



CLOVERDALE SKATING CLUB'S
FALL/WINTER 2018/2019
SCHEDULE

Monday:

3:30-3:50 Star 1 Enrichment
3:50-4:30 Star 1 Freeskate/Grp Lessons **3:30 to 4:15 STAR 2 OFF-ICE – CLOVERDALE REC CENTRE**
4:30-5:00 Star 2 Enrichment
5:00-5:45 Star 2 Freeskate/Grp Lessons **4:45 to 5:30 STAR 1 OFF-ICE – CLOVERDALE REC CENTRE**
5:45-6:00 Flood
6:00-6:30 Star 3+ Enrichment
6:30-7:30 Star 3+ Freeskate

Tuesday:

3:30-3:45 Open Stroking
3:45-4:45 Open Freeskate
4:45-5:30 Junior STARSkate/Pre Power/Power
5:30- 6:15 CanSkate

Wednesday:

6:30-7:30AM Open FreeSkate

Thursday:

3:30-4:00 Star 2 Enrichment
4:00-4:45 Star 2 Freeskate/Grp Lessons **5:00 to 5:45 STAR 2 OFF-ICE-CLOVERDALE BOARD ROOM**
4:45-5:30 Junior STARSkate/Pre Power/Power
5:30-6:15 CanSkate

Friday:

3:30- 3:50 Star 1 Enrichment **4:40-5:10 STAR 1 OFF-ICE-CLOVERDALE BOARD ROOM**
3:50- 4:30 Star 1 Freeskate/Grp Lessons
3:30-4:30 Open Stroking/Freeskate **-LIMITED TO PRACTICE ONLY NO SOLOS WILL BE PLAYED UNLESS COACH DIRECTED**
ICE WILL BE SEPARATED BY CONES (EXCLUDING STAR 3+)

Saturday:

8:00-8:30 Star 3+ Enrichment
8:30-9:30 Star 3+ FreeSkate
9:30-10:00 Star 2 Enrichment
10:00-10:45 Star 2 FreeSkate/Grp Lessons **9:45 – 10:45 STAR 3+ OFF-ICE-CLOVERDALE REC CENTRE**
10:45-11:00 FLOOD **11:00-11:45 STAR 2 OFF-ICE-CLOVERDALE REC CENTRE**
11:00-11:45 Open Freeskate
11:45-12:30 CanSkate

COACH DIRECTED
QUALIFICATIONS:

STAR 1 IS CURRENTLY WORKING ON STAR 1 TESTING AND/OR COMPETITION
STAR 2 IS CURRENTLY WORKING ON STAR 2 TESTING AND/OR COMPETITION
STAR 3+ CURRENTLY WORKING ON STAR 3+ TESTING AND/OR COMPETITION