



WINTER 2012 Schedule

**All scheduled class times are subject to change

Programs	Preschool Programs	Child & Youth Learn To Skate Programs	Hockey Skills Academy	ULTIMATE Power Skating Academy	FLOW Figure Skating Academy	Adult Skate Programs
Program Levels	1. Beginner BRONZE 2. Skillful SILVER 3. Gifted GOLD	1. Primary Fundamentals 2. Fundamentals & Foundations 3. Strengthening Foundations 4. Mastering Foundations 5. Fundamentals & Foundations Mastered	<ul style="list-style-type: none"> ➤ Beginner Hockey Fundamentals ➤ Hockey Foundations ➤ Hockey Skills & Drills ➤ Hockey Development ➤ High Performance Hockey Academy ➤ Elite Hockey Academy ➤ Body Contact & Awareness Technique ➤ Defensemen Clinic 	<ul style="list-style-type: none"> ➤ Introduction To Power Skating ➤ Peak Performance Power Skating ➤ High Intensity Power Skating & Agility 	<ul style="list-style-type: none"> ➤ Introduction to FLOW ➤ Pre-Competitive FLOW ➤ Competitive FLOW 	<ul style="list-style-type: none"> ➤ Adult Learn To Skate ➤ Adult Hockey Skills ➤ Adult Power Skating
Tuesday	5:15pm – 5:45pm 5:45pm – 6:15pm	5:15pm – 6:15pm	5:15pm – 6:15pm	5:15pm – 6:15pm	5:15pm – 6:15pm	5:15pm – 6:15pm
Wednesday	5:00pm – 5:30pm 5:30pm – 6:00pm	5:00pm – 6:00pm	5:00pm – 6:00pm	5:00pm – 6:00pm	5:00pm – 6:00pm	5:00pm – 6:00pm
Thursday	4:30pm – 5:00pm 5:00pm – 5:30pm	4:30pm – 5:30pm	4:30pm – 5:30pm	4:30pm – 5:30pm	4:30pm – 5:30pm	4:30pm – 5:30pm
Friday	4:30pm – 5:00pm 5:00pm – 5:30pm	4:30pm – 5:30pm	4:30pm – 5:30pm	4:30pm – 5:30pm	4:30pm – 5:30pm	4:30pm – 5:30pm
Saturday	1:15pm – 1:45pm 1:45pm – 2:15pm 2:15pm – 2:45pm 2:45pm – 3:15pm	1:15pm – 2:15pm 2:15pm – 3:15pm	1:15pm – 2:15pm 2:15pm – 3:15pm	1:15pm – 2:15pm 2:15pm – 3:15pm	1:15pm – 2:15pm 2:15pm – 3:15pm	1:15pm – 2:15pm 2:15pm – 3:15pm
Sunday	10:15am – 10:45am 10:45am – 11:15am 11:15am – 11:45am 11:45am – 12:15pm	10:15am – 11:15am 11:15am – 12:15pm	10:15am – 11:15am 11:15am – 12:15pm	10:15am – 11:15am 11:15am – 12:15pm	10:15am – 11:15am 11:15am – 12:15pm	10:15am – 11:15am 11:15am – 12:15pm

Dates To Remember FALL 2011

Program Day	Start Date & End Date	# of Weeks	Cancelled Dates
Tuesdays	Sept. 20, 2011 - Dec. 13, 2011	13 Weeks	None
Wednesdays	Sept. 21, 2011 - Dec. 14, 2011	13 Weeks	None
Thursdays	Sept. 22, 2011 - Dec. 15, 2011	13 Weeks	None
Fridays	Sept. 23, 2011 - Dec. 16, 2011	12 Weeks	October 21
Saturdays	Sept. 24, 2011 - Dec. 17, 2011	12 Weeks	October 22
Sundays	Sept. 25, 2011 - Dec. 18, 2011	12 Weeks	October 23

Dates To Remember WINTER 2012

Program Day	Start Date & End Date	# of Weeks	Cancelled Dates
Tuesdays	Jan. 10, 2012 – Mar. 27, 2012	12 Weeks	None
Wednesdays	Jan. 11, 2012 – Mar. 28, 2012	12 Weeks	None
Thursdays	Jan. 12, 2012 – Mar. 29, 2012	12 Weeks	None
Fridays	Jan. 13, 2012 – Mar. 30, 2012	12 Weeks	None
Saturdays	Jan. 14, 2012 – Mar. 31, 2012	12 Weeks	None
Sundays	Jan. 15, 2012 – Apr. 1, 2012	12 Weeks	None