

APEX

SKATING ACADEMY

LOCATION

MONDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS		SUNDAYS	
Sept. 10	CBS Arena	Sept. 5	Robert French	Sept. 6	Robert French	Sept. 7	Robert French	Sept. 8	Robert French	Sept. 9	Robert French
Sept. 17	Robert French	Sept. 12	CBS Arena	Sept. 13	CBS Arena	Sept. 14	Robert French	Sept. 15	Robert French	Sept. 16	Robert French
Sept. 24	Robert French	Sept. 19	CBS Arena	Sept. 20	CBS Arena	Sept. 21	CBS Arena	Sept. 22	Robert French	Sept. 23	CBS Arena
Oct. 1	Robert French	Sept. 26	CBS Arena	Sept. 27	CBS Arena	Sept. 28	CBS Arena	Sept. 29	Robert French	Sept. 30	CBS Arena

SCHEDULE

MONDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS		SUNDAYS	
4:00-4:20	Sr Skills/Dance	4:00-4:20	Jr/Int Skills/Dance	4:00-4:20	Int Skills/Dance	4:00-4:50	Sr FreeSkate	9:00-9:15	Sr Skill/Dance	9:00-9:20	Jr Skills
4:20-5:10	Sr FreeSkate	4:20-5:10	Jr/Int FreeSkate	4:20-5:05	Int FreeSkate	4:50-5:00	Flood	9:15-10:05	Sr FreeSkate	9:20-10:05	Jr FreeSkate
5:10-5:20	Flood	5:10-5:20	Jr/Int Strokings	5:05-5:20	Int Strokings	5:00-5:50	Sr FreeSkate	10:05-10:15	Flood	10:05-10:20	Jr Dance
5:20-6:10	Sr FreeSkate	5:20-5:30	Flood	5:20-5:30	Flood	5:50-6:10	Sr Strokings	10:15-11:05	Sr FreeSkate	10:20-10:30	Jr Strokings
6:10-6:20	Flood	5:30-6:30	STAR Academy	5:30-5:50	Jr Dance/Skills	6:10-6:20	Flood	11:05-11:20	Sr Strokings	10:30-10:40	Flood
6:20-6:45	Int Dance/Skills	6:30-6:40	Flood	5:50-6:40	Jr FreeSkate	6:20-6:45	Jr Dance/Skills	11:20-11:30	Flood	10:40-11:00	Sr Skills/Dance
7:45-7:35	Int FreeSkate	6:40-6:55	Int/Sr Skills/Dance	6:40-6:50	Jr Strokings	6:45-7:35	Jr FreeSkate	11:30-11:55	Int Skills/Dance	11:00-11:50	Sr FreeSkate
7:35-7:50	Int Strokings	6:55-7:40	Int/Sr FreeSkate	6:50-7:00	Flood	7:35-7:50	Jr Strokings	11:55-12:45	Int FreeSkate	11:50-12:00	Flood
		7:40-7:50	Flood	7:00-7:20	Sr Skills/Dance			12:45-1:00	Int Strokings	12:00-12:50	Sr FreeSkate
		7:50-8:35	Int/Sr FreeSkate	7:20-8:20	Sr FreeSkate			1:00-1:10	Flood	12:50-1:05	Sr Strokings
		8:35-8:50	Int/Sr Strokings	OFF ICE JUMP CLASSES				1:10-2:00	Jr FreeSkate	1:05-1:20	Flood
				4:50-5:20	Junior			2:00-2:25	Jr Skills/Dance	1:20-2:05	CANSKATE
				5:30-6:00	Intermediate			2:25-2:40	Jr Strokings	2:05-2:15	Flood
				6:10-6:50	Senior			2:40-2:50	Flood	2:15-2:35	Int Skills
								2:50-3:50	STAR Academy	2:35-3:20	Int FreeSkate
										3:20-3:35	Int Dance
										3:35-3:50	Int Strokings

Jr Skaters - Skaters working on STAR 1 - 4 tests

Int Skaters - Skaters passed the Junior Bronze/STAR 4 FreeSkate test

Sr Skaters - Skaters passed the complete Junior Silver FreeSkate test

Wednesday divisions - Jr/Int - Skaters not passed the complete Senior Bronze FreeSkate test

Int/Sr - Skaters passed the complete Senior Bronze FreeSkate test