

SEPTEMBER - DECEMBER 2018 schedule updated June 11th 2018

<p>SEPTEMBER All September ice is on HIDBER rink</p>						1
2	3 Labour Day STAT No skating	<p>4 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Power Skating 5:45-6:45pm (Jen)</p>	<p>5 Pre-Junior / Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) Jr practice* 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Intermediate/Senior 4:20-4:40 synchronized 4:40-5:20* free 5:20-5:30pm field moves 5:35-6:15pm off-ice training in hallway (Jen)</p>	<p>6 Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:35 off-ice in lobby (Jayme) 5:45-6:45pm ice (Kelsey)</p> <p>Adult/Teen/Pre- Power/LTS 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>7 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>8 Intermediate/Senior 6:45-7:00am* stroking (Jen) 7:00-7:20am* skills/dance 7:20-7:30am* spins 7:30-8:15am* free 8:25-9:25am off-ice training in room #3&#4 (instructor)</p> <p>8:15-8:30am flood</p> <p>Junior 8:30-9:00am* skills/dance 9:00-9:45am* free 9:55-10:45am off- ice training in room #3&#4 (instructor)</p>
9	10 Inter/Senior 3:30-3:50* skills/dance 3:50-4:20* free	11 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free	12 Pre-Junior / Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen)	13 Junior 3:30-3:50* skills/dance 3:50-4:30* free	14 Inter/Senior 3:30-4:00* skills 4:00-4:20* spins 4:20-5:10* free 5:10-5:30* dance	15 Terrace Skating Club SEMINAR (PJ- Sr)

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	<p>4:20-4:30 stroking (Jen) 4:35-4:45 off-ice stretch (on own in change room)</p> <p>Junior 4:30-4:50* skills/dance 4:50-5:30* free 5:35-6:15 off-ice in room #3&#4 (Jen)</p> <p>Pre-Junior 4:30-5:30pm group (Jacqueline) 5:35-6:15 off-ice in room #3&#4 (Jen)</p>	<p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>Break</p> <p>6:15-7:15pm Power Skating</p>	<p><i>Jr practice*</i> 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Inter/Senior 4:20-4:40 synchronized 4:40-5:20* free 5:20-5:30pm field moves 5:35-6:00pm of- ice training in hallway (Jen)</p> <p>Club Board Meeting 7pm</p>	<p>4:30-4:50* skills/dance 4:50-5:30* free</p> <p>Break</p> <p>Pre-Junior 5:45-6:05 off-ice in lobby (Jayme) 6:15-7:15 ice (Kelsey)</p> <p>Adult/Teen/Pre-Power/LTS 6:15-7:15pm (Jen, Jacqueline, Jayme)</p>	<p>5:35-5:45 Int/Sr off-ice stretch (on own in change room)</p>	
<p>16 Terrace Skating Club SEMINAR (PJ-Sr)</p>	<p>17 Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room)</p> <p>Junior 4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p>	<p>18 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Power Skating 5:45-6:45pm</p>	<p>19 Pre-Junior/Junior 3:30-3:40 stroking/field moves (Jen) 3:40-3:50 PJ Group (Jen)</p> <p><i>Jr practice*</i> 3:50-4:00 field moves (Jen) 4:00-4:15 synchronized</p> <p>Inter/Senior 4:15-4:30 synchronized 4:30-5:00* free</p>	<p>20 Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:35 off-ice in lobby (Jayme) 5:45-6:45pm ice (Kelsey)</p> <p>Adult/Teen/ Pre-Power/LTS</p>	<p>21 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>22 Inter/Senior 7:00-7:15am stroking (Jen) 7:15-7:35am* skills/dance 7:35-7:45am* spins 7:45-8:30am* free 8:40-9:40am off-ice training in room #3&#4 (instructor)</p> <p>8:30-8:45am flood</p> <p>8:45-9:00am Run Thru (skaters on rotation)</p>

