

LFSC Schedule ~ 2010/2011 (as of February 23)

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
06:15-07:45	Open		Open	Open	OPEN (1:15 - 3:15 @ NS)	8:00-8:15	PRIMARY FREESKATE
10:15 - 11:00		KIDSCANSKATE		KIDSCANSKATE		8:15-8:30	
1:15 - 2:00		KIDSCANSKATE		KIDSCANSKATE		8:30-8:45	
						8:45-9:00	PRIMARY DANCE
					9:00-9:15		
4:00-4:15	PRIMARY DANCE	SENIOR/ INT STROKING	SYNCHRO	PRIMARY STROKING	SYNCHRO	9:15-9:30	FLOOD
4:15-4:30							9:30-9:45
4:30-4:45	PRIMARY FREESKATE	SENIOR/ INTERMEDIATE FREESKATE	GROUP STARSKATE	PRIMARY FREESKATE		9:45-10:00	
4:45-5:00							
5:00-5:15					SYNCHRO	10:15-10:30	PRIMARY STROKING
5:15-5:30	GROUP STARSKATE	CANSKATE	POWER I	CANSKATE		10:30-10:45	
5:30-5:45							
5:45-6:00					FLOOD	11:00-11:15	
6:00-6:15						11:15-11:30	
6:15-6:30	SYNCHRO	FLOOD	FLOOD	FLOOD	MULTI POWER	11:30-11:45	FLOOD
6:30-6:45							11:45-12:00
6:45-7:00			SENIOR/ INTERMEDIATE FREESKATE	POWER II	SENIOR/ INTERMEDIATE FREESKATE	12:00-12:15	
7:00-7:15							12:15-12:30
7:15-7:30	FLOOD			SENIOR/INT DANCE/Skills	12:30-12:45		
7:30-7:45	SENIOR/ INTERMEDIATE FREESKATE	PRIMARY FREESKATE	POWER III	FLOOD	12:45-1:00		
7:45-8:00							
8:00-8:15						1:15-1:30	FLOOD
8:15-8:30			FLOOD	SENIOR/ INTERMEDIATE FREESKATE		1:30-1:45	SENIOR/ INT STROKING
8:30-8:45	SENIOR/ INT STROKING	PRIMARY DANCE	SYNCHRO			1:45-2:00	
8:45-9:00						2:00-2:15	SENIOR/ INTERMEDIATE FREESKATE
9:00-9:15						2:15-2:30	
9:15-9:30						2:30-2:45	
					2:45-3:00		