

Lethbridge Figure Skating Club ~ 2009/2010 September Schedule ~ *Subject to Change*

| | Monday | Tuesday | Wednesday | Thursday | | Friday (Nicolas Sheran) | Saturday | Criteria | |
|------------|-----------------------------------|---|-------------------|-----------------------------------|------------|--|-------------|------------------------------------|---|
| 06:15-7:45 | OPEN | | OPEN | OPEN | | | | ~ Primary ~ | |
| 4:00-4:15 | PRIMARY STROKING | | | PRIMARY STROKING | 1:15- 2:15 | Jr Br -> INTERMEDIATE FREESKATE 1 hr | 8:00-8:15 | PRIMARY DANCE/ SKATING SKILLS | PRELIM (passed no FS) JR BR (passed prelim FS) |
| 4:15-4:30 | | INTERMEDIATE FREESKATE 4:00 - 4:55 PM | JUVENILE SYNCHRO | | | | 8:15-8:30 | | |
| 4:30-4:45 | PRIMARY FREE/ JUMPSTART | | | PRIMARY FREESKATE | 2:15-3:15 | SENIOR FREESKATE 1 hr | 8:30-8:45 | PRIMARY/ JUMPSTART FREESKATE | ~ Intermediate ~ |
| 4:45-5:00 | | | | | | | 8:45-9:00 | | SR BR (passed Jr Br FS) JR SILVER (passed Sr Br) JUVENILE COMPETITIVE |
| 5:00-5:15 | | PRIMARY FREESKATE 4:55 - 5:50 PM | STARSKATE SYNCHRO | FLOOD | | | 9:00-9:15 | PRIMARY/ JUMPSTART STROKING | ~ Senior ~ |
| 5:15-5:30 | FLOOD | | | | | | 9:15-9:30 | | SR SILVER (passed Jr SI FS) PRE-NOVICE COMPETITIVE & HIGHER |
| 5:30-5:45 | INTERMEDIATE/ SENIOR FREESKATE | FLOOD 5:50 - 6:05 PM | FLOOD | INTERMEDIATE/ SENIOR FREESKATE | | | 9:30-9:45 | FLOOD | |
| 5:45-6:00 | | SENIOR FREESKATE 6:05 - 7:00 PM | JUNIOR SYNCHRO | | | | 9:45-10:00 | INTERMEDIATE/ SENIOR DANCE | |
| 6:00-6:15 | | | | | | | 10:00-10:15 | | |
| 6:15-6:30 | | | | | | | 10:15-10:30 | | |
| 6:30-6:45 | INT / SENIOR STROKING | | | INT / SENIOR STROKING | | | 10:30-10:45 | | |
| 6:45-7:00 | | | | | | | 10:45-11:00 | | |
| | | | | | | | 11:00-11:15 | INTERMEDIATE/ SENIOR FREESKATE | |
| | | | | | | | 11:15-11:30 | | |
| | | | | | | | 11:30-11:45 | | |
| | | | | | | | 11:45-12:00 | INT / SENIOR STROKING | |
| | | | | | | | 12:00-12:15 | | |
| | | | | | | | 12:15-12:30 | FLOOD | |
| | | | | | | | 12:30-12:45 | | |
| | | | | | | | 12:45-1:00 | SENIOR FREESKATE | |
| | | | | | | | 1:00-1:15 | | |
| | | | | | | | 1:15-1:30 | | |