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	<p>Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p>	(Jen)	5:05-5:45 off ice training in hallway (Jen)	5:45-6:45pm (Jen, Jacqueline, Jayme)		<p>Junior 9:00-9:30am* skills/dance 9:30-10:15am* free 10:25-11:15am off ice training in room #3&#4 (instructor)</p>
23	<p>24 Inter/Senior 3:30-3:50* skills/dance 3:50-4:20* free 4:20-4:30 stroking (Jen) 4:35-4:45 off-ice stretch (on own in change room)</p> <p>Junior 4:30-4:50* skills/dance 4:50-5:30* free 5:35-6:15 off-ice in room #3&#4 (Jen)</p> <p>Pre-Junior 4:30-5:30pm group (Jacqueline) 5:35-6:15 off-ice in room #3&#4 (Jen)</p>	<p>25 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Power Skating 5:45-6:45pm (Jen)</p>	<p>26 Pre-Junior / Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) <i>Jr practice*</i> 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Intermediate/Senior 4:20-4:40 synchronized 4:40-5:20* free 5:20-5:30pm field moves 5:35-6:15pm off-ice training in hallway (Jen)</p>	<p>27 Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:35 off-ice in lobby (Jayme) 5:45-6:45pm ice (Kelsey)</p> <p>Adult/Teen/ Pre-Power/LTS 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>28 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>29 Junior 7:30-7:45am stroking (Jen) 7:45-8:05am* skills/dance 8:05-8:15am* spins 8:15-9:00am* free 9:10-10:10am off-ice training in room #3&#4 (instructor)</p> <p>9:00-9:15am flood</p> <p>9:15-9:30am Run Thru (skaters on rotation)</p> <p>Inter/Senior 9:30-10:00am* skills/dance 10:00-10:45am* free 10:55-11:45am off ice training in room #3&#4 (instructor)</p>

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<p>OCTOBER <i>All October ice is on MAIN ice</i></p>	<p>1 Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room)</p> <p>Junior 4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p> <p>Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p>	<p>2 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Power Skating 5:45-6:45pm (Jen)</p>	<p>3 Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>4 Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:35 off-ice in lobby (Jayme) 5:45-6:45pm ice (Kelsey)</p> <p>Adult/Teen/ Pre-Power/LTS 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>5 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>6 Inter/Senior 7:30-7:45am stroking (Jen) 7:45-8:05am* skills/dance 8:05-8:15am* spins 8:15-9:00am* free 9:10-10:10am off-ice training in room #3&#4 (instructor)</p> <p>9:00-9:15am flood</p> <p>9:15-9:30am Run Thru (skaters on rotation)</p> <p>Junior 9:30-10:00am* skills/dance 10:00-10:45am* free 10:55-11:45am off ice training in room #3&#4 (instructor)</p>

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<p>7</p>	<p>8 <i>Thanksgiving STAT holiday</i> <i>No Skating</i></p>	<p>9 <i>Junior / Intermediate A</i> 3:30-3:50* skills/dance 3:50-4:30* free <i>Intermediate B / Senior</i> 4:30-4:50* skills/dance 4:50-5:30* free 5:30-5:45pm flood <i>Power Skating</i> 5:45-6:45pm (Jen)</p>	<p>10 <i>Pre-Junior/Junior</i> 3:30-3:40 stroking (Jen) 3:40-3:50 <i>PJ</i> Group (Jen) (<i>Jr practice*</i>) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized <i>Inter/Senior</i> 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>11 <i>Junior</i> 3:30-3:50* skills/dance 3:50-4:30* free <i>Intermediate/Senior</i> 4:30-4:50* skills/dance 4:50-5:30* free 5:30-5:45pm flood <i>Pre-Junior</i> 5:15-5:35 off-ice in lobby (Jayme) 5:45-6:45pm ice (Kelsey) <i>Adult/Teen/Pre-Power/LTS</i> 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>12 <i>Intermediate/Senior</i> 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>13 <i>Junior</i> 6:30-6:45am stroking (Jen) 6:45-7:05am skills/dance 7:05-7:45am freeskate 7:55-8:45am off-ice in rooms #3&#4 (??) <i>No Int/Sr today.</i></p>
<p>14</p>	<p>15 <i>Inter/Senior</i> 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room) <i>Junior</i> 4:45-5:05* skills/dance 5:05-5:45* free</p>	<p>16 <i>Junior / Intermediate A</i> 3:30-3:50* skills/dance 3:50-4:30* free <i>Intermediate B / Senior</i> 4:30-4:50* skills/dance 4:50-5:30* free 5:30-5:45pm flood</p>	<p>17 <i>Pre-Junior/Junior</i> 3:30-3:40 stroking (Jen) 3:40-3:50 <i>PJ</i> Group (Jen) (<i>Jr practice*</i>) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized <i>Inter/Senior</i> 4:20-4:40 synchronized</p>	<p>18 <i>Junior</i> 3:30-3:50* skills/dance 3:50-4:30* free <i>Intermediate/Senior</i> 4:30-4:50* skills/dance 4:50-5:30* free 5:30-5:45pm flood <i>Pre-Junior</i> 5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey)</p>	<p>19 NID <i>Inter/Senior</i> 7:30-7:45am stroking (Jen) 7:45-8:05am skills/dance 8:05-8:15am spins 8:15-9:00am free No off-ice 9:00-9:15am flood 9:15-9:30 Run</p>	<p>20 No ice</p>

