



# DSC Figure Skating, Summer 2

## July 2 - August 2, 2024

Apr 23/24		Monday	Tuesday	Wednesday	Thursday	Friday					
8:00	8:15	<b>Juv+ Pair/PN+ Dance</b> 8:00-9:00 am	<b>Juv+ Pair/PN+ Dance</b> 8:00-9:00 am	<b>Juv+ Pair/PN+ Dance</b> 8:00-9:00 am	<b>Juv+ Pair/PN+ Dance</b> 8:00-9:00 am	<b>Juv+ Pair/PN+ Dance</b> 8:00-9:15 am					
8:15	8:30										
8:30	8:45										
8:45	9:00										
9:00	9:15	<b>Sr Silver Freeskate</b> 9:00-10:00 am	<b>Sr Silver Freeskate</b> 9:00-10:00 am	<b>Sr Silver Freeskate</b> 9:00-10:00 am	<b>Sr Silver Freeskate</b> 9:00-10:00 am	<b>Sr Silver Freeskate</b> 9:15-10:15 am					
9:15	9:30										
9:30	9:45										
9:45	10:00										
10:00	10:15	FLOOD	FLOOD	FLOOD	FLOOD						
10:15	10:30	<b>Gold Freeskate</b> 10:15-11:15 am (stays on to 12:00 pm)	<b>Gold Freeskate</b> 10:15-11:15 am (stays on to 12:00 pm)	<b>Gold Freeskate</b> 10:15-11:15 am (stays on to 12:00 pm)	<b>Gold Freeskate</b> 10:15-11:15 am (stays on to 12:00 pm)	<b>Sr Silver Edge Class</b> 10:15-10:45 am					
10:30	10:45					FLOOD					
10:45	11:00					<b>Gold Freeskate</b> 11:30-12:30 pm					
11:00	11:15										
11:15	11:30	<b>Sr Silver / Gold Spins</b>	<b>Sr Silver / Gold Spins</b>	<b>Sr Silver / Gold Spins</b>	<b>Sr Silver / Gold Spins</b>						
11:30	11:45						<b>Sr Silver / Gold Skills &amp; Dance</b>	<b>Sr Silver / Gold Skills &amp; Dance</b>	<b>Sr Silver / Gold Skills &amp; Dance</b>	<b>Sr Silver / Gold Skills &amp; Dance</b>	
11:45	12:00	<b>Sr Silver Freeskate</b> 12:00-12:45 pm (Sr Silver starts 11:15 am)	<b>Sr Silver Freeskate</b> 12:00-12:45 pm (Sr Silver starts 11:15 am)	<b>Sr Silver Freeskate</b> 12:00-12:45 pm (Sr Silver starts 11:15 am)	<b>Sr Silver Freeskate</b> 12:00-12:45 pm (Sr Silver starts 11:15 am)	<b>Gold Edge Class</b> 11:00-11:30 am					
12:00	12:15					<b>Jr Silver Edge Class</b> 12:30-1:00 pm					
12:15	12:30						FLOOD				
12:30	12:45					<b>Gold Freeskate</b> 1:00-2:00 pm	<b>Gold Freeskate</b> 1:00-2:00 pm	<b>Gold Freeskate</b> 1:00-2:00 pm	<b>Gold Freeskate</b> 1:00-2:00 pm	<b>Jr Silver Freeskate</b> 1:15-2:00 pm	
12:45	1:00										
1:00	1:15	<b>Dance Teams* 2:00-2:45</b>	<b>Dance Teams* 2:00-2:45</b>	<b>Dance Teams* 2:00-2:45</b>	<b>Dance Teams* 2:00-2:45</b>					<b>Dance Teams Star/PreJuv</b> 2:00-2:30 pm	
1:15	1:30										<b>Jr Silver Skills &amp; Dance</b> 2:15-2:45 pm
1:30	1:45					<b>Jr Silver Freeskate</b> 2:45-3:30 pm	<b>Jr Silver Freeskate</b> 2:45-3:30 pm	<b>Jr Silver Freeskate</b> 2:45-3:30 pm	<b>Jr Silver Freeskate</b> 2:45-3:30 pm		
1:45	2:00										
2:00	2:15	<b>Jr Silver Freeskate</b> 3:45-4:15 pm (on till 4:30p)	<b>Jr Silver Freeskate</b> 3:45-4:15 pm (on till 4:30p)	<b>Jr Silver Freeskate</b> 3:45-4:15 pm (on till 4:30p)	<b>Jr Silver Freeskate</b> 3:45-4:15 pm (on till 4:30p)						
2:15	2:30						<b>Jr Silver Spins</b>	<b>Jr Silver Spins</b>	<b>Jr Silver Spins</b>	<b>Jr Silver Spins</b>	
2:30	2:45										<b>Jr Bronze Freeskate</b> 4:30-5:15 pm (on till 5:30p)
2:45	3:00						<b>Jr Bronze Group Dance</b>	<b>Jr Bronze Group Dance</b>	<b>Jr Bronze Group Dance</b>	<b>Jr Bronze Group Dance</b>	
3:00	3:15										
3:15	3:30	FLOOD	FLOOD	FLOOD	FLOOD						
3:30	3:45	<b>Jr Silver Freeskate</b> 5:45-6:15 pm	<b>Jr Silver Freeskate</b> 5:45-6:15 pm	<b>Jr Silver Freeskate</b> 5:45-6:15 pm	<b>Jr Silver Freeskate</b> 5:45-6:15 pm						
3:45	4:00						<b>Jr Bronze Seminar</b>	<b>Jr Bronze Seminar</b>	<b>Jr Bronze Seminar</b>	<b>Jr Bronze Seminar</b>	
4:00	4:15										<b>IFSA Stroking</b>
4:15	4:30										
4:30	4:45	<b>IFSA / PCS / CS</b>	<b>IFSA / PCS / CS</b>	<b>IFSA / PCS / CS</b>	<b>IFSA / PCS / CS</b>						
4:45	5:00										
5:00	5:15										
5:15	5:30										
5:30	5:45	FLOOD	FLOOD	FLOOD	FLOOD						
5:45	6:00	<b>IFSA / PCS / CS</b>	<b>IFSA / PCS / CS</b>	<b>IFSA / PCS / CS</b>	<b>IFSA / PCS / CS</b>						
6:00	6:15										
6:15	6:30										
6:30	8:00										

