



SPRING 2010

April 19 - June 11

Hamilton Skating Club

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www.hamiltonskating.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		OPEN** 7:00-8:30AM			OPEN** 7:00-8:00AM	CANPOWER 10:30-11:15AM
OPEN* 3:00-4:00PM	OPEN* 3:00-4:00PM	OPEN* 3:00-4:00PM	OPEN* 3:00-4:00PM	OPEN* 3:00-4:00PM	T2 FS/Skills & Edges 8:00-9:00AM	Preschool/CanSkate 11:15AM-12:00PM
Comp FS/Stroking 4:00-5:00PM	T2 FS/Spins 4:00-5:00PM	Comp FS/Edges/Turns 4:00-5:00PM	T3 FS/Field Moves 4:00-5:00PM	Comp/T3 FS/Stroking 4:00-5:00PM	T1 FS/Edges 9:00-10:00AM	FLOOD
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	PreSchool CanSkate 10:00-10:30AM	PreTest/T1 12:15-1:00PM
T1 FS/SPINS 5:15-6:15PM	T1 FS/Skills 5:15-6:15PM	T1 FS/Stroking 5:15-6:15PM	Fast Track/Turns & Loops 5:15-6:00PM	T1/T2 FS/Spins 5:15-6:15PM	FLOOD	
T1/T2 Dance/Skills 6:15-6:45PM	CANSKATE 6:15-7:00PM	FLOOD T2 FS Edges/Turns 6:30-7:30PM	T1 FS/ Dance Stroking 6:00-7:00PM	PreSchool CanSkate 6:15-6:45PM	CanSkate 10:45-11:30AM	
FLOOD	FLOOD		FLOOD	FLOOD	PreTest 11:30-12:15PM	
T2 FS/Stroking 7:00-8:00PM	PRETEST 7:15-8:00pm	T2/T3 Dance/Skills 7:30-8:00PM	T2 FS/Dance Stroking 7:15-8:15PM	CANSKATE 7:00-7:45PM	CanSkate/TeenSkate 12:15-1:00PM	
FLOOD	Comp/T3 FS/Spins 8:00-9:00PM	FLOOD	FLOOD	CANPOWER 7:45-8:30PM	FLOOD	
T3 FS/Stroking 8:15-9:15PM	FLOOD	T3 FS/Stroking 8:15-9:15PM	Comp FS/Stroking 8:30-9:30PM		Comp/T3 FS 1:15-2:15PM	
FLOOD	**ADULTS 9:15-10:15PM	FLOOD			Dance/Skills 2:15-3:00PM	
OPEN 9:30-10:30PM		ADULTS 9:30-10:30PM				

***OPEN Freeskate Monday-Friday PM - 2/3 of Junior Bronze or Higher**

****OPEN Freeskate Wednesday & Saturday AM - T1 Qualifications or Higher**

Dance/Skills - May include Dance Pairs-No FreeSkate on Dance/Skills sessions.

****Adult session on Tuesday geared to Recreational or Learn to Skate**

No Session Substitution; No Credit or Refund for Missed Sessions

OFF ICE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
T1 4:30-5:00PM	T2 5:15-6:15pm	T1 4:30-5:00PM	Fast Track 4:45-5:00pm		T2 9:15-10:00am	Pretest/T1
Comp 5:15-6:00PM	T1/Pretest 6:30-7:00pm	Comp 5:15-5:45PM	T3 5:15-6:15pm		T1 10:15-10:45am	11:30am-12:00PM
T2 6:00-6:45PM	T3/Comp 7:00-7:45pm	T2 5:45-6:15PM	T2 6:15-7:00pm		Pretest 10:45-11:15am	
T3 7:00-8:00PM		T3 7:15-8:00PM	Comp 7:15-8:15pm		Comp/T3 Jump Class 12:00-1:00PM	
		Adult 8:15-9:15PM				