

VSC Spring School - MARCH 26 - JUNE 1
Ice Sports North Shore

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY	
RINK 3	RINK 1	OFF ICE	RINK 3	RINK 1	OFF ICE	RINK 3	RINK 1	OFF ICE	RINK 3	RINK 1	OFF ICE	RINK 3	OFF ICE
1:30 OPEN SESSION			1:30 - 2:30 PM COMP A FREESKATE			1:30 - 2:15 PM OPEN SESSION			1:30 - 2:30 PM COMP A FREESKATE			1:30 - 2:15 PM OPEN SESSION	
2:00 1:30 - 2:15 PM						2:15 - 3:15 PM COMP A FREESKATE			2:30 - 3:15 PM OPEN SESSION			2:15 - 3:15 PM COMP A FREESKATE	
2:15 COMP A FREESKATE			2:30 - 3:15 PM OPEN SESSION										
2:30 2:15 - 3:15 PM			3:00 FLOOD			3:00 FLOOD			3:00 FLOOD			3:00 FLOOD	
3:00			3:15 PRE-COMPETITIVE 3:30 - 4:30 PM			3:15 PRE-COMPETITIVE 3:30 - 4:15 PM			3:15 PRE-COMPETITIVE 3:30 - 4:30 PM			3:15 PRE-COMPETITIVE 3:45 - 4:30 PM	
3:15 FLOOD			3:30 SEYMLOUR RM FLEXIBILITY			3:30 SENIOR DANCE (JR BRONZE & UP)			3:30 SEYMLOUR ROOM MODERN DANCE			3:30 SEYMLOUR ROOM MODERN DANCE	
3:30 PRE-COMPETITIVE 3:30 - 4:30 PM			3:45 COMP A/HP 3:45 - 4:45 PM			3:45 CA STEPS 4:30 - 5:00 PM			3:45 COMP A 3:30 - 4:30 PM			3:45 PRE-COMPETITIVE 3:45 - 4:30 PM	
3:45			4:00 **Plus CB skaters** who will attend skills			4:00 PC CAMP 4:15 - 4:45 PM			4:00 PRE-COMPETITIVE 4:15 - 5:15 PM			4:00 SENIOR DANCE (JR BRONZE & UP)	
4:00			4:15 JUMPSTART 4:15 - 5:00 PM			4:15 FLOOD			4:15 PP & CP 4:15 - 5:00 PM			4:00 - 4:45 PM PC CAMP 4:30 - 5:00 PM	
4:15 JUMPSTART 4:15 - 5:00 PM			4:30 FLOOD			4:30 SEYMLOUR ROOM STRENGTH			4:30 JUMPSTART 4:30 - 5:00 PM			4:30 PRE-COMPETITIVE FREESKATE	
4:30			4:45 COMP A FREESKATE			4:45 PRE-COMP 5:00 - 5:45 PM			4:45 COMP B 5:00 - 5:45 PM			4:30 - 5:15 PM FREESKATE	
4:45			5:00 FLOOD			5:00 BASE FITNESS COMP A 7:00 - 8:00 PM			5:00 CS 1 - 6 5:00 - 5:45 PM			4:45 - 5:15 PM JUMPSTART OFF ICE 4:45 - 5:15 PM	
5:00			5:15 COMP A FREESKATE						5:15 COMP A FREESKATE			5:15 PRE-COMP 5:15 - 6:00 PM	
5:15			5:30 PRE-COMP 4:45 - 5:15 PM						5:30 PRE-COMP 5:15 - 5:45 PM			5:30 PRE-COMP 5:15 - 6:00 PM	
5:30			5:45 JUMPSTART 5:15 - 5:45 PM						5:45 PRE-COMP 5:45 - 6:15 PM			5:45 PRE-COMP 5:45 - 6:15 PM	
5:45			6:00 COMP B 5:45 - 6:45 PM						6:00 PRE-COMP 5:45 - 6:15 PM			6:00 PRE-COMP 5:45 - 6:15 PM	
6:00			6:15 SKILLS 6:15 - 6:45 PM						6:15 PRE-COMP 5:45 - 6:15 PM			6:15 PRE-COMP 5:45 - 6:15 PM	
6:15			6:30 COMP A FREESKATE						6:30 PRE-COMP 5:45 - 6:15 PM			6:30 PRE-COMP 5:45 - 6:15 PM	
6:30			6:45 OPEN SESSION 6:45 7:30 PM						6:45 PRE-COMP 5:45 - 6:15 PM			6:45 PRE-COMP 5:45 - 6:15 PM	
6:45									6:45 PRE-COMP 5:45 - 6:15 PM			6:45 PRE-COMP 5:45 - 6:15 PM	
7:00									6:45 PRE-COMP 5:45 - 6:15 PM			6:45 PRE-COMP 5:45 - 6:15 PM	
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7:45									6:45 PRE-COMP 5:45 - 6:15 PM			6:45 PRE-COMP 5:45 - 6:15 PM	
8:00									6:45 PRE-COMP 5:45 - 6:15 PM			6:45 PRE-COMP 5:45 - 6:15 PM	

Important Dates & Schedule Changes (all changes have been accounted for in the session costs):

- Friday, April 6, 2012 Good Friday - no skating
- Monday, April 9, 2012 Easter Monday - no skating
- Monday, April 23, 2012 Comp B session will run 6:30 AM - 7:45 AM (instead of 7:00 PM - 8:15 PM)
Comp B off-ice session 5:45 PM - 6:45 PM runs as usual
- Friday, May 18, 2012 All sessions are cancelled - no skating
- Monday, May 21, 2012 Victoria Day - no skating
- Monday, May 28, 2012 Low Test Day - no regular sessions: Comp A freeskate will run 3:30 PM - 4:30 PM (instead of 5:15 PM - 6:15 PM)
- Friday, June 1, 2012 JumpStart and Pre-Comp Competition 4:30 PM - 8:00 PM

Please note - Pre-Comp camp time will include dance and skills