



DSC 2022-2023 Figure Skating Schedule

August 29, 2022 to May 20, 2023

Aug 5/22	MONDAY	MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY	
	Meadows	Confed	Confed	Meadows	Meadows	Kinsmen	Confed	Confed		Confed	Confed	
6:15-7:45am	Session assignment based on <u>highest freeskate</u> passed		T1 - Open Ice Star 3+					R1 - Open Ice Star 3+	F1 - Sr / IntA / Open - Star 6+	7:00-7:15am	Sa1 - Edge/Skills	
										7:15-7:30am	Star 4-6 Seminar	
										7:30-7:45am		
12:45-1:00pm				West Rink						7:45-8:00am	Sa2 - Edge/Skills U12	
1:00-1:15pm	M1 - DAY ICE		T2 - Day OFF ICE	W1 - DAY ICE				R2 - DAY ICE	F2 - Day OFF ICE	8:00-8:15am	Star 1-3 Seminar	
1:15-1:30pm	Pairs/Dance Teams		on ice when available	Pairs/Dance Teams				Pairs/Dance Teams	on ice when available	8:15-8:30am		
1:30-1:45pm	Pre-Nov+/Star 6+			Pre-Nov+/Star 6+			PCS / CanSkate	Pre-Nov+/Star 6+		8:30-8:45am	FLOOD	
1:45-2:00pm										8:45-9:00am	Sa3 - IntSTAR Sa4a - Sr/IntA	
2:00-2:15pm	FLOOD		FLOOD	FLOOD				FLOOD	FLOOD	9:00-9:15am		
2:15-2:30pm	M2 - DAY ICE		T3 - DAY ICE	W2 - DAY ICE				R3 - DAY ICE	F3 - DAY ICE	9:15-9:30am	Sa4 - Sr / Int A	
2:30-2:45pm	Star 5+		Star 5+	Star 5+			FLOOD	Star 5+	Star 5+	9:30-9:45am		
2:45-3:00pm							R5 - Open Ice			9:45-10:00am	CanSkate	
3:00-3:15pm							Star 3+			10:00-10:15am		
3:15-3:30pm										10:15-10:30am	Spins / IFSA str	
3:30-3:45pm	FLOOD		FLOOD	FLOOD	East Rink			R4 - Open Ice	F3&4 - Sr/IntA	10:30-10:45am	PCS / IFSA	
3:45-4:00pm	M3 - Open Ice	M5 - Sr / Int A	T4 - Sr / Int A	W3 - Sr / Int A	W5 - IntB*/STAR			Star 3+	Stroking/Edge	10:45-11:00am	FLOOD	
4:00-4:15pm	Star 3+			(stroking at 3:45)					F4 - Sr / Int A	11:00-11:15am	CanSkate	
4:15-4:30pm										11:15-11:30am		
4:30-4:45pm										11:30-11:45am	CanSkate	
4:45-5:00pm	M4 - Open Ice	M6 - IntB U12	T5 - IntB U12		W5&6 IntB/STAR					11:45-12:00pm		
5:00-5:15pm	Star 3+				Stroking/Edge				FLOOD	12:00-12:15pm		
5:15-5:30pm				W4 - Jr/JrPrep					F5 - IntB U12	12:15-12:30pm	FLOOD	
5:30-5:45pm		Stroking	Stroking	U12	W6 IntA /					12:30-12:45pm	PCS / IFSA	
5:45-6:00pm		FLOOD	FLOOD	Stroking / IFSA Str	W6a IntB*					12:45-1:00pm		
6:00-6:15pm									F6 - Jr/JrPrep	1:00-1:15pm	IFSA stroking	
6:15-6:30pm		M7 - Jr / JrPrep	T6 - Jr/JrPrep	PCS / IFSA	*Int B all age				U12			
6:30-6:45pm		U12	U12									
6:45-7:00pm				FLOOD					Stroking			
7:00-7:15pm		Stroking	Stroking	CanSkate					F7 - IntSTAR/ IntB 12+			
7:15-7:30pm		M8 - IntSTAR/ IntB 12+	T7 - IntSTAR/ IntB 12+									
7:30-7:45pm												

*Schedule subject to changes
*Session assignment based on
highest freeskate passed

OFF ICE TRAINING SCHEDULE

Aug 30/22	MONDAY	MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
		Confed	Confed	Meadows		Kinsmen		Confed		Confed	
3:15-3:30pm									7:00-7:15am		
3:30-3:45pm	Meadows**								7:15-7:30am		
3:45-4:00pm	Sr / IntA **								7:30-7:45am		
4:00-4:15pm	Dance								7:45-8:00am		
4:15-4:30pm	MPR							IntA / IntB U12	8:00-8:15am	IntB	Fitness
4:30-4:45pm		Junior						Jump Class	8:15-8:30am		
4:45-5:00pm		Dance						MPR	8:30-8:45am	MPR	
5:00-5:15pm	Confed	MPR		Sr / IntA				Junior	8:45-9:00am	Jr/JrPrep	
5:15-5:30pm	JrPrep	Sr / IntA	JrPrep	Yoga		Boyz Zone		Jump Class	9:00-9:15am	Fitness	
5:30-5:45pm	Off Ice	Dance	Off Ice	5:05-5:55 pm		Off Ice (Sparks)		MPR	9:15-9:30am	MPR	
5:45-6:00pm	Open **	MPR		MPR		5:15-6:00 pm			9:30-9:45am	IntSTAR / IntA / Sr	
6:00-6:15pm	Dance	IntSTAR / IntB						IntB 12+ /IntSTAR	9:45-10:00am	Fitness	
6:15-6:30pm	MPR			Dance					Jump Class	10:00-10:15am	MPR
6:30-6:45pm	Meadows**	MPR		JrPrep		JrPrep			10:15-10:30am		
6:45-7:00pm				Off Ice		Off Ice			10:30-10:45am	Sr / IntA	
7:00-7:15pm	MPR = Class to be held in arena multipurpose room							JrPrep	10:45-11:00am	Fitness	
7:15-7:30pm								Off Ice	11:00-11:15am	MPR	