



DSC Spring 2021 Ice Schedule v2 (April 5-May 22, 2021)

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
03/26 Update	TERWILLEGAR	TERWILLEGAR		TERWILLEGAR	TERWILLEGAR		SOUTHSIDE	SOUTHSIDE	
6:15-6:30am	M1 - Open priority IntA	T1 - Open priority Jr/IntB		R1 **	F1 - Open priority Senior				
6:30-6:45am				19yrs+ only					
6:45-7:00am				R2 **					
7:00-7:15am	M2 - IntA FS	T2 - IntB FS		IntAllSTAR/Sr/Int	F2 - Senior FS	7:45-8:00am	Sa1 - Jr/JrPrep 9yrs+/IntSTAR u18 Seminar	Su1 HPP Level 1 By invitation	
7:15-7:30am				R3		8:00-8:15am			
7:30-7:45am				IntAllSTAR/Sr/Int		8:15-8:30am			
	SOUTHSIDE	SOUTHSIDE	SOUTHSIDE	SOUTHSIDE	SOUTHSIDE	8:30-8:45am	FLOOD	Su2 - IntB Seminar	
						8:45-9:00am	CS & IFSA		
2:00-2:15pm	M3 ** - Open	T3 - Sr/IntA	W1 - Open/	CS & PT	F3 - Sr/IntA	9:00-9:15am		Su3 - IntA Seminar	
2:15-2:30pm	IntAllSTAR	FS	IntAllSTAR		FS	9:15-9:30am			
2:30-2:45pm		T4 - Sr/IntA				9:30-9:45am	FLOOD		
2:45-3:00pm		FS		R4 - Senior	F4 - Sr/IntA	9:45-10:00am	CS & PT	Su4a - on Su3	
3:00-3:15pm	M4 - Senior FS	FLOOD	W2 - Senior FS	FS	F5 - Sr/IntA	10:00-10:15am		FLOOD	
3:15-3:30pm		T5 - Senior		FS		FS	10:15-10:30am		Su4 - Jr &
3:30-3:45pm		FS		FLOOD		R5 - Senior	FS	10:30-10:45am	FLOOD
3:45-4:00pm	FLOOD		FLOOD	FS	FLOOD	10:45-11:00am	CS	Seminar	
4:00-4:15pm	M5 - Senior FS	T6 - IntA	W3 - Senior FS	FLOOD	F6 - Sr/IntA	11:00-11:15am		Su5 HPP Level 2 By invitation	
4:15-4:30pm		FS		FS		FS	11:15-11:30am		
4:30-4:45pm				T7 - IntA			R6 - IntA	F7 - Sr/IntA	11:30-11:45am
4:45-5:00pm	M6 - IntB FS	FLOOD	W4 - Jr/JrPrep	& IntB FS	F8 - IntB FS	11:45-12:00pm	CS	Su6 - Senior	
5:00-5:15pm		T8 - Senior	all ages			FS	12:00-12:15pm		FS
5:15-5:30pm		FS	T9 - IntA			R7 - Jr/JrPrep	F9 - IntB	12:15-12:30pm	
5:30-5:45pm		FS	W5 - IntA	all ages	FLOOD	12:30-12:45pm	Sa2	FLOOD	
5:45-6:00pm	M7 - Jr/JrPrep all ages	T10 - Senior	& IntB FS		F10 - IntA IntAllSTAR	12:45-1:00pm	IntAllSTAR/Sr/Int	Su7 - Senior	
6:00-6:15pm		FS		FLOOD		FS	1:00-1:15pm	Sa3	FS
6:15-6:30pm			FLOOD			CS & IFSA	IntAllSTAR/Sr/Int	1:15-1:30pm	
6:30-6:45pm	FLOOD		FLOOD		F11 - IntB FS	1:30-1:45pm	Sa4	Su8	
6:45-7:00pm	M8 - Jr/JrPrep all ages	FLOOD	W6 - Jr/JrPrep			FS	1:45-2:00pm	IntAllSTAR/Sr/Int	IntAllSTAR
7:00-7:15pm			all ages			R8 - Jr/JrPrep			
7:15-7:30pm			T9	all ages		all ages	2:00-2:15pm		Su9 **
7:30-7:45pm	M9 - IntB FS	IntAllSTAR	W7 - IntA		F9	2:15-2:30pm		19yrs+ only	
7:45-8:00pm			& IntB FS		IntAllSTAR	2:30-2:45pm			
8:00-8:15pm		T10 **			R9 - IntA	IntAllSTAR	2:45-3:00pm		
8:15-8:30 pm	19yrs+ only			& IntB FS	F10		Schedule & sessions subject to changes ** appropriate for 19 yrs+ skater		

OFF ICE SCHEDULE							
	MONDAY	TUESDAY		FRIDAY		SATURDAY	
	Senior / IntA (myofascial release) 5-5:30pm	Jr/JrPrep/IFSA Tech: 4:15-4:45 IntB/IntAllSTAR Tech: 5-5:45 Sr/Int Pilates 7:30-8:30 pm		Jr/JrPrep/IFSA Tech: 4:15-4:45		IntB/IntAllSTAR Fit: 9:30-10:10 Sr/IntA Fitness 10:15-10:55 Jr/JrPrep/IFSA Fit: 11-11:30	

FS - indicates freeskate only permitted on the session
 Open - freeskate, skills and dance permitted on the session
 Int allSTAR-freeskate, skills and dance permitted on the session
 All junior sessions are open sessions

Level	Junior Prep	Junior	Intermediate B	Intermediate AllSTAR	Intermediate A	Senior	Age as of the start of the session (Apr 5).
Qualifiers	Star 1 U13	Star 2-3 U13	Star 4-5 U18 Lands axel	Star 2-10 11+	Star 6-8/Pre-Juv passed Star 6 FS Lands 2 doubles	Star 9-Gold/Juv-Sr passed Star 8 FS Lands 4 doubles	
Training	2-3 days per wk	3+ days per wk	4+ days per wk	flexible	5 days per wk	5 days per wk	