



Prince George Figure Skating Club September Schedule 2018



Monday Sept 3 - NO SKATING			Tuesday Sept 4 - Elksentre			Wednesday Sept 5 - Elksentre			Thursday Sept 6 - Elksentre			Friday Sept 7 - CN Centre		
Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session
<i>No Skating</i>			<i>Back on Your Blades Club Seminar</i>			3:30	4:00	High Performance N Class	3:30	4:00	Star 3+ Class	3:30	3:45	Star 3+ Simulations
						4:00	4:30	Star 1/2 Skills/Dance Class	4:00	4:45	Star 3+ Freeskate	3:30	3:40	Star 3+ Dryland Warm Up
						4:30	5:15	Star 1/2 FreeSkate (ES)	4:45	5:00	Star 1/2 Class	3:45	4:45	Star 3+ FreeSkate
						5:15	5:45	Star 1/2 Class	5:00	5:45	Star 3+ Dryland	4:45	5:00	Star 1/2 Simulations
						5:20	5:40	High Performance N Dryland	5:00	5:45	Star 1/2 FreeSkate	4:45	4:55	Star 1/2 Dryland Warm Up
						5:50	6:10	Star 1/2 Dryland	5:45	6:00	FLOOD	5:00	5:45	Star 1/2 FreeSkate
									6:00	6:45	Coach Development			
Monday Sept 10 - Kin 3			Tuesday Sept 11 - Kin 3			Wednesday Sept 12 - Elksentre			Thursday Sept 13 - Kin 3			Friday Sept 14 - Kin 3		
Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session
3:30	4:30	Star 3+ FreeSkate	3:30	4:00	High Performance + Class	3:30	4:00	High Performance N Class	3:30	4:00	Star 3+ Class	3:30	3:45	Star 3+ Simulations
4:30	5:00	Star 3+ Class	3:30	3:50	Star Open Dryland	4:00	4:30	Star 1/2 Skills/Dance Class	4:00	4:45	Star 3+ Freeskate	3:30	3:40	Star 3+ Dryland Warm Up
5:00	5:45	Jr Academy	4:00	4:45	Star Open FreeSkate	4:30	5:15	Star 1/2 FreeSkate (ES)	4:45	5:00	Star 1/2 Class	3:45	4:45	Star 3+ FreeSkate
5:10	5:50	Star 3+ Dryland	4:45	5:00	Star Open Class	5:15	5:45	Star 1/2 Class	5:00	5:45	Star 3+ Dryland	4:45	5:00	Star 1/2 Simulations
5:50	6:10	Jr Academy Dryland	4:50	5:20	High Performance + Dryland	5:20	5:40	High Performance N Dryland	5:00	5:45	Star 1/2 FreeSkate/Jr Academy	4:45	4:55	Star 1/2 Dryland Warm Up
5:45	6:00	Flood	5:00	5:45	Star Open FreeSkate (ES)	5:50	6:10	Star 1/2 Dryland	5:45	6:00	FLOOD	5:00	5:45	Star 1/2 FreeSkate
6:00	6:45	CanSkate	5:50	6:10	Star Open Dryland				5:50	6:10	Jr Academy Dryland			
									6:00	6:45	CanSkate			
Monday Sept 17 - Kin 1			Tuesday Sept 18 - Kin 3			Wednesday Sept 19 - Kin 3			Thursday Sept 20 - Kin 3			Friday Sept 21 - Kin 3		
Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session
3:30	4:30	Star 3+ FreeSkate	3:30	4:00	High Performance + Class	3:30	4:00	High Performance N Class	3:30	4:00	Star 3+ Class	3:30	3:45	Star 3+ Simulations
4:30	5:00	Star 3+ Class	3:30	3:50	Star Open Dryland	4:00	4:30	Star 1/2 Skills/Dance Class	4:00	4:45	Star 3+ Freeskate	3:30	3:40	Star 3+ Dryland Warm Up
5:00	5:45	Jr Academy	4:00	4:45	Star Open FreeSkate	4:30	5:15	Star 1/2 FreeSkate (ES)	4:45	5:00	Star 1/2 Class	3:45	4:45	Star 3+ FreeSkate
5:10	5:50	Star 3+ Dryland	4:45	5:00	Star Open Class	5:15	5:45	Star 1/2 Class	5:00	5:45	Star 3+ Dryland	4:45	5:00	Star 1/2 Simulations
5:50	6:10	Jr Academy Dryland	4:50	5:20	High Performance + Dryland	5:20	5:40	High Performance N Dryland	5:00	5:45	Star 1/2 FreeSkate/Jr Academy	4:45	4:55	Star 1/2 Dryland Warm Up
5:45	6:00	Flood	5:00	5:45	Star Open FreeSkate (ES)	5:50	6:10	Star 1/2 Dryland	5:45	6:00	FLOOD	5:00	5:45	Star 1/2 FreeSkate
6:00	6:45	CanSkate	5:50	6:10	Star Open Dryland				5:50	6:10	Jr Academy Dryland			
									6:00	6:45	CanSkate			
Monday Sept 24 - Elksentre			Tuesday Sept 25 - Kin 2			Wednesday Sept 26 - Kin 2			Thursday Sept 27 - Kin 2			Friday Sept 28 - Kin 2		
Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session	Time Start	Time End	Session
3:30	4:30	Star 3+ FreeSkate	3:30	4:00	High Performance + Class	3:30	4:00	High Performance N Class	3:30	4:00	Star 3+ Class	3:30	3:45	Star 3+ Simulations
4:30	5:00	Star 3+ Class	3:30	3:50	Star Open Dryland	4:00	4:30	Star 1/2 Skills/Dance Class	4:00	4:45	Star 3+ Freeskate	3:30	3:40	Star 3+ Dryland Warm Up
5:00	5:45	Jr Academy	4:00	4:45	Star Open FreeSkate	4:30	5:15	Star 1/2 FreeSkate (ES)	4:45	5:00	Star 1/2 Class	3:45	4:45	Star 3+ FreeSkate
5:10	5:50	Star 3+ Dryland	4:45	5:00	Star Open Class	5:15	5:45	Star 1/2 Class	5:00	5:45	Star 3+ Dryland	4:45	5:00	Star 1/2 Simulations
5:50	6:10	Jr Academy Dryland	4:50	5:20	High Performance + Dryland	5:20	5:40	High Performance N Dryland	5:00	5:45	Star 1/2 FreeSkate/Jr Academy	4:45	4:55	Star 1/2 Dryland Warm Up
5:45	6:00	Flood	5:00	5:45	Star Open FreeSkate (ES)	5:50	6:10	Star 1/2 Dryland	5:45	6:00	FLOOD	5:00	5:45	Star 1/2 FreeSkate
6:00	6:45	CanSkate	5:50	6:10	Star Open Dryland				5:50	6:10	Jr Academy Dryland			
									6:00	6:45	CanSkate			