

LFSC SCHEDULE ~ 2010/2011 (SUBJECT TO CHANGE)

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			
						9:00-9:15	PRIMARY DANCE			
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	PRIMARY FREESKATE
4:30-4:45	PRIMARY FREESKATE	SENIOR/ INTERMEDIATE FREESKATE	GROUP STARSKATE	PRIMARY FREESKATE		9:45-10:00				
4:45-5:00									10:00-10:15	
5:00-5:15	GROUP STARSKATE	CANSKATE	POWER I	CANSKATE	SYNCHRO	10:15-10:30	PRIMARY STROKING			
5:15-5:30										10:30-10:45
5:30-5:45								FLOOD	10:45-11:00	KIDSCANSKATE/ CANSKATE
5:45-6:00									11:00-11:15	
6:00-6:15		FLOOD		FLOOD		11:15-11:30				
6:15-6:30	SYNCHRO	SENIOR/ INTERMEDIATE FREESKATE	POWER II	SENIOR/ INTERMEDIATE FREESKATE	MULTI POWER	11:30-11:45	FLOOD			
6:30-6:45									11:45-12:00	SENIOR/INT DANCE/Skills
6:45-7:00									12:00-12:15	
7:00-7:15	FLOOD			SENIOR/INT DANCE/Skills		12:15-12:30	SENIOR/ INTERMEDIATE FREESKATE			
7:15-7:30		PRIMARY FREESKATE	POWER III	FLOOD		12:30-12:45				
7:30-7:45	SENIOR/ INTERMEDIATE FREESKATE							12:45-1:00		
7:45-8:00							1:00-1:15			
8:00-8:15			FLOOD	SENIOR/ INTERMEDIATE FREESKATE		1:15-1:30	FLOOD			
8:15-8:30						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					