

<b>Monday Olympic</b>	<b>Tuesday Olympic</b>	<b>Wednesday Olympic</b>	<b>Thursday Olympic</b>	<b>Friday Olympic</b>	<b>Saturday Olympic</b>	<b>Sunday Olympic</b>
6:00-8:00am Open	6:00-8:00am Open	6:00-8:00am Open	6:00-8:00am Open	6:00-8:00am Open	7:00-7:45am Open	7:00-7:45am Open
11:35-12:20pm Open	11:35-12:20pm Open	11:35-12:20pm Open	11:35-12:20pm Open	8:15-12:20pm Open Sessions	7:45-8:30am Open	7:45-8:30am Open
12:30-1:15pm Elite	12:30-1:15pm Elite	12:30-1:15pm Elite	12:30-1:15pm Elite	12:30-1:15pm Elite	8:40-9:25am Open	8:40-9:25am Open
1:15-2:00pm Pre-Elite	1:15-2:00pm Pre-Elite	1:15-2:00pm Pre-Elite	1:15-2:00pm Pre-Elite	1:15-2:00pm Pre-Elite	9:25-10:10am Open	9:25-10:10am Open
2:10-2:55pm Elite	2:10-2:55pm Elite	2:10-2:55pm Elite	2:10-2:55pm Elite	2:15-3:15pm Simulation	10:20-11:05am Pre-Novice Up	10:20-11:05am Open
2:55-3:40pm Pre-Elite/Dev +	2:55-3:40pm Pre-Elite/Dev +	2:55-3:40pm Pre-Elite/Dev +	2:55-3:40pm Pre-Elite/Dev +	3:30-4:15pm PreJuv-Senior	11:05-11:50am Pre-Novice Up	11:05-11:50am Open
3:50-4:35pm Pre-Novice - Sr	3:50-4:35pm Pre-Novice - Sr	3:50-4:35pm Pre-Novice - Sr	3:50-4:35pm Pre-Novice - Sr	4:15-5:00pm Open	12:00-12:45pm CanSkate	12:00-12:45pm CanSkate
4:35-5:20pm Juvenile and Under	4:45-5:30pm Open	4:35-5:20pm Juvenile and Under	4:45-5:30pm Open	5:15-6:00pm Open		
5:30-6:15pm Open	5:30-6:15pm Open	5:30-6:15pm Development	5:30-6:15pm Open	6:00-6:45pm CanSkate		
6:15-7:00pm Open		6:15-7:00pm Development				
<b>Off Ice</b>	<b>Off Ice</b>	<b>Off Ice</b>	<b>Off Ice</b>	<b>Off Ice</b>	<b>Off Ice</b>	<b>Off Ice</b>
2:15-2:45pm Pre-Elite Jump	2:15-2:45pm Pre-Elite Dance	2:15-2:45pm Pre-Elite Jump	2:15-2:45pm Pre-Elite Dance	2:15-2:45pm Open Jump	8:00-8:30am Dev Jump	
3:10-3:40pm Elite Jump	3:10-3:40pm Elite Dance	3:10-3:40pm Elite Jump	3:10-3:40pm Elite Dance	6:10-6:40pm Open Jump	8:45-9:15am Pre-Elite/Dev+ Jump	
5:00-6:00pm HP Fitness	6:30-7:00pm Open Dance	5:00-6:00pm HP Fitness	6:30-7:00pm Open Dance		9:40-10:10am Pre-Nov Up Jump	
7:10-7:40pm Open Jump		7:10-7:40pm Dev Jump				

<b>Legend</b>
<b>Elite: Novice to Senior skaters or landing 2 different triples</b>
<b>Pre-Elite: PreJuv to PreNov skaters or landing all 5 doubles</b>
<b>Dev +: Skaters landing a 1A</b>
<b>Development: Star 1-5 skaters</b>
<b>Open: Stage 2 CanSkate up</b>
<b>Must be in figure skates</b>

Fall/Winter Schedule 2022-2023