



PRINCE GEORGE
FIGURE SKATING CLUB



SUMMER SKATING ACADEMY

July Weeks 1-4

Week 1: June 29-July 3 (no skating July 1); Week 2: July 13-16; Week 3: July 20-23; Week 4: July 27-30 (Kopar)

Monday		Tuesday		Wednesday		Thursday	
Elksentre		Elksentre		Elksentre		Elksentre	
12:15-1:00 pm	Star 4+ FreeSkate	8:30-9:30 am	Star 1/2 Ballet*	12:15-1:00 pm	Star 4+ FreeSkate	12:15-12:45 pm	Star 1/2 Class
1:00-1:30 pm	Star 3+ Class	9:40-10:40 am	Star 3+ Ballet*	1:00-1:30 pm	Star 3+ Class	12:45-1:30 pm	Star 1/2 FreeSkate
1:30-2:15 pm	Star 3+ FreeSkate	9:40-10:40 am	Star 1/2 Athlete Training*	1:30-2:15 pm	Star 3+ FreeSkate	12:45-1:30 pm	Junior Academy Class
2:15-2:30 pm	Ice Clean	10:50-11:50 am	Star 3+ Athlete Training*	2:15-2:30 pm	Ice Clean	1:30-2:15 pm	Star 4+ FreeSkate
2:25-2:55 pm	Star 3+ Dryland	12:15-12:45 pm	Star 1/2 Class	2:25-2:55 pm	Star 3+ Dryland	1:40-2:10 pm	Star 1/2 & Junior Academy Dryland
2:30-3:00 pm	Star 1/2 Class	12:45-1:30 pm	Star 1/2 FreeSkate	2:30-3:00 pm	Star 1/2 Class	2:15-2:30 pm	Ice Clean
3:00-3:45 pm	Star 1/2 FreeSkate	12:45-1:30 pm	Junior Academy Class	3:00-3:45 pm	Star 1/2 FreeSkate	2:30-3:00 pm	Star 3+ Class
3:55-4:25 pm	Star 1/2 Dryland	1:30-2:15 pm	Star 3+ FreeSkate	3:55-4:25 pm	Star 1/2 Dryland	3:00-3:45 pm	Star 3+ FreeSkate
		1:40-2:10 pm	Junior Academy Dryland			3:55-4:25 pm	Star 3+ Dryland
		2:15-2:30 pm	Ice Clean				
		2:30-3:00 pm	Star 3+ Class				
		3:00-3:45 pm	Star 4+ FreeSkate				

August Weeks 5-7

Week 5: Aug 10-13; Week 6: Aug 17-20; Week 7: Aug 24-27 (alternate schedule on Aug 19 and 20 as below)

Monday		Tuesday		Wednesday		Thursday	
Elksentre		Elksentre		Elksentre		Elksentre	
8:00-8:45 am	Star 4+ FreeSkate	8:00-8:45 am	Star 4+ FreeSkate	8:00-8:45 am	Star 4+ FreeSkate	8:00-8:30 am	Star 1/2 Class
8:45-9:15 am	Star 3+ Class	8:45-9:15 am	Star 3+ Class	8:45-9:15 am	Star 3+ Class	8:30-9:15 am	Star 1/2 FreeSkate
9:15-10:00 am	Star 3+ FreeSkate	9:15-10:00 am	Star 3+ FreeSkate	9:15-10:00 am	Star 3+ FreeSkate	8:30-9:15 am	Junior Academy Class
10:00-10:15 am	Ice Clean	10:00-10:15 am	Ice Clean	10:00-10:15 am	Ice Clean	9:15-10:00 am	Star 4+ FreeSkate
10:10-10:40 am	Star 3+ Dryland	10:15-10:45 am	Star 1/2 Class	10:10-10:40 am	Star 3+ Dryland	9:25-9:55 am	Star 1/2 & Junior Academy Dryland
10:15-10:45 am	Star 1/2 Class	10:45-11:30 am	Star 1/2 FreeSkate	10:15-10:45 am	Star 1/2 Class	10:00-10:15 am	Ice Clean
10:45-11:30 am	Star 1/2 FreeSkate	10:45-11:30 am	Junior Academy Class	10:45-11:30 am	Star 1/2 FreeSkate	10:15-10:45 am	Star 3+ Class
11:40-12:10 pm	Star 1/2 Dryland	11:40-12:10 pm	Junior Academy Dryland	11:40-12:10 pm	Star 1/2 Dryland	10:45-11:30 am	Star 3+ FreeSkate
		12:00-1:00 pm	Star 1/2 Athlete Training*			11:40-12:10 pm	Star 3+ Dryland
		1:15-2:15 pm	Star 1/2 Ballet*				
		1:15-2:15 pm	Star 3+ Athlete Training*				
		2:30-3:30 pm	Star 3+ Ballet*				

* Athlete Training & Ballet Sessions will take place at the Northern Sport Centre

Wednesday Aug 19		Thursday Aug 20	
Elksentre		Elksentre	
9:30-10:15 am	Star 4+ FreeSkate	9:30-10:00 am	Star 1/2 Class
10:15-10:45 am	Star 3+ Class	10:00-10:45 am	Star 1/2 FreeSkate
10:45-11:30 am	Star 3+ FreeSkate	10:00-10:45 am	Junior Academy Class
11:30-11:45 am	Ice Clean	10:45-11:30 am	Star 4+ FreeSkate
11:40-12:10 pm	Star 3+ Dryland	10:55-11:25 am	Star 1/2 & Junior Academy Dryland
11:45-12:15 pm	Star 1/2 Class	11:30-11:45 am	Ice Clean
12:15-1:00 pm	Star 1/2 FreeSkate	11:45-12:15 pm	Star 3+ Class
1:10-1:40 pm	Star 1/2 Dryland	12:15-1:00 pm	Star 3+ FreeSkate
		1:10-1:40 pm	Star 3+ Dryland