

# VSC FALL/WINTER SCHEDULE

September 20, 2010 - March 11, 2011

Time	Monday	Off Ice	Tuesday	Wednesday	Off Ice	Thursday	Off Ice	Friday	ISNS	Saturday	Off Ice	Sunday
6:30								Dance/Skills 6:30 - 7:00				Open Skills/Dance 9:00 - 9:45 KM
6:45								Open Freeski 7:00 - 7:45 DOME		Open Session or Simulation or Seminars DOME		Open Freeski 9:45 - 10:45 KM
7:00												
7:15												
7:30												
1:30	Open Free		Open Free	Open Free		Open Free		Open Free				
1:45	1:30 - 2:15 DOME		1:30 - 2:15 DOME	1:30 - 2:15 ISNS		1:30 - 2:15 DOME		1:30 - 2:15 DOME				
2:00												
2:15	HPT Free		HPT Free	HPT Free		HPT Free		HPT Free				
2:30	2:15 - 3:15 DOME		2:15 - 3:15 DOME	2:15 - 3:15 ISNS		2:15 - 3:15 DOME		2:15 - 3:15 DOME				
2:45												
3:00												
3:15	Flood		Flood	Flood		Flood		Flood				
3:30	PC Competitors		Comp B	COP		Pre-Comp		Comp B				
3:45	Comp B - DOME 3:30 - 4:15		Freeskate 3:30 - 4:30 DOME	3:30 - 4:00 Freeskate		Free - DOME 3:30 - 4:15		Freeskate - DOME 3:30 - 4:15	CanSkate 3:45 - 4:30 ISNS	JumpStart 12:00 - 12:45 KM		Open Dance 12:00 - 1:30 DOME
4:00										Pre-Comp Camp 12:45 - 1:30 KM		
4:15	Spins 4:15 - 4:45		CA/CB Spins 4:30 - 5:00	4:00 - 5:00 ISNS		Comp B 4:15 - 5:15 DOME		Comp A 4:15 - 5:00 DOME	CanPower 4:30 - 5:15 ISNS	1:00		
4:30	Comp A 4:45 - 5:30 DOME									1:15		
4:45										1:30		
5:00										Pre-Comp Free 1:30 - 2:15 KM		
5:15										1:45		CanSkate 1:45 - 2:30 DOME
5:30										2:00		CanSkate 2:30 - 3:15 DOME
5:30		Pre-Comp 5:30 - 6:15 ISNS	Comp A Freeskate 5:15 - 6:15 DOME	Pre-Comp Free 5:00 - 5:45 ISNS		Comp A 5:00 - 6:00 Flood		Comp A 5:30 - 6:30 DOME		2:15		CanSkate 3:30 - 4:15 DOME
5:45										2:30		CanPower 3:30 - 4:15 DOME
6:00										2:45		CanPower 4:15 - 5:00 DOME
6:15		Comp B 6:15 - 7:15 ISNS	Comp A STEPS 6:15 - 6:45	CanSkate 6:00 - 6:45 ISNS		JumpStart 6:00 - 6:30 Comp B		Dance 6:30 - 7:30 DOME		3:00		Flood
6:30	Camp 6:30 - 6:45									3:15		CanPower 4:15 - 5:00 DOME
6:45	Pre-Comp Free 6:45 - 7:30 ISNS			JumpStart 6:45 - 7:30 ISNS		Comp B 6:30 - 7:15				3:30		
7:00										3:45		
7:15	Comp B 7:30 - 8:30 ISNS			Comp B Free 7:30 - 8:15 ISNS						4:00		
7:30										4:15		
7:45										4:30		
8:00										4:45		
8:15												
8:30	STEPS											
8:45												
9:00												

†Friday STEPS is open to Comp B skaters who have passed the Jr. Bronze Freeskate Test.  
 \*All skaters are eligible to skate on Open sessions.  
 \*Always consult your coach regarding your schedule prior to registering.

Remember to check the website ([www.vancouver skating club.ca](http://www.vancouver skating club.ca)) for schedule changes and other news!!

\*ISNS and KM sessions begin September 11th. Sessions at the Dome begin September 20th. Off Ice sessions begin September 20th.

**Important Schedule Changes** (all changes have been accounted for in session costs):  
 Sept. 11, 2010 VSC Open House/Skate Swap 12:00 - 1:30 (no PC Camp session)  
 Sept. 15, 2010 Comp B Freeskate/STEPS will run from 6:00 - 7:00pm at ISNS (instead of 7:30 - 8:30)  
 Sept. 26, 2010 12:00 - 1:30 Open Dance at Dome cancelled due to high tests  
 Oct. 11, 2010 Ice cancelled - only session is HPT 1:30 - 3:30 at Harry Jerome  
 Nov. 11, 2010 Remembrance Day - no skating  
 Dec. 13, 2010 Low Test Day - no regular sessions at ISNS  
 Dec. 17, 2010 Last day of regular schedule before break  
 Dec. 18, 2010 Christmas Gala  
 Jan. 3, 2011 First day back to regular schedule  
 Mar. 7, 2011 Low Test Day - no regular sessions at ISNS  
 Mar. 9, 2011 Last day of regular schedule  
 Mar. 10, 2011 Only session is HPT 1:30 - 3:30 at Harry Jerome  
 Mar. 11, 2011 Last day of CanSkate

Beginning Sept. 25, Saturday morning ice at the Agrodome will be used for either Open Sessions, Simulations or Seminars. The Buy On Policy will be in effect for Open Sessions, with advance sign up required for Seminars and Simulations. Please visit the VSC website for further details and schedule information.