# KSC Winter Schedule

**Monday January 6 – March 14, 2020**

Vrs#2 *CAPITAL NEWS CENTRE*

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | | | | **THURSDAY** | **FRIDAY** | **SATURDAY** | |
| ***Mini Rink***  3:30-4:00pm Tots  4:00-4:30pm Tots  5:00-5:30pm Tots  7:30-7:45 am HP A/B Sp/Tr  7:45-8:45 am HP A/B FS  2:30-3:30 pm HP A  3:30-4:15pm Jr Academy  4:15-5:00pm Primary FS  5:00-5:45pm Canskate  **Flood** 6:00-7:00pm Sr FS 7:00-8:00pm Int FS  ***Off-Ice: Pri jumps 5:05-5:30pm***  ***Off-Ice: Sr/HP jumps 5:30-5:55pm***  ***Off-Ice Int jumps 6-6:45pm*** | **Rink #1 -**  1:00-1:15 HP A Tr/Sp  1:15-2:15 HP A FS  **Flood**  2:30-3:30 HP A/B FS | Rink #16:30-7:00am Pri/Int Dnc/Tr 7:00-7:45am Pri/Int FS  **Flood**  8:00-9:00am HP A/B FS  3:30-4:30pm HPA FS  4:30-5:30pm Sr FS  5:30-6:15pm Canskate  ***Mini Rink***  4:00-4:30pm Tots  4:30-5:00pm Tots  5:00-5:30pm Tots | | | | **Rink #1 -**  1:00-1:15pm HP A Tr/Sp  1:15-2:15pm HP A FS  **Flood**  2:30-3:30pm HPA/B FS  3:30-4:15pm Jr Academy  4:15-5:00pm Primary FS  **Flood**  5:15-6:15pm Sr FS  6:15-6:30pm Sr/Int Spins  6:30-7:00pm Sr/Int Trans  7:00-8:00pm Int FS  ***Off-Ice: Sr/HP jumps 4:15-5:00***  ***Off-Ice: Pri jumps 5:05-5:35***  ***Off-Ice: Int jumps 5:35-6:05*** | **Rink #1** 6:30-7:00am Sr Dance/Tr 7:00-7:45am Sr FS  **Flood**  8:00-9:00am HP A FS  2:30-3:30pm HPA/B FS  3:30-4:15pm Pri FS  4:15-4:30pm Pri/Int Trans  4:30-5:30pm Int FS  5:30-6:15pm CanskateYouth  ***Off-Ice:***  ***HP/Sr pilates 3:45-4:30***  ***Pri pilates 4:40-5:25pm***  ***Int pilates 5:35-6:20 pm***  ***Mini Rink***  4:30-5:00pm Tots  5:00-5:30pm Tots | **CNC Rink #1**  9:00- 9:45am Canskate  ***Mini Rink***  10:30-11:00am Tots  11:00-11:30am Tots  11:30-12:00pm Tots  **Rink #1**  9:45-10:45am Sr FS  **Flood**  11:00-12:00pm HP A/B FS  12:00-12:15pm HP A/B Sp/Tr  ***Rink #2***  12:45-1:30pm HP A FS  1:30-1:45pm Pri/Int Grp  1:45-2:30pm Pri/Int FS  ***Off-Ice:***  ***SR: 10:50-11:20***  ***HP: 1:35-2:05***  ***Pri/int: 2:35-3:05*** | |
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| **MONDAY** | **TUESDAY** | | **WEDNESDAY** | | **THURSDAY** | |  | | **SUNDAY** |
| Prospera PlaceRecreation 7:00-7:45am Adv Canpower  6:30-7:15pm Canpower  7:15-8:00pm Canpower  **fld**  8:15-9:00pm Adult Canpower | Rutland West – 3:30-4:00pm Tots  4:00-4:30pm Tots  3:45-4:30pm Canskate  4:30-5:00pm Primary FS  5:00-5:15pm Pri/Int Spins 5:15-6:15pm Int FS  6:15-6:30pm Int/Sr/Tr  6:30-6:45pm Sr Sp  **Flood**  7:00-8:00pm Sr FS *Prospera Place* 6:30-7:15pm Canpower  7:15-8:00pm Canpower | |  | | Rutland West 5:00-5:30pm Tots  5:30-6:15pm Canskate | |  | | ***Prospera Place***  6:15-7:00pm  Canskate Teen/Adult |
| SESSION CRITERIA  **Primary –** Star 1-4  **Intermediate –** Competing in Star 5,6,7, Pre-Juvenile | | | | | **Senior -** competing Juvenile and higher, Star 8, 9, 10, Gold  **HP A/B -** Competing Pre-Novice and higher; **Pre-Novice must book Sr session as first session**  HP A - Competing Novice and higher | | | | | | |

**\*skaters may be permitted to skate up sessions, *if requested by coach*, at the discretion of the Director of Skating**