skating club			Competitive *** BRONZE T All sessions held at Ri	Skating Club Summer 2024 Program Schedule & Pricing RAINING PODS 1 & 2 chmond Ice Centre & Minoru Ard nd - August 16th, 2024 vers 09/06/24	enas		
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
	Pod 1 Bronze - Freeskate & Group (July 29 - Freeskate only)	3:00-4:00pm (July 29 - 5:00-6:00pm) (Aug 12 - 2:45-3:45pm)	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5	15 mins (except July 29)	\$65
MONDAY	Pod 1 Bronze - Dryland	4:15-5:00pm (Aug 12 - 4:15-4:45pm)	Minoru - Mezzanine (Aug 12 - Holiday Inn)	Jul 29, Aug 5	4	45 mins (Aug 12 - 30mins)	•
July 8 - August 12	Pod 2 Bronze - Group & Freeskate (July 29 - Freeskate only)	3:45-4:45pm (July 29 - 5:00-6:00pm) (Aug 12 - 3:30-4:30pm)	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5	15 mins (except July 29)	\$65
	Pod 2 Bronze - Dryland	5:00-5:45pm (Aug 12 - 4:45-5:15pm) Minoru - Mezzanine (Aug 12 - Holiday Inn) Jul 29, Aug 5 4 45 mins (Aug 12 - 30 mins)					
TUESDAY	Pod 1 & 2 Bronze - Freeskate	4:30-5:30pm (July 30 5:00-6:00pm)	Minoru - Silver (Jul 2, Aug 6 & 13 - RIC Igloo)		7		\$85
July 2 - August 13	Pod 1 & 2 Bronze - Ballet/Stretch	3:30-4:15pm	Minoru - Mezzanine (Jul 2, Aug 6 & 13 - Holiday Inn)	July 30	6	45 mins	COÉ
	Pod 1 Bronze - Freeskate & Group	3:00-4:00pm (Aug 14 - 2:45-3:45pm)	Minoru - Silver (Jul 3, Aug 14 - RIC Igloo)	Aug 7	6	15 mins	\$88
WEDNESDAY	Pod 1 Bronze - Dryland	4:15-5:00pm (Aug 14 - 4:15-4:45pm)	Minoru - Mezzanine (Jul 3, Aug 14 - Holiday Inn)	Aug 7	6	45 mins (Aug 14 - 30mins)	çõõ
July 3 - August 14	Pod 2 Bronze - Group & Freeskate	3:45–4:45pm (Aug 14 - 3:30-4:30pm)	Minoru - Silver (Jul 3, Aug 14 - RIC Igloo)	Aug 7	6	15 mins	\$88
	Pod 2 Bronze - Dryland	5:00-5:45pm (Aug 14 - 4:45-5:15pm)	Minoru - Mezzanine (July 3, Aug 14 - Holiday Inn)	Aug 7	6	45 mins (Aug 14 - 30mins)	
THURSDAY	Pod 1 & 2 Bronze - Group & Freeskate	4:15-5:30pm	Minoru - Silver (Jul 4, Aug 15 - RIC Igloo)	Aug 8	6	15 mins	\$74
July 4 - August 15	Pod 1 & 2 Bronze - Fitness	3:15-4:00pm	Minoru - Mezzanine (Jul 4 - Holiday Inn)	Aug 8 & 15	5	45 mins	T
	Pod 1 Bronze - Freeskate	3:00-3:45pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7		\$61
FRIDAY	Pod 1 Bronze - Stretch	4:00-4:30pm	Minoru - Mezzanine (Jul 5, Aug 9 - Holiday Inn)	Aug 16	6	30 mins	,,,
July 5 - August 16	Pod 2 Bronze - Stretch	3:00-3:30pm	Minoru - Mezzanine (Jul 5, Aug 9 - Holiday Inn)	Aug 16	6	30 mins	\$61
	Pod 2 Bronze - Freeskate	3:45–4:30pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7		70 T
			POD 1 FULL PACKAGE PRICE: POD 2 FULL PACKAGE PRICE:				

Notes: The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024) Schedule is subject to change. Always check website for schedule changes. You will be notified regarding which training pod your skater is assigned to.

		OPEN Ice							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee		
MONDAY July 8 - August 12	Bronze/Silver/Gold OPEN	5:45-6:30pm (Aug 12 - 5:30-6:15pm)	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5		\$38		
WEDNESDAY July 4 - August 14	Bronze/Silver/Gold OPEN	5:45-6:30pm (Aug 14 - 5:30-6:15pm)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		\$53		
FRIDAY July 6- August 16	Bronze/Silver/Gold OPEN	8:45-9:30am	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7		\$53		

skating club			Competitive Program Scl *** SILVER TRAINING All sessions held at Richmond Ice (July 2nd - August 1	PODS 1 & 2 ***			
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
	Pod 1 Silver - Freeskate	9:00-9:45am	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5		
MONDAY	Pod 1 Silver -Dryland	10:00-10:45am (Aug 12 - 10:30-11:15am)	(Aug 12 - Kič Igioo) Minoru - Mezzanine (Aug 12 - Holiday Inn)	Jul 29, Aug 5	4	45 mins	\$50
July 8 - August 12	Pod 2 Silver - Freeskate	1:15-2:00pm (Jul 29 - 2:00-2:45pm) (Aug 12 - 1:00-1:45pm)	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5		\$50
	Pod 2 Silver - Dryland	2:15-3:00pm (Aug 12 - 2:00-2:45pm)	Minoru - Mezzanine (Aug 12 - Holiday Inn)	Jul 29, Aug 5	4	45 mins	
	Pod 1 Silver - Freeskate	8:45-9:30am (Jul 30 - 9:00-9:45am)	Minoru - Silver (Jul 2, Aug 6 & 13 - RIC Igloo)		7		\$73
TUESDAY	Pod 1 Silver - Ballet/Stretch	9:45-10:30am	Minoru - Mezzanine (Jul 2, Aug 6 & 13 - RIC Board Room)	Jul 30	6	45 mins	<i>\$</i> 73
July 2 - August 13	Pod 2 Silver - Freeskate	1:15-2:00pm (Jul 30 - 2:00-2:45pm)	Minoru - Silver (Jul 2, Aug 6 & 13 - RIC Igloo)		7		\$69
	Pod 2 Silver - Ballet/Stretch	2:15-3:00pm (Aug 6 & 13 - 2:45-3:15pm)	Minoru - Mezzanine (Jul 2, Aug 6 & 13 - Holiday Inn)	Jul 30	6	45 mins (Aug 6 & 13 - 30mins)	605
	Pod 1 Silver - Freeskate	9:00-9:45am	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		ć70
WEDNESDAY	Pod 1 Silver -Dance	10:00-10:45am (Jul 3, Aug 7 & 14 - 10:30-11:15am)	Minoru - Mezzanine (Jul 3, Aug 7 & 14 - Holiday Inn)		7	45 mins	\$79
July 3 - August 14	Pod 2 Silver - Freeskate	1:15-2:00pm (Aug 14 - 1:00-1:45pm)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		<u> </u>
	Pod 2 Silver - Dance	2:15-3:00pm (Aug 14 - 2:00-2:45pm)	Minoru - Mezzanine (Jul 3, Aug 7 & 14 - Holiday Inn)		7	45 mins	\$79
THURSDAY July 4 - August 15	Pod 1 Silver - Freeskate	8:45-9:30am	Minoru - Silver (Jul 4, Aug 15 - RIC Igloo)	Aug 8	6		\$62
	Pod 1 Silver - Fitness	9:45-10:30am	Minoru - Mezzanine (Jul 4 - RIC Board Room)	Aug 8, Aug 15	5	45 mins	ŞUZ
	Pod 2 Silver - Freeskate	1:15-2:00pm	Minoru - Silver (Jul 4, Aug 15 - RIC Igloo)	Aug 8	6		
	Pod 2 Silver - Fitness	2:15-3:00pm	Minoru - Mezzanine (Jul 4 - Holiday Inn)	Aug 8, Aug 15	5	45 mins	\$62
	Pod 1 Silver - Freeskate & Group	9:30-10:30am	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7	15 mins	\$99
FRIDAY	Pod 1 Silver -Stretch	10:45-11:30am	Minoru - Mezzanine (Jul 5 & Aug 9 - Holiday Inn)	Aug 16	6	45 mins	
July 5 - August 16	Pod 2 Silver - Freeskate & Group	1:00-2:00pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo) Minoru - Mezzanine		7	15 mins	\$99
	Pod 2 Silver - Stretch	2:15-3:00pm	(Jul 5 & Aug 9 - Holiday Inn) D 1 FULL PACKAGE PRICE: \$363	Aug 16	6	45 mins	
			D 2 FULL PACKAGE PRICE: \$359				
	Session	Time	OPEN Ice Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 8 - August 12	Bronze/Silver/Gold OPEN	5:45-6:30pm (Aug 12 - 5:30-6:15pm)	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5		\$38
WEDNESDAY July 4 - August 14	Bronze/Silver/Gold OPEN	5:45-6:30pm (Aug 14 - 5:30-6:15pm)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		\$53
FRIDAY July 6- August 16	Bronze/Silver/Gold OPEN	8:45-9:30am	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7		\$53
	Session	Time	Ess - REGISTER FOR ONE ONLY!!! By Location	No Class and Time Chang	-	Instruction Included in fee	Fee
	Pod 1 Silver - Harness	10:55-11:15am	Oval - Room 1058		5	20 mins	\$14
TUESDAY	Pod 1 Silver - Harness	11:15-11:35am	Oval - Room 1058		5	20 mins	\$14
July 2 - July 30	Pod 1 Silver - Harness	11:35-11:55am	Oval - Room 1058		5	20 mins	\$14
	Pod 1 Silver - Harness	11:55am-12:15pm	Oval - Room 1058		5	20 mins	\$14
	Pod 2 Silver - Harness	10:15-10:35am	Oval - Room 1058		5	20 mins	\$14
THURSDAY July 4 - August 1	Pod 2 Silver - Harness	10:35-10:55am	Oval - Room 1058		5	20 mins	\$14
	Pod 2 Silver - Harness Pod 2 Silver - Harness	10:55-11:20am 11:20-11:45am	Oval - Room 1058 Oval - Room 1058		5	25 mins 25 mins	\$16 \$16
			Notes:				7-5

