

# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>PA training Oct 5<sup>th</sup> 12:30-1:30 pm in Silver Blades room. Ages 12 and up</p>	<p><b>Note times changes on Monday, Oct 13</b></p>		<p><b>1</b> 7-8am Sr/IntA only freeskate 3:45-4:45 novice synchro 2 4:45-5:45 pre junior 5:30-5:45 simulations</p>	<p><b>2</b> 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 stroking 5:20-5:30 flood 5:30-6:30 Sr/Int A freeskate</p>	<p><b>3</b> 7-8 am Sr/Int A only- freeskate <b>5:30-6:30 CANPOWER #4</b></p>	<p><b>4</b></p>
<p><b>5</b> 2:10-3:05 Sr/Int A freesk8 &amp; Pa's with Jr Br <b>3:05-3:50-canskate #1</b> 3:50-4 flood 4-5 pre Jr 5-6 Jr/Int B <b>6-7 Juvenile synchro #3</b></p>	<p><b>6</b> 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</p>	<p><b>7</b> 7-8am open free 3:30-4:45 sr/intA freeskate 4:45-5 Sr/Int A stroking 5:20-5:30 flood <b>5-6:30 Junior</b></p>	<p><b>8</b> 7-8am Sr/IntA only freeskate 3:45-4:45 novice synchro 3 4:45-5:45 pre junior 5:30-5:45 simulations <b>5:45-6:30 canskate #1</b></p>	<p><b>9</b> 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 stroking 5:20-5:30 flood 5:30-6:30 Sr/Int A freeskate</p>	<p><b>10</b> 7-8 am Sr/Int A only-freeskate <b>5:30-6:30 CANPOWER #5 (last one)</b></p>	<p><b>11</b></p>
<p><b>12</b> 2:10-3:05 Sr/Int A freesk8 &amp; Pa's with Jr Br <b>3:05-3:50-canskate #2</b> 3:50-4 flood 4-5 pre Jr/ 5-6 Jr/Int B <b>6-7 Juvenile synchro #4</b></p>	<p><b>13</b> 1:30-2:40 Sr/IntA free <b>2:40-3 Sr/Int A/IntB</b> edges/turns <b>3-3:20-sr/IntA/Int B</b> skills/dance <b>3:20-3:30 Flood</b> <b>3:30-4:30 Int B freeskate</b></p>	<p><b>14</b> 7-8am open free 3:30-4:45 sr/intA freeskate 4:45-5 Sr/Int A stroking 5:20-5:30 flood <b>5-6:30 Junior</b></p>	<p><b>15</b> 7-8am Sr/IntA only freeskate 3:45-4:45 novice synchro 4 4:45-5:45 pre junior 5:30-5:45 simulations <b>5:45-6:30 canskate #2</b></p>	<p><b>16</b> 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 stroking 5:20-5:30 flood 5:30-6:30 Sr/Int A freeskate</p>	<p><b>17</b> 7-8 am Sr/Int A only- freeskate</p>	<p><b>18</b></p>
<p><b>19</b> <u>Winter school</u> <u>starts</u> 2:10-3:05 Sr/Int A freesk8 &amp; Pa's with Jr Br <b>3:05-3:50-canskate #3</b> 3:50-4 flood 4-5 pre Jr 5-6 Jr/Int B <b>6-7 Juvenile synchro #5</b></p>	<p><b>20</b> 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</p>	<p><b>21</b> 7-8am open free 3:30-4:45 sr/intA freeskate 4:45-5 Sr/Int A stroking 5:20-5:30 flood <b>5-6:30 Junior</b></p>	<p><b>22</b> 7-8am Sr/IntA only freeskate <b>No afternoon skating due to Alice Cooper concert.</b></p>	<p><b>23</b> 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 stroking 5:20-5:30 flood 5:30-6:30 Sr/Int A freeskate</p>	<p><b>24</b> 7-8 am Sr/Int A only- freeskate <b>5:30-6:30 novice synchro 5</b> (make up for Oct 22)</p>	<p><b>25</b></p>
<p><b>26</b> 2:10-3:05 Sr/Int A freesk8 &amp; Pa's with Jr Br <b>3:05-3:50-canskate #4</b> 3:50-4 flood 4-5 pre Jr 5-6 Jr/Int B <b>6-7 Juvenile synchro #6</b></p>	<p><b>27</b> 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</p>	<p><b>28</b> 7-8am open free 3:30- 4:45 sr/intA freeskate 4:45-5 Sr/Int A stroking 5:20-5:30 flood <b>5-6:30 Junior</b></p>	<p><b>29</b> 7-8am Sr/IntA only freeskate 3:45-4:45 novice synchro 6 4:45-5:45 pre junior 5:30-5:45 simulations <b>5:45-6:30 canskate #3</b></p>	<p><b>30</b> 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</p>	<p><b>31</b> 7-8 am Sr/Int A only- freeskate</p>	

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