

*Loyalist Winter Club*  
Schedule for the 2008/2009 Skating Season

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## Monday

3:00 – 4:20 pm Level 2  
4:20 – 5:20 pm Level 1  
5:20 – 5:30 pm FLOOD

5:20 – 5:30 pm CanSkate 60 minute – Off-ice Practice  
5:30 – 6:20 pm CanSkate 60 minute – On Ice  
6:20 – 6:50 pm CanSkate 30 minute Class (3)

## Tuesday

4:00 – 5:20 pm Level 1  
5:20 – 5:30 pm FLOOD  
5:30 – 6:50 pm Level 2  
6:50 – 7:50 pm Intro group

## Thursday

4:00 – 5:00 pm Level 2  
5:00 – 5:50 pm Intro Group Lesson

## Friday

3:00 – 4:50 pm Level 2	Short Ice:	3:00-3:55 Level 2
4:50 – 5:00 FLOOD		3:55-4:05 FLOOD
5:00 – 6:50 Level 1		4:05-5:00 Level 1
6:50 – 7:50 Intro/CanSkate Private		5:00-5:50 Intro/CanSkate Private

## Saturday

7:00 – 7:50 am Adult (registration dependent/Open)  
7:50 – 8:50 am CanSkate 60 minute  
8:20 – 8:50 am Parent and Tot  
8:20 – 8:50 am CanSkate 30 minute

***Level 2***

Working on Junior Bronze Freeskate and higher. Must have passed both the complete Junior Bronze Dance and Skills Test.

***Level 1***

Working on Preliminary freeskate and preliminary to junior bronze skills and dances. Must have completed all Canskate Badge levels.

***Intro***

It is recommended that skaters should have a minimum of the CanSkate Stage 4 badge or at the recommendation of your CanSkate coach. Must not have passed any complete Skate Canada test.

***CanSkate 60 minute***

It is recommended that skaters should have a minimum of the CanSkate Stage 2 badge.

***Sprints***

5 years and under.