

**2023 MAY AND JUNE WEEKLY SCHEDULES**

<b>CANSKATE/POWERSKATE EARLY START TO WEEK 1</b>		
Mon, April 24	APM CENTRE	min
6:20pm - 7:20pm	PowerSkate	60
Wed, April 26	APM CENTRE	
4:00pm - 5:00pm	Canskate	60
4:00pm - 5:00pm	Parent Assited Canskate	60
Thur, April 27	APM CENTRE	
4:00pm - 5:00pm	PowerSkate	60
Fri, April 28	APM CENTRE	
4:00pm - 5:00pm	Canskate	60
4:00pm - 5:00pm	Parent Assited Canskate	60

<b>WEEK 1</b>					
Tues/Thurs May 2/May 4	APM CENTRE	min	Wed May 3	APM CENTRE	min
4:00pm - 4:40pm	Gr 1 & Gr1 Plus Starskate	40	4:00pm - 5:00pm	Canskate	60
4:00pm - 4:40pm	Adult Learn to Skate	40	4:00pm - 5:00pm	Parent Assisted Canskate	60
4:50pm - 5:30pm	Gr 1 & Gr1+ Starskate off-ice training	40			
4:40pm - 5:00pm	Group 2 Starskate Stroking	20			
5:00pm - 6:00pm	Group 2 Starskate Freeskate	60			
5:00pm - 6:00 pm	Adult Figure Skating	60			
6:10pm - 6:55pm	Group 2 Starskate off-ice training	45			

<b>WEEK 2</b>					
Tues/Thurs May 9/May 11	APM CENTRE	min	Mon/Wed May 8/May 10	APM CENTRE	min
4:20pm - 5:00pm	Gr 1 & Gr1 Plus Starskate	40	4:00pm - 5:00pm	Canskate	60
4:20pm - 5:00pm	Adult Learn to Skate	40	4:00pm - 5:00pm	Parent Assisted Canskate	60
5:10pm - 5:50pm	Gr 1 & Gr1+ Starskate off-ice training	40			
5:00pm - 5:20pm	Group 2 Starskate Stroking	20			
5:20pm - 6:20pm	Group 2 Starskate Freeskate	60			
5:20pm - 6:20pm	Adult Figure Skating	60			
6:30pm - 7:15pm	Group 2 Starskate off-ice training	45			
7:30pm - 8:30pm	PowerSkate ( <b>MAY 11 ONLY</b> )	60			

**WEEK 3**

Sunday May 14	APM CENTRE	min	Tues/Thurs May 16/May 18	APM CENTRE	min	Mon/Wed May 15/May17	APM CENTRE	min
12:40pm - 1:40pm	PowerSkate	60	4:10pm - 4:40pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	4:00pm - 5:00pm	Canskate	60
1:50pm - 2:50pm	Canskate	60	4:20pm - 4:50pm	Group 2 Starskate Stroking	30	4:00pm - 5:00pm	Parent Assisted Canskate	60
1:50pm - 2:50pm	Parent Assisted Canskate	60	4:50pm - 5:35pm	Gr 1 & Gr1 Plus Starskate	45	5:10pm - 6:10pm	PowerSkate	60
2:50pm - 3:00pm	Flood/Break	-	4:50pm - 5:35pm	Adult Learn to Skate	45			
2:50pm - 3:20pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	5:00pm - 5:30pm	Group 2 Starskate off-ice training	30			
3:00pm - 3:30pm	Group 2 Starskate Stroking	30	5:35pm - 6:20pm	Group 2 Starskate Freeskate	45			
3:30pm - 4:15pm	Gr 1 & Gr1 Plus Starskate	45	5:35pm - 6:20pm	Adult Figure Skating	45			
3:30pm - 4:15pm	Adult Learn to Skate	45	5:45pm - 6:30pm	Gr 1 & Gr1+ Starskate off-ice training	45			
3:40pm - 4:10pm	Group 2 Starskate off-ice training	30	6:20pm - 6:35pm	Flood/Break	-			
4:15pm - 5:00pm	Group 2 Starskate Freeskate	45	6:35pm - 7:20pm	Group 1 Plus+	45			
4:15pm - 5:00pm	Adult Figure Skating	45	6:35pm - 7:20pm	Group 2 Starskate Freeskate	45			
4:25pm - 5:10pm	Gr 1 & Gr1+ Starskate off-ice training	45	7:30pm - 8:30pm	PowerSkate (MAY 16 ONLY)	60			
5:00pm - 5:15pm	Flood/Break	-						
5:15pm - 6:00pm	Group 1 Plus+	45						
5:15pm - 6:00pm	Group 2 Starskate Freeskate	45						

