**  7:30-8:00 am  **Stroking** | **Competitive 2**  7:30-8:15am  **Free Skate** | **Competitive 1&2**  7:30-8:00 am  **Stroking** |
| **Competitive 2**  8:00-8:45 am  **Free Skate** | **Competitive 1**  8:15-9:00 am  **Free Skate** | **Competitive 2**  8:00-8:45 am  **Free Skate** | **Competitive 1**  8:15-9:00 am  **Free Skate** | **Competitive 2**  8:00-8:45 am  **Free Skate** |
| Flood 8:45-9:00 am | Flood 9:00-9:15 am | Flood 8:45-9:00 am | Flood 9:00-9:15 am | Flood 8:45-9:00 am |
| **Competitive 1**  9:00-9:45 am  **Free Skate** | **Competitive 2**  9:15-10:00 am  **Free Skate** | **Competitive 1**  9:00-9:45 am  **Free Skate** | **Competitive 2**  9:15-10:00 am  **Free Skate** | **Competitive 1**  9:00-9:45 am  **Free Skate** |
| **Competitive 2**  9:45-10:30 am  **Free Skate** | **Competitive 1**  10:00-10:45 am  **Free Skate** | **Competitive 2**  9:45-10:30 am  **Free Skate** | **Competitive 1**  10:00-10:45 am  **Free Skate** | **Competitive 2**  9:45-10:30 am  **Free Skate** |
| Flood 10:30-10:45 am |  | Flood 10:30-10:45 am |  | Flood 10:30-10:45 am |
| **Competitive 1**  10:45-11:30 am  **Free Skate** | **Competitive 1&2**  10:45-11:15 am  **Stroking** | **Competitive 1**  10:45-11:30 am  **Free Skate** | **Competitive 1&2**  10:45-11:15 am  **Stroking** | **Competitive 1**  10:45-11:30 am  **Free Skate** |
|  | Flood 11:15-11:30 am |  | Flood 11:15-11:30 am |  |
| **Competitive 2**  11:30-12:15 pm  **Free Skate** | **Competitive 2**  11:30-12:15 pm  **Free Skate** | **Competitive 2**  11:30-12:15 pm  **Free Skate** | **Competitive 2**  11:30-12:15 pm  **Free Skate** | **Competitive 2**  11:30-12:15 pm  **Free Skate** |
| Flood 12:15-12:30 pm |  | Flood 12:15-12:30 pm |  | Flood 12:15-12:30 pm |
| **Competitive 1**  12:30-1:15 pm  **Free Skate** | **Competitive 1**  12:15-1:00 pm  **Free Skate** | **Competitive 1**  12:30-1:15 pm  **Free Skate** | **Competitive 1**  12:15-1:00 pm  **Free Skate** | **Competitive 1**  12:30-1:15 pm  **Free Skate** |
|  | Flood 1:00-1:15 pm |  | Flood 1:00-1:15 pm |  |
| **Star 3 to 5/Open**  1:15-2:00 pm  **Free Skate** | **Star 3 to 5/Open**  1:15-2:00 pm  **Free Skate** | **Star 3 to 5/Open**  1:15-2:00 pm  **Free Skate** | **Star 3 to 5/Open**  1:15-2:00 pm  **Free Skate** | **Star 3 to 5/Open**  1:15-2:00 pm  **Free Skate** |
| Flood 2:00-2:15 pm | Flood 2:00-2:15 pm | Flood 2:00-2:15 pm | Flood 2:00-2:15 pm | Flood 2:00-2:15 pm |
| **Star Camp/**  **Open Free Skate**  2:15-3:00 pm  **Group Lesson** | **Star Camp/**  **Open Free Skate**  2:15-3:00 pm  **Group Lesson** | **Star Camp/**  **Open Free Skate**  2:15-3:00 pm  **Group Lesson** | **Star Camp/**  **Open Free Skate**  2:15-3:00 pm  **Group Lesson** | **Star Camp/**  **Open Free Skate**  2:15-3:00 pm  **Group Lesson** |
| **Stroking**  3:00-3:15 pm  **Star Camp & Star 3-5** | **Stroking**  3:00-3:15 pm  **Star Camp & Star 3-5** | **Stroking**  3:00-3:15 pm  **Star Camp & Star 3-5** | **Stroking**  3:00-3:15 pm  **Star Camp & Star 3-5** | **Stroking**  3:00-3:15 pm  **Star Camp & Star 3-5** |
| **Star 3 to 5**  3:15-4:00 pm  **Open Free Skate** | **Star 3 to 5**  3:15-4:00 pm  **Open Free Skate** | **Star 3 to 5 Open**  3:15-4:00 pm  **Open Free Skate** | **Star 3 to 5**  3:15-4:00 pm  **Open Free Skate** | **Star 3 to 5**  3:15-4:00 pm  **Open Free Skate** |
