

KELOWNA SKATING CLUB
2009 SUMMER SCHEDULE
(subject to adjustment)
CAPITAL NEWS CENTRE

As of Apr 29, 09

JUNE 29-AUGUST 7/09

Monday/Wednesday/Friday	Tuesday/Thursday
7:30- 8:30am Hi Performance FrSk 8:30- 9:30am Competitive FrSk fld 9:45-10:45am Hi Performance FrSk 10:45-11:00am Hi Perf/Comp Grp Enrichment fld 11:15-12:15pm Competitive FrSk 12:15- 1:15pm Intermediate FrSk 1:15- 1:30pm Intermed Grp Enrichment fld 1:45- 2:45pm Primary FrSk 2:45- 3:00pm Primary Dnc/Skills 3:00- 3:15pm Primary Strkg fld 3:30- 4:30pm Intermediate FrSk 4:30- 5:00pm Open Dance/Skills	7:30- 8:30am Hi Performance FrSk 8:30- 8:45am Hi Performance Spins fld 9:00-10:00am Competitive FrSk 10:00-10:15am Competitive Spins fld 10:30-11:30am Hi Performance FrSk 11:30-12:30pm Competitive FrSk 12:30- 1:00pm Int/Comp/HP Dance/Skills/Styling fld 1:15- 2:00pm Intermediate FrSk 2:00- 2:15pm Intermed Spins 2:15- 3:15pm Primary FrSk 3:15- 3:30pm Primary Grp Enrich fld 3:45- 4:45pm Intermediate FrSk

OFF ICE CLASSES – Weeks 1-6

Group	Monday	Tuesday	Wednesday	Thursday	Friday
High Performance	9:15-9:40am – Jumps		8:45-9:30am–Dance		
Competitive	9:40-10:05am –Jumps	10:20-11:00am–Core	12:20-1:05pm–Dance	10:30-11:15am–Speed/Agility	12:30-1:15pm Flexibility
Intermediate	3:00-3:25pm – Jumps	2:30-3:15pm–Core	1:40-2:25pm – Dance	2:30- 3:15pm–Speed/Agility	1:45-2:30pm Flexibility
Primary	1:15-1:40pm - Jumps		:05-1:35pm – Dance		3:30-4:15pm Flexibility

SESSION CRITERIA

Primary - working on Preliminary Freeskate

Intermediate – on Jr Bronze Freeskate & Up, competing StarSkate or PreJuvenile

Competitive – passed Juvenile Competitive Test or Jr Silver Freeskate

(Skaters may be moved to different session only at discretion of Director of Skating. Adjustments may be made in attempt to balance numbers in sessions)

Test Days: Low-High: Aug 08/09

(Dependent upon availability of Judges)

High Performance – passed Novice & competing in Competitive Stream