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	<p>5:50-6:30 off-ice in room #3&#4 (Jen)</p> <p>Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jen)</p>	<p>CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme)</p>	<p>4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>Thru simulation (skaters on rotation)</p> <p>Junior 9:30-10:00am skills/dance 10:00-10:45am free No off-ice</p>	
21	<p>22 Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room)</p> <p>Junior 4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p> <p>Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p>	<p>23 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme)</p>	<p>24 Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>25 Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey)</p> <p>CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>26 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>27 Inter/Senior 6:45-7:00am stroking (Jen) 7:00-7:20 skills 7:20-7:40am spins 7:40-8:15 free 8:15-8:45am dance 8:55-9:45am off-ice training in rooms #3&#4 (??)</p> <p>No Junior today.</p>

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				<p>5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey)</p> <p>CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>		<p>9:15-9:30am Run Thru (skaters on rotation)</p> <p>Inter/Senior 9:30-10:00am* skills/dance 10:00-10:45am* free 10:55-11:45am off ice training in room #3&#4 (instructor)</p>
4	<p>5</p> <p>Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room)</p> <p>Junior 4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p> <p>Pre-Junior 4:45-5:45 group (Jacqueline)</p>	<p>6</p> <p>Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme)</p>	<p>7</p> <p>Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>8</p> <p>Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey)</p> <p>CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>9</p> <p>Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>10</p> <p>Inter/Senior 7:30-7:45am stroking (Jen) 7:45-8:05am* skills/dance 8:05-8:15am* spins 8:15-9:00am* free 9:10-10:10am off-ice training in room #3&#4 (instructor)</p> <p>9:00-9:15am flood</p> <p>9:15-9:30am Run Thru (skaters on rotation)</p> <p>Junior 9:30-10:00am* skills/dance 10:00-10:45am* free</p>

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	5:50-6:30 off-ice in room #3 (Jacqueline)					10:55-11:45am off ice training in room #3 (instructor)
11 Remembrance Day	<p>12</p> <p>Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room)</p> <p>Junior 4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jen)</p> <p>Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jen)</p>	<p>13</p> <p>Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme)</p>	<p>14</p> <p>Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>15</p> <p>Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey)</p> <p>CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>16</p> <p>Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>17</p> <p>Junior 7:30-7:45am stroking (Jen) 7:45-8:05am* skills/dance 8:05-8:15am* spins 8:15-9:00am* free 9:10-10:10am off-ice training in room #3&#4 (instructor)</p> <p>9:00-9:15am flood</p> <p>9:15-9:30am Run Thru (skaters on rotation)</p> <p>Inter/Senior 9:30-10:00am* skills/dance 10:00-10:45am* free 10:55-11:45am off ice training in room #3&#4 (instructor)</p>

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<p>18</p>	<p>19 Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room) Junior 4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jacqueline) Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p>	<p>20 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free 5:30-5:45pm flood CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme)</p>	<p>21 Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>22 Junior 3:30-3:50* skills/dance 3:50-4:30* free Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free 5:30-5:45pm flood Pre-Junior 5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey) CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>23 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>24 Inter/Senior 7:30-7:45am stroking (Jen) 7:45-8:05am* skills/dance 8:05-8:15am* spins 8:15-9:00am* free No off-ice. 9:00-9:15am flood 9:15-9:30am Run Thru (skaters on rotation) Junior 9:30-10:00am* skills/dance 10:00-10:45am* free No off-ice.</p>
<p>25 Competition Simulation (Main ice) 1:30-4:00pm</p>	<p>26 Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room) Junior</p>	<p>27 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p>	<p>28 Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p>	<p>29 Junior 3:30-3:50* skills/dance 3:50-4:30* free Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free 5:30-5:45pm flood Pre-Junior</p>	<p>30 Kla-How-Ya Competiton in Terrace</p>	

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	<p>4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jen)</p> <p>Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jen)</p>	<p>5:30-5:45pm flood</p> <p>CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme)</p>	<p>Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey)</p> <p>CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>		
DECEMBER					1 Kla-How-Ya	
2 Kla-How-Ya	<p>3 Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room)</p> <p>Junior 4:45-5:05* skills/dance 5:05-5:45* free</p>	<p>4 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p>	<p>5 Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free</p>	<p>6 Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey)</p>	<p>7 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>8 Inter/Senior 6:30-6:45am stroking (Jen) 6:45-7:05am skills/dance 7:05-7:45am free 7:55-8:45am off-ice training in rooms #3&#4 (??)</p> <p>NO Junior today.</p>