**WEEK 4**

Sun May 21	APM CENTRE	min	Tues/Wed May 23/May 24	APM CENTRE	min	Friday May 26	NORTH RUSTICO	min
2:00pm - 3:00pm	Canskate	60	4:10pm - 4:40pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	5:05pm - 5:35pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30
2:00pm - 3:00pm	Parent Assisted Canskate	60	4:20pm - 4:50pm	Group 2 Starskate Stroking	30	5:15pm - 5:45pm	Group 2 Starskate Stroking	30
3:10pm - 4:10pm	PowerSkate	60	4:50pm - 5:35pm	Gr 1 & Gr1 Plus Starskate	45	5:45pm - 6:30pm	Gr 1 & Gr1 Plus Starskate	45
			4:50pm - 5:35pm	Adult Learn to Skate	45	5:45pm - 6:30pm	Adult Learn to Skate	45
			5:00pm - 5:30pm	Group 2 Starskate off-ice training	30	5:55pm - 6:25pm	Group 2 Starskate off-ice training	30
Mon, May 22	APM CENTRE	min	5:35pm - 6:20pm	Group 2 Starskate Freeskate	45	6:40pm - 7:25pm	Gr 1 & Gr1+ Starskate off-ice training	45
4:00pm - 5:00pm	Canskate	60	5:35pm - 6:20pm	Adult Figure Skating	45	6:30pm - 7:15pm	Group 2 Starskate Freeskate	45
4:00pm - 5:00pm	Parent Assisted Canskate	60	5:45pm - 6:30pm	Gr 1 & Gr1+ Starskate off-ice training	45	6:30pm - 7:15pm	Adult Figure Skaters	45
5:10pm - 6:10pm	PowerSkate	60	6:20pm - 6:35pm	Flood/Break	-	7:15pm - 7:30pm	Flood/Break	
			6:35pm - 7:20pm	Group 1 Plus+	45	7:30pm - 8:15pm	Group 1 Plus+	45
			6:35pm - 7:20pm	Group 2 Starskate Freeskate	45	7:30pm - 8:15pm	Group 2 Starskate Freeskate	45
			7:30pm - 8:30pm	PowerSkate (MAY 23 ONLY)	60			

