

OFF ICE

## DSC Figure Skating, Summer 1 (4 weeks) June 2-June 27, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Mar 21/25	CONFED	CONFED	CONFED	CONFED	CONFED
1:00-1:15pm	Day Ice / Pairs	Day Ice / Pairs			
1:15-1:30pm	& Dance Teams	& Dance Teams	& Dance Teams	& Dance Teams	& Dance Teams
1:30-1:45pm	1:00-2:00 pm	1:00-2:00 pm	1:00-2:00 pm	1:00-2:00 pm	1:00-2:00 pm
1:45-2:00pm					
2:00-2:15pm	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
2:15-2:30pm	Day Ice / Pairs	Day Ice / Pairs			
2:30-2:45pm	& Dance Teams	& Dance Teams	& Dance Teams	& Dance Teams	& Dance Teams
2:45-3:00pm	2:15-3:15 pm	2:15-3:15 pm	2:15-3:15 pm	2:15-3:15 pm	2:15-3:15 pm
3:00-3:15pm					
3:15-3:30pm	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
3:30-3:45pm	Gold	Gold	Gold	Gold	Gold
3:45-4:00pm	3:30-4:30 pm	3:30-4:30 pm	3:30-4:30 pm	3:30-4:30 pm	3:30-4:30 pm
4:00-4:15pm					
4:15-4:30pm					
4:30-4:45pm	Sr Silver	Sr Silver	Sr Silver	Sr Silver	Sr Silver
4:45-5:00pm	4:30-5:30 pm	4:30-5:30 pm	4:30-5:30 pm	4:30-5:30 pm	4:30-5:30 pm
5:00-5:15pm					
5:15-5:30pm					
5:30-5:45pm	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
5:45-6:00pm	JrBronze	JrBronze	JrBronze	JrBronze	JrBronze Seminar
6:00-6:15pm	5:45-6:45 pm	5:45-6:45 pm	5:45-6:45 pm	5:45-6:45 pm	5:45-6:30 pm
6:15-6:30pm					
6:30-6:45pm					Jr Silver Seminar
6:45-7:00pm	Dance Teams (6:45-7:00)	Dance Teams (6:45-7:00)	Dance Teams (6:45-7:00)	Dance Teams (6:45-7:00)	6:30-7:15 pm
7:00-7:15pm	Jr Silver	Jr Silver	Jr Silver	Jr Silver	
7:15-7:30pm	7:00-8:00 pm	7:00-8:00 pm	7:00-8:00 pm	7:00-8:00 pm	Dance Team Seminar
7:30-7:45pm					7:15-8:00 pm
7:45-8:00pm					

\*Subject to changes

		Tuesday	Mada a adau	Thursday	Fuidou	Saturday Off Ice
	Monday	Tuesday	Wednesday	Thursday	Friday	
Apr 3/25	CONFED	CONFED	CONFED	CONFED	CONFED	CONFED
	Sr Silver/Day Ice DANCE 3:35-4:20PM	Sr Silver/Day Ice JUMP 3:35-4:20PM	Sr Silver/Day Ice FITNESS 3:35-4:20PM	Sr Silver/Day Ice JUMP 3:35-4:20PM	Sr Silver/Day Ice FLEXIBILITY 3:35-4:20PM	Off Ice training is included for all skaters on Saturdays.
	Gold DANCE 4:45-5:30PM	<b>Gold</b> JUMP 4:45-5:30PM	Gold FITNESS 4:45-5:30PM	<b>Gold</b> JUMP 4:45-5:30PM	Gold FLEXIBILITY 4:45-5:30PM	<b>Skaters - age U10</b> 9:30-10:15 pm
	Dance Teams 5:20-5:35PM	Dance Teams 5:20-5:35PM	Dance Teams 5:20-5:35PM	Dance Teams 5:20-5:35PM	Jr Silver MOBILITY 5:45-6:15PM	Skaters - age 13+ 10:30-11:15 am
	<b>Jr Silver</b> DANCE 5:50-6:35PM	<b>Jr Silver</b> JUMP 5:50-6:35PM	<b>Jr Silver</b> FITNESS 5:50-6:35PM	<b>Jr Silver</b> JUMP 5:50-6:35PM	Junior Bronze 6:40-7:10PM	Skaters - age 10-12 11:30-12:15 pm
Ī	JrSilver Comp W/U 6:35-6:50PM	JrSilver Comp W/U 6:35-6:50PM	JrSilver Comp W/U 6:35-6:50PM	JrSilver Comp W/U 6:35-6:50PM	Most off ico classos y	will be held outdoors
	Junior Bronze 6:55-7:25pm	Junior Bronze 6:55-7:25pm	Junior Bronze 6:55-7:25pm	Junior Bronze 6:55-7:25pm	Most off ice classes will be held outdoors weather permitting.	

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