

# STARSkate Session Schedule for 2019-2020

MONDAY - INTERMEDIATE 1&2	
4:00pm -- 4:30pm	DANCE / EDGES & TURNS
4:30pm -- 5:30pm	FREESKATE
5:30pm -- 5:50pm	CONDITIONING / EDGES & TURNS **
6:00pm -- 6:45pm	OFF-ICE
MONDAY - SENIOR 1&2	
6:00pm -- 6:30pm	DANCE / EDGES & TURNS
6:30pm -- 7:30pm	FREESKATE
7:30pm -- 7:50pm	CONDITIONING / EDGES & TURNS **
TUESDAY - INTERMEDIATE AND SENIOR	
4:00pm -- 4:30pm	DANCE / EDGES & TURNS
4:30pm -- 5:40pm	FREESKATE
5:40pm -- 5:55pm	CONDITIONING **
5:55pm -- 6:10pm	THEATRE ON ICE **
TUESDAY - JUNIOR 1&2	
5:45pm -- 6:10pm	OFF-ICE
6:20pm -- 6:30pm	STROKING **
6:30pm -- 6:50pm	DANCE
6:50pm -- 7:30pm	FREESKATE
7:30pm -- 7:50pm	EDGES & TURNS
WEDNESDAY - JUNIOR 1&2	
4:00pm -- 4:50pm	OPEN
WEDNESDAY - SENIOR 1&2	
7:00pm -- 7:30pm	DANCE / EDGES & TURNS
7:30pm -- 8:30pm	FREESKATE
8:30pm -- 8:50pm	CONDITIONING / EDGES & TURNS**
** GROUP SESSION RUN BY MKSC COACHES, COACHING FEES INCLUDED IN REGISTRATION FEE.	

THURSDAY - INTERMEDIATE 1&2	
5:00pm -- 5:30pm	DANCE / EDGES & TURNS
5:30pm -- 6:30pm	FREESKATE
6:30pm -- 6:50pm	CONDITIONING / EDGES & TURNS **
7:00pm -- 7:45pm	OFF-ICE
FRIDAY - INTERMEDIATE AND SENIOR	
7:00pm -- 7:50pm	OPEN
SATURDAY -- JUNIOR 1&2	
7:00am -- 7:20am	DANCE
7:20am -- 8:00am	FREESKATE
8:00am -- 8:20am	EDGES & TURNS
8:20am -- 8:30am	STROKING **
8:40am -- 9:25am	BALLET
SATURDAY - INTERMEDIATE 1&2	
8:40am -- 9:00am	DANCE / EDGES & TURNS
9:00am -- 10:00am	FREESKATE
10:00am -- 10:10am	STROKING **
10:20am -- 11:15am	BALLET
SATURDAY - SENIOR 1&2	
9:25am -- 10:10am	BALLET
10:20am -- 10:40am	DANCE / EDGES & TURNS
10:40am -- 11:40am	FREESKATE
11:40am -- 11:50am	STROKING **
SUNDAY - INTERMEDIATE AND SENIOR	
11:00am -- 12:20pm	OPEN
SUNDAY - JUNIOR 1&2	
1:30pm -- 1:40pm	STROKING **
1:40pm -- 1:55pm	DANCE
1:55pm -- 2:35pm	FREESKATE
2:35pm -- 2:50pm	EDGES & TURNS
3:00pm -- 3:45pm	OFF-ICE