



2022-2023 FALL / WINTER SCHEDULE

April 1, 2023 - May 7, 2023

Monday Meadows W	Tuesday		Wednesday Kinsmen
	Mill Woods B / Meadows E	Mill Woods A / Meadows W	
	April 4 - Mill Woods B April 11 - May 2 - Meadows E	April 4 - Mill Woods A April 11 - May 2 - Meadows W	
4:15-4:30 - Session Warm-up Senior B / Senior A	4:00-4:15 - Session Warm-up Senior B / Senior A	4:00-4:15 - Edges / Warm-up Junior / Intermediate	4:00-4:15 - Session Warm-up Senior B / Senior A
4:30-5:15 - Freeskate Senior B / Senior A	4:15-5:00 - Freeskate Senior B / Senior A	4:15-5:00 - Freeskate Junior / Intermediate	4:15-5:00 - Freeskate Senior B / Senior A
5:15-5:30 - Flood	5:00-5:30 - Dance/Skills Junior / Intermediate		5:00-5:15 - Edges Senior B / Senior A
5:30-5:45 - Edges/Warm-up Junior / Intermediate	5:30-5:45 - Flood		5:15-5:30 - Group Spins Sr B / Sr A / Int / Jr
5:45-6:30 - Freeskate Junior / Intermediate	5:45-6:15 - Dance/Skills Senior B / Senior A		5:30-5:45 - Flood
6:30-7:15 Canskate	6:15-7:15 Canskate	6:30 - 7:30 Gateway Academy	5:45-6:00 - Edges / Warm-up Junior / Intermediate
			6:00-6:45 - Freeskate Junior / Intermediate
			6:45-7:30 Canskate
OFF-ICE	OFF-ICE	OFF-ICE	OFF-ICE
5:30-6:15 Senior B / Senior A	5:10-5:35 Senior B / Senior A	5:45-6:15 Gateway Academy	4:30-5:00 Junior / Intermediate
4:45-5:15 Junior / Intermediate		5:45-6:15 Junior / Intermediate	5:45-6:30 Senior B / Senior A

Thursday Meadows E	Friday Meadows E	Saturday Mill Woods B / Meadows E	Sunday Mill Woods A / Meadows E
		April 1 - Mill Woods B April 15 - May 6 - Meadows E	April 2 - Mill Woods A April 16 - May 7 - Meadows E
4:30-5:15 - Freeskate STAR O12 / Adult	4:00-4:15 - Edges / Warm-up Junior / Intermediate	9:15-9:30 - Edges STAR O12 / Adult	1:30-2:15 Gateway Academy
5:15-5:45 - Dance/Skills STAR O12 / Adult	4:15-5:00 - Freeskate Junior / Intermediate	9:30-10:15 - Freeskate STAR O12 / Adult	2:15-3:00 STARPrep / Adult-Teen CanSkate
5:45-6:30 Gateway Academy	5:00-5:15 - Flood	10:15-10:45 - Dance/Skills STAR O12 / Adult	3:00-3:15 - Flood
	5:15-6:00 - Simulations Sr B / Sr A / Int / Jr Alternate weeks*	10:45-11:15 - Dance / Skills Senior B / Senior A	3:15-4:00 CanSkate A
	6:00-6:15 - Session Warm-up Senior B / Senior A	11:15-11:30 - Edges Senior B / Senior A	4:00-4:45 CanSkate B
	6:15-7:00 - Freeskate Senior B / Senior A	11:30-11:45 - Flood Senior B / Senior A	4:45-5:00 - Flood
	7:00-8:00 - Open STAR O12 / Adult	11:45-12:00 - Session Warm-up Senior B / Senior A	5:00-5:45 CanSkate C
Meadows W		12:00-1:00 - Freeskate Senior B / Senior A	
5:45-6:45 CanSkate		1:00-1:15 - Flood	
		1:15-2:00 CanSkate A	
		2:00-2:15 - Flood	
		2:15-3:00 CanSkate B	
		3:00-3:45 CanSkate C	
OFF-ICE	OFF-ICE	OFF-ICE	OFF-ICE
4:45-5:30 Gateway Academy	5:15-5:45* Junior / Intermediate	11:00-11:30 STAR O12 / Adult	12:30-1:15 Gateway Academy
	5:15-5:45* Senior B / Senior A		

No skating April 6, 7, 8, 9, 20, 22, 23

Test Day - April 14 (schedule TBD)

Year End Performance - Saturday, May 6