

BROOKE ALVINSTON SKATING CLUB

Revised SKATING SCHEDULE 2009 / 2010

MONDAY

Senior Skills	5:00 – 5:30
Senior Dance and Skills	5:30 – 6:00
Senior Freeskate / Stroking	6:00 – 6:50

WEDNESDAY

CanSkate A (Stages 1 & 2)	5:05 – 5:35
CanSkate B (Stages 3 – 5)	5:10 – 5:50
StarSkate A & B / Junior Stroking	5:45 – 5:50
StarSkate A & B / Junior Dance	5:50 – 6:05
StarSkate A & B / Junior F/S	6:05 – 6:50

SATURDAYS

StarSkate A & B (A = stage 6/7 have <u>not</u> passed a SC test)	9:35 – 10:05
FLOOD	10:05 – 10:15
StarSkate A (1 hour)	10:15 – 10:45
StarSkate B (1 ½ hour)	10:15 – 11:15
Senior Skills (2 hours)	11:15 – 11:45
Senior Dance	11:45 – 12:15
Senior Stroking	12:15 – 12:25
FLOOD	12:25 – 12:35
Senior Freeskate	12:35 – 1:20
CanSkate Setup Time (PA's on the ice)	1:20 – 1:25
CanSkate A (Stages 1 & 2)	1:25 – 1:55
CanSkate B (Stages 3 – 5)	1:25 – 2:10
“NEW” Intro to Synchro (must be registered as CanSkate B)	2:10 – 2:20