

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 3:05-3:50-canskate #5 all other sessions cancelled due to regional seminar	3 3:30-4:40 Sr/IntA free 4:40-5 Sr/Int A/IntB edges/turns 5-5:20-sr/IntA/Int B skills/dance 5:20-5:30 Flood 5:30-6:30 Int B freeskate	4 7-8am open free 3:30-4:45 sr/intA freeskate 4:45-5 Sr/Int A stroking 5:20-5:30 flood 5-6:30 Junior	5 7-8am Sr/IntA only freeskate 3:45-4:45 novice synchro 7 4:45-5:45 pre junior 5:45-6:30 canskate #4	6 7-8am open free 3:30-4:45 Int B 4:45-5:05 Int B skills/dance 5:05-5:20 Int b/Sr/Int A str 5:20-5:30 flood 5:30-6:30 Sr/Int A freeskate	7 7-8 am Sr/Int A only-freeskate	8 Sectionals in Kelligrews.
9 no skating	10 no skating	11 <u>no morning skate</u> 3:30-4:45 sr/intA freeskate 4:45-5 Sr/Int A stroking 5:20-5:30 flood 5-6:30 Junior	12 7-8am Sr/IntA only freeskate 3:45-4:45 novice synchro 8 4:45-5:45 pre junior 5:45-6:30 canskate #5	13 7-8am open free 3:30-4:45 Int B 4:45-5:05 Int B skills/dance 5:05-5:20 Int b/Sr/Int A str 5:20-5:30 flood 5:30-6:30 Sr/Int A freeskate	14 7-8 am Sr/Int A only-freeskate	15
16 2:10-3:05 Sr/Int A freesk8 & Pa's with Jr Br 3:05-3:50-canskate #6 3:50-4 flood 4-5 pre Jr 5-6 Jr/Int B 6-7 Juvenile synchro #7	17 3:30-4:40 Sr/IntA 4:40-5 Sr/Int A/IntB edges/turns 5-5:20-sr/IntA/Int B skills/dance 5:20-5:30 Flood 5:30-6:30 Int B freeskate	18 7-8am open free 3:30-4:45 sr/intA freeskate 4:45-5 Sr/Int A stroking 5:20-5:30 flood 5-6:30 Junior	19 7-8am Sr/IntA only freeskate 3:45-4:45 novice synchro 9 4:45-5:45 pre junior 5:45-6:30 canskate #6	20 7-8am open free 3:30-4:45 Int B 4:45-5:05 Int B skills/dance 5:05-5:20 Int b/Sr/Int A str 5:20-5:30 flood 5:30-6:30 Sr/Int A freeskate	21 7-8 am Sr/Int A only-freeskate	22
23 2:10-3:05 Sr/Int A freesk8 & Pa's with Jr Br 3:05-3:50-canskate #7 3:50-4 flood 4-5 pre Jr 5-6 Jr/Int B 6-7 Juvenile synchro #8	24 3:30-4:40 Sr/IntA 4:40-5 Sr/Int A/IntB edges/turns 5-5:20-sr/IntA/Int B skills/dance 5:20-5:30 Flood 5:30-6:30 Int B freeskate	25 7-8am open free 3:30-4:45 sr/intA freeskate 4:45-5 Sr/Int A stroking 5:20-5:30 flood 5-6:30 Junior	26 7-8am Sr/IntA only freeskate 3:45-4:45 novice synchro 10 4:45-5:45 pre junior 5:45-6:30 canskate #7	27 7-8am open free 3:30-4:45 Int B 4:45-5:05 Int B skills/dance 5:05-5:20 Int b/Sr/Int A str 5:20-5:30 flood 5:30-6:30 Sr/Int A freeskate	28 7-8 am Sr/Int A only-freeskate	29
30 2:10-3:05 Sr/Int A freesk8 & Pa's with Jr Br 3:05-3:50-canskate #8 3:50-4 flood 4-5 pre Jr 5-6 Jr/Int B 6-7 Juvenile synchro #9						

2008