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	<p>5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p> <p>Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p>	<p>CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme) (Jen, Kelsey, Jayme)</p>	<p>5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p> <p>TSC Board meeting</p>	<p>CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>		
9	<p>10 Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room)</p> <p>Junior 4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jen)</p> <p>Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jen)</p>	<p>11 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme)</p>	<p>12 Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized</p> <p>Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>13 Junior 3:30-3:50* skills/dance 3:50-4:30* free</p> <p>Intermediate/Senior 4:30-4:50* skills/dance 4:50-5:30* free</p> <p>5:30-5:45pm flood</p> <p>Pre-Junior 5:15-5:40 off-ice in lobby (Jayme) 5:50-6:45pm ice (Kelsey)</p> <p>CAN SKATE 5:45-6:45pm (Jen, Jacqueline, Jayme)</p>	<p>14 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>15 Junior 6:30-6:45am stroking (Jen) 6:45-7:05am skills/dance 7:05-7:45am free 7:55-8:45am off-ice training in rooms #3&#4 (??)</p> <p>NO Inter/Senior today.</p> <p>Possible Int/High Test Day in Kitimat (Star 6-Gold)</p>

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<p>16</p>	<p>17 Inter/Senior 3:30-3:50* skills/dance 3:50-4:30* free 4:30-4:45 stroking (Jen) 4:50-5:00 off-ice stretch (on own in change room) Junior 4:45-5:05* skills/dance 5:05-5:45* free 5:50-6:30 off-ice in room #3&#4 (Jacqueline) Pre-Junior 4:45-5:45 group (Jacqueline) 5:50-6:30 off-ice in room #3&#4 (Jacqueline)</p>	<p>18 Junior / Intermediate A 3:30-3:50* skills/dance 3:50-4:30* free Intermediate B / Senior 4:30-4:50* skills/dance 4:50-5:30* free 5:30-5:45pm flood CAN SKATE 5:45-6:45pm (Jen, Kelsey, Jayme)</p>	<p>19 Pre-Junior/Junior 3:30-3:40 stroking (Jen) 3:40-3:50 PJ Group (Jen) (Jr practice*) 3:50-4:00 field moves (Jen) 4:00-4:20 synchronized Inter/Senior 4:20-4:40 synchronized 4:40-5:05* free 5:05-5:15pm field moves 5:25-6:00pm off-ice training in hallway (Jen)</p>	<p>20 Pre-Junior Junior Intermediate/Senior Christmas Concert practice 3:30-4:30pm <i>4:30-4:45pm flood</i> 4:45-6:00pm Figure Skaters Christmas concert CAN SKATE – Come Skate With Us – Skate with Santa (bring one friend OR your family members) 6:00-6:45pm (Jen, Jacqueline, Jayme, Kelsey)</p>	<p>21 Intermediate/Senior 3:30-4:00* skills/dance 4:00-4:15* spins 4:15-5:00* free 5:05-5:15 off-ice stretch (on own in change room)</p>	<p>22 Christmas Break starts >></p>
<p>23</p>	<p>24</p>	<p>25 <i>Christmas Day</i></p>	<p>26 <i>Boxing Day</i></p>	<p>27 Possible extra figure skating ice</p>	<p>28 Possible extra figure skating ice</p>	<p>29</p>

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30	31					
JANUARY 2019		1 New Years Day STAT	2 Possible extra figure skating ice	3 Possible extra figure skating ice	4 Possible extra figure skating ice	5
6 <<End of Christmas break	7	8	9 TSC Board meeting	10	11	12
13 Competition Simulation (Main ice) 4:15-6:45pm	14	15	16	17	18 Regionals - Quesnel	19 Regionals
20 Regionals	21	22	23	24	25	26

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27	28	29	30	31		
FEBRUARY 2019					1	2
3	4	5	6 TSC Board Meeting	7	8	9 Int/High test day (Star 6-Gold) Houston
10	11	12	13	14	15	16
17	18 <i>Family Day STAT</i> No skating	19	20	21	22	23 NW Jamboree – Prince Rupert

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24	25	26	27	28		
MARCH 2019					1	2
3	4	5	6 TSC Board meeting	7	8	9
10	11	12	13	14 Ice Show set up 8:00am (ice until 10pm Main)	15 Ice Show seminar 12:00noon-6:00pm Main	16
17	18	19	20	21	22	23

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24	25	26	27	28	29	30
31						
APRIL 2019	1	2	3	4	5	6
7 TSC AGM & Banquet 3:30-8:30pm	8	9	10	11	12	13
14	15	16	17	18	19 <i>Good Friday</i> <i>STAT</i>	20

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21 <i>Easter</i>	22 <i>Easter Monday</i> <i>STAT</i>	23	24	25	26	27
28	29	30				