

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
4:00-4:45 PM <b>CANSKATE*</b>	4:00-4:45 PM <b>HOCKEY/RINGETTE CONDITIONING *</b>	4:00-4:30 PM (30 min.) <b>JUNIOR/INT. DANCE/SKILLS</b>	4:00-4:30 PM (30 min.) <b>OPEN DANCE/SKILLS</b>	4:45-5:30 PM (45) <b>OPEN</b>	10:30-11:15 AM <b>CANSKATE*</b>
4:45-5:00 PM (15) <b>OPEN DANCE/SKILLS</b>	4:45-5:45 PM <b>SK8ACADEMY*</b>	4:30-5:30 PM <b>JUNIOR/INT. (1 hr) FREESKATE &amp; SPINS</b>	4:30-5:30 PM <b>OPEN ( 1 hr) FREESKATE &amp; SPINS</b>	5:30-6:15 PM (45) <b>INT/SR FREESKATE</b>	11:15 AM -12:15 PM <b>SK8ACADEMY*</b>
5:00-6:00 PM (1 hr) <b>OPEN FREESKATE</b>	5:30-5:45 PM <b>SK8./JUNIOR STROKING *</b>				12:00-12:15 PM <b>SK8 ACAD./OPEN STROKING*</b>
6:00-6:15 PM <b>OPEN ENRICHMENT*</b>	5:15-6:15 PM (45) <b>JUNIOR FREESKATE</b>	5:30-6:15 PM <b>CANSKATE*</b>			12:15- 12:30 PM (15) <b>OPEN DANCE/SKILLS</b>
	6:15-6:30 PM <b>JUNIOR/INT. ENRICHMENT *</b>	<b>~ICE CLEAN~</b>			12:30-1:30 PM (1 hr) <b>OPEN FREESKATE</b>
	<b>~ICE CLEAN~</b> 6:30 – 6:45 PM <b>Jr/Int &amp; SR Enrich *</b> <i>(Dryland Jumps)</i>	6:30-7:30 PM <b>INT./SR. FREESKATE(1 hr.)</b>			
	6:45-7:00 PM <b>INT./SR. DANCE/SKILLS</b>	7:30-7:45 PM <b>INT./SR. ENRICHMENT*</b>			
	7:00-8:00 PM(1 hr) <b>INT./SR. FREESKATE</b>	7:45-8:45 PM (1 hr.) <b>18 &amp; OVER ADULT (New!)</b>			

**SCHEDULE 2009/2010 PORT COQUITLAM FIGURE SKATING CLUB**

Sessions marked with \* include coaching.

