

TGISC 2018/2019 WEEKLY SCHEDULE

Monday	Tues	Wed	Fri	Sat
6-6:10 AM Prelim/Int/Sr Self Directed Warmup		6-6:10 AM Prelim/Int/Sr Self Directed Warmup		7:40-7:55 AM Sr Self Directed Warmup
6:15-7:30 AM Prelim/Int/Sr		6:15-7:30 AM Prelim/Int/Sr		8-8:15 AM Sr stroking
				8:00-8:45 AM Int
				8:15-9 AM Sr
				8:30-8:45 AM Jr/Prelim Warmup
				9-9:15 AM Jr/Prelim/Int stroking
				9:15-10 AM Jr/Prelim/Int
				9:15-10:00 AM Sr.
				10 AM FLOOD
				10:10-10:55 AM Jr/Prelim
				10:15-11 AM Int/Sr
				10:35-10:45 AM CanSkate
				Self Directed Warmup
				11:00-11:45 AM CanSkate
				11 - 11:45 AM PA's on ice
Vivo 3:45-5:45 PM Prelim/Int/Sr	3:40-4:10 PM Jump Lessons Int/Sr (Old Lobby)	3:50-4:05 PM Int/Sr Self Directed Warmup		10:50-11:00 AM PreCanSkate
	4:15-5:45 PM Int/Sr	4:15-5:15 PM Int/Sr	4:45-5 PM Warmup Jr/Prelim (Old Lobby)	Self Directed Warmup
	5:45-6:00 PM Int/Sr stroking	5:15-6:00 PM Jr/Prelim	5:20-6:05 PM Off-ice Int/Sr (Old Lobby)	11:15-11:45 AM PreCanSkate
	5:45-6 PM CanPower	6-6:15 PM Jr/Prelim stroking		
	Self Directed Warmup	5:50-6 PM CanSkate		
	6:00 PM FLOOD	Self Directed Warmup		
	6:15-7:00 PM CanPower	6:15-7:00 PM CanSkate	6:15-7:00 PM PA's on ice	
	6:10-6:40 PM Jump Lessons Int/Sr (Greenview Room)	6:05-6:15 PM PreCanSkate	6:25-7:10 PM Jump Lessons Jr/Prelim (Old Lobby)	
		6:30-7:00 PM PreCanSkate		
			Vivo 4:00-5:45 PM Sr	
			Vivo 5:45-7:15 PM Prelim/Int/Sr	
			Vivo 7:30-9:30 PM Int/Sr	

- On-ice sessions Self Directed Warmup
- Off-ice, Jump & Warmup Sessions -led by coach Sara
- Off-ice Conditioning. Various instructors (ballet, yoga, strength, conditioning)
- Vivo sessions - STARSkate only, confirm w/coach. TGISC Coaches.
- PA - Program Assistants, confirm w/CanSkate Coordinator

***SEE 2018/2019 LIST OF IMPORTANT DATES
FOR ANY CHANGES TO THIS SCHEDULE**

STARSkate Off-ice sessions are included in the fees for the skating day(s) you register for.

- example 1: if you register for skating on Tues you can do the Jump lessons either before or after skating (not both)
- example 2: if you register for skating on Wed you can do the Warmup session AND the Off-ice session (Int/Sr) OR the Warmup session AND the Jump Lesson (Prelim/Jr)
- example 3: if you register for skating on Sat you can do the Off-ice sessions (Sr/Int/Prelim/Jr)

Pick up ice OR off-ice: \$20/hr if space available (confirm with coaches in advance)

Payment Instructions:

Exact cash only is accepted for pickup ice/off-ice. Put cash in a sealed envelope with your skaters first/last name, date, and labelled "Pick-Up Ice or Off-Ice". Give to the coach.