

*TGISC 2017/2018 WEEKLY SCHEDULE

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

- On-ice
- Off-ice Jump & Warmup Sessions
- 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 2017/2018 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: \$18/hr if space available (confirm with coach).

Pay for pickup with exact cash or cheque made out to TGISC - give to coach or put in Treasurer folder with skaters first & last name, date & "pick up ice/off-ice".