


DSC April/May 2023 Figure Skating Schedule (April 1 to May 20, 2023)

Mar 15/23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY					
	Confed	Confed	Confed	Confed	Kinsmen	Confed		Confed	Confed					
6:15-7:45am	* Session assignment is based on highest freeskate passed	T1 - Open Ice Star 3+		R1 - Open Ice Star 3+		F1 - Sr / IntA / Open - Star 6+	7:00-7:15am	Sa1 - Edge/Skills Star 4-6 Seminar						
							7:15-7:30am							
										7:30-7:45am				
12:45-1:00pm										7:45-8:00am	Sa2 - Edge/Skills Star 1-3 Seminar U12			
1:00-1:15pm	M1 - DAY ICE Pairs / Dance Pre-Nov+/Star 6+	T2 - Day OFF ICE <i>on ice</i> when available	W1 - DAY ICE Pairs / Dance Pre-Nov+/Star 6+		R2 - DAY ICE Pairs/Dance Teams Pre-Nov+/Star 6+	F2 - Day OFF ICE <i>on ice</i> when available	8:15-8:30am	FLOOD						
1:15-1:30pm												8:30-8:45am		
1:30-1:45pm										PCS / CanSkate			8:45-9:00am	Sa3 - IntSTAR Sa4a - Sr/IntA
1:45-2:00pm				FLOOD			FLOOD	FLOOD			FLOOD	FLOOD	9:00-9:15am	
2:00-2:15pm							9:15-9:30am							
2:15-2:30pm	M2 - DAY ICE Star 5+	T3 - DAY ICE Star 5+	W2 - DAY ICE Star 5+	FLOOD	R3 - DAY ICE Star 5+	F3 - DAY ICE Star 5+	9:30-9:45am	Sa4 - Sr / Int A		CanSkate				
2:30-2:45pm												9:45-10:00am		
2:45-3:00pm									R5 - Open Ice Star 3+				10:00-10:15am	
3:00-3:15pm												10:15-10:30am	Spins / IFSA str	
3:15-3:30pm				FLOOD	R4 - Open (R6 IntA) Star 3+	FLOOD	10:30-10:45am	PCS / IFSA	CanSkate					
3:30-3:45pm		FLOOD	FLOOD	R6 - IntA / IntB U12		F3&4 - Sr/IntA Stroking/Edge	10:45-11:00am	FLOOD						
3:45-4:00pm	M5 - Sr / Int A	T4 - Sr / Int A	W3 - Sr / Int A (stroking 3:45)			F4 - Sr / Int A	11:00-11:15am	CanSkate	FLOOD					
4:00-4:15pm				R7a - Boyz Zone			11:15-11:30am		CanSkate					
4:15-4:30pm						11:30-11:45am								
4:30-4:45pm						11:45-12:00pm								
4:45-5:00pm	M6 - IntB U12 Stroking	T5 - IntB U12 Stroking		R8 - Jr/JrPrep U12	F5 - IntB U12	FLOOD	12:00-12:15pm		FLOOD					
5:00-5:15pm				W4 - Jr/JrPrep U12			12:15-12:30pm			PCS / IFSA				
5:15-5:30pm				Stroking / IFSA Str		Stroking / IFSA Str	12:30-12:45pm							
5:30-5:45pm			FLOOD	FLOOD		FLOOD	F6 - Jr/JrPrep U12	12:45-1:00pm			IFSA stroking			
5:45-6:00pm				PCS / IFSA		1:00-1:15pm								
6:00-6:15pm	M7 - Jr / JrPrep U12 Stroking	T6 - Jr/JrPrep U12 Stroking		FLOOD	F7 - IntSTAR/ IntB 12+	Stroking		<div style="font-size: small;"> <p>*Schedule subject to changes</p> <p>*Session assignment based on highest freeskate passed</p> </div> 						
6:15-6:30pm						W5 - IntB*/STAR	FLOOD							
6:30-6:45pm							CanSkate							
6:45-7:00pm						Int B/Star Stroking/Edge								
7:00-7:15pm	M8 - IntSTAR /Int B 12+	T7 - IntSTAR/ IntB 12+		R6 Int B 12+										
7:15-7:30pm				W6 IntA / W6a IntB*	R7 - IntSTAR									
7:30-7:45pm														
7:45-8:00pm			**M3/M4 skaters assigned to appropriate level session by coach											
8:00-8:15pm														
8:15-8:30pm														

OFF ICE TRAINING SCHEDULE

Mar 15/23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
	Confed	Confed	Confed	Confed	Kinsmen	Confed		Confed	
3:15-3:30pm							7:00-7:15am		
3:30-3:45pm							7:15-7:30am		
3:45-4:00pm	JrPrep Off Ice						7:30-7:45am		
4:00-4:15pm	*5:15-5:45pm						7:45-8:00am		
4:15-4:30pm						IntA / IntB U12	8:00-8:15am	IntB	
4:30-4:45pm	Junior					Jump Class	8:15-8:30am	Fitness	
4:45-5:00pm	Dance					MPR	8:30-8:45am	MPR	
5:00-5:15pm	MPR					Junior	8:45-9:00am	Jr/JrPrep	
5:15-5:30pm	Sr / IntA	JrPrep	Sr / IntA	Boyz Zone		Jump Class	9:00-9:15am	Fitness	
5:30-5:45pm	Dance	Off Ice	Yoga			MPR	9:15-9:30am	MPR	
5:45-6:00pm	MPR	Sr / IntA	5:05-5:55 pm				9:30-9:45am	IntSTAR / IntA / Sr	
6:00-6:15pm	IntSTAR / IntB	Jump Tech (MPR)	MPR			IntB 12+ /IntSTAR	9:45-10:00am	Fitness	
6:15-6:30pm	Dance	5:00-5:45 pm				Jump Class	10:00-10:15am	MPR	
6:30-6:45pm	MPR		JrPrep	JrPrep		MPR	10:15-10:30am		
6:45-7:00pm			Off Ice	Off Ice			10:30-10:45am	Sr / IntA	
7:00-7:15pm						JrPrep	10:45-11:00am	Fitness	
7:15-7:30pm						Off Ice	11:00-11:15am	MPR	