

SHERWOOD PARKDALE SKATING CLUB
2010 FALL SCHOOL

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sept. 5	6 ARENA CLOSED	7 FIRST DAY Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm CanSkate 5:45 pm – 6:30pm Flood 6:30Pm – 6:45pm Senior 6:45pm – 8:15pm	8 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm CanSkate 5:45pm – 6:30pm Flood 6:30pm – 6:45pm Senior 6:45pm – 8:15pm	9 Senior 6:15pm – 7:45pm	10 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm – 7:15pm	11 Junior 8:30am – 10:00am Flood 10:00am – 10:15am Senior 10:15am – 11:45am Flood 11:45am –12:00pm CanSkate 12:00pm – 12:45pm
Sept. 12	13 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm CanSkate 5:45pm – 6:30pm Flood 6:30pm – 6:45pm Senior 6:45pm – 8:15pm	14 Senior 6:15pm – 7:45pm	15 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm CanSkate 5:45pm – 6:30pm Flood 6:30pm – 6:45pm Senior 6:45pm – 8:15pm	16 Senior 6:15pm – 7:45pm	17 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm – 7:15pm	18 Junior 8:30am – 10:00am Flood 10:00am – 10:15am Senior 10:15am – 11:45am Flood 11:45am –12:00pm CanSkate 12:00pm – 12:45pm
Sept. 19	20 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm CanSkate 5:45pm – 6:30pm Flood 6:30pm – 6:45pm Senior 6:45pm – 8:15pm	21 Senior 6:15pm – 7:45pm	22 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm CanSkate 5:45pm – 6:30pm Flood 6:30pm – 6:45pm Senior 6:45pm – 8:15pm	23 Senior 6:15pm – 7:45pm	24 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm – 7:15pm	25 Junior 8:30am – 10:00am Flood 10:00am – 10:15am Senior 10:15am – 11:45am Flood 11:45am –12:00pm CanSkate 12:00pm – 12:45pm Flood 12:45pm – 1:00pm Competitive Test Day 1pm – 2pm
Sept. 26	27 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm CanSkate 5:45pm – 6:30pm Flood 6:30pm – 6:45pm Senior 6:45pm – 8:15pm	28 Senior 6:15pm – 7:45pm	29 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm CanSkate 5:45pm – 6:30pm Flood 6:30pm – 6:45pm Senior 6:45pm – 8:15pm	30 Senior 6:15pm – 7:45pm	Oct. 1 Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm – 7:15pm	Oct. 2 Test Day 8:00am – 2:00pm

CANSKATERS: Helmets are required for all skaters in this program.

JUNIOR GROUP INSTRUCTION: This session is for skaters working on Preliminary tests. Skaters enrolled in Junior Group time will skate during all ice time (Monday, Wednesday, Friday and Saturday). Group instruction will be provided for 1 hour on each session.

SENIOR: This session is for skaters working on Senior Bronze Free tests or higher. Depending on the number of full time skaters registered, Seniors may register for part time skating – Mon/Wed/Fri OR Tues/Thurs/Sat. **NOTE:** A full time registration cannot be shared between two skaters.

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SCHEDULE

JUNIOR:

Mondays & Fridays: **4:00pm – 5:30pm** **Group Instruction 4:00pm – 5:00pm**
(Also Tuesday, Sept. 8) 4:00pm – 4:15pm Stroking
4:15pm – 4:45pm Skills
4:45pm – 5:15pm Freeskate
5:15 pm – 5:30pm Dance

Wednesdays: **4:00pm – 5:30pm** **Group Instruction 4:00pm – 5:00pm**
4:00pm – 4:15pm Stroking
4:15pm – 4:45pm Dance
4:45pm – 5:15pm Freeskate
5:15 pm – 5:30pm Skills

Saturdays: **8:30am – 10:00am** **Group Instruction 8:30am – 9:30am**
8:30am – 8:45am Stroking
8:45am – 9:15am Dance
9:15am – 9:45am Freeskate
9:45am – 10:00am Skills

SENIOR:

Mondays: 6:45pm – 7:15pm Skills
7:15pm – 7:30pm Spins & Footwork
7:30pm – 8:15pm Freeskate

Tuesdays: 6:15pm – 6:45pm Dance
6:45pm – 7:00pm Stroking
7:00pm – 7:45pm Freeskate

Wednesdays: 6:45pm – 7:15pm Dance
7:15pm – 8:15pm Freeskate

Thursdays: 6:15pm – 6:45pm Skills (Sept. 9th & 23rd)/Dance (Sept. 16th & 30th)
6:45pm – 7:45pm Freeskate

Fridays: 5:45pm – 6:15pm Skills (Sept. 10th & 24th)/Dance (Sept. 17th & Oct. 1st)
6:15pm – 6:30pm Stroking
6:30pm – 7:15pm Freeskate

Saturdays: 10:15am – 10:45am Skills
10:45am – 11:00am Spins & Footwork
11:00am – 11:45am Freeskate