skating club			*** GOLD TRAINING				
			All sessions held at Richmond Ice July 2nd - August		renas		
				vers 10/06/24			
	Session	Time	Location	No Class	# Sessions	Instruction	Fee
	Pod 1 Gold - Freeskate & Group	9:45-11:00am	Minoru - Silver		# 363510115	Included in fee 30 mins	ree
	(July 29 - freeskate only)	(July 29 - 9:45-10:30am) (Aug 12 - 9:45-10:45am)	(Aug 12 - RIC Igloo)	Aug 5	5	(except Jul 29). (Aug 12 - 15mins)	\$75
	Pod 1 Gold - Dance	11:15am-12:00 pm (Aug 12 - 11:15-11:45am)	Minoru - Mezzanine (Aug 12 - Holiday Inn)	Jul 29, Aug 5	4	45 mins (Aug 12 - 30 mins)	
MONDAY July 8 - August 12	Pod 2 Gold - Group	10:30-11:00am (Aug 12 - 10:30-10:45am)	Minoru - Silver (Aug 12 - RIC Igloo)	Jul 29, Aug 5	4	30 mins (Aug 12 - 15mins)	
	Pod 2 Gold - Freeskate	11:15am-12:00pm (Jul 29 - 1:15-2:00pm) (Aug 12 - 11:00-11:45am)	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5		\$75
	Pod 2 Gold - Dance	(Aug 12 - 11:00-11:45am) 12:15-1:00pm (Aug 12 - 12:30-1:00pm)	Minoru - Mezzanine (Aug 12 - Holiday Inn)	Jul 29, Aug 5	4	45 mins (Aug 12 - 30 mins)	
	Pod 1 Gold - Freeskate	9:30-10:15am (Jul 30 - 9:45-10:30am)	Minoru - Silver (Jul 2, Aug 6 & 13 - RIC Igloo)		7	(//08/12/ 30/11113)	
	Pod 1 Gold - Ballet/Stretch	10:45-11:30am (Aug 6 & 13 - 10:30-11:00am)	Minoru - Mezzanine (Jul 2, Aug 6 & 13 - Holiday Inn)	Jul 30	6	45 mins (Aug 6 & 13 - 30 mins)	\$69
TUESDAY	Pod 2 Gold - Freeskate	12:30-1:15pm (Jul 30 - 1:15-2:00pm)	Minoru - Silver (Jul 2, Aug 6 & 13 - RIC Igloo)		7		
July 2 - August 13	Pod 2 Gold - Ballet/Stretch	1:30-2:15pm (Aug 6 & 13 - 11:00-11:30am)	Minoru - Mezzanine (Jul 2, Aug 6 & 13 - Holiday Inn)	Jul 30	6	45 mins (Aug 6 & 13 - 30 mins)	\$69
	Gold Pods 1 & 2 - Extra Ice	3:30-4:30pm	Minoru - Silver		7		\$49
	(separate registration) Pod 1 Gold - Freeskate & Group	9:45-11:00am (Aug 14 - 9:45-10:45am)	(Jul 2, Aug 6 & 13 - RIC Igloo) Minoru - Silver		7	30 mins	
	Pod 1 Gold -Dance	11:15am-12:00pm	(Jul 3, Aug 7 & 14 - RIC Igloo) Minoru - Mezzanine		7	(Aug 14 - 15 mins) 45 mins	\$124
WEDNESDAY July 3 - August 14	Pod 2 Gold - Group	(Aug 7 & 14 - 11:15-11:45am) 10:30-11:00am	(Jul 3, Aug 7 & 14 - Holiday Inn) Minoru - Silver		7	(Aug 7 & 14 - 30 mins) 30 mins	
	Pod 2 Gold - Freeskate	(Aug 14 - 10:30-10:45am) 11:15am-12:00pm	(Jul 3, Aug 7 & 14 - RIC Igloo) Minoru - Silver		7	(Aug 14 - 15 mins)	\$124
	Pod 2 Gold - Dance	(Aug 14 - 11:00-11:45am) 12:15-1:00pm	(Jul 3, Aug 7 & 14 - RIC Igloo) Minoru - Mezzanine		7	45 mins	Ş124
	Pod 1 Gold - Freeskate	(Aug 7 & 14 - 12:30-1:00pm) 9.:30-10:15am	(Jul 3, Aug 7 & 14 - Holiday Inn) Minoru - Silver	Aug 8	6	(Aug 7 & 14 - 30 mins)	
-	Pod 1 Gold - Fitness	10:45-11:30am	(Jul 4, Aug 15 - RIC Igloo) Minoru - Mezzanine	Aug 8, Aug 15	5	45 mins	\$62
THURSDAY July 4 - August 15	Pod 2 Gold - Freeskate	12:30-1:15pm	(Jul 4 - RIC Board Room) Minoru - Silver	Aug 8	6		\$62
	Pod 2 Gold - Fitness	1:30-2:15pm	(Jul 4, Aug 15 - RIC Igloo) Minoru - Mezzanine (Jul 4 - Holiday Inn)	Aug 8, Aug 15	5	45 mins	
	Pod 1 Gold - Freeskate & Group	10:45-11:45am	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7	15 mins	4
	Pod 1 Gold -Stretch	12:00-12:45pm	Minoru - Mezzanine (Jul 5 & Aug 9 - Holiday Inn)	Aug 16	6	45 mins	\$99
FRIDAY July 5 - August 16	Pod 2 Gold - Freeskate & Group	12:00-1:00pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7	15 mins	¢00
	Pod 2 Gold - Stretch	1:15-2:00pm	Minoru - Mezzanine (Jul 5 & Aug 9 - Holiday Inn)	Aug 16	6	45 mins	\$99
	Gold Pods 1 & 2 - Extra Ice (separate registration)	2:15-3:00pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7		\$37
			POD 1 FULL PACKAGE PRICE: \$429 POD 2 FULL PACKAGE PRICE: \$429				
			Extra ice not included				
	Session	Time	OPEN Ic	No Class	# Sessions	Instruction	Fee
MONDAY July 8 - August 12	Bronze/Silver/Gold OPEN	5:45-6:30pm (Aug 12 - 5:30-6:15pm)	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5		\$38
WEDNESDAY July 4 - August 14	Bronze/Silver/Gold OPEN	5:45-6:30pm (Aug 14 - 5:30-6:15pm)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		\$53
FRIDAY July 6- August 16	Bronze/Silver/Gold OPEN	8:45-9:30am	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7		\$53
	Session	Time	rness - REGISTER FOR ONE ONLY!!! I Location	No Class	# Sessions	Instruction Included in fee	Fee
	Pod 2 Gold - Harness	9:15-9:45am	Oval - Room 1058		5	30 mins	\$20
TUESDAY July 2 - July 30	Pod 2 Gold - Harness	9:45-10:15am	Oval - Room 1058		5	30 mins	\$20
, , <i>s</i> o	Pod 2 Gold - Harness	10:15-10:45am	Oval - Room 1058		5	30 mins	\$20
	Pod 1 Gold - Harness	12:15-15:45pm	Oval - Room 1058		5	30 mins	\$20
THURSDAY July 4 - August 1	Pod 1 Gold - Harness	12:45-1:15pm	Oval - Room 1058		5	30 mins	\$20
	Pod 1 Gold - Harness	1:15-1:45pm	Oval - Room 1058		5	30 mins	\$20
		The \$58 Skate Canada fee is p	Notes: bayable once per skater per skating y Schedule is subject to change.	year (Sept 2023-Aug 2	024)		

Connaught Skating Club Summer 2024 Competitive Program Schedule & Pricing

*** DIAMOND TRAINING POD 1 ***

skating club

All sessions held at the Richmond Olympic Oval, Richmond Ice Centre and Minoru Arenas

