

| May 16 to June 25, 2022 (No Ice May 21st) | | | | | | | |
|---|------------------------|----------------|------------------|----------------|------------------------|---------|----------------|
| SPRING 2022 Revised SCHEDULE | | | | | | | |
| | Monday | | Thursday | | Friday | | Saturday |
| Time-PM | On Ice | <i>fitness</i> | On Ice | <i>fitness</i> | On Ice | Time-AM | On Ice |
| 1:30 | Freeskate | | Freeskate | | Freeskate | | No Ice May 21 |
| 1:45 | Day/ Sr | | Day/ Sr | | Day/ Sr | | |
| 2:00 | Star 8+ | | Star 8+ | | Star 8+ | | |
| 2:15 | Spin | | Spin | | Spin | | |
| 2:30 | Flood | | Flood | | Flood | | |
| 2:45 | Freeskate | | Freeskate | | Freeskate | Time-AM | Freeskate |
| 3:00 | Day/ Sr | | Day/ Sr | | Day/ Sr | 8:30 | |
| 3:15 | Star 8+ | | Star 8+ | | Star 8+ | 8:45 | |
| 3:30 | Stroking | | Stroking | | Stroking | 9:00 | |
| 3:45 | Day/ Sr Star 8+ | | Day/ Sr Star 8+ | | Day/ Sr Star 8+ | 9:15 | |
| 4:00 | Flood | | Flood | | Flood | 9:30 | Dance & Skills |
| 4:15 | Freeskate | Off-Ice | Freeskate | Off-Ice | Freeskate | 9:45 | Flood |
| 4:30 | Junior | Day/Sr | Int/Sr | Day/Sr | Junior | 10:00 | |
| 4:45 | Star 2-4 | Star 8+ | Star 5-Gold | Star 8+ | Star 2-4 | 10:15 | |
| 5:00 | | | | | | 10:30 | |
| 5:15 | Stroking | Off-Ice | Dance & Skills | Off-Ice | Stroking | 10:45 | |
| 5:30 | Junior Star 2-4 | Star 1 Group | | Star 1 Group | Junior Star 2-4 | 11:00 | Flood |
| 5:45 | Star 1 | Off-Ice | Star 1 | Off-Ice | Flood | 11:15 | Open |
| 6:00 | Group | | Group | Junior | Freeskate | 11:30 | |
| 6:15 | Figure | | Figure | Off-Ice | Int/Sr | 11:45 | |
| 6:30 | Skating | | Skating | Int/Sr | Star 5-Gold | 12:00 | |
| 6:45 | Flood | | Flood | | Stroking | 12:15 | |
| 7:00 | Freeskate | | Freeskate | | Int/Sr | | |
| 7:15 | Int/Sr | | Junior | | | | |
| 7:30 | Star 5-Gold | | Star 2-4 | | | | |
| 7:45 | Spin | | Spin | | | | |
| 8:00 | Stroking | | Dance/ | | | | |
| 8:15 | Int/Sr | | Skills | | | | |
| 8:30 | | | | | | | |
| 8:45 | | | | | | | |

| Sessions: Junior (Star 2-4) Intermediate (Star 5-7) Senior (Star 8-Gold) Day (Competitive/Sr *Must have minimum of 3 doubles landing) | |
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| May 16 th - June 25 th | (Schedule Colour Coded) Saturday May 21st - No Ice |
| Day Ice | 3 Doubles and higher |
| Day Ice Combined Star 6+ | At Least one double + Working on Star 6 |
| Intermediate/Senior | Working on first doubles + up |
| Junior Star 2-4 | No doubles |
| Star 1 | N/A |
| Adult Group | |