

2010 / 2011 Grande Prairie Skating Club Schedule

Primary:

Monday's

3:45 – 4:45pm – On Ice Group
5:00 – 5:15pm – Off Ice Group

Wednesday's

5:30 – 6:45pm – On Ice

Saturday's

11:15am – 12:00pm – On Ice (only part year so pick as an additional day not as your main skating day)

Tuesday's

5:30 – 6:30pm – On Ice Group
6:45 – 7:15pm – Off Ice Group

Thursday's

5:30 – 6:30pm – On Ice Group
6:45 – 7:15pm – Off Ice Group

Junior:

Monday's

3:45 – 4:45pm – Freeskate
4:45 – 5:00pm – Stroking
5:15 – 5:45pm – Off Ice
6:15 – 6:45pm – Optional Dance / Skills

Wednesday's

3:45 – 4:15pm – Dance / Skills
4:15 – 4:30pm – Stroking
4:30 – 5:30pm – Freeskate
5:45 – 6:30pm – Optional Off Ice

Friday's

6:30 – 8:00am – Freeskate
OR
3:45 – 4:30pm – Freeskate
4:30 – 4:45pm – Stroking
4:45 – 5:15pm – Dance / Skills
5:30 – 6:15pm – Off Ice

Tuesday's

5:30 – 5:45pm - Stroking
5:45 – 6:30pm - Freeskate
6:45 – 7:15pm – Off Ice

Thursday's

5:30 – 5:45pm - Stroking
5:45 – 6:30pm - Freeskate
6:45 – 7:15pm – Off Ice

Saturday's

9:00 – 9:30am – Dance / Skills
9:45 – 10:00am – Spins / Choreography
10:00 – 11:00am - Freeskate

Pre-Intermediate:

Monday's

3:45 – 4:45pm – Freeskate
4:45 – 5:00pm – Stroking
5:15 – 5:45pm – Off Ice
6:15 – 6:45pm – Optional Dance / Skills

Wednesday's

3:45 – 4:15pm – Dance / Skills
4:15 – 4:30pm – Stroking
4:30 – 5:30pm – Freeskate
5:45 – 6:30pm – Optional Off Ice

Friday's

6:30 – 8:00am – Freeskate
OR
3:45 – 4:30pm – Freeskate
4:30 – 4:45pm – Stroking
4:45 – 5:15pm – Dance / Skills
5:30 – 6:15pm – Off Ice

Tuesday's

5:30 – 5:45pm - Stroking
5:45 – 6:30pm - Freeskate
6:45 – 7:15pm – Off Ice
4:45 – 5:15pm – Optional Dance / Skills

Thursday's

5:30 – 5:45pm - Stroking
5:45 – 6:30pm - Freeskate
6:45 – 7:15pm – Off Ice

Saturday's

9:00 – 9:30am – Dance / Skills
9:45 – 10:00am – Spins / Choreography
10:00 – 11:00am - Freeskate

Intermediate:

Monday's

5:00 – 6:00pm – Freeskate
6:15 – 6:45pm – Dance / Skills
6:45 – 7:00pm – Stroking
7:10 – 7:45pm – Off Ice

Wednesday's

6:45 – 7:45pm – Freeskate
7:45 – 8:00pm – Stroking
8:00 – 8:45pm – Optional Dance/Skills
5:45 – 6:30pm – Optional Off Ice

Friday's

6:30 – 8:00am – Freeskate
OR
4:30 – 5:15pm – Off Ice
5:30 – 6:00pm – Dance/Skills
6:00 – 6:15pm – Stroking
6:15 – 7:00pm – Freeskate

Tuesday's

3:45 – 4:30pm - Freeskate
4:30 – 4:45pm – Stroking
4:45 – 5:15pm – Dance / Skills
5:30 – 6:30pm – Off Ice

Thursday's

3:45 – 4:15pm – Dance / Skills
5:15 – 5:00pm - Freeskate
5:00 – 5:15pm – Stroking
5:30 – 6:30pm – Off Ice

Saturday's

9:00 – 9:30am – Dance / Skills
9:45 – 10:00am – Spins / Choreography
10:00 – 11:00am - Freeskate

Senior:

Monday's

5:45 – 6:30pm – Off Ice
6:45 – 7:00pm – Stroking
7:00 – 7:45pm – Dance / Skills
7:45 – 8:45pm – Freeskate

Wednesday's

6:45 – 7:45pm – Freeskate
7:45 – 8:00pm – Stroking
8:00 – 8:45pm – Dance/Skills
5:45 – 6:30pm – Optional Off Ice

Friday's

6:30 – 8:00am – Freeskate
OR
4:30 – 5:15pm – Off Ice
5:30 – 6:00pm – Dance/Skills
6:00 – 6:15pm – Stroking
6:15 – 7:00pm – Freeskate

Tuesday's

3:45 – 4:30pm - Freeskate
4:30 – 4:45pm – Stroking
4:45 – 5:15pm – Dance / Skills
5:30 – 6:30pm – Off Ice

Thursday's

3:45 – 4:15pm – Dance / Skills
5:15 – 5:00pm - Freeskate
5:00 – 5:15pm – Stroking
5:30 – 6:30pm – Off Ice

Saturday's

9:00 – 9:30am – Dance / Skills
9:45 – 10:00am – Spins / Choreography
10:00 – 11:00am - Freeskate

*Please note the split of the Intermediate and Senior Skaters on Monday's – new this year!

Intermediate – Minimum Passed Prelim Freeskate, Prelim Dance, Prelim Skills

Senior – Minimum Passed Jr. Bronze Freeskate and one complete Senior Bronze Test

If you are unsure where this may leave your skater – please talk to your coach!