



**LETHBRIDGE SKATING CLUB**  
**FALL 2021 SCHEDULE\***  
 OCTOBER 4, 2021 - DECEMBER 17, 2021

| START TIME | Monday<br>ATB CENTRE  | Tuesday<br>ATB CENTRE  | Wednesday<br>ATB CENTRE   | Wednesday<br>YMCA                         | Wednesday<br>CIVIC CENTRE          | Thursday<br>ATB CENTRE   | START    | Friday<br>NICHOLAS SHERAN<br>8 WEEKS  | START    | Saturday<br>CIVIC CENTRE<br>8 WEEKS              |
|------------|---|--|---|---|------------------------------------|--|----------|---|----------|--|
| DAY TIME   |   | <b>CANSKATE</b><br>1:35 - 2:15 PM  |   |   |                                    | <b>CANSKATE</b><br>10:20 - 11:00 AM  | 2:15 PM  | <b>PRIVATE LESSON STARSKATE</b><br>STAR 1 - GOLD<br>1:30 - 3:00 PM<br>(2:45 - 3:00 PM STROKING) | 10:30 AM | <b>PARENT &amp; TOT**</b><br>10:35 - 11:15 AM    |
| 4:15 PM    |   |  |   |   |                                    |  | 2:30 PM  |   | 10:45 AM |  |
| 4:30 PM    | <b>PRIVATE LESSON STARSKATE</b><br>STAR 1 - GOLD<br>4:30 - 5:30 PM                              | <b>PRIVATE LESSON STARSKATE</b><br>STAR 2 - GOLD<br>4:15 - 5:15 PM                                       |   |   |                                    |  | 2:45 PM  |   | 11:00 AM | <b>CANSKATE**</b><br>11:20 AM - 12:00 PM         |
| 4:45 PM    |   |  |   |   |                                    |  |          | 3:00 PM   | 11:15 AM |  |
| 5:00 PM    |   |  |   |   |                                    | <b>GROUP STARSKATE</b><br>STAR 1 - 2<br>4:30 - 5:30 PM   | 3:15 PM  | 11:30 AM  |          |  |
| 5:15 PM    |   |  |   |   |                                    |  |          | 3:30 PM   | 11:45 AM |  |
| 5:30 PM    | <b>ELEMENTARY SYNCHRO</b><br>5:30 - 6:30 PM   | <b>CANSKATE</b><br>5:35 - 6:15 PM  | <b>CANSKATE</b><br>5:35 - 6:15 PM   |   |                                    |  | 3:45 PM  | <b>FLOOD</b>  | 12:00 PM | <b>FLOOD</b>                                     |
| 5:45 PM    |   |  |   |   |                                    |  | 4:00 PM  | <b>ROTATIONAL PROGRAMMING</b><br>12:15 - 3:00 PM  | 12:15 PM | <b>ROTATIONAL PROGRAMMING</b><br>12:15 - 3:00 PM |
| 6:00 PM    |   | <b>FLOOD</b>   |   |   | <b>PRE-POWER</b><br>6:00 - 6:45 PM | 4:15 PM  | 12:30 PM |   |          |  |
| 6:15 PM    | <b>FLOOD</b>  |  | <b>GROUP STARSKATE</b><br>STAR 1 - 2<br>6:15 - 7:15 PM  | <b>OFF-ICE TRAINING</b><br>6:30 - 7:15 PM |                                    |  | 4:30 PM  |   | 12:45 PM |  |
| 6:30 PM    |   | <b>PRIVATE LESSON STARSKATE</b><br>STAR 2 - GOLD<br>6:30 - 7:45 PM<br>(7:30 - 7:45 PM STROKING W/ ADULT) | <b>FLOOD</b>  |   |                                    | <b>POWER SESSION 1</b><br>6:45 - 7:30 PM   |          |   | 4:45 PM  |  |
| 6:45 PM    |   |  |   |   |                                    |  | 5:00 PM  |   | 1:15 PM  |  |
| 7:00 PM    | <b>GROUP STARSKATE</b><br>STAR 1 - 2<br>6:45 - 7:45 PM  |  |   |   |                                    | <b>PRIVATE LESSON STARSKATE</b><br>STAR 3 - GOLD<br>6:30 - 8:00 PM<br>(7:45 - 8:00 PM STROKING W/ ADULT) | 5:15 PM  | 1:30 PM   |          |  |
| 7:15 PM    |   |  |   |   |                                    |  |          | 1:45 PM   |          |  |
| 7:30 PM    |   | <b>FLOOD</b>   |   |   |                                    |  |          | 2:00 PM   |          |  |
| 7:45 PM    | <b>PRIVATE LESSON STARSKATE</b><br>STAR 2 - GOLD<br>7:45 - 9:00 PM<br>(7:45 - 8:00 PM STROKING) |  | <b>PRIVATE LESSON STARSKATE</b><br>STAR 2 - GOLD<br>7:30 - 9:00 PM<br>(7:30 - 7:45 PM STROKING) |   |                                    |  |          | 2:15 PM   |          |  |
| 8:00 PM    |   | <b>ADULT CANSKATE</b><br><b>ADULT STARSKATE</b><br>8:00 - 9:00 PM<br>(7:30 - 7:45 PM STROKING W/ SS)     |   |   |                                    | <b>POWER SESSION 2</b><br>7:45 - 8:30 PM   |          | <b>FLOOD</b>  | 2:30 PM  |  |
| 8:15 PM    |   |  |   |   |                                    |  |          | 2:45 PM   |          |  |
| 8:30 PM    |   |  |   |   |                                    | <b>ADULT CANSKATE</b><br><b>ADULT STARSKATE</b><br>8:15 - 9:15 PM<br>(7:45 - 8:00 PM STROKING W/ SS)     |          |   |          |  |
| 8:45 PM    |   |  |   |   |                                    |  |          |   |          |  |
| 9:00 PM    |   |  |   |   |                                    |  |          |   |          |  |

- CANSKATE
- CANPOWERSKATE
- OFF-ICE
- GROUP STARSKATE
- PRIVATE LESSON STARSKATE
- SYNCHRONIZED SKATING
- ADULTSKATE
- ROTATIONAL PROGRAMMING

\*SUBJECT TO CHANGE 10/07/2021

\*\*PROGRAM DURATION IS ONLY 8 WEEKS - PLEASE CHECK REGISTRATION INFORMATION FOR SPECIFIC PROGRAM DATES