

2023/24 Fall-Winter Term Ice Schedule, As of September 8, 2023

(September 5, 2023 – May 17, 2024)

Rink 8

Monday - Wednesday - Friday	
Time	Group
6:15 - 9:00am	Competitive Ice Dance
9:00 - 9:15am	FLOOD
9:15 - 11:30am	Competitive Ice Dance
11:30 - 11:45am	FLOOD
12:00 - 1:00pm	Elite Session
1:00 - 2:00pm	Open Session
2:00 - 2:15pm	FLOOD
2:15 - 3:15pm	Elite Session
3:15 - 4:00pm	Advanced Session
4:00 - 4:15pm	FLOOD
4:15 - 5:00pm	Sr. A Session
5:00 - 5:15pm	FLOOD
5:15 - 6:00pm	Elite Session
6:00 - 6:45pm	Advanced Session
6:45 - 7:00pm	FLOOD
7:00 - 8:00pm	Sr. B Session

Tuesday & Thursday	
Time	Group
6:15 - 9:00am	Competitive Ice Dance
9:00 - 9:15am	FLOOD
9:15 - 11:30am	Competitive Ice Dance
11:30 - 11:45am	FLOOD
12:00 - 1:00pm	Elite Session
1:00 - 2:00pm	Open Session
2:00 - 2:15pm	FLOOD
2:15 - 3:15pm	Elite Session
3:15 - 3:30pm	FLOOD
3:30 - 4:15pm	Advanced Session
4:15 - 5:00pm	Sr. A Session
5:00 - 5:15pm	FLOOD
5:15 - 6:00pm	Elite Session
6:00 - 6:45pm	Advanced Session
6:45 - 7:00pm	FLOOD
7:00 - 8:00pm	Sr. B Session

Saturday	
Time	Group
7:00 - 7:45am	Open
7:45 - 8:45am	Intermediate #2 **
8:45 - 9:30am	Intermediate #1 **
9:30 - 9:45am	FLOOD
9:45 - 10:30am	Happy Feet
10:30 - 10:45am	FLOOD
10:45 - 11:30am	Learn-to-Skate #12
11:30 - 12:15pm	Learn-to-Skate #13
12:15 - 1:00pm	Learn-to-Skate #14

Sunday	
Time	Group
6:30 - 8:30am	Competitive Ice Dance
8:30 - 8:45am	FLOOD
8:45 - 9:45am	Sr. B Session
9:45 - 10:00am	FLOOD
10:00 - 11:00am	Elite/Advanced Session
11:00 - 11:40pm	Sr. A #1 Spins/ Field Moves*
11:40 - 12:15pm	Sr. A #2 Spins/ Field Moves*
12:15 - 1:00pm	Learn-to-Skate #15
1:00 - 1:45pm	Learn-to-Skate #16

* Sr.A groups assigned by Skating Director

** Intermediate groups assigned by Development Director

2023/24 Fall-Winter Term Ice Schedule, As of September 8, 2023
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Rink 5

Monday - Wednesday - Friday	
Time	Group
6:30 - 8:30am	Dev Dance/Open
12:00 - 1:00pm	Open Session
2:15 - 2:30pm	FLOOD
2:30 - 3:30pm	Sr. A Session
3:30 - 3:45pm	FLOOD
3:45 - 4:40pm	Intermediate #1
4:40 - 5:20pm	Sr. B Session
5:20 - 6:00pm	Intermediate #2 (Mon Only)
5:20 - 6:20pm	Intermediate #2 (Wed Only)
5:20 - 6:35pm	Intermediate #2 (Fri Only)

Rink 5

Tuesday & Thursday	
Time	Group
6:30 - 8:30am	Dev Dance/Open Singles
12:00 - 1:00pm	Open Session
2:15 - 2:30pm	FLOOD
2:30 - 3:30pm	Sr. A Session
3:30 - 4:15pm	Intermediate Combined
4:15 - 4:30pm	FLOOD
4:30 - 5:15pm	Jr Academy
5:15 - 6:00pm	Learn-to-Skate #4, #8
6:00 - 6:15pm	Fun and Fit On Ice (Tue Only LTS)

Rink 6

Monday - Wednesday - Friday	
Time	Group
3:45 - 4:30pm	Learn-to-Skate #1, #5, #9
4:30 - 5:15pm	Learn-to-Skate #2, #6, #10
5:15 - 6:00pm	Learn-to-Skate #3, #7, #11
6:00 - 6:45pm	Jr Academy (Wed Only)
6:45 - 7:00pm	Coach Spin Patch (Wed Only)

2023/24 Fall-Winter Term Off-Ice Schedule

Elite			
Mon & Wed	3:45 - 4:45pm	Off-Ice	Multi-Purpose Room
Tue	4:45 - 5:00pm	Dryland Jumps	
Fri	6:15 - 7:15pm	Fit Circuit	
Advanced			
Mon & Wed	4:45 - 5:45pm	Off-Ice	Multi-Purpose Room
Fri	4:10 - 5:10pm	Fit Circuit	
Sr. A			
Mon & Wed	5:45 - 6:45pm	Off-Ice	Multi-Purpose Room
Thur	5:00 - 5:15pm	Dryland Jumps	
Fri	5:10 - 6:10pm	Fit Circuit	
Sr. B			
Mon/Wed/Fri	5:40 - 6:40pm	TBD	Banquet Room
Intermediate			
Tue & Thur (Int #1)	4:30 - 5:30pm	TBD	Banquet Room
Mon & Wed (Int #2)	4:15 - 5:15pm		
<i>Gymnastics Requirement 2X per week (Outside facility)</i>			
Jr Academy			
Wed	6:50 - 7:30pm	Off-Ice	Banquet Room
Tue & Thur	5:30 - 6:00pm	Off-Ice	