July 1st to August 16th, 2024

vers 11/06/24

		D1 Week 1 - July 1st to	July 5th		
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 1	Freeskate	8:00-9:00am	Oval - South Rink		See chart below
TUESDAY	Freeskate	10:30-11:15am	RIC - Igloo		
July 2	Ballet/Stretch	11:45am-12:30pm	Holiday Inn	45 mins	See chart below
July 2	Group & Freeskate	2:15-3:15pm	RIC - Igloo	15 mins	
	Choreo/Spin	8:00-8:45am	RIC - Igloo		
WEDNESDAY	Freeskate	11:45am-12:30pm	Oval - North Rink		See chart below
July 3	Dryland	12:45-1:15pm	Oval - Studio 2010	30 mins	See chart below
	Freeskate	4:00-4:45pm	Oval - South Rink		
THURCOAV	Freeskate	10:30-11:15am	RIC - Igloo		
THURSDAY	Fitness/Pilates	11:45am-12:30pm	Holiday Inn	45 mins	See chart below
July 4	Group & Freeskate	2:15-3:15pm	RIC - Igloo	15 mins	
	Oval HP	11:00-11:30am		30 mins	Registration link will come dire from Chris Spencer
FRIDAY July 5	Freeskate	12:15-1:00pm	Oval - South Rink		See chart below
July S	Theory	2:15-3:00pm	Oval - Rinkside	45 mins	
	*PN Freeskate - separate registration	4:00-4:45pm	Oval - South Rink		\$5
		D1 Week 2 - July 8th to	July 12th		
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY	Freeskate	11:30am-12:30pm	Oval - South Rink		See chart below
July 8	Stretch	12:45-1:30pm	Oval - Studio 1046	45 mins	
July o	Freeskate	4:00-4:45pm	Oval - South Rink		
TUESDAY	Freeskate	10:30-11:15am	Minoru - Silver Rink		See chart below
July 9	Ballet/Stretch	11:45am-12:30pm	Minoru - Mezzanine	45 mins	
July J	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
	Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
WEDNESDAY	Freeskate	11:30-12:30pm	Oval - South Rink		
July 10	Dryland	12:45-1:30pm	Oval - Studio 1046	45 mins	
	Freeskate	4:00-4:45pm	Oval - South Rink		
THURCOAV	Freeskate	10:30-11:15am	Minoru - Silver Rink		
THURSDAY July 11	Fitness/Pilates	11:45am-12:30pm	Minoru - Mezzanine	45 mins	See chart below
July II	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
	Oval HP	11:00-11:30am		30 mins	Registration link will come dire from Chris Spencer
FRIDAY July 12	Freeskate	12:15-1:00pm	Oval - South Rink		See chart below
July 12	Theory	2:15-3:00pm	Oval - Rinkside	45 mins	
	*PN Freeskate - separate registration	4:00-4:45pm	Oval - South Rink		\$5
		D1 Week 3 - July 15th to	July 19th		
	Session	Time	Location	Instruction Included in fee	Fee
	Freeskate	12:30-1:15pm	Oval - South Rink		
MONDAY	Stretch	1:30-2:15pm	Oval - Studio 1046	45 mins	See chart below
July 15	Freeskate	4:00-4:45pm	Oval - South Rink		
	Freeskate	10:30-11:15am	Minoru - Silver Rink		
TUESDAY	Ballet/Stretch	11:45am-12:30pm	Minoru - Mezzanine	45 mins	See chart below
July 16	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
	Stoup & Heeskale	2.13 3.130111		13 111113	

July 16	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
WEDNESDAY	Choreo/Spin	8:00-8:45am	Minoru - Silver Rink		
	Freeskate	12:30-1:15pm	Oval - South Rink		See chart below
July 17	Dryland	1:30-2:15pm	Oval - Studio 2010	45 mins	See chart below
	Freeskate	4:00-4:45pm	Oval - South Rink		
THURSDAY	Freeskate	10:30-11:15am	Minoru - Silver Rink		
July 18	Fitness/Pilates	11:45am-12:30pm	Minoru - Mezzanine	45 mins	See chart below
, 10	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	

FRIDAY	Oval HP	11:00-11:30am		30 mins	Registration link will come dire from Chris Spencer
July 19	Freeskate	12:15-1:00pm	Oval - South Rink	45 mins	See chart below
	Theory *PN Freeskate - separate registration	2:15-3:00pm 4:00-4:45pm	Oval - Rinkside Oval - South Rink	45 mins	\$5
		4.00-4.43pm			ر ې
	1	01 Week 4 - July 22nd to	July 26th		
	Session	Time	Location	Instruction Included in fee	Fee
	Freeskate	11:30am-12:30pm	Oval - South Rink	included in ree	
MONDAY	Stretch	12:45-1:30pm	Oval - Studio 1046	45 mins	See chart below
July 22	Freeskate	4:00-4:45pm	Oval - South Rink		
	Freeskate	10:30-11:15am	Minoru - Silver Rink		
TUESDAY July 23	Ballet/Stretch	11:45am-12:30pm	Minoru - Mezzanine	45 mins	See chart below
July 25	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
WEDNESDAY	Choreo/Spin	8:00-9:00am	Oval - North Rink		
July 24	Dryland	12:45-1:30pm	Oval - Studio 2010	45 mins	See chart below
July 24	Freeskate	4:00-4:45pm	Oval - South Rink		
THURSDAY	Freeskate	10:30-11:15am	Minoru - Silver Rink		
July 25	Fitness/Pilates	11:45am-12:30pm	Minoru - Mezzanine	45 mins	See chart below
	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	Descisions (1) (1) (1)
FRIDAY	Oval HP	11:00-11:30am		30 mins	Registration link will come dire from Chris Spencer
July 26	Freeskate	12:15-1:00pm	Oval - South Rink		See chart below
	Theory	2:15-3:00pm	Oval - Rinkside	45 mins	
	*PN Freeskate - separate registration	4:00-4:45pm	Oval - South Rink		\$5
		1 Week 5 - July 29th to A	Juguet 2nd		
	Session	Time	Location	Instruction	Fee
				Included in fee	
MONDAY	Group & Freeskate Dryland	11:45am-1:00pm 1:15-2:00pm	Minoru - Silver Rink Minoru - Mezzanine	15 mins 45 mins	See chart below
July 29	Freeskate	2:45-3:45pm	Minoru - Silver Rink	45 111115	See chart below
	Group & Freeskate	11:45am-1:00pm	Minoru - Silver Rink	15 mins	
TUESDAY	Ballet	1:15-2:15pm	Minoru - Mezzanine	60 mins	See chart below
July 30	Freeskate	2:45-3:45pm	Minoru - Silver Rink		
	Choreo/Spin	8:00-9:00am	Oval - North Rink		
WEDNESDAY	Freeskate	11:30-12:30pm	Oval - South Rink		See chart below
July 31	Dryland	12:45-1:30pm	Oval - Studio 2010	45 mins	
	Freeskate	4:00-4:45pm	Oval - South Rink		
	Freeskate	10:30-11:15am	Minoru - Silver Rink		
THURSDAY August 1	Fitness/Pilates	11:45am-12:30pm	Minoru - Mezzanine	45 mins	See chart below
August 1	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
EDIDAY	Oval HP	11:00-11:30am		30 mins	Registration link will come dire from Chris Spencer
FRIDAY August 2	Freeskate	12:15-1:00pm	Oval - South Rink		See chart below
August 2	Theory	2:15-3:00pm	Oval - Rinkside	45 mins	
August 2		1:00 1:1Enm	Oval - South Rink		\$5
August 2	*PN Freeskate - separate registration	4:00-4:45pm			
August 2		· ·			
August 2		Week 6 - August 5th to Time		Instruction	Fee
	D1 Session	Week 6 - August 5th to Time	August 9th Location	Instruction Included in fee	Fee
TUESDAY	D1	Week 6 - August 5th to	August 9th Location RIC - Igloo		Fee See chart below
	D1 Session Freeskate	Week 6 - August 5th to Time 10:30-11:15am	August 9th Location	Included in fee	
TUESDAY August 6	D1 Session Freeskate Ballet/Stretch	Week 6 - August 5th to Time 10:30-11:15am 11:30am-12:15pm	August 9th Location RIC - Igloo Holiday Inn	Included in fee 45 mins	
TUESDAY August 6 WEDNESDAY	D1 Session Freeskate Ballet/Stretch Group & Freeskate	Week 6 - August 5th to Time 10:30-11:15am 11:30am-12:15pm 2:15-3:15pm	August 9th Location RIC - Igloo Holiday Inn RIC - Igloo	Included in fee 45 mins 15 mins	
TUESDAY August 6	D1 Session Freeskate Ballet/Stretch Group & Freeskate Group & Freeskate	Week 6 - August 5th to Time 10:30-11:15am 11:30am-12:15pm 2:15-3:15pm 9:00-10:15am	August 9th Location RIC - Igloo Holiday Inn RIC - Igloo RIC - Garage	Included in fee 45 mins 15 mins 15 mins	See chart below
TUESDAY August 6 WEDNESDAY August 7	D1 Session Freeskate Ballet/Stretch Group & Freeskate Group & Freeskate Dance	Week 6 - August 5th to Time 10:30-11:15am 11:30am-12:15pm 2:15-3:15pm 9:00-10:15am 11:45am-12:30pm	August 9th Location RIC - Igloo Holiday Inn RIC - Igloo RIC - Garage Holiday Inn	Included in fee 45 mins 15 mins 15 mins	See chart below
TUESDAY August 6 WEDNESDAY August 7 THURSDAY	D1 Session Freeskate Ballet/Stretch Group & Freeskate Group & Freeskate Dance Freeskate	Week 6 - August 5th to Time 10:30-11:15am 11:30am-12:15pm 2:15-3:15pm 9:00-10:15am 11:45am-12:30pm 12:45-1:30pm	August 9th Location RIC - Igloo Holiday Inn RIC - Igloo RIC - Garage Holiday Inn RIC - Garage	Included in fee 45 mins 15 mins 15 mins	See chart below
TUESDAY August 6 WEDNESDAY August 7	D1 Session Freeskate Ballet/Stretch Group & Freeskate Group & Freeskate Dance Freeskate Freeskate Freeskate	Week 6 - August 5th to Time 10:30-11:15am 11:30am-12:15pm 2:15-3:15pm 9:00-10:15am 11:45am-12:30pm 12:45-1:30pm 10:30-11:15am	August 9th Location RIC - Igloo Holiday Inn RIC - Igloo RIC - Garage Holiday Inn RIC - Garage RIC - Garage	Included in fee 45 mins 15 mins 15 mins 45 mins	See chart below See chart below
TUESDAY August 6 WEDNESDAY August 7 THURSDAY August 8	D1 Session Freeskate Ballet/Stretch Group & Freeskate Group & Freeskate Dance Freeskate Freeskate Freeskate Group & Freeskate	Week 6 - August 5th to Time 10:30-11:15am 10:30-11:15am 2:15-3:15pm 9:00-10:15am 11:45am-12:30pm 12:45-1:30pm 10:30-11:15am 11:30am-12:15pm 2:15-3:15pm	August 9th Location RIC - Igloo Holiday Inn RIC - Igloo RIC - Garage Holiday Inn RIC - Garage RIC - Igloo RIC - Igloo Holiday Inn RIC - Igloo RIC - Igloo RIC - Igloo RIC - Igloo RIC - Igloo	Included in fee 45 mins 15 mins 15 mins 45 mins 45 mins 45 mins 15 mins	See chart below See chart below See chart below
TUESDAY August 6 WEDNESDAY August 7 THURSDAY	D1 Session Freeskate Ballet/Stretch Group & Freeskate Group & Freeskate Group & Freeskate Dance Freeskate Freeskate Freeskate Freeskate Group & Freeskate	Week 6 - August 5th to Time 10:30-11:15am 10:30-11:15am 2:15-3:15pm 9:00-10:15am 11:45am-12:30pm 11:45am-12:30pm 10:30-11:15am 11:30am-12:15pm 2:15-3:15pm	August 9th Location RIC - Igloo Holiday Inn RIC - Igloo RIC - Garage Holiday Inn RIC - Garage RIC - Igloo Holiday Inn RIC - Igloo	Included in fee 45 mins 15 mins 15 mins 45 mins 45 mins 45 mins	See chart below See chart below

