

APEX

SKATING ACADEMY

LOCATION

| MONDAYS | | WEDNESDAYS | | THURSDAYS | | FRIDAYS | | SATURDAYS | | SUNDAYS | |
|---------|--------------------|------------|---------------|-----------|---------------|---------|---------------|-----------|---------------|---------|---------------|
| 23-Apr | Glacier2 (Sr only) | 25-Apr | No Skating | 26-Apr | Robert French | 27-Apr | Robert French | 28-Apr | Robert French | 29-Apr | Robert French |
| 30-Apr | CBS Arena | 02-May | Robert French | 03-May | CBS Arena | 04-May | CBS Arena | 05-May | No Skating | 06-May | No Skating |
| 07-May | Robert French | 09-May | Robert French | 10-May | No Skating | 11-May | Robert French | 12-May | Robert French | 13-May | Robert French |
| 14-May | CBS Arena | 16-May | CBS Arena | 17-May | CBS Arena | 18-May | CBS Arena | 19-May | CBS Arena | 20-May | CBS Arena |
| 21-May | No Skating | 23-May | No Skating | 24-May | No Skating | 25-May | No Skating | 26-May | CBS Arena | 27-May | CBS Arena |
| 28-May | CBS Arena | 30-May | CBS Arena | 31-May | CBS Arena | 01-Jun | CBS Arena | 02-Jun | CBS Arena | 03-Jun | CBS Arena |
| 04-Jun | CBS Arena | 06-Jun | CBS Arena | 07-Jun | CBS Arena | 08-Jun | CBS Arena | 09-Jun | CBS Arena | 10-Jun | CBS Arena |

SCHEDULE

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

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

