

APEX

SKATING ACADEMY

LOCATION

TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS		SUNDAYS	
03-Sep	Paradise	04-Sep	CBS Arena	05-Sep	CBS Arena	06-Sep	Paradise	07-Sep	CBS Arena	08-Sep	CBS Arena
10-Sep	Paradise	11-Sep	CBS Arena	12-Sep	CBS Arena	13-Sep	Paradise	14-Sep	Robert French	15-Sep	Robert French
17-Sep	Paradise	18-Sep	CBS Arena	19-Sep	CBS Arena	20-Sep	Paradise	21-Sep	Robert French	22-Sep	CBS Arena
24-Sep	Paradise	25-Sep	CBS Arena	26-Sep	CBS Arena	27-Sep	Paradise	28-Sep	Robert French	29-Sep	Robert French

SCHEDULE

TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS		SUNDAYS	
3:30-4:00	Int Jump Dev	4:00-4:20	Jr/Int Skills/Dance	3:30-4:00	Sr Jump Dev	4:00-4:50	Int/Sr FreeSkate 1	9:00-9:50	Sr FreeSkate 1	2:00-2:25	Jr Skills/Dance
4:00-4:20	Int Skills/Dance	4:20-5:10	Jr/Int FreeSkate	4:00-4:50	Sr FreeSkate 1	4:50-5:00	FLOOD	9:50-10:05	Sr Skill/Dance	2:25-3:10	Jr FreeSkate
4:20-5:05	Int FreeSkate	5:10-5:20	Jr/Int Flexibility Group	4:50-5:00	FLOOD	5:00-5:50	Int/Sr FreeSkate 2	10:05-10:20	Sr Creative Group	3:10-3:20	Jr Creative Group
5:05-5:20	Int Creative Group	5:20-5:30	FLOOD	5:00-5:45	Sr FreeSkate 2	5:50-6:10	Int/Sr Power Group	10:20-10:30	FLOOD	3:20-3:30	FLOOD
5:20-5:30	FLOOD	5:30-6:30	STAR Academy	5:45-6:10	Sr Skills/Dance	6:10-6:20	FLOOD	10:30-11:20	Sr FreeSkate 2	3:30-3:55	Int Skills
5:30-6:20	Jr FreeSkate	6:30-6:40	FLOOD	6:10-6:20	FLOOD	6:20-6:45	Jr Dance/Skills	11:20-11:30	FLOOD	3:55-4:40	Int FreeSkate
6:20-6:40	Jr Skills/Dance	6:40-7:25	Int/Sr FreeSkate 1	6:20-6:45	Int Dance/Skills	6:45-7:35	Jr FreeSkate	11:30-11:55	Int Skills/Dance	4:40-4:50	Int Edge/Turn Group
6:40-6:50	Jr Power Group	7:25-7:40	Int/Sr Skills/Dance	6:45-7:35	Int FreeSkate	7:35-7:50	Jr Spin Group	11:55-12:45	Int FreeSkate	4:50-5:00	FLOOD
6:50-7:00	FLOOD	7:40-7:50	FLOOD	7:35-7:50	Int Power Group			12:45-1:00	Int Spin Group	5:05-5:50	CANSKATE
7:00-7:20	Sr Skills/Dance	7:50-8:35	Int/Sr FreeSkate 2					1:00-1:10	FLOOD	5:50-6:00	FLOOD
7:20-8:20	Sr FreeSkate	8:35-8:50	Int/Sr Edge/Turn Group					1:10-2:00	Jr FreeSkate	6:00-6:45	Sr FreeSkate 1
OFF ICE JUMP CLASSES								2:00-2:25	Jr Skills/Dance	6:45-7:05	Sr Skills/Dance
4:50-5:20	Junior							2:25-2:40	Jr Edge/Turn Group	7:05-7:15	FLOOD
5:30-6:00	Intermediate							2:40-2:50	FLOOD	7:15-8:05	Sr FreeSkate 2
6:10-6:50	Senior							2:50-3:50	STAR Academy	8:05-8:20	Sr Spin Group
TUESDAY AM GLACIER											
6:30-7:00	Int/Sr Edge/Turn Group										
7:00-7:50	Int/Sr FreeSkate										

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

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

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