	D1 V	Veek 7 - August 12th to A	August 16th			
	Session	Time	Location	Instruction Included in fee	Fee	
MONDAY	Group & Freeskate	9:00-10:15am	RIC - Garage	15 mins		
August 12	Dance	11:45am-12:30pm	Holiday Inn	45 mins	See chart below	
August 12	Freeskate	12:45-1:30pm	RIC - Garage			
TUESDAY	Freeskate	10:30-11:15am	RIC - Igloo			
August 13	Ballet/Stretch	11:30am-12:15pm	Holiday Inn	45 mins	See chart below	
August 15	Group & Freeskate	2:15-3:15pm	RIC - Igloo	15 mins		
	Group & Freeskate	9:00-10:15am	RIC - Garage	15 mins		
WEDNESDAY	Dance	11:45am-12:30pm	Holiday Inn	45 mins	See chart below	
August 14	Freeskate	12:45-1:30pm	RIC - Garage			
THURSDAY	Freeskate	10:30-11:15am	RIC - Igloo		Coo shaw halaw	
August 15	Group & Freeskate	2:15-3:15pm	RIC - Igloo	15 mins	See chart below	
FRIDAY	Freeskate	2:00-3:00pm	RIC - Garage		See chart below	
August 16	*PN Freeskate - separate registration	5:00-6:00pm	RIC - Garage		\$7	
MOI	NDAYS (Weeks 1-7)	Registration Fees	106			
TUE	SDAYS (Weeks 1-7)	\$145 \$154			FULL PACKAGE: \$617	
WEDN	ESDAYS (Weeks 1-7)			FUL		
THUF	SDAYS (Weeks 1-7)	\$	136			
FRI	DAYS (Weeks 1-7)	\$76				
	ہ **Please note: with coach permissi - ۱ - a harne	You will be notified regardi which training pod your skater is ess time to register for on Monda	ge. e changes. o any of the D2 or D3 choreo/ ng: assigned to ys or Wednesdays			
		n HP training group to register fo IMULATION DATES: July 23rd and	-			



Connaught skating club Connaught Skating Club Summer 2024 Competitive Program Schedule & Pricing

*** DIAMOND TRAINING POD 2 ***

All sessions held at the Richmond Olympic Oval, Richmond Ice Centre and Minoru Arenas