\*Subject to changes

**Simulations: Tues July 16 - 2:45-5:45 pm at Callingwood A (17740-69 Avenue)**

# OFF ICE SCHEDULE

OFF ICE SCHEDULE						
Apr 23/24		Monday	Tuesday	Wednesday	Thursday	Friday
8:15	8:30	Sr Silver Off Ice Warm up	Sr Silver Off Ice Warm up	Sr Silver Off Ice Warm up	Sr Silver Off Ice Warm up	
8:30	8:45	(independent)	(independent)	(independent)	(independent)	Sr Silver Off Ice Warm up
8:45	9:00					(independent)
9:00	9:15					
9:15	9:30					
9:30	9:45	Gold Off Ice Warm Up	Gold Off Ice Warm Up	Gold Off Ice Warm Up	Gold Off Ice Warm Up	Training Topics
9:45	10:00	(independent)	(independent)	(independent)	(independent)	Gold Training Topic
10:00	10:15					9:45-10:15 am (class)
10:15	10:30	Sr Silver Mobility Class	Sr Silver Mobility Class	Sr Silver Mobility Class	Sr Silver Mobility Class	Gold Off Ice Warm Up
10:30	10:45	10:15-10:45 am	10:15-10:45 am	10:15-10:45 am	10:15-10:45 am	(independent)
10:45	11:00					
11:00	11:15					Sr Silver Training Topic
11:15	11:30					11:00-11:30 am (class)
11:30	11:45					Jr Silver Training Topic
11:45	12:00					11:30-12:00 pm (class)
12:00	12:15	Gold Mobility Class	Gold Mobility Class	Gold Mobility Class	Gold Mobility Class	Jr Silver Off Ice Warm Up
12:15	12:30	12:05-12:35 pm	12:05-12:35 pm	12:05-12:35 pm	12:05-12:35 pm	12:00-12:20pm (coach led)
12:30	12:45					
12:45	1:00	Lyrical Dance	Fitness	Zumba Dance	Off Ice Jump Tech	
1:00	1:15	Sr Silver Off Ice	Sr Silver Off Ice	Sr Silver Off Ice	Sr Silver Off Ice	
1:15	1:30	1:00-2:00 pm	1:00-2:00 pm	1:00-2:00 pm	1:00-2:00 pm	Dance Teams Off Ice
1:30	1:45	Jr Silver Off Ice Warm Up & Mobility	Jr Silver Off Ice Warm Up & Mobility	Jr Silver Off Ice Warm Up & Mobility	Jr Silver Off Ice Warm Up & Mobility	1:15-1:45 pm
1:45	2:00	1:15-2:00pm (coach led)	1:15-2:00pm (coach led)	1:15-2:00pm (coach led)	1:15-2:00pm (coach led)	
2:00	2:15					JrBronze Off Ice Warm Up
2:15	2:30	Gold Off Ice	Gold Off Ice	Gold Off Ice	Gold Off Ice	2:00-2:30 pm (coach led)
2:30	2:45	2:15-3:15 pm	2:15-3:15 pm	2:15-3:15 pm	2:15-3:15 pm	
2:45	3:00					
3:00	3:15					
3:15	3:30					
3:30	3:45	Jr Bronze Off Ice	Jr Bronze Off Ice	Jr Bronze Off Ice	Jr Bronze Off Ice	
3:45	4:00	3:30-4:15 pm	3:30-4:15 pm	3:30-4:15 pm	3:30-4:15 pm	
4:00	4:15					
4:15	4:30					
4:30	4:45					
4:45	5:00	Jr Silver Off Ice	Jr Silver Off Ice	Jr Silver Off Ice	Jr Silver Off Ice	
5:00	5:15	4:45-5:30 pm	4:45-5:30 pm	4:45-5:30 pm	4:45-5:30 pm	
5:15	5:30					

**NEW Session Levels:**

\*\* These levels are an initial guideline only.

<b>Gold</b>	Pre-Novice to Senior/ Gold Freeskate *
<b>Sr Silver</b>	Juvenile / Star 6- 10 Freeskate *
<b>Jr Silver</b>	Star 4-5 Freeskate *
<b>Jr Bronze</b>	Star 1-3 Freeskate *

\* Competition level in combination with a scale of assessment points will be used to determine a skater's session level. More info coming.