WEEK 5								
Sunday May 28	NORTH RUSTICO	min	Tues/Thurs May 30/June 1	NORTH RUSTICO	min	Friday June 2	NORTH RUSTICO	min
3:50pm - 4:20pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	5:05pm - 5:35pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	6:00pm - 7:00pm	Canskate	60
4:00pm - 4:30pm	Group 2 Starskate Stroking	30	5:15pm - 5:45pm	Group 2 Starskate Stroking	30	6:00pm - 7:00pm	Parent Assisted Canskate	60
4:30pm - 5:15pm	Gr 1 & Gr1 Plus Starskate	45	5:45pm - 6:30pm	Gr 1 & Gr1 Plus Starskate	45	7:00pm - 8:00pm	PowerSkate	60
4:30pm - 5:15pm	Adult Learn to Skate	45	5:45pm - 6:30pm	Adult Learn to Skate	45			
4:40pm - 5:10pm	Group 2 Starskate off-ice training	30	5:55pm - 6:25pm	Group 2 Starskate off-ice training	30			
5:25pm - 6:10pm	Gr 1 & Gr1+ Starskate off-ice training	45	6:40pm - 7:25pm	Gr 1 & Gr1+ Starskate off-ice training	45			
5:15pm - 6:00pm	Group 2 Starskate Freeskate	45	6:30pm - 7:15pm	Group 2 Starskate Freeskate	45			
5:15pm - 6:00pm	Adult Figure Skaters	45	6:30pm - 7:15pm	Adult Figure Skaters	45			
6:00pm - 6:15pm	Flood/Break		7:15pm - 7:30pm	Flood/Break				
6:15pm - 7:00pm	Group 1 Plus+	45	7:30pm - 8:15pm	Group 1 Plus+	45			
6:15pm - 7:00pm	Group 2 Starskate Freeskate	45	7:30pm - 8:15pm	Group 2 Starskate Freeskate	45			

WEEK 6								
Sunday June 4	NORTH RUSTICO	min	Tues/Thurs June 6/June 8	NORTH RUSTICO	min	Friday June 9	NORTH RUSTICO	min
11:15am - 12:15pm	PowerSkate	60	5:05pm - 5:35pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	6:00pm - 7:00pm	Canskate	60
12:15pm - 1:15pm	Canskate	60	5:15pm - 5:45pm	Group 2 Starskate Stroking	30	6:00pm - 7:00pm	Parent Assisted Canskate	60
12:15pm - 1:15pm	Parent Assisted Canskate	60	5:45pm - 6:30pm	Gr 1 & Gr1 Plus Starskate	45	7:00pm - 8:00pm	PowerSkate	60
1:15pm - 1:30	Flood/Break		5:45pm - 6:30pm	Adult Learn to Skate	45			
1:20pm - 1:50pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	5:55pm - 6:25pm	Group 2 Starskate off-ice training	30			
1:30pm - 2:00pm	Group 2 Starskate Stroking	30	6:40pm - 7:25pm	Gr 1 & Gr1+ Starskate off-ice training	45			
2:00pm - 2:45pm	Gr 1 & Gr1 Plus Starskate	45	6:30pm - 7:15pm	Group 2 Starskate Freeskate	45			
2:00pm - 2:45pm	Adult Learn to Skate	45	6:30pm - 7:15pm	Adult Figure Skaters	45			
2:10pm - 2:40pm	Group 2 Starskate off-ice training	30	7:15pm - 7:30pm	Flood/Break				
2:55pm - 3:40pm	Gr 1 & Gr1+ Starskate off-ice training	45	7:30pm - 8:15pm	Group 1 Plus+	45			
2:45pm - 3:30pm	Group 2 Starskate Freeskate	45	7:30pm - 8:15pm	Group 2 Starskate Freeskate	45			
2:45pm - 3:30pm	Adult Figure Skaters	45						
3:30pm - 3:45pm	Flood/Break							
3:45pm - 4:30pm	Group 1 Plus+	45						
3:45pm - 4:30pm	Group 2 Starskate Freeskate	45						