July 1st to August 16th, 2024

vers 11/06/24

		D2 Week 1 - July 1st to	July Jul	Instruction	
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 1	Freeskate	12:15-1:00pm	Oval - South Rink		See chart below
TUESDAY	Freeskate	11:15am-12:15pm	RIC - Igloo		See chart below
July 2	Ballet/Stretch	12:30-1:15pm	Holiday Inn	45 mins	See chart below
WEDNESDAY	Group & Freeskate	12:00-1:00pm	RIC - Igloo	15 mins	
July 3	Freeskate	2:00-2:45pm	RIC - Igloo		See chart below
,.	Dance	3:00-3:45pm	Holiday Inn	45 mins	
THURSDAY	Freeskate	11:15am-12:15pm	RIC - Igloo		See chart below
July 4	Fitness/Pilates	12:30-1:15pm	Holiday Inn	45 mins	
	*PN Freeskate - separate registration	12:15-1:00pm	Oval - South Rink		\$5
	Oval HP	2:45-3:30pm		45 mins	Registration link will come di
July 5	Freeskate	4:00-4:45pm	Oval - South Rink		from Chris Spencer See chart below
		D2 Week 2 - July 8th to	July 12th		
	Session	Time	Location	Instruction Included in fee	Fee
	Choreo/Spin	8:00-9:00am	Oval - North Rink		
MONDAY	Group & Freeskate	12:00-1:00pm	Minoru - Silver Rink	15 mins	See chart below
July 8	Freeskate	2:00-2:45pm	Minoru - Silver Rink		
	Dryland	3:00-3:45pm	Minoru - Mezzanine	45 mins	
TUESDAY	Freeskate	11:15am-12:15pm	Minoru - Silver Rink		See chart below
July 9	Ballet/Stretch	12:30-1:15pm	Minoru - Mezzanine	45 mins	
WEDNESDAY	Group & Freeskate	12:00-1:00pm	Minoru - Silver Rink	15 mins	
July 10	Freeskate Dance	2:00-2:45pm 3:00-3:45pm	Minoru - Silver Rink Minoru - Mezzanine	45 mins	See chart below
THIDEDAY		11:15am-12:15pm		45 mins	
THURSDAY July 11	Freeskate Fitness/Pilates	12:30-1:15pm	Minoru - Silver Rink Minoru - Mezzanine	45 mins	See chart below
	*PN Freeskate - separate registration	12:15-1:00pm	Oval - South Rink	45 111115	\$5
FRIDAY	Oval HP	2:30-3:30pm		60 mins	Registration link will come di
July 12				00 111113	from Chris Spencer
	Freeskate	4:00-4:45pm	Oval - South Rink		See chart below
		No. Wook 2 July 15th to			
	L	D2 Week 3 - July 15th to		Instruction	
	Session	Time	Location	Included in fee	Fee
	Choreo/Spin	8:00-8:45am	Minoru - Silver Rink		See chart below
MONDAY	Group & Freeskate	12:00-1:00pm	Minoru - Silver Rink	15 mins	
July 15					
	Freeskate	2:00-2:45pm	Minoru - Silver Rink		See chart Selow
	Dryland	2:00-2:45pm 3:00-3:45pm	Minoru - Silver Rink Minoru - Mezzanine	45 mins	
TUESDAY				45 mins	
	Dryland	3:00-3:45pm	Minoru - Mezzanine	45 mins 45 mins 45 mins	See chart below
TUESDAY July 16	Dryland Freeskate	3:00-3:45pm 11:15am-12:15pm	Minoru - Mezzanine Minoru - Silver Rink		
TUESDAY July 16 WEDNESDAY	Dryland Freeskate Ballet/Stretch	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine	45 mins	
TUESDAY July 16	Dryland Freeskate Ballet/Stretch Group & Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink	45 mins	See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink	45 mins 15 mins	See chart below See chart below
TUESDAY July 16 WEDNESDAY July 17	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskateFreeskateFreeskateFreeskateFreeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine	45 mins 15 mins	See chart below See chart below See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink	45 mins 15 mins 45 mins	See chart below See chart below See chart below \$5
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskateFreeskateFreeskateFreeskateFreeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine	45 mins 15 mins 45 mins	See chart below See chart below See chart below \$5
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine	45 mins 15 mins 45 mins 45 mins 45 mins	See chart below See chart below See chart below See chart below \$5 Registration link will come di
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY	Dryland Freeskate Ballet/Stretch Group & Freeskate Group & Freeskate Dance Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate - separate registration Oval HP Freeskate Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink	45 mins 15 mins 45 mins 45 mins 45 mins	See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Freeskate Fitness/Pilates *PN Freeskate - separate registration Oval HP Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink	45 mins 15 mins 45 mins 45 mins 45 mins	See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Freeskate Obance Freeskate Freeskate Freeskate Freeskate Session	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm 2:45-3:30pm 2:45-3:30pm 3:00-4:45pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink	45 mins 15 mins 45 mins 45 mins 45 mins	See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate - separate registration Oval HP Freeskate Freeskate Freeskate Freeskate Choreo/Spin	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:30-1:15pm 2:45-3:30pm 2:45-3:30pm 4:00-4:45pm D2 Week 4 - July 22nd to Time 8:00-9:00am	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1011111213141515161718191910101010101010101010111213141415151617171819 <tr< td=""><td>See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer See chart below</td></tr<>	See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDancePanceFreeskateFreeskateFreeskateFreeskateSessionGroup & FreeskateChoreo/SpinGroup & Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm D2 Week 4 - July 22nd to Time 8:00-9:00am 12:00-1:00pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink	45 mins 15 mins 45 mins 45 mins 45 mins 45 mins	See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Freeskate Freeskate Freeskate Voval HP Freeskate Freeskate Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm D2 Week 4 - July 22nd to Time 8:00-9:00am 12:00-1:00pm 2:00-2:45pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins10111111115 mins	See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer See chart below Fee
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Freeskate Freeskate *PN Freeskate - separate registration Oval HP Freeskate Freeskate Choreo/Spin Group & Freeskate Freeskate Freeskate Dryland	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:30-1:15pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm 2:45-3:30pm 4:00-4:45pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Dval - South Rink Location Oval - North Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1011111213141515161718191910101010101010101010111213141415151617171819 <tr< td=""><td>See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer See chart below Fee</td></tr<>	See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer See chart below Fee
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22 TUESDAY	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Freeskate Freeskate Freeskate Voval HP Freeskate Freeskate Choreo/Spin Group & Freeskate Freeskate Dryland Freeskate Dryland Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm 2:45-3:30pm 12:15-1:00pm 2:45-3:30pm 12:00-1:00pm 12:00-1:00pm 12:00-1:00pm 3:00-3:45pm 3:00-3:45pm 11:15am-12:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins11111112131415 mins1445 mins	See chart below See chart below See chart below See chart below \$5 Registration link will come di from Chris Spencer See chart below Fee
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceDanceFreeskateFreeskateFreeskateSeparate registrationOval HPFreeskateFreeskateChoreo/SpinGroup & FreeskateFreeskateFreeskateDrylandFreeskateFreeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm D2 Week 4 - July 22nd te Time 8:00-9:00am 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 11:15am-12:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins1112131415 mins15 mins1445 mins	See chart below Fee See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22 TUESDAY	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceDanceFitness/Pilates*PN Freeskate - separate registrationOval HPOval HPFreeskateChoreo/SpinGroup & FreeskateFreeskatePreeskateBallet/StretchGroup & FreeskateFreeskateGroup & FreeskateFreeskateGroup & FreeskateFreeskateOrylandGroup & FreeskateOrylandFreeskateGroup & FreeskateOrylandFreeskateOrylandFreeskateBallet/StretchGroup & Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm 2:45-3:30pm 12:15-1:00pm 2:00-2:45pm 3:00-9:00am 12:00-1:00pm 11:15am-12:15pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins11111112131415 mins1445 mins	See chart below Fee See chart below See chart below See chart below See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 17 FRIDAY July 18 FRIDAY July 19 MONDAY July 22 TUESDAY July 23	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Fitness/Pilates *PN Freeskate - separate registration Oval HP Oval HP Freeskate Freeskate Choreo/Spin Group & Freeskate Freeskate Dryland Freeskate Dryland Freeskate Group & Freeskate Freeskate Group & Freeskate Freeskate Freeskate Group & Freeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm D2 Week 4 - July 22nd to Time 8:00-9:00am 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins1112131415 mins15 mins	See chart below Fee See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22 TUESDAY July 23 WEDNESDAY July 24	Dryland Freeskate Ballet/Stretch Group & Freeskate Freeskate Dance Freeskate Freeskate Fritness/Pilates *PN Freeskate - separate registration Oval HP Voval HP Freeskate Freeskate Choreo/Spin Group & Freeskate Freeskate Freeskate Dryland Freeskate Group & Freeskate Freeskate Group & Freeskate Freeskate Freeskate Group & Freeskate Freeskate Group & Freeskate Freeskate Freeskate Group & Freeskate Freeskate Freeskate Dryland Freeskate Freeskate Ballet/Stretch Group & Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate Freeskate Dryland Freeskate Freeskate Dryland Freeskate Freeskate Dance	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm 2:45-3:30pm 12:00-4:45pm 2:45-3:30pm 12:00-4:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 3:00-3:45pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins1112131415 mins15 mins1445 mins	See chart below Fee See chart below See chart below See chart below See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22 TUESDAY July 23 WEDNESDAY July 24 THURSDAY	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskateDanceFreeskateFreeskateSessionChoreo/SpinGroup & FreeskateFreeskateFreeskateSessionFreeskateGroup & FreeskateFreeskateGroup & FreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateDrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:30-1:15pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm 2:45-3:30pm 12:00-4:45pm 3:00-9:00am 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins111245 mins131415 mins15 mins15 mins15 mins15 mins45 mins	See chart below Fee See chart below See chart below See chart below See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22 TUESDAY July 23 WEDNESDAY July 24	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskateFreeskateFreeskateFreeskateSessionChoreo/SpinGroup & FreeskateFreeskateFreeskateBallet/StretchGroup & FreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateDrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm D2 Week 4 - July 22nd to Time 8:00-9:00am 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 12:30-1:15pm 12:30-1:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins1112131415 mins15 mins	See chart below Fee See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22 TUESDAY July 23 WEDNESDAY July 24 THURSDAY July 25	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskateDanceFreeskateFreeskateSessionChoreo/SpinGroup & FreeskateFreeskateFreeskateSessionFreeskateGroup & FreeskateFreeskateGroup & FreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateDrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:30-1:15pm 2:45-3:30pm 4:00-4:45pm 2:45-3:30pm 2:45-3:30pm 12:00-4:45pm 3:00-9:00am 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins111245 mins131415 mins15 mins15 mins15 mins15 mins45 mins	See chart below
TUESDAY July 16 WEDNESDAY July 17 THURSDAY July 18 FRIDAY July 19 MONDAY July 22 TUESDAY July 23 WEDNESDAY July 24 THURSDAY	DrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskateFreeskateFreeskateFreeskateSessionChoreo/SpinGroup & FreeskateFreeskateFreeskateBallet/StretchGroup & FreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateFreeskateDrylandFreeskateBallet/StretchGroup & FreeskateFreeskateDanceFreeskate	3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:30-1:15pm 12:15-1:00pm 2:45-3:30pm 4:00-4:45pm D2 Week 4 - July 22nd to Time 8:00-9:00am 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 11:15am-12:15pm 12:30-1:15pm 12:00-1:00pm 2:00-2:45pm 3:00-3:45pm 12:30-1:15pm 12:30-1:15pm	Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Mezzanine Oval - South Rink Oval - South Rink Oval - South Rink Location Oval - North Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Silver Rink Minoru - Mezzanine Minoru - Silver Rink Minoru - Silver Rink	45 mins15 mins45 mins45 mins45 mins45 mins45 mins1045 mins111245 mins131415 mins15 mins15 mins15 mins15 mins45 mins	See chart below Fee See chart below

