

## Winter 2023 Schedule Senior



Day	Time	Session Type	Dates	No Session	Weeks	Price
Monday	05:15 PM - 06:15 PM	Stretch Off-Ice	Jan 8 - Mar 11		9	\$63.00
	06:20 PM - 06:35 PM	Jump Off-Ice				\$16.00
	06:45 PM - 07:00 PM	Spins		Feb 19		
	07:00 PM - 08:15 PM	Freeskate	Jan 8 - Mar 18 *		10	\$200.00
	08:15 PM - 08:30 PM	Group Enrichment				
Tuesday	03:15 PM - 04:15 PM	Open Freeskate	Jan 2 - Mar 19	-	12	\$137.00
	04:25 PM - 05:10 PM	Open Jump Off-Ice				\$63.00
Wednesday	05:15 PM - 06:15 PM	Fitness Off-Ice	Jan 10 - Mar 13	-	10	\$70.00
	06:45 PM - 07:00 PM	Spins	Jan 3 - Mar 20 *	-	12	\$240.00
	07:00 PM - 08:15 PM	Freeskate				
	08:15 PM - 08:30 PM	Group Enrichment				
Thursday	06:30 AM - 08:00 AM	Open Freeskate	Jan 4 - Mar 21	-	12	\$59.00
Friday	06:30 AM - 08:00 AM	Open Freeskate	Jan 5 - Mar 22	-	12	\$59.00
Saturday	02:00 PM - 03:00 PM	Pilates Off-Ice	Jan 13 - Mar 16	Feb 17	9	\$63.00
	03:15 PM - 04:15 PM	Freeskate	Jan 6 - Mar 23	-	12	\$206.00
	04:15 PM - 04:45 PM	Group Enrichment				
Sunday	08:30 AM - 09:45 AM	Open Freeskate	Jan 7 - Mar 24	Feb 18	11	\$188.00
	09:45 AM - 10:00 AM	Group Enrichment				
	10:10 AM - 10:40 AM	Open Jump Off-Ice				\$39.00

\* Jan 3, Mar 18 & Mar 20 sessions start 1 hour earlier (5:45pm - 7:30pm)

*Last updated: Nov 13, 2023*

## Winter 2023 Schedule Junior



Day	Time	Session Type	Dates	No Session	Weeks	Price
Monday	04:30 PM - 04:45 PM	Group Enrichment				
	04:45 PM - 05:00 PM	Spins	Jan 8 - Mar 18		10	\$143.00
	05:00 PM - 05:45 PM	Freeskate		Feb 19		
	05:55 PM - 06:10 PM	Jump Off-Ice	Jan 8 - Mar 11		9	\$16.00
	06:15 PM - 07:00 PM	Stretch Off-Ice				\$48.00
Tuesday	03:15 PM - 04:15 PM	Open Freeskate	Jan 2 - Mar 19	-	12	\$137.00
	04:25 PM - 05:10 PM	Open Jump Off-Ice				\$63.00
Wednesday	04:30 PM - 04:45 PM	Group Enrichment				
	04:45 PM - 05:00 PM	Spins	Jan 3 - Mar 20	-	12	\$171.00
	05:00 PM - 05:45 PM	Freeskate				
	06:15 PM - 07:00 PM	Fitness Off-Ice	Jan 10 - Mar 13	-	10	\$53.00
Thursday	06:30 AM - 08:00 AM	Open Freeskate	Jan 4 - Mar 21	-	12	\$59.00
Friday	06:30 AM - 08:00 AM	Open Freeskate	Jan 5 - Mar 22	-	12	\$59.00
Saturday	01:45 PM - 02:00 PM	Group Enrichment	Jan 6 - Mar 23	-	12	\$171.00
	02:00 PM - 03:00 PM	Freeskate				
	03:15 PM - 04:15 PM	Pilates Off-Ice	Jan 13 - Mar 16	Feb 17	9	\$63.00
Sunday	08:30 AM - 09:45 AM	Open Freeskate				
	09:45 AM - 10:00 AM	Group Enrichment	Jan 7 - Mar 24	Feb 18	11	\$188.00
	10:10 AM - 10:40 AM	Open Jump Off-Ice				\$39.00

*Last updated: Nov 13, 2023*