|  | **Open**  6:30-7:30 pm |  | **Open**  6:30-7:30 pm |  |
|  | **Open July 2, 9, 16, 23**  7:30-8:30 pm  *No August sessions* |  | **Open July 4, 11, 28, 25**  7:30-8:30 pm  *No August sessions* |  |

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| Monday  Off Ice | Tuesday  Off Ice | | Wednesday  Off Ice | Thursday  Off Ice | Friday  Off Ice | |
| **Competitive 1**  8:15—8:45 am  **Off Ice** | **Competitive 1**  7:30—8:00 am  **Off Ice** | | **Competitive 1**  8:15—8:45 am  **Off Ice** | **Competitive 1**  7:30—8:00 am  **Off Ice** | **Competitive 1**  8:15—8:45 am  **Off Ice** | |
| **Competitive 2**  9:00-9:30 am  **Off Ice** | **Competitive 2**  8:30-9:00 am  **Off Ice** | | **Competitive 2**  9:00-9:30 am  **Off Ice** | **Competitive 2**  8:30-9:00 am  **Off Ice** | **Competitive 2**  9:00-9:30 am  **Off Ice** | |
| **Competitive 1**  11:35-12:20 pm  **Off Ice (fitness)** | **Competitive 1**  11:20-12:05 pm  **Off Ice (fitness)** | | **Competitive 1**  11:35-12:20 pm  **Off Ice (fitness)** | **Competitive 1**  11:20-12:05 pm  **Off Ice (fitness)** | **Competitive 1**  11:35-12:20 pm  **Off Ice (fitness)** | |
| **Competitive 2**  12:25-1:10 pm  **Off Ice (fitness)** | **Competitive 2**  12:25-1:10 pm  **Off Ice (fitness)** | | **Competitive 2**  12:25-1:10 pm  **Off Ice (fitness)** | **Competitive 2**  12:25-1:10 pm  **Off Ice (fitness)** | **Competitive 2**  12:25-1:10 pm  **Off Ice (fitness)** | |
| **Star Camp**  1:30-2:00 pm  **Off Ice (Jump)** | **Star Camp**  1:30-2:00 pm  **Off Ice (Jump)** | | **Star Camp**  1:30-2:00 pm  **Off Ice (Jump)** | **Star Camp**  1:30-2:00 pm  **Off Ice (Jump)** | **Star Camp**  1:30-2:00 pm  **Off Ice (Jump)** | |
| **Star 2-5**  2:15-2:45 pm  **Off Ice (Jump)** | **Star 2-5**  2:15-2:45 pm  **Off Ice (Jump)** | | **Star 2-5**  2:15-2:45 pm  **Off Ice (Jump)** | **Star 2-5**  2:15-2:45 pm  **Off Ice (Jump)** | **Star 2-5**  2:15-2:45 pm  **Off Ice (Jump)** | |
| **Star Camp**  3:30-4:00 pm  **Off Ice (fitness)** | **Star Camp**  3:30-4:00 pm  **Off Ice (fitness)** | | **Star Camp**  3:30-4:00 pm  **Off Ice (fitness)** | **Star Camp**  3:30-4:00 pm  **Off Ice (fitness)** | **Star Camp**  3:30-4:00 pm  **Off Ice (fitness)** | |
| **Star 2-5**  4:15-5:00 pm  **Off Ice (fitness)** | **Star 2-5**  4:15-5:00 pm  **Off Ice (fitness)** | | **Star 2-5**  4:15-5:00 pm  **Off Ice (fitness)** | **Star 2-5**  4:15-5:00 pm  **Off Ice (fitness)** | **Star 2-5**  4:15-5:00 pm  **Off Ice (fitness)** | |
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| **Level** | | **Description** | | | |
| **Open** | | Open to all skaters and disciplines. | | | |
| **Star Camp** | | For Introduction to Figure Skating, GroupStar, first year Junior Prep skaters or Star 1/2. This group is fully supervised from the time they are dropped off to when they are picked up. | | | |
| **Star 2-5** | | For 2nd Year Junior Prep HP skaters, Star 3-5, or skaters. Skaters must be independent and able to get themselves from each activity | | | |
| **Competitive 1** | | This package is for competitive skaters who compete at the Pre-Novice (2nd yr), Novice and Junior level. Please speak to your coach BEFORE registering. | | | |
| **Competitive 2** | | This package is for competitive skaters who compete at the Pre-Juvenile, Juvenile and 1st year Pre-Novice. Please speak to your coach BEFORE registering. | | | |