	D2	2 Week 5 - July 29th to /	August 2nd		
	Session	Time	Location	Instruction Included in fee	Fee
	Choreo/Spin	8:00-9:00am	Minoru - Silver Rink	Included in fee	
MONDAY	Freeskate	10:45-11:45am	Minoru - Silver Rink		See chart below
July 29	Dryland	12:15-1:00pm	Minoru - Mezzanine	45 mins	
TUESDAY	Freeskate	10:45-11:45am	Minoru - Silver Rink		See chart below
July 30	Ballet	12:15-1:15pm	Minoru - Mezzanine	60 mins	See chart below
WEDNESDAY	Group & Freeskate	12:00-1:00pm	Minoru - Silver Rink	15 mins	
July 31	Freeskate	2:00-2:45pm	Minoru - Silver Rink	45	See chart below
THURSDAY	Dance Freeskate	3:00-3:45pm 11:15am-12:15pm	Minoru - Mezzanine Minoru - Silver Rink	45 mins	
August 1	Fitness/Pilates	12:30-1:15pm	Minoru - Mezzanine	45 mins	See chart below
	*PN Freeskate - separate registration	12:15-1:00pm	Oval - South Rink		\$5
FRIDAY	Oval HP	2:30-3:30pm		60 mins	Registration link will come dire
August 2				00 111113	from Chris Spencer
	Freeskate	4:00-4:45pm	Oval - South Rink		See chart below
			OPEN Ice		
	Cassian	Time		Instruction	Гор.
	Session	Time	Location	Included in fee	Fee
TUESDAY July 30	D2/D3 Open	6:15-7:00pm	Minoru - Silver Rink		\$5
	•			-	
	D2	Week 6 - August 5th to	August 9th	Instruction	
	Session	Time	Location	Instruction Included in fee	Fee
TUESDAY	Freeskate	11:15am-12:15pm	RIC - Igloo		
August 6	Ballet	12:30-1:15pm	Holiday Inn	45 mins	See chart below
WEDNESDAY	Group & Freeskate	12:00-1:00pm	RIC - Igloo	15 mins	
August 7	Freeskate	2:00-2:45pm	RIC - Igloo		See chart below
-	Dance	3:00-3:30pm	Holiday Inn	30 mins	
THURSDAY	Freeskate	11:15am-12:15pm	RIC - Igloo		See chart below
August 8	Fitness/Pilates	12:30-1:15pm	Holiday Inn	45 mins	
FRIDAY	*PN Freeskate - separate registration	2:00-3:00pm	RIC - Garage		\$7
August 9	Freeskate	5:00-6:00pm	RIC - Garage		See chart below
	D2 V	Week 7 - August 12th to	August 16th		
	Session	Time	Location	Instruction	Fee
				Included in fee	
MONDAY	Group & Freeskate Freeskate	11:45am-12:45pm 1:45-2:30pm	RIC - Igloo	15 mins	See chart below
August 12	Dryland	2:45-3:30pm	RIC - Igloo Holiday Inn	45 mins	See chart below
TUESDAY	Freeskate	11:15am-12:15pm	RIC - Igloo	45 111115	
August 13	Ballet	12:30-1:15pm	Holiday Inn	45 mins	See chart below
	Group & Freeskate	11:45am-12:45pm	RIC - Igloo	15 mins	
WEDNESDAY	Freeskate	1:45-2:30pm	RIC - Igloo		See chart below
August 14	Dryland	2:45-3:30pm	Holiday Inn	45 mins	
THURSDAY	Freeskate	11:15am-12:15pm	RIC - Igloo		See chart below
August 15			-		
FRIDAY	*PN Freeskate - separate registration	2:00-3:00pm	RIC - Garage		\$7
August 16	Freeskate	5:00-6:00pm	RIC - Garage		See chart below
		Registration Fees			
MOND	AYS (Weeks 1-7)		\$120		
TUESD	AYS (Weeks 1-7)		\$93		
	DAYS (Weeks 1-7)		\$142		FULL PACKAGE: \$480
	DAYS (Weeks 1-7)		\$85		
	YS (Weeks 1-7)		\$40		
		Schedule is subject to ch	-	24)	
	Please note: with coach permissi	You will be notified regar which training pod your skater	to any of the D1 or D3 choreo/sp ding: is assigned to	in sessions	
	- 2	- a harness time to regist n HP training group to register			

Connaught Skating Club Summer 2024

Competitive Program Schedule & Pricing *** DIAMOND TRAINING POD 3 ***



July 1st to August 16th, 2024

		D3 Week 1 - July 1st to	July 5th		
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 1	Freeskate	9:00-9:45am	Oval - South Rink		See chart below
TUESDAY	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	
July 2	Freeskate	1:30-2:30pm	Oval - South Rink		See chart below
July 2	Ballet	2:45-3:30pm	Oval - Studio 2026	45 mins	
WEDNESDAY	Freeskate	11:30am-12:15pm	Oval - South Rink		
July 3	Freeskate	1:30-2:15pm	Oval - South Rink		See chart below
July D	Dryland	2:45-3:30pm	Oval - Studio 2010	45 mins	
THURSDAY	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	
July 4	Freeskate	1:30-2:30pm	Oval - South Rink		See chart below
	Stretch	2:45-3:30pm	Oval - Studio 2026	45 mins	
	Choreo/Spin	8:00-8:45am	RIC - Igloo		
FRIDAY	Freeskate	11:30am-12:15pm	Oval - South Rink		See chart below
July 5	Freeskate	2:00-3:00pm	Oval - South Rink		
	Oval HP	1:00-1:45pm		45 mins	Registration link will come dir from Chris Spencer
		D2 Wook 2 July 9th to			
		D3 Week 2 - July 8th to C		Instruction	
	Session	Time	Location	Included in fee	Fee
MONDAY	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
July 8	Pilates	10:45-11:30am	Oval - Studio 1046	45 mins	
	Group & Freeskate	12:45-1:45pm	Oval - South Rink	15 mins	
	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
TUESDAY	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	
July 9	Theory	12:45-1:15pm	Oval - Rinkside	30 mins	
	Ballet	1:45-2:30pm	Oval - Studio 2026	45 mins	
WEDNESDAY	Freeskate	9:00-10:00am	Oval - North Rink		
July 10	Dryland	10:45-11:30am	Oval - Studio 1046	45 mins	See chart below
	Group & Freeskate	12:45-1:45pm	Oval - South Rink	15 mins	
	Freeskate	9:00-10:00am	Oval - North Rink		
THURSDAY	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	See chart below
July 11	Theory	12:45-1:15pm	Oval - Rinkside	30 mins	
	Stretch	1:45-2:30pm	Oval - Studio 2026	45 mins	
	Choreo/Spin	8:30-9:30am	Oval - North Rink		
	Freeskate	11:30am-12:15pm	Oval - South Rink		See chart below
FRIDAY		2 00 2 00			
FRIDAY July 12	Freeskate	2:00-3:00pm	Oval - South Rink		Degistration link will some dir
		2:00-3:00pm 12:30-1:30pm	Oval - South Rink	60 mins	Registration link will come dire from Chris Spencer
	Freeskate	12:30-1:30pm		60 mins	-
	Freeskate			Instruction	-
	Freeskate Oval HP Session	12:30-1:30pm D3 Week 3 - July 15th to Time	July 19th Location		from Chris Spencer
	Freeskate Oval HP Session Freeskate	12:30-1:30pm D3 Week 3 - July 15th to Time 11:30am-12:30pm	July 19th Location Oval - South Rink	Instruction Included in fee	Fee
July 12	Freeskate Oval HP Session	12:30-1:30pm D3 Week 3 - July 15th to Time	July 19th Location	Instruction	from Chris Spencer



TUESDAY	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins		
July 16	Freeskate	1:30-2:30pm	Oval - South Rink		See chart below	
July 10	Ballet	2:45-3:30pm	Oval - Studio 2026	45 mins	1	
WEDNESDAY July 17	Freeskate	11:30am-12:30pm	Oval - South Rink			
	Dryland	12:45-1:30pm	Oval - Studio 2010	45 mins	See chart below	
Suly 17	Freeskate	2:15-3:00pm	Oval - South Rink		1	
THURSDAY	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins		
July 18	Freeskate	1:30-2:30pm	Oval - South Rink		See chart below	
July 10	Stretch	2:45-3:30pm	Oval - Studio 2026	45 mins		
	Choreo/Spin	8:00-8:45am	Minoru - Silver Rink			
FRIDAY	Freeskate	11:30am-12:15pm	Oval - South Rink		See chart below	
July 19	Freeskate	2:00-3:00pm	Oval - South Rink			
July 15	Oval HP	1:00-1:45pm		45 mins	Registration link will come directl from Chris Spencer	

		D3 Week 4 - July 22nd to	July 26th		
	Session	Time	Location	Instruction Included in fee	Fee
	Freeskate	9:00-10:00am	Oval - North Rink		
MONDAY July 22	Pilates	10:45-11:30am	Oval - Turf	45 mins	See chart below
	Group & Freeskate	12:45-1:45pm	Oval - South Rink	15 mins	
	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	
TUESDAY	Theory	12:45-1:15pm	Oval - Rinkside	30 mins	See chart below
July 23	Ballet	1:45-2:30pm	Oval - Studio 2026	45 mins	
WEDNESDAY	Dryland	10:45-11:30am	Oval - Turf	45 mins	
July 24	Group & Freeskate	12:45-1:45pm	Oval - South Rink	15 mins	See chart below
	Freeskate	9:00-10:00am	Oval - North Rink		
THURSDAY	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	
July 25	Theory	12:45-1:15pm	Oval - Rinkside	30 mins	See chart below
-	Stretch	1:45-2:30pm	Oval - Studio 2026	45 mins	
	Choreo/Spin	8:30-9:30am	Oval - North Rink		
	Freeskate	11:30am-12:15pm	Oval - South Rink		See chart below
FRIDAY	Freeskate	2:00-3:00pm	Oval - South Rink		
July 26	Oval HP	12:30-1:30pm		60 mins	Registration link will come dire from Chris Spencer
		D3 Week 5 - July 29th to A	ugust 2nd		
	Session	Time	Location	Instruction	Fee
				Included in fee	
MONDAY	Pilates	12:45-1:30pm	Oval - Studio 1046	45 mins	Coo short holow
July 29	Group & Freeskate	1:45-3:00pm	Oval - South Rink	15 mins	See chart below
	Freeskate	4:00-5:00pm	Minoru - Silver Rink		
	Theory	12:30-1:00pm	Oval - Rinkside	30 mins	See chart below
TUESDAY	Freeskate	1:15-2:00pm	Oval - South Rink		
July 30	Ballet	2:45-3:30pm	Oval - Studio 2026	45 mins	
	Freeskate	4:00-5:00pm	Minoru - Silver Rink		
WEDNESDAY	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
July 31	Dryland	10:45-11:30am	Oval - TBD	45 mins	
	Group & Freeskate	12:45-1:45pm	Oval - South Rink		
THURSDAY	Freeskate	9:00-10:00am	Oval - North Rink		
August 1	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	See chart below
C	Stretch	12:45-1:30pm	Oval - Studio 2026	45 mins	
	Choreo/Spin	8:30-9:30am	Oval - North Rink		
FRIDAY	Freeskate	11:30am-12:15pm	Oval - South Rink		See chart below
August 2	Freeskate	2:00-3:00pm	Oval - South Rink		Pogistration link will some div
	Oval HP	12:30-1:30pm		60 mins	Registration link will come dire from Chris Spencer
			OPEN Ice		
	Session	Time	Location	Instruction Included in fee	Fee
TUESDAY July 30	D2/D3 Open	6:15-7:00pm	Minoru - Silver Rink		\$5
		D3 Week 6 - August 5th to	August 9th		
	Session	Time	Location	Instruction Included in fee	Fee
	Group & Freeskate	1:15-2:15pm	RIC - Garage	15 mins	
TUESDAY	•	3:00-3:45pm	RIC Boardroom	45 mins	See chart below
	Ballet/Stretch				See chart below
August 6	Ballet/Stretch Freeskate			45 111113	See that below
	Freeskate Freeskate	4:45-5:30pm 1:30-2:30pm	RIC - Garage		

