

# APEX

## SKATING ACADEMY

### LOCATION

TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS		SUNDAYS	
05-Sep	CBS Arena	06-Sep	CBS Arena	07-Sep	CBS Arena	08-Sep	CBS Arena	09-Sep	R. French	10-Sep	R. French
12-Sep	CBS Arena	13-Sep	CBS Arena	14-Sep	CBS Arena	15-Sep	CBS Arena	16-Sep	R. French	17-Sep	R. French
19-Sep	CBS Arena	20-Sep	CBS Arena	21-Sep	CBS Arena	22-Sep	CBS Arena	23-Sep	R. French	24-Sep	R. French
26-Sep	R. French	27-Sep	R. French	28-Sep	R. French	29-Sep	R. French	30-Sep	R. French	01-Oct	R. French

TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS		SUNDAYS	
4:00-4:25	Int Skills/Dance	4:00-4:20	Jr/Int Skills/Dance	4:00-4:50	Sr Freeskate 1	5:00-5:15	Jr. Skills	9:00-9:20	Jr Skills	9:00-9:50	Sr Freeskate 1
4:25-5:10	Int Freeskate	4:20-5:10	Jr/Int Freeskate	4:50-5:10	Sr POWER	5:15-6:05	Jr. FreeSkate	9:20-10:05	Jr Freeskate	9:50-10:10	Sr Skill/Dance
5:10-5:25	Int POWER	5:10-5:20	Jr/Int Edge/Turn	5:10-5:20	FLOOD	6:05-6:20	Jr. Dance	10:05-10:20	Jr Dance	10:10-10:30	Sr Creative
5:25-5:35	FLOOD	5:20-5:30	FLOOD	5:20-6:10	Sr Freeskate 2	6:20-6:35	Jr.Creative	10:20-10:30	Jr Flexability	10:30-10:40	Flood
5:35-5:55	Jr Dance/Skills	5:30-6:15	Int/Sr FreeSkate	6:10-6:20	FLOOD	6:35-6:45	FLOOD	10:30-10:40	FLOOD	10:40-11:30	Sr Freeskate 2
5:55-6:45	Jr FreeSkate	6:15-6:35	Int/Sr Skills/Dance	6:20-6:45	Int Dance/Skills	6:45-7:35	Sr. FreeSkate 1	10:40-11:30	Sr Freeskate 1	11:30-11:40	FLOOD
6:45-6:55	Jr POWER	6:35-6:45	FLOOD	6:45-7:35	Int FreeSkate	7:35-7:50	Sr. Edge/Turn	11:30-11:50	Sr Skills/Dance	11:40-12:30	CANSKATE
6:55-7:05	FLOOD	6:45-7:30	Int/Sr FreeSkate #2	7:35-7:50	Int Flexability	7:50-8:00	FLOOD	11:50-12:05	Sr. Flexability	12:30-12:40	FLOOD
7:05-7:55	Sr Freeskate 1	7:30-7:50	Int/Sr Edge/Turn			8:00-8:50	Sr. FreeSkate 2	12:05-12:15	FLOOD	12:40-1:05	Int Skills/Dance
7:55-8:05	FLOOD							12:15-1:05	Sr FreeSkate 2	1:05-1:55	Int FreeSkate
8:05-8:50	Sr Freeskate 2							1:05-1:15	FLOOD	1:55-2:10	Int Edge/Turn
OFF ICE CLASSES								1:15-2:05	CANSKATE	2:10-2:20	FLOOD
4:40-5:20	Junior							2:05-2:15	FLOOD	2:20-2:35	Jr Skills
5:35-6:05	Intermediate							2:15-2:30	Int Skills	2:35-3:25	Jr FreeSkate
6:10-6:50	Senior							2:30-3:20	Int Freeskate	3:25-3:40	Jr Dance
								3:20-3:35	Int Dance	3:40-3:50	Jr Edge/Turn
								3:35-3:50	Int Endurance		

**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

**Wed. divisions** - Jr/Int - Skaters not passed the complete Sr Bronze FreeSkate test

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