



# 2023-2024 Senior Schedule

(Mon August 28, 2023 – Thurs May 16, 2024)

Session	Day	Ice Time	Location	Description/Details
M1	Monday	1:00-2:00 pm	Confed Arena (11204-43 Ave)	Day Ice (Juv U12-Senior/Star 6+)
M2	Monday	2:15-3:15 pm	Confed Arena	Day Ice (Juv U12-Senior/Star 6+)
M3	Monday	3:30-4:30 pm	Confed Arena	Senior Freeskate
M7	Monday	3:45-4:30 pm	Meadows East (2704-17 St)	Pairs Ice
M8	Monday	4:45-5:45 pm	Meadows East	Pairs Ice
T1	Tuesday	6:15-7:45 am	Confed Arena	Open Ice – Star 3+
T2	Tuesday	1:00-2:00 pm	Confed Arena	Day Ice (Juv U12-Senior/Star 6+)
T3	Tuesday	2:15-3:15 pm	Confed Arena	Day Ice (Juv U12-Senior/Star 6+)
T4	Tuesday	3:30-4:30 pm	Confed Arena	Senior Freeskate
W1	Wednesday	1:00-2:15 pm	Meadows West (2704-17 St)	Day Ice (Juv U12-Senior/Star 6+)
W2	Wednesday	2:30-3:30 pm	Meadows Arena West	Day Ice (Juv U12-Senior/Star 6+)
W3	Wednesday	3:45-4:15 pm	Meadows Arena West	Senior Edge Class
W3a	Wednesday	4:15-5:00 pm	Meadows Arena West	Senior Freeskate
W4	Wednesday	5:15-5:45 pm	Meadows Arena West	Senior/IntA Skills/Dance Session
W8a	Wednesday	5:00-6:15 pm	Meadows Arena East	Boyz Zone & Edge Class
R1	Thursday	6:15-7:45 am	Confed Arena	Open Ice – Star 6+
R2	Thursday	1:00-2:00 pm	Confed Arena	Day Ice (Juv U12-Senior/Star 6+)
R3	Thursday	2:15-3:15 pm	Confed Arena	Day Ice (Juv U12-Senior/Star 6+)
R4	Thursday	3:15-4:00 pm	Confed Arena	Open Ice – Star 3+
F1	Friday	6:15-7:45 am	Confed Arena	Open Ice – Star 3+
F2	Friday	1:00-2:00 pm	Confed Arena	Day Ice (Juv U12-Senior/Star 6+)
F3	Friday	2:15-3:15 pm	Confed Arena	Day Ice (Juv U12-Senior/Star 6+)
F4	Friday	3:30-4:30 pm	Confed Arena	Senior Freeskate
Sa4	Saturday	9:30-10:30 am	Confed Arena	Senior Freeskate; spins only from 10:15-10:30 am

- Senior Skaters: STARSkate Pathway - Star 8-Gold; Podium Pathway - Juvenile to Senior Competitors
- **Senior skaters must select a minimum of five skating days per week.** At the senior level, skaters should be skating more than 1 session daily.
- **All skaters should discuss their skating schedule intentions with their coach before registering.**
- All schedules are subject to change.
- Final skater level assignment will be made at the discretion of the Skating Director.

### OFF ICE:

Mon Dance (Confed)	Wed Jump (Meadows)	Fri Yoga (Confed)	Sat Fitness (Confed)
3:30-4:15 pm, 4:35-5:15 pm, 5:45-6:30 pm (choose one)	6:00-6:30 pm	5:20-6:05 pm	8:00-8:45 am, 9:45-10:30 am, 10:45-11:30 am (choose one)