



# SEPTEMBER

## Skating

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Sept 4<sup>th</sup></u>  <p style="text-align: center;"><b><u>NO SKATING</u></b></p>	<u>Sept 5<sup>th</sup> - Elksentre</u>  <p style="text-align: center;"><b>BACK ON YOUR BLADES CLUB SEMINAR</b> 2:15-6:15 PM</p>	<u>Sept 6<sup>th</sup> - Elksentre</u> Star 3+ Jump Rope 3:30-4:30 Star 3+ Free 4:30-5:00 Star 3+ Class 5:10-5:20 Star 3+ Off Ice Star 1/2 Jump Rope 5:00-5:45 Star 1/2 Free 5:45-6:00 Star 1/2 Class 5:15-6:00 Jr Academy 6:10-6:30 Off Ice	<u>Sept 7<sup>th</sup> - Elksentre</u> Jump Rope Warm Up 3:30-4:00 Dance (high) 4:00-4:30 Star Testing 4:30-5:00 Star Class 5:00-6:00 Star Free	<u>Sept 8<sup>th</sup> - CN Centre</u> Star 3+ Jump Rope 3:30-4:30 Star 3+ Free 4:30-5:00 Star 3+ Class 5:10-5:20 Star 3+ Off Ice Star 1/2 Jump Rope 5:00-5:45 Star 1/2 Free 5:45-6:00 Star 1/2 Class 5:15-6:00 Jr Academy 6:10-6:30 Off Ice
<u>Sept 11<sup>th</sup> - RMCA</u> Jump Rope Warm Up 3:30-4:30 Star Free 4:30-5:00 Star Class 5:10-5:20 Star Flex 5:00 FLOOD 5:15-6:00 CanSkate	<u>Sept 12<sup>th</sup> - RMCA</u> Jump Rope Warm Up 3:30-4:00 Dance (high) 4:00-4:30 Star Testing 4:30-5:00 Star Class 5:00-6:00 Star Free	<u>Sept 13<sup>th</sup> - Elksentre</u> Star 3+ Jump Rope 3:30-4:30 Star 3+ Free 4:30-5:00 Star 3+ Class 5:10-5:20 Star 3+ Off Ice Star 1/2 Jump Rope 5:00-5:45 Star 1/2 Free 5:45-6:00 Star 1/2 Class 5:15-6:00 Jr Academy 6:10-6:30 Off Ice	<u>Sept 14<sup>th</sup> - Kin 3</u> Jump Rope Warm Up 3:45-4:45 Star Free 4:45-5:15 Star Class 5:20-5:30 Star Flex 5:15 FLOOD 5:30-6:15 CanSkate	<u>Sept 15<sup>th</sup> - Kin 2</u> Star 3+ Jump Rope 3:30-4:30 Star 3+ Free 4:30-5:00 Star 3+ Class 5:10-5:20 Star 3+ Off Ice Star 1/2 Jump Rope 5:00-5:45 Star 1/2 Free 5:45-6:00 Star 1/2 Class 5:15-6:00 Jr Academy 6:10-6:30 Off Ice
<u>Sept 18<sup>th</sup> - Kin 1</u> Jump Rope Warm Up 3:45-4:30 Star Free 4:30-5:00 Star Class 5:10-5:20 Star Flex 5:00 FLOOD 5:15-6:00 CanSkate	<u>Sept 19<sup>th</sup> - Kin 3</u> Jump Rope Warm Up 3:45-4:15 Dance (high) 4:15-4:45 Star Testing 4:45-5:15 Star Class 5:15-6:00 Star Free	<u>Sept 20<sup>th</sup> - Kin 3</u> Star 3+ Jump Rope 3:30-4:30 Star 3+ Free 4:30-5:00 Star 3+ Class 5:10-5:20 Star 3+ Off Ice Star 1/2 Jump Rope 5:00-5:45 Star 1/2 Free 5:45-6:00 Star 1/2 Class 5:15-6:00 Jr Academy 6:10-6:30 Off Ice	<u>Sept 21<sup>st</sup> - Kin 3</u> Jump Rope Warm Up 3:45-4:45 Star Free 4:45-5:15 Star Class 5:20-5:30 Star Flex 5:15 FLOOD 5:30-6:15 CanSkate	<u>Sept 22<sup>nd</sup> - Kin 3</u> Star 3+ Jump Rope 3:30-4:30 Star 3+ Free 4:30-5:00 Star 3+ Class 5:10-5:20 Star 3+ Off Ice Star 1/2 Jump Rope 5:00-5:45 Star 1/2 Free 5:45-6:00 Star 1/2 Class 5:15-6:00 Jr Academy 6:10-6:30 Off Ice
<u>Sept 25<sup>th</sup> - Kin 2</u> Jump Rope Warm Up 3:30-4:30 Star Free 4:30-5:00 Star Class 5:10-5:20 Star Flex 5:00 FLOOD 5:15-6:00 CanSkate	<u>Sept 26<sup>th</sup> - Kin 2</u> Jump Rope Warm Up 3:30-4:00 Dance (high) 4:00-4:30 Star Testing 4:30-5:00 Star Class 5:00-6:00 Star Free	<u>Sept 27<sup>th</sup> - Kin 2</u> Star 3+ Jump Rope 3:30-4:30 Star 3+ Free 4:30-5:00 Star 3+ Class 5:10-5:20 Star 3+ Off Ice Star 1/2 Jump Rope 5:00-5:45 Star 1/2 Free 5:45-6:00 Star 1/2 Class 5:15-6:00 Jr Academy 6:10-6:30 Off Ice	<u>Sept 28<sup>th</sup> - Kin 2</u> Jump Rope Warm Up 3:30-4:30 Star Free 4:30-5:00 Star Class 5:10-5:20 Star Flex 5:00 FLOOD 5:15-6:00 CanSkate	<p style="text-align: center;"><b><u>NO SKATING</u></b></p>

\*Jump rope sessions are self led

**Junior Academy Price: \$85 // StarSkate Price: \$110**