August 7	Dance	3:30-4:15pm	Holiday Inn	45 mins	See chart below
	Freeskate	5:00-5:45pm	RIC - Garage		
THURSDAY	Group & Freeskate	1:15-2:15pm	RIC - Garage	15 mins	
August 8	Fitness/Pilates	3:00-3:45pm	RIC Boardroom	45 mins	See chart below
, inguit o	Freeskate	4:45-5:30pm	RIC - Garage		
FRIDAY	Choreo/Spin	8:00-8:45pm	RIC - Igloo		
August 9	Freeskate	9:45-10:45am	RIC - Garage		See chart below
	Freeskate	1:15-2:00pm	RIC - Garage		

	D	3 Week 7 - August 12th to	August 16th			
	Session	Time	Location	Instruction Included in fee	Fee	
MONDAY	Freeskate	1:30-2:30pm	RIC - Garage			
August 12	Dance	3:30-4:15pm	Holiday Inn	45 mins	See chart below	
August 12	Freeskate	5:00-5:45pm	RIC - Garage			
TUESDAY	Group & Freeskate	1:15-2:15pm	RIC - Garage	15 mins		
August 13	Ballet/Stretch	3:00-3:45pm	RIC Boardroom	45 mins	See chart below	
August 19	Freeskate	4:45-5:30pm	RIC - Garage			
	Freeskate	1:30-2:30pm	RIC - Garage			
WEDNESDAY August 14	Dance	3:30-4:15pm	Holiday Inn	45 mins	See chart below	
August 14	Freeskate	5:00-5:45pm	RIC - Garage			
THURSDAY	Group & Freeskate	1:15-2:15pm	RIC - Garage	15 mins	See chart below	
August 15	Freeskate	4:45-5:30pm	RIC - Garage		See chart below	
FRIDAY	Choreo/Spin	8:00-8:45pm	RIC - Igloo			
August 16	Freeskate	9:45-10:45am	RIC - Garage		See chart below	
August 10	Freeskate	1:15-2:00pm	RIC - Garage			
	DAYS (Weeks 1-7) DAYS (Weeks 1-7)		\$110 \$152			
	SDAYS (Weeks 1-7)		\$130	FUL	L PACKAGE: \$675	
	DAYS (Weeks 1-7)		\$153			
FRID	AYS (Weeks 1-7)	\$130			-	
		Notes: a fee is payable once per skater pe Schedule is subject to cha Always check website for schedu ission you may purchase a buy-on You will be notified regar - which training pod your skater i - a harness time to register for on	inge. Ile changes. to any of the D1 or D2 choreo/s ding: s assigned to Wednesdays			
		- an HP training group to register	or on Fridays			





TUESDAY

Connaught Skating Club Summer 2024 Competitive Program Schedule & Pricing *** TOP FLIGHT POD 1 ***

All sessions held at the Richmond Olympic Oval, Richmond Ice Centre and Minoru Arenas

July 1st to August 16th, 2024

vers 12/06/24

		TF1 Week 1 - July 1st to	July 5th		
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 1	Freeskate	10:00-11:00am	Oval - South Rink		See chart below
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
TUESDAY	Freeskate	10:45-11:45am	Oval - North Rink		See chart below
July 2	Freeskate	12:45-1:30pm	Oval - South Rink		See that below
	Ballet	1:45-2:45pm	Oval - Studio 2026	60 mins	
WEDNESDAY	Freeskate	10:45-11:45am	Oval - North Rink		
July 3	Power Yoga	1:15-2:00pm	Oval - Studio 2010	45 mins	See chart below
July J	Freeskate	2:15-3:00pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
THURSDAY	Freeskate	10:45-11:45am	Oval - North Rink		See chart below
July 4	Freeskate	12:45-1:30pm	Oval - South Rink		See chart below
	Stretch	1:45-2:45pm	Oval - Studio 2026	60 mins	
	Group & Freeskate	10:45-11:45am	Oval - North Rink	15 mins	Coo shout halaw
FRIDAY	Freeskate	1:15-2:00pm	Oval - South Rink		See chart below
July 5	Oval HP	12:00-1:00pm		60 mins	Registration link will come directly from Chris Spencer
		TF1 Week 2 - July 8th to	July 12th		
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY	Group & Freeskate	10:15-11:30am	Oval - North Rink	15 mins	
July 8	Pilates	11:45am-12:30pm	Oval - Studio 1046	45 mins	See chart below
July o	Freeskate	1:45-2:45pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		
TUESDAY	Freeskate	10:15-11:15am	Oval - North Rink		See chart below
July 9	Freeskate & Spin	12:45-2:00pm	Oval - South Rink	15 mins	See chart below
	Ballet	2:30-3:30pm	Oval - Studio 2026	60 mins	
	Group & Freeskate	10:15-11:30am	Oval - North Rink	15 mins	
WEDNESDAY July 10	Power Yoga	12:00-12:45pm	Oval - Studio 1046	45 mins	See chart below
July 10	Freeskate	1:45-2:45pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		
THURSDAY	Freeskate	10:15-11:15am	Oval - North Rink		See chart below
July 11	Freeskate & Spin	12:45-2:00pm	Oval - Rinkside	15 mins	See chart below
	Stretch	2:30-3:30pm	Oval - Studio 2026	60 mins	
	Group & Freeskate	9:45-11:00am	Oval - North Rink	15 mins	Coo short helew
FRIDAY	Freeskate	1:15-2:00pm	Oval - South Rink		See chart below
July 12	Oval HP	11:30am-12:30pm		60 mins	Registration link will come directly from Chris Spencer
		TE1 Week 2 _ luby 15th to	luby 10th		
		TF1 Week 3 - July 15th to		Instruction	
	Session	Time	Location	Included in fee	Fee
MONDAY	Freeskate & Group	10:45am-12:00pm	Oval - North Rink	15 mins	
July 15	Freeskate	1:30-2:15pm	Oval - South Rink		See chart below
	Pilates	2:30-3:15pm	Oval - Studio 1046	45 mins	
		0.00.0.45			

TUESDAY	Freeskate	10:45-11:45am	Oval - North Rink		See chart below
July 16	Freeskate	12:45-1:30pm	Oval - South Rink		
	Ballet	1:45-2:45pm	Oval - Studio 2026	60 mins	7
WEDNESDAY	Freeskate & Group	10:45am-12:00pm	Oval - North Rink	15 mins	
July 17	Freeskate	1:30-2:15pm	Oval - South Rink		See chart below
July 17	Power Yoga	2:30-3:15pm	Oval - Studio 2010	45 mins	
	TF12 Choreo/Spin	8:00-8:45am	Minoru - Silver Rink		
THURSDAY	Freeskate	10:45-11:45am	Oval - North Rink		See chart below
July 18	Freeskate	12:45-1:30pm	Oval - South Rink		
	Stretch	1:45-2:45pm	Oval - Studio 2026	60 mins	
	Group & Freeskate	10:45-11:45am	Oval - North Rink	15 mins	See chart below
FRIDAY July 19	Freeskate	1:15-2:00pm	Oval - South Rink		See chart below
	Oval HP	12:00-1:00pm		60 mins	Registration link will come direct from Chris Spencer

