



2022 - 2023 Fall / Winter Schedule
September 7 - March 26

Sunday Rink A

3:15-3:25 Flood
3:25-3:55 PRECANSkate (Age 3 & 4)
3:55-4:45 CANSkate A (Beginners age 5 & up, Returning level 1 & 2)
4:45-4:55 Flood
4:55-5:50 CANSkate B (Beginners age 5 & up, Returning level 1 & 2)
5:50-6:45 CANSkate C (Returning level 3, 4, 5, & 6)
6:45-6:55 Flood
6:55-7:50 STAR 1-3 (Group lesson)
7:50-8:45 STAR 4-Gold

Monday Rink B

4:00-4:10 Flood
4:10-5:20 STAR 5-Gold
5:20-5:30 Enriched CANSkate Warm up (Returning level 4, 5, 6 - coach referral required)
5:30-6:00 Enriched CANSkate (Returning level 4, 5, 6 - coach referral required)
5:30-6:00 PRECANSkate (Age 3 & 4)

Monday Rink A

5:15-5:25 Flood
5:25-6:15 CANSkate (All levels)
6:15-6:25 Flood
6:25-7:45 STAR 4-6
7:45-7:55 Flood
7:55-9:15 STAR 7-Gold (Group lesson)

Tuesday Rink A

4:15-4:25 Flood
4:25-5:45 STAR 5-Gold
5:45-5:55 Flood
5:55-6:45 STAR 1-3 (Group lesson)
6:45-7:45 STAR 4-6
7:45-7:55 Flood
7:55-8:45 STAR 7-Gold

Tuesday Off-Ice

5:15-5:45 STAR 1-3
6:00-6:30 STAR 4-Gold

Wednesday Rink A

3:15-3:25 Flood
3:25-4:25 STAR 7-Gold
4:25-5:15 STAR 4-Gold
5:15-5:25 Flood
5:25-6:15 PRE-CANPOWERSkate (Age 5 & 6)
6:15-6:25 Flood
6:25-7:15 CANPOWERSkate (Age 7 & 8)
7:15-7:25 Flood
7:25-8:15 CANPOWERSkate (Age 9 & up)
8:15-8:25 Flood
8:25-9:15 Teen and Adult Learn to Skate

Thursday Rink A

4:15-4:25 Flood
4:25-5:45 STAR 7-Gold
5:45-5:55 Flood
5:55-6:45 STAR 1-3 (Group lesson)
6:45-6:55 Flood
6:55-8:15 STAR 4-6 (Group lesson)
8:15-8:25 Flood
8:25-9:15 Teen and Adult Learn to Skate

Thursday Off-Ice

5:15-5:45 STAR 1-3
6:00-6:30 STAR 4-Gold

Friday Rink B

4:00-4:10 Flood
4:10-5:30 STAR 6-Gold
5:30-5:40 Flood
5:40-6:30 STAR 1-5 (Group lesson)