

Derrick Skating Club Fall /Winter 2011-2012 Skating Schedule

Tuesday, September 6, 2011 - Saturday, March 24, 2012

George S Hughes South Side Arena (10525 - 72 Avenue)

	Monday	Tuesday	Wednesday	Thursday	Friday
6 am - 7 am			OPEN		OPEN
1:45 - 2:00				PRE / CANSkate	
2:00 - 2:15					
2:15 - 2:30				PRE / CANSkate	
2:30 - 2:45					
2:45 - 3:00				Flood	
3:00 - 3:15				Int B / SR Strk	
3:15 - 3:30				Int B / SR Dance	
3:30 - 3:45				Int B / SR Skills	SR Open
3:45 - 4:00	Int B / SR Dance	JR Stroking	Int Dance/Skills	Int B / SR Free	SR Open
4 :00- 4:15	Int B / SR Skills	JR Dance	Int A & B Free	Int B / SR Free	SR Strk
4:15 - 4:30	Int B / SR Free	JR Free	Int A & B Free	Int B / SR Free	SR Free
4:30 - 4:45	Int B / SR Free	JR Free	Int A & B Free	Int B / SR Free	SR Free
4:45 - 5:00	Int B / SR Free	Flood	JR DEVL	Int A / JR Dance	SR Free
5:00 - 5:15	Int B / SR Strk	SR Free	JR DEVL	Int A / JR Free	SR Dance
5:15 - 5:30	PRECanSkate	SR Free	JR DEVL	Int A / JR Free	SR Skills
5:30 - 5:45		SR Free	Flood	Int A / JR Free	Int B Free
5:45 - 6:00	CANSkate	SR Free	SR Free	Int A / JR Strk	Int B Free
6:00 - 6:15		Shared Strk	SR Free		Int B Free
6:15 - 6:30		Int A & B Free	SR Free		JR DEVL
6:30 - 6:45	Flood	Int A & B Free	SR Free		JR DEVL
6:45 - 7:00	Int A / JR Free	Int A & B Free	CanPOWER		JR DEVL
7:00 - 7:15	Int A / JR Free	Int Dance/Skills			
7:15 - 7:30	Int A / JR Free				
7:30 - 7:45	Int A / JR Strk				

MORE
Saturday, Sunday Schedule
Qualification Requirements
 Details on Page 2



OFF-ICE				
	Tuesday	Wednesday	Thursday	Friday
	Fitness	Jump	Ballet	Fitness
	4:00 - 4:45 SR	4:00 - 4:35 JR / JR DEVL	3:45 - 4:35 Int A / JR	4:15 - 5:15 Int A/B
	5:00 - 5:45 JR Int A/B	4:55 - 5:30 Int A/B SR	5:00 - 6:00 Int B / SR	5:40 - 6:40 SR

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Saturday	
9:00 - 9:30*	Int A / JR Strk
9:30 - 9:45	Int A / JR Dance
9:45 - 10:30	Int A / JR Free
10:30 - 10:45	Int A / JR Strk
10:45 - 11:15	PRECanSkate
11:15 - 12:00	CANSkate
*Sept 10, 17, 24, Oct 1, 8 ONLY	

Sunday*	
4:45 - 7:00	OPEN
*Terwillegar Community Recreation Centre Nov 20 - Mar 11	

DERRICK SKATING CLUB PROGRAMS

Learn-to-Skate Programs

CANSKATE is Skate Canada's learn-to-skate program for beginners. **PRE-Canskate** is recommended for ages 3-5. **CANSKATE** is recommended for ages 5 and older.

POWER SKATING is a high energy instructional power skating program for hockey and ringette skaters. **All skaters in learn-to-skate programs must wear CSA helmets.**

Figure Skating Programs

JUNIOR DEVELOPMENT: Ages 8 and under

For young athletes interested in figure skating. Figure skating skills are introduced through a group lesson format in a positive and fun atmosphere. Recommendation: 2 days per week. Private lessons are also available to supplement skill development through our Junior Freeskate Program.

PRIVATE LESSONS

Junior Freeskate: no tests passed

Recommend 2-4 days per week with 1 private lesson per freeskate session

Intermediate A Freeskate: passed complete set of Preliminary Dance tests

Recommend 3-5 days per week with 4-6 private lessons per week

Intermediate B Freeskate: passed the Preliminary Skills or Preliminary Freeskate test

Recommend 4-6 days per week with 6-12 private lessons per week

Senior Freeskate: passed the Junior Bronze Freeskate test

Recommend 5-6 days per week with a 7-12 private lessons per week