

KSC FALL SCHEDULE 2009
Sept 8-Dec 19/09
CAPITAL NEWS CENTRE

Aug 23.09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Mini Rink 4:15-4:45pm Tots 4:45-5:15pm Tots 5:15-5:45pm Tots</p> <p>OSA HP(see HP sched for variations) 1:15-2:15pm OSA HP A (rink 2) 2:15-3:15pm OSA HP B 3:15-3:30pm OSA HP Grp</p> <p>3:30-4:15pm Junior (Rk 2) 4:15-5:00pm Pri FrSk</p> <p>Off-Ice: Jr 4:20-4:35pm Off-Ice: Pri jumps 5:05-5:30pm Off-Ice: Int jumps 5:30-5:55pm Off-Ice Cmp jumps 6-6:45pm</p> <p>5:00-5:45pm Canskate fld 6:00-7:00pm Int FS 7:00-8:00pm Cmp FS</p>	<p>OSA HP 1:45-2:45 OSA HP A 2:45-3:45 OSA HP B Off-ice: HP dance 3:55-4:40pm</p>	<p>6:30-6:45am Pri/Int D/S 6:45-7:30am Pri/Int FS 7:30-7:45am Pri/Int Grp</p> <p>OSA HP(see HP sched for variations) 2:15-3:15pm OSA HP A 3:15-4:15pm OSA HP B</p> <p>4:15-5:15pm Cmp FS 5:15-6:00pm Canskate</p> <p>Mini Rink 4:15-4:45pm Tots 4:45-5:15pm Tots 5:15-5:45pm Tots 5:45-6:15pm Tots</p>	<p>Mini Rink 9:15-9:45am Tots 9:45-10:15am Tots</p> <p>OSA HP 1:15-2:15pm OSA HP A 2:15-3:15pm OSA HP B 3:15-3:30pm OSA HP Grp</p> <p>3:30-4:15pm Junior Off-Ice: Jr 4:20-4:35pm Off-Ice: Cmp flex 4:35-5:20 Off-Ice: Pri flex 5:20-5:50 Off-Ice: Int flex 5:50-6:25</p> <p>4:15-4:30pm Pri Grp 4:30-5:15pm Pri FS fld 5:30-6:30pm Cmp FS 6:30-7:00pm Int/Cmp D/S 7:00-8:00pm Int FS</p>	<p>6:30-6:45am Cmp Grp 6:45-7:45am Cmp FS</p> <p>OSA HP(see HP sched for variations) 1:15-2:15pm OSA HP A 2:15-3:15pm OSA HP B</p> <p>fld 3:30-3:45pm Pri D/S 3:45-4:30pm Pri FS</p> <p>Off-ice Pri dance 4:35-5:20pm Off-Ice Int dance 5:50-6:35pm 4:30-5:30pm Int FS 5:30-5:45pm Int Grp</p> <p>5:45-6:30pm Canskate-Youth Mini Rink 4:30-5:00pm Tots 5:00-5:30pm Tots</p>	<p>9:00- 9:30am Tots 9:30-10:15am Canskate</p> <p>Mini Rink 10:30-11:00am Tots 11:00-11:30am Tots</p> <p>Avail: Oct 3, 10, 31, Nov 7, 21, Dec 5, 12, 19 OSA PROGRAMS 10:15-11:00am HP FS 11:00-11:15am HP/Cmp Grp 11:15-12:15pm Cmp FS</p> <p>Off-Ice: Int/Cmp spin 12:20-12:40pm</p> <p>*NO Dec 5 Int/Pri Prgms 12:45-1:30pm Int FS(r 2) 1:30-1:45pm Int/Pri Grp 1:45-2:30pm Pri FS Off-Ice: Pri/Jr spin 2:35-3:05pm</p>

RUTLAND ARENA/PROSPERA PLACE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<p>Prospera Place</p> <p>Recreation 6:30-7:15pm Canpower 7:15-8:00pm Canpower fld 8:15-9:00pm Adult Cnpwr</p>	<p>Rutland West 3:30-4:00pm Tots 4:00-4:45pm Canskate 4:45-5:45pm Int FS 5:45-6:00pm Int Grp fld 6:15-6:45pm Int/Cmp D/S 6:45-8:00pm Comp 7:45-8:00pm Compgrp</p> <p>Prospera Place 6:30-7:15pm Canpower 7:15-8:00pm Canpower</p>		<p>Rutland West Recreation 5:15-5:45pm Tots 5:45-6:30pm Canskate</p>		<p>Prospera Place 6:15-7:00pm Cansk Teen/Adult</p>

SESSION CRITERIA

StarSkate Primary – working on Preliminary Tests

StarSkate Intermediate (Jr.Br.-Gold)-on Jr Bronze Frsk & up, competing StarSkate

*skaters may be permitted to skate up sessions, if requested by coach, at the discretion of the Director of Skating

Competitive (Jr Silver/Juv+up) - passed Jr Silv/Juv Comp *Singles* Test & higher

OSA High Performance-HP A: consistent Double Axel, working on Triples; HP B: working on D Axel, or at discretion of Director of Skating