

DSC MARCH 2021 Ice Schedule (March 1-April 2, 2021)

DSC MARCH 2021 Ice Schedule (March 1-April 2, 2021)														
	Monday	Monday	Tuesday	Wed 1	Wed 2	Thurs1	Thurs2	Thurs 3	Friday		Saturday	Sunday1	Sunday2	
	TERWILLEGAR		TERWILLEGAR			TERWILLEGAR			TERWILLEGAR		SOUTHSIDE	SOUTHSIDE	KINSMEN A	
6:15-6:30am	M1 - Open priority IntA		T1 - Open priority Jr/IntB			R1			F1 - Open priority Senior					
6:30-6:45am						AllSTAR/Sr/Int**								
6:45-7:00am							R2							
7:00-7:15am	M2 - IntA FS		T2 - IntB FS			AllSTAR/Sr/Int**			F2 - Senior FS	7:45-8:00am	Sa1 - Jr & JrPrep 9yrs+	Su1 HPP Level 1 By invitation		
7:15-7:30am						R3				8:00-8:15am				
7:30-7:45am							AllSTAR/Sr/Int						8:15-8:30am	
									SOUTHSIDE					
1:00-1:30 pm	MEADOWS	SOUTHSIDE	SOUTHSIDE	MEADOWS	MEADOWS	KINSMEN B	KINSMEN A	SOUTHSIDE	F3a/b - Open	8:30-8:45am	FLOOD			
1:30-1:45pm				Rink West	Rink East	CS & PT			AllSTAR / Sr / Int**	8:45-9:00am	CS & IFSA	FLOOD		
1:45-2:00pm									FS	9:00-9:15am		Su2 - IntB Seminar		
2:00-2:15pm							R6 - Sr/IntA**		FLOOD	9:15-9:30am				
2:15-2:30pm			T3 - Sr/IntA			R4 - Sr/IntA	FS		F4 - Sr/IntA	9:30-9:45am	FLOOD			
2:30-2:45pm	M3 - Senior FS		FS		W6 - Open	FS			FS	9:45-10:00am	CS & PT	FLOOD		
2:45-3:00pm		M7a - Open FS	T4 - Sr/IntA		AllSTAR		R7 - Sr/IntA			10:00-10:15am			Su3 - IntA Seminar	
3:00-3:15pm		AllSTAR / Sr / Int**	FS			R5 - Sr/IntA	FS		FLOOD	10:15-10:30am				
3:15-3:30pm	FLOOD	M7b - Open FS	FLOOD	W1 - Senior	W7	FS			F5 - Sr/IntA	10:30-10:45am	FLOOD			
3:30-3:45pm	M4 - Senior	AllSTAR / Sr / Int**	T5 - Senior	FS	Open				FS	10:45-11:00am	CS	FLOOD		
3:45-4:00pm	FS	M8 - IntB	FS			FLOOD		R11 - IntA	FLOOD	11:00-11:15am		Su4 - Jr & JrPrep U9 Seminar		
4:00-4:15pm		FS		W2 - Senior	FLOOD	R8 - IntA		FS	FLOOD	11:15-11:30am				
4:15-4:30pm	M5 - IntB		FLOOD	FS	W8 - IntA	FS		R12 - IntA	F6 - IntA	11:30-11:45am	FLOOD			
4:30-4:45pm	FS		T6 - IntA		& IntB FS			& IntB FS	FS	11:45-12:00pm	CS	FLOOD		
4:45-5:00pm	M6 -Jr/JrPrep	FLOOD	FS	FLOOD		R9 - IntB			FLOOD	12:00-12:15pm		Su5 HPP Level 2 By invitation		
5:00-5:15pm	all ages	M9 -Jr/JrPrep		W3 - IntA	W9 - IntA	FS			FLOOD	12:15-12:30pm				
5:15-5:30pm	M5 - IntB	all ages	FLOOD	& IntB FS	& IntB FS			R13 -Jr/JrPrep	F7 - IntB	12:30-12:45pm	FLOOD			
5:30-5:45pm			T7 - IntA			R10 -Jr/JrPrep		all ages	FS	12:45-1:00pm	Sa2	Su6 - Senior	4:45-5:00pm	Su8
5:45-6:00pm	Note:		FS	W4 - Jr/JrPrep	TIPTON					1:00-1:15pm	AllSTAR/Sr/Int	FS	5:00-5:15pm	AllSTAR
6:00-6:15pm	Monday IntB & Jr/JrPrep arena	Note:	FLOOD	U9	W10					1:15-1:30pm	Sa3		5:15-5:30pm	Su9
6:15-6:30pm		Monday IntB & Jr/JrPrep arena			AllSTAR					1:30-1:45pm	AllSTAR/Sr/Int		5:30-5:45pm	AllSTAR
6:30-6:45pm	assigned by base coach	assigned by base coach	T8 - Senior	FLOOD	W11	FLOOD		Note:		1:45-2:00pm		FLOOD	5:45-6:00pm	FLOOD
6:45-7:00pm			FS	W5 - Jr/JrPrep	AllSTAR**	CS & IFSA		Thursday Int & Jr/JrPrep arena		2:00-2:15pm			6:00-6:15pm	Su10
7:00-7:15pm				9yrs+	W12			assigned by base coach		2:15-2:30pm		FS	6:15-6:30pm	AllSTAR**
7:15-7:30pm					AllSTAR**					2:30-2:45pm			6:30-6:45pm	Su11
7:30-7:45pm										2:45-3:00pm			6:45-7:00pm	AllSTAR**

Schedule and sessions subject to changes

** appropriate for 19 yrs+ skater

OFF ICE			
MONDAY	TUESDAY	FRIDAY	SATURDAY
Sr/IntA (myofascial release) 5:00-5:30 pm	Junior/JrPrep Technique IFSA Skaters 4:15-4:45 pm	Junior/JrPrep Technique IFSA Skaters 4:15-4:45 pm	IntB / AllSTAR Fitness 9:30-10:10 am
	IntB Technique - 5:00-5:45 pm		Sr / IntA Fitness 10:15-10:55 am
	Pilates - 7:30 (Sr/Int/AllSTAR)		Junior/JrPrep Fitness IFSA Skaters 11:00-11:30 am

Level*	Junior Prep: Star 1 skaters	Junior: Star 2-3 skaters	IntB: Star 4-5 skaters	IntA: Star 6-8, Pre-Juvenile	Senior: Star 9-Gold, Juvenile to Senior	AllSTAR: Age 12+ (multi-sport, rec, adult)
Training	2+ days per wk	3+ days per wk	4+ days per wk	5+ days per wk	5+ days per wk	flexible

*contact coach for further information

FS - indicates freeskate only permitted on the session (Int B, Int A, Senior sessions)

Open - freeskate, skills and dance permitted on the session

AllSTAR-freeskate, skills and dance permitted on the session

All junior sessions are open sessions