Minoru - Silver Rink

Oval - North Rink

8:00-8:45am

10:45-11:45am

TF12 Choreo/Spin

Freeskate

Í		TF1 Week 4 - July 22nd to	-	Instruction	
	Session	Time	Location	Included in fee	Fee
	Group & Freeskate	10:15-11:30am	Oval - North Rink	15 mins	
MONDAY July 22	Pilates	12:00-12:45pm	Oval - Studio 1046	45 mins	See chart below
	Freeskate	1:45-2:45pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		
TUESDAY	Freeskate	10:15-11:15am	Oval - North Rink		See chart below
July 23	Freeskate & Spin	12:45-2:00pm	Oval - South Rink	15 mins	See chart below
	Ballet	2:30-3:30pm	Oval - Studio 2026	60 mins	
WEDNESDAY	Power yoga	12:00-12:45pm	Oval - Studio 2010	45 mins	See chart below
July 24	Freeskate	1:45-2:45pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		
THURSDAY	Freeskate	10:15-11:15am	Oval - North Rink		See chart below
July 25	Freeskate & Spin	12:45-2:00pm	Oval - South Rink	15 mins	
	Stretch	2:30-3:30pm	Oval - Studio 2026	60 mins	
	Group & Freeskate	9:45-11:00am	Oval - North Rink	15 mins	See chart below
FRIDAY July 26	Freeskate	1:15-2:00pm	Oval - South Rink		
July 20	Oval HP	11:30am-12:30pm		60 mins	Registration link will com from Chris Spenc
		TF1 Week 5 - July 29th to /	August 2nd	Instruction	
	Session	Time	Location	Included in fee	Fee
	Freeskate	11:30am-12:30pm	Oval - South Rink		
MONDAY July 29	Pilates	1:30-2:15pm	Oval - Studio 1046	45 mins	See chart below
	Freeskate	3:15-4:00pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Minoru - Silver Rink		
TUESDAY	Freeskate	11:30am-12:15pm	Oval - South Rink		See chart below
July 30	Ballet	12:45-1:30pm	Oval - Studio 2026	45 mins	See chart below
	Freeskate	2:00-2:45pm	Oval - South Rink		
WEDNESDAY	Group & Freeskate	10:15-11:30am	Oval - North Rink	15 mins	
July 31	Power Yoga	12:00-12:45pm	Oval - Turf	45 mins	See chart below
	Freeskate	1:45-2:45pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		
THURSDAY	Freeskate	10:15-11:15am	Oval - North Rink		See chart below
August 1	Freeskate & Spin	12:45-2:00pm	Oval - South Rink	15 mins	
	Stretch	2:10-2:45pm	Oval - Studio 2026	35 mins	
	Group & Freeskate	9:45-11:00am	Oval - North Rink	15 mins	See chart below
FRIDAY	Freeskate	1:15-2:00pm	Oval - South Rink		
August 2	Oval HP	11:30am-12:30pm		60 mins	Registration link will com from Chris Spence
			OPEN Ice		
Γ	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 29	TF12 Open	6:15-7:15pm	Minoru - Silver Rink		\$7
		F1 Week 6 - August 5th to		Instruction	
	Session	Time	Location	Included in fee	Fee
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
TUESDAY	Group & Freeskate	10:15-11:30am	RIC - Garage	15 mins	See chart below
August 6	Ballet/Stretch	1:15-2:00pm	Holiday Inn	45 mins	
	Freeskate	2:30-3:30pm	RIC - Garage		
WEDNESDAY	Freeskate	10:30-11:30am	RIC - Garage		
August 7	Dance	1:00-2:00pm	Holiday Inn	60 mins	See chart below
	Freeskate	2:45-3:45pm	RIC - Garage		
THURSDAY	Group & Freeskate	10:15-11:30am	RIC - Garage	15 mins	
August 8	Fitness/Pilates	1:15-2:00pm	Holiday Inn	45 mins	See chart below
-	Freeskate	2:30-3:30pm	RIC - Garage		
FRIDAY	Freeskate	11:00am-12:00pm	RIC - Garage		See chart below
August 9	Freeskate	3:15-4:00pm	RIC - Garage		
	TF	1 Week 7 - August 12th to	August 16th	Instruction	
I. I	Session	Time	Location	Instruction Included in fee	Fee
			RIC - Garage		
MONDAY	Freeskate	10:30-11:30am	_		
MONDAY August 12	Freeskate Dance Freeskate	10:30-11:30am 1:00-2:00pm 2:45-3:45pm	Holiday Inn RIC - Garage	60 mins	See chart below

TEL2 Cheres/Spin 8:00:8458m RE: C Garage 15 mins August 13 Group & Freeskate 10:15:13:00m RE: C Garage 15 mins Freeskate 10:15:13:00m RE: C Garage 15 mins Freeskate 10:03:01:13:00m RE: C Garage 100 August 14 Freeskate 10:03:01:13:00m RE: C Garage 100 August 14 Freeskate 10:03:01:13:00m RE: C Garage 100 THURSDAY August 16 TF12 Choreo/Spin 800:8458m RE: C Garage 15 mins THURSDAY Group & Freeskate 10:01:51:13:00m RE: C Garage 15 mins August 16 Treeskate 10:05:01:300m RE: C Garage 16 FRIDAY Freeskate 10:05:01:00m RE: C Garage 16 TUSDAYS (Weeks 1-7) S107 S107 TUSDAYS (Weeks 1-7) S107 S107 TUSDAYS (Weeks 1-7) S101 S10 FRIDAY S (Weeks 1-7) S101 S101 THURSDAYS (Weeks 1-7) S101 S101 <	Group & Freekate 10:15:13:0am Rt: - Garage 15 mins Ballet/Stretch 1:15:20:0pm Holiday Inn 45 mins Ballet/Stretch 1:13:20:0pm Rt: - Garage							
August 13 Ballet/Stretch 1:15-2:00pm Holiday Inn 45 mins Freeskate 2:30:3:30pm RIC - Garage Ince WEDNESDAY August 14 Freeskate 1:00-2:00pm Holiday Inn 60 mins See chart below THURSDAY August 14 Freeskate 2:45:3:45pm RIC - Garage Ince See chart below THURSDAY August 15 Group & Freeskate 10:15:11:30am RIC - Garage Ince See chart below FRIDAY August 15 Group & Freeskate 10:03:30pm RIC - Garage Ince See chart below FRIDAY August 16 Freeskate 10:03:00pm RIC - Garage See chart below FRIDAY August 16 Freeskate 11:00am-12:00pm RIC - Garage See chart below FRIDAY August 16 Freeskate 11:00am-12:00pm RIC - Garage See chart below FRIDAY August 16 Freeskate 11:00am-12:00pm RIC - Garage See chart below FRIDAY August 16 Freeskate 11:00am-12:00pm RIC - Garage See chart below FRIDAY August 16 Freeskate 11:00am-12:00pm RIC - Garage See chart below FRIDAY (Weeks 1-7) \$107 Stort See chart below FRIDAYS (Weeks 1-7) \$101 Stort See c	August 13Ballet/Stretch1:15:200pmHolday Inn45 minsSee chart belowFreeskate2:30:330pmRIC - GarageWEDNESDAY August 14Freeskate1:00:200pmHolday Inn60 minsSee chart belowFreeskate2:45:3:45pmRIC - GarageTHURSDAY August 15Group & Freeskate10:15:1:30amRIC - GarageTHURSDAY August 15Group & Freeskate10:15:1:30amRIC - GarageFRIDAY August 15Freeskate10:15:1:30amRIC - GarageFRIDAY August 16Freeskate11:00:m:12:00pmRIC - GarageSee chart belowFRIDAY August 16Freeskate11:00:m:12:00pmRIC - GarageSee chart belowFRIDAY FULL PACKAGE 1:7)\$107StaftSee chart belowFRIDAY (Weeks 1-7)\$101StaftSee chart belowCharag		TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo			
August 13 Ballet/Stretch 1.15-2.00pm Holiday inn 4 5 mins Preceskate 2.30-330pm NC - Garage	August 13 Ballet/StretchBallet/Stretch1:15-2:00pmHoliday inn45 minsFreeskate2:30:330pmRIC - GarageWEDNESDAY August 14Freeskate1:00:2:00pmHoliday inn60 minsSee chart belowTHURSDAY August 15TF12 Choreo/Spin8:00:8:45amRIC - Garage15 minsSee chart belowTHURSDAY 				_	15 mins	See chart below	
WEDNESDAY August 14 Freeskate 10:30-11:30am RIC - Garage THURSDAY August 14 Treeskate 1:00-2:00pm Holiday Inn 60 mins See chart below THURSDAY August 15 Treeskate 2:45:3:45pm RIC - Garage Inns See chart below THURSDAY August 15 Treeskate 10:15:11:30am RIC - Garage Inns See chart below FRIDAY August 16 Freeskate 10:00m-12:00pm RIC - Garage See chart below REgistration Fees 3:15:4:00pm RIC - Garage See chart below MONDAYS (Weeks 1-7) \$107 Si07 Si07 TUESDAYS (Weeks 1-7) \$107 Si187 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$187 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$101 Si07 FRIDAYS (Weeks 1-7) \$187 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$187 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$101 Schedule is subject to change. Always check website for schedule changes. Via will be notified regarding: - which training pod your skater is assigned to - a harrees time to register for on Mondays or Wednesdays - an HP training group to register for on Fidays	WEDNESDAY August 14 Freeskate 10:30-11:30am RIC - Garage THURSDAY August 14 Treeskate 1:00-2:00pm Holiday Inn 60 mins See chart below THURSDAY August 15 Treeskate 2:45:3:45pm RIC - Garage Inns See chart below THURSDAY August 15 Treeskate 10:15:11:30am RIC - Garage Inns See chart below FRIDAY August 16 Freeskate 10:00m-12:00pm RIC - Garage See chart below REgistration Fees 3:15:4:00pm RIC - Garage See chart below MONDAYS (Weeks 1-7) \$107 Si07 Si07 TUESDAYS (Weeks 1-7) \$107 Si187 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$187 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$101 Si07 FRIDAYS (Weeks 1-7) \$187 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$187 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$101 Schedule is subject to change. Always check website for schedule changes. Via will be notified regarding: - which training pod your skater is assigned to - a harrees time to register for on Mondays or Wednesdays - an HP training group to register for on Fidays	August 13	Ballet/Stretch	1:15-2:00pm	Holiday Inn	45 mins	See