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

	Monday	Monday (Henderson)	Tuesday	Wednesday	Thursday	Friday (Civic)		Friday (Nicolas Sheran)		Saturday
06:15-7:45	OPEN			OPEN	OPEN		1:15-2:15	Jr Br -> INTERMEDIATE FREESKATE 1 hr	8:00-8:15	PRIMARY DANCE/ SKATING SKILLS 30
10:15-11:00			KIDSKATE 45		KIDSKATE 45				8:15-8:30	
1:15-2:00			KIDSKATE 45		KIDSKATE 45		2:15-3:15	SENIOR FREESKATE 1 hr	8:30-8:45	PRIMARY/ JUMPSTART FREESKATE 45
3:30-3:45						STARSKATE SYNCHRO 45			8:45-9:00	
3:45-4:00									9:00-9:15	
4:00-4:15	PRIMARY STROKING 30		INT DANCE & SKATING SKILLS 30	JUVENILE SYNCHRO Oct - Dec 45	PRIMARY STROKING 30	Synchro overlap			9:15-9:30	PRIMARY/ JUMPSTART STROKING 30
4:15-4:30									9:30-9:45	
4:30-4:45	PRIMARY FREE/ JUMPSTART 45		INTERMEDIATE FREESKATE 45		PRIMARY FREESKATE 45	JUNIOR SYNCHRO 1 hr			9:45-10:00	KIDSKATE/ CANSKATE 45
5:00-5:15				GROUP STARSKATE 1 hr					10:00-10:15	
5:15-5:30									10:15-10:30	
5:30-5:45		KIDSCANPOWER	CANSKATE 45		CANSKATE 45	MULTI-AGE POWER 45			10:30-10:45	PROGRAM DEVELOPMENT SESSION
5:45-6:00									10:45-11:00	
6:00-6:15			FLOOD	FLOOD	FLOOD	FLOOD			11:00-11:15	
6:15-6:30	FLOOD								11:15-11:30	FLOOD
6:30-6:45		KIDSCANPOWER	PRIMARY FREESKATE 45	POWER I 45	INTERMEDIATE/ SENIOR FREESKATE 1 hr	Fitness 1hr			11:30-11:45	INTERMEDIATE/ SENIOR DANCE 45
6:45-7:00									11:45-12:00	
7:00-7:15	JUVENILE SYNCHRO 1 hr								12:00-12:15	
7:15-7:30			PRIMARY DANCE/ SKATING SKILLS 30	POWER II 45					12:15-12:30	
7:30-7:45					INT / SENIOR STROKING 30				12:30-12:45	INTERMEDIATE/ SENIOR FREESKATE 1 hr
7:45-8:00	INTERMEDIATE/ SENIOR FREESKATE 1 hr		FLOOD	FLOOD	FLOOD				12:45-1:00	
8:00-8:15									1:00-1:15	
8:15-8:30			SENIOR FREESKATE 45	POWER III 45	INTERMEDIATE/ SENIOR FREESKATE 1 hr				1:15-1:30	INT / SENIOR STROKING 30
8:30-8:45	INT / SENIOR STROKING 30								1:30-1:45	
8:45-9:00			SENIOR DANCE & SKATING SKILLS 30	JUNIOR SYNCHRO 1 hr					1:45-2:00	FLOOD
9:00-9:15									2:00-2:15	
9:15-9:30									2:15-2:30	SENIOR FREESKATE 1 hr
									2:30-2:45	
									2:45-3:00	