

#### **Regular Club Programs @ Crosby Memorial Community Centre (Tentative)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CanSkate		<b>Pre-Star</b>	<b>Up to Star 3</b> <sup>ss</sup>	<b>Star 4+ <sup>ss</sup></b>	<b>Pre-Star</b>
4:10-4:55pm		4:10-5:00pm	4:00-5:00pm	4:00-5:00pm	10:25-11:15am
<b>CanSkate</b>	Pre-CanSkate	Pre-CanSkate	<b>Up to Star 3 <sup>sp</sup></b>	<b>Up to Star 3 <sup>sp</sup></b>	Pre-CanSkate
4:55-5:40pm	5:00-5:45pm	5:10-5:55pm	5:10-6:10pm	5:10-6:10pm	11:15-12:00pm
<b>Pre-Star</b>	<b>CanSkate</b>	CanSkate	<b>Pre-Star</b>	<b>Pre-Star</b>	<b>CanSkate</b>
5:50-6:40pm	5:55-6:40pm	6:05-6:50pm	6:10-7:00pm	6:10-7:00pm	12:10-12:55pm
<b>Up to Star 3 <sup>ss</sup></b>	<b>Pre-Star</b>		<b>Star 4+ (U13)</b> <sup>sp</sup>	CanSkate	CanSkate
6:40-7:40pm	6:50-7:40pm		7:10-8:10pm	7:10-7:55pm	1:05-1:50pm
<b>Star 4+ (U13)</b> <sup>ss</sup> 7:50-8:50pm	<b>Up to Star 3 <sup>sp</sup></b> 7:50-8:50pm				
<b>Star 4+ (O13)</b> <sup>sp</sup> 9:00-10:00pm	<b>Star 4+ <sup>ss</sup></b> 9:00-10:00pm				

#### To comply with Skate Canada Star 1-5 Minimum Delivery Standards: All Star Sessions have been lengthened to 60 minutes

**SS** = **Skating Skills:** All skaters must be in a group lesson with coaches for the first 15 minutes of the session. **SP** = **Spin Patch:** All skaters must be in a group lesson with coaches for the last 15 minutes of the session.



#### Enhanced, FASTTrack, and Elite Performance Programs (Tentative)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		FASTTrack 4:10-5:00pm			Enhanced 9:00-10:15am
<b>FASTTrack</b> 5:50-6:40pm					<b>FASTTrack</b> 10:25-11:15am
	FASTTrack 6:50-7:40pm		FASTTrack 6:10-7:00pm	FASTTrack 6:10-7:00pm	
					PR-EPP 5:15-6:45pm
					EPP - Pre-Comp Development 6:55-8:25pm
					EPP - Provincial Pathway 8:35-10:05pm



#### **Open Ice @ Crosby Memorial Community Centre (Tentative)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Open Ice</b> <sup>1,4</sup> 2:00-3:00pm
<b>Open Ice</b> <sup>1,3</sup> 3:00-4:00pm		<b>Open Ice</b> <sup>1,3</sup> 3:00-4:00pm	<b>Open Ice</b> <sup>1,3</sup> 3:00-4:00pm	<b>Open Ice</b> <sup>1,3</sup> 3:00-4:00pm	
		<b>Open Ice</b> <sup>1,4</sup> 6:50-7:50pm			
		<b>Open Ice</b> <sup>1,4</sup> 8:00-9:00pm	<b>Open Ice</b> <sup>1,4</sup> 8:10-9:00pm		

1: All skaters are welcome to use this ice as extra ice time/lesson time. CanSkate/Power Skating privates must be in lesson for entire session.

2: PowerSkating ONLY

<sup>3</sup>: Open to All USC Members

4: Prime Time Open Ice

## For any CanSkate skater below Stage 6 MUST be coached for their time on the ice. If there is no coach, the skater is NOT allowed on ice.

# For PowerSkaters, skaters must be in lesson during their time on the ice. If the skater does not have a lesson, the skater is NOT allowed on ice.



### **Open Ice @ Angus Glen Community Centre (Tentative)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Ice</b> <sup>1</sup> 7:00-8:00am		<b>Open Ice</b> <sup>1</sup> 7:00-8:00am	<b>Open Ice</b> <sup>1</sup> 7:00-8:00am	<b>Open Ice</b> <sup>1</sup> 7:00-8:00am	
<b>Open Ice</b> <sup>1</sup> 8:00-8:50am		<b>Open Ice</b> <sup>1</sup> 8:00-8:50am	<b>Open Ice</b> <sup>1</sup> 8:00-8:50am	<b>Open Ice</b> <sup>1</sup> 8:00-8:50am	

<sup>1</sup>: All skaters are welcome to use this ice as extra ice time/lesson time. CanSkate/Power Skating privates must be in lesson for entire session.