WEEK 7								
Sunday June 11	NORTH RUSTICO	min	Tues/Thurs June 13/June 15	NORTH RUSTICO	min	Friday June 16	NORTH RUSTICO	min
11:45am - 12:45pm	PowerSkate	60	5:05pm - 5:35pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	6:00pm - 7:00pm	Canskate	60
12:45pm - 1:45pm	Canskate	60	5:15pm - 5:45pm	Group 2 Starskate Stroking	30	6:00pm - 7:00pm	Parent Assisted Canskate	60
12:45pm - 1:45pm	Parent Assisted Canskate	60	5:45pm - 6:30pm	Gr 1 & Gr1 Plus Starskate	45	7:00pm - 8:00pm	PowerSkate	60
1:45pm - 2:00pm	Flood/Break		5:45pm - 6:30pm	Adult Learn to Skate	45			
1:50pm - 2:20pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	5:55pm - 6:25pm	Group 2 Starskate off-ice training	30			
2:00pm - 2:30pm	Group 2 Starskate Stroking	30	6:40pm - 7:25pm	Gr 1 & Gr1+ Starskate off-ice training	45			
2:30pm - 3:15pm	Gr 1 & Gr1 Plus Starskate	45	6:30pm - 7:15pm	Group 2 Starskate Freeskate	45			
2:30pm - 3:15pm	Adult Learn to Skate	45	6:30pm - 7:15pm	Adult Figure Skaters	45			
2:40pm - 3:10pm	Group 2 Starskate off-ice training	30	7:15pm - 7:30pm	Flood/Break				
3:25pm - 4:10pm	Gr 1 & Gr1+ Starskate off-ice training	45	7:30pm - 8:15pm	Group 1 Plus+	45			
3:15pm - 4:00pm	Group 2 Starskate Freeskate	45	7:30pm - 8:15pm	Group 2 Starskate Freeskate	45			
3:15pm - 4:00pm	Adult Figure Skaters	45						
4:00pm - 4:15pm	Flood/Break							
4:15pm - 5:00pm	Group 1 Plus+	45						
4:15pm - 5:00pm	Group 2 Starskate Freeskate	45						

Week 8								
Sunday June 18	NORTH RUSTICO	min	Tues/Thurs June 20/June 22	NORTH RUSTICO	min	Friday June 23	NORTH RUSTICO	min
11:45am - 12:45pm	PowerSkate	60	5:05pm - 5:35pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	6:00pm - 7:00pm	Canskate	60
12:45pm - 1:45pm	Canskate	60	5:15pm - 5:45pm	Group 2 Starskate Stroking	30	6:00pm - 7:00pm	Parent Assisted Canskate	60
12:45pm - 1:45pm	Parent Assisted Canskate	60	5:45pm - 6:30pm	Gr 1 & Gr1 Plus Starskate	45	7:00pm - 8:00pm	PowerSkate	60
1:45pm - 2:00pm	Flood/Break		5:45pm - 6:30pm	Adult Learn to Skate	45			
1:50pm - 2:20pm	Gr 1 & Gr 1+ Off-Ice Warm-up	30	5:55pm - 6:25pm	Group 2 Starskate off-ice training	30			
2:00pm - 2:30pm	Group 2 Starskate Stroking	30	6:40pm - 7:25pm	Gr 1 & Gr1+ Starskate off-ice training	45			
2:30pm - 3:15pm	Gr 1 & Gr1 Plus Starskate	45	6:30pm - 7:15pm	Group 2 Starskate Freeskate	45			
2:30pm - 3:15pm	Adult Learn to Skate	45	6:30pm - 7:15pm	Adult Figure Skaters	45			
2:40pm - 3:10pm	Group 2 Starskate off-ice training	30	7:15pm - 7:30pm	Flood/Break				
3:25pm - 4:10pm	Gr 1 & Gr1+ Starskate off-ice training	45	7:30pm - 8:15pm	Group 1 Plus+	45			
3:15pm - 4:00pm	Group 2 Starskate Freeskate	45	7:30pm - 8:15pm	Group 2 Starskate Freeskate	45			
3:15pm - 4:00pm	Adult Figure Skaters	45						
4:00pm - 4:15pm	Flood/Break							
4:15pm - 5:00pm	Group 1 Plus+	45						
4:15pm - 5:00pm	Group 2 Starskate Freeskate	45						

WEEK 9 CANSKATE AND POWERSKATE ONLY		
Friday June 30	NORTH RUSTICO	min
6:00pm - 7:00pm	Canskate	60
6:00pm - 7:00pm	Parent Assisted Canskate	60
7:00pm - 8:00pm	PowerSkate	60