

VANCOUVER SKATING CLUB - Summer 2011

WEEKS 3 - 8 : JULY 4 - AUGUST 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15				CA/CB OFF ICE 9:15 - 10:00	
9:30		DANCE 9:30 - 10:15		DANCE 9:30 - 10:15	
9:45					
10:00					
10:15	CB STEPS 10:15 - 10:45	CB FREESKATE 10:15 - 11:00	CB STEPS 10:15 - 10:45	CB FREESKATE 10:15 - 11:00	
10:30					
10:45	CA STEPS 10:45 - 11:15		CA STEPS 10:45 - 11:15		
11:00		CA OFF ICE 10:45 - 11:30		CA OFF ICE 10:45 - 11:30	
11:15		CB STEPS 11:15 - 11:45		CB STEPS 11:15 - 11:45	
11:30	CB FREESKATE 11:30 - 12:15	CA/CB SPINS	CB FREESKATE 11:30 - 12:15	CA/CB SPINS	CB FREESKATE 11:15 - 12:15
11:45					
12:00		CA FREESKATE 12:00 - 1:00		CA FREESKATE 12:00 - 1:00	
12:15	CA FREESKATE 12:15 - 1:15	CB OFF ICE 12:15 - 1:00	CA FREESKATE 12:15 - 1:15	CB OFF ICE 12:15 - 1:00	CA FREESKATE 12:15 - 1:15
12:30					
12:45					
1:00					
1:15		CB FREESKATE 1:15 - 2:00		CB FREESKATE 1:15 - 2:00	
1:30	CA/CB SPINS 1:30 - 2:00		CA/CB SPINS 1:30 - 2:00		CA/CB SPINS 1:30 - 2:00
1:45		CA FREESKATE 2:00 - 3:00		CA FREESKATE 2:00 - 3:00	
2:00	CB FREESKATE 2:00 - 2:45		CB FREESKATE 2:00 - 2:45		CB FREESKATE 2:00 - 2:45
2:15					
2:30					
2:45					CA FREESKATE 2:45 - 3:45
3:00	CA FREESKATE 3:00 - 4:00	CA COP 3:15-3:30	CA FREESKATE 3:00 - 4:00	CA COP 3:15-3:30	
3:15		CA STEPS 3:30 - 4:00		CA STEPS 3:30 - 4:00	
3:30	CB OFF ICE 3:00 - 4:00		CB OFF ICE 3:00 - 4:00		
3:45		PRECOMP FREESKATE 4:00 - 4:45		PRECOMP FREESKATE 4:00 - 4:45	
4:00	PRECOMP FREESKATE 4:00 - 4:45		PRECOMP FREESKATE 4:00 - 4:45		
4:15		PC DANCE 4:45-5:00		PC DANCE 4:45-5:00	
4:30	CA OFF ICE 4:15 - 5:15		CA OFF ICE 4:15 - 5:15		
4:45	PC STEPS 4:45-5:00		PC STEPS 4:45-5:00		
5:00					
5:15	PC OFF ICE 5:15 - 5:45		PC OFF ICE 5:15 - 5:45		
5:30					

**There will be no skating Monday, August 1st.*