



DSC Figure Skating, Summer 2

Weeks 2-5: July 4- 29, 2022

April 8/22		Monday	Tuesday	Wednesday	Thursday	Friday
8:00	8:15	IntSTAR IntB (13yrs+)	IntSTAR IntB (13yrs+)	IntSTAR IntB (13yrs+)	IntSTAR IntB (13yrs+)	Skills/Dance Partnering
8:15	8:30					
8:30	8:45	Group Dev't Skills/Dance Star 6+	Group Dev't Skills/Dance Star 6+	Group Dev't Skills/Dance Star 6+	Group Dev't Skills/Dance Star 6+	IntSTAR IntB (13yrs+) Sims/Seminar
8:45	9:00					
9:00	9:15	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
9:15	9:30					
9:30	9:45	Senior	Senior	Senior	Senior	Sr Sims/Seminar
9:45	10:00					
10:00	10:15	Group Dev't	Group Dev't	Group Dev't	Group Dev't	FLOOD
10:15	10:30					
10:30	10:45	FLOOD	FLOOD	FLOOD	FLOOD	IntA Sims/Seminar
10:45	11:00					
11:00	11:15	Senior	Senior	Senior	Senior	FLOOD
11:15	11:30					
11:30	11:45	Intermediate A	Intermediate A	Intermediate A	Intermediate A	FLOOD
11:45	12:00					
12:00	12:15	Group Dev't	Group Dev't	Group Dev't	Group Dev't	IntB Sims/Seminar
12:15	12:30					
12:30	12:45	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
12:45	1:00					
1:00	1:15	Intermediate A	Intermediate A	Intermediate A	Intermediate A	FLOOD
1:15	1:30					
1:30	1:45	Skills/Dance	Skills/Dance	Skills/Dance	Skills/Dance	JrPrep/Junior Sims/Seminar
1:45	2:00					
2:00	2:15	Intermediate B U13	Intermediate B U13	Intermediate B U13	Intermediate B U13	FLOOD
2:15	2:30					
2:30	2:45	Intermediate B U13	Intermediate B U13	Intermediate B U13	Intermediate B U13	FLOOD
2:45	3:00					
3:00	3:15	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
3:15	3:30					
3:30	3:45	Intermediate B U13	Intermediate B U13	Intermediate B U13	Intermediate B U13	FLOOD
3:45	4:00					
4:00	4:15	Group Dev't	Group Dev't	Group Dev't	Group Dev't	FLOOD
4:15	4:30					
4:30	4:45	JrPrep/Junior U12	JrPrep/Junior U12	JrPrep/Junior U12	JrPrep/Junior U12	FLOOD
4:45	5:00					
5:00	5:15	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
5:15	5:30					
5:30	5:45	JrPrep/Jr Seminar U12	JrPrep/Jr Seminar U12	JrPrep/Jr Seminar U12	JrPrep/Jr Seminar U12	FLOOD
5:45	6:00					
6:00	6:15	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
6:15	6:30					
6:30	8:45	IFSA / Pre-CanSkate / CanSkate				FLOOD

* Subject to changes

OFF ICE SCHEDULE

April 8/22	Monday	Tuesday	Wednesday	Thursday	Friday
<p>* ALL skaters are expected to attend both their on ice AND off-ice sessions as per the schedule.</p> <p>* All Intermediate to Senior skaters have an independent warm up, plus a coach-led off-ice.</p>	<u>IntSTAR/IntB 13+</u> 7:30am Warm Up Off Ice: 10:00-10:45	<u>IntSTAR/IntB 13+</u> 7:30am Warm Up Off Ice: 10:00-10:45	<u>IntSTAR/IntB 13+</u> 7:30am Warm Up Off Ice: 10:00-10:45	<u>IntSTAR/IntB 13+</u> 7:30am Warm Up Off Ice: 10:00-10:45	<u>IntSTAR/IntB 13+</u> 7:30am Warm Up TT: 9:15-9:45 Off Ice: 10:00-10:45
	<u>Senior</u> 9:30am Warm Up Off Ice: 12:30-1:15	<u>Senior</u> 9:30am Warm Up Off Ice: 12:30-1:15	<u>Senior</u> 9:30am Warm Up Off Ice: 12:30-1:15	<u>Senior</u> 9:30am Warm Up Off Ice: 12:30-1:15	<u>Senior</u> 9:15am Warm Up Off Ice: 11:30-12:30 TT: 12:30-1:00
	<u>IntA</u> Off Ice: 11:00-11:45 11:45am Warm Up	<u>IntA</u> Off Ice: 11:00-11:45 11:45am Warm Up	<u>IntA</u> Off Ice: 11:00-11:45 11:45am Warm Up	<u>IntA</u> Off Ice: 11:00-11:45 11:45am Warm Up	<u>IntA</u> 10:30am Warm Up Off Ice: 12:45-1:45 TT: 1:45-2:15
	<u>Int B U13</u> Off Ice: 1:00-1:45 1:45pm Warm Up	<u>Int B U13</u> Off Ice: 1:00-1:45 1:45pm Warm Up	<u>Int B U13</u> Off Ice: 1:00-1:45 1:45pm Warm Up	<u>Int B U13</u> Off Ice: 1:00-1:45 1:45pm Warm Up	<u>Int B U13</u> 12:00pm Warm Up Off Ice: 2:15-3:15 TT: 3:15-3:45
	<u>Jr/JrPrep u12</u> Off Ice: 4:00-4:30	<u>Jr/JrPrep u12</u> Off Ice: 4:00-4:30	<u>Jr/JrPrep u12</u> Off Ice: 4:00-4:30	<u>Jr/JrPrep u12</u> Off Ice: 4:00-4:30	<u>Jr/JrPrep u12</u> Off Ice: 1:30-2:00
	<u>IFSA</u> Off Ice: 5:15-5:45	<u>IFSA</u> Off Ice: 5:15-5:45	<u>IFSA</u> Off Ice: 5:15-5:45	<u>IFSA</u> Off Ice: 5:15-5:45	TT = Training Topc

* Age as of July 1, 2022	Level based on highest freeskiate competed
Senior	Star 9-Gold, Pre-Novice - Senior
Int A	Star 6-8, Pre Juvenile, Juvenile
IntB 13yrs+	Star 3-5
IntB u13	Star 3-5
IntSTAR 12yrs+	Star 2+
Junior/JrPrep U12	Star 1-2