# KSC Fall Schedule

**Wednesday September 4 – December 21, 2019**

 Vrs#2 *CAPITAL NEWS CENTRE*

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| ***Mini Rink***3:30-4:00pm Tots4:00-4:30pm Tots5:00-5:30pm Tots **Rink #1** 7:30-7:45 am HP A/B Sp/Tr7:45-8:45 am HP A/B FS2:30-3:30 pm HP A3:30-4:15pm Jr Academy 4:15-5:00pm Primary FS5:00-5:45pm Canskate**Flood**6:00-7:00pm Sr FS7:00-8:00pm 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/Sp1:15-2:15 HP A FS**Flood**2:30-3:30 HP A/B FS | Rink #16:30-7:00am Pri/Int Dnc/Tr7:00-7:45am Pri/Int FS**Flood**8:00-9:00am HP A/B FS3:30-4:30pm HPA FS4:30-5:30pm Sr FS5:30-6:15pm Canskate***Mini Rink***4:00-4:30pm Tots4:30-5:00pm Tots5:00-5:30pm 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 FS3:30-4:15pm Jr Academy4:15-5:00pm Primary FS**Flood**5:15-6:15pm Sr FS6:15-6:30pm Sr/Int Spins6:30-7:00pm 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/Tr7:00-7:45am Sr FS**Flood**8:00-9:00am HP A FS2:30-3:30pm HPA/B FS3:30-4:15pm Pri FS4:15-4:30pm Pri/Int Trans4:30-5:30pm Int FS5:30-6:15pm 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 Tots5:00-5:30pm Tots | **CNC Rink #1**9:00- 9:45am Canskate***Mini Rink***10:30-11:00am Tots11:00-11:30am Tots11:30-12:00pm Tots**Rink #1**9:45-10:45am Sr FS**Flood** 11:00-12:00pm HP A/B FS12:00-12:15pm HP A/B Sp/Tr***Rink #2***12:45-1:30pm HP A FS1:30-1:45pm 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** | **FRIDAY** | **SUNDAY** |
| Prospera Place Recreation7:00-7:45am Adv Canpower6:30-7:15pm Canpower7:15-8:00pm Canpower**fld**8:15-9:00pm Adult Canpower | Rutland West –3:30-4:00pm Tots4:00-4:30pm Tots3:45-4:30pm Canskate4:30-5:00pm Primary FS5:00-5:15pm Pri/Int Spins 5:15-6:15pm Int FS6:15-6:30pm Int/Sr/Tr6:30-6:45pm Sr Sp**Flood** 7:00-8:00pm Sr FS *Prospera Place*6:30-7:15pm Canpower7:15-8:00pm Canpower |   | Rutland West5:00-5:30pm Tots5:30-6:15pm Canskate |  | ***Prospera Place***6:15-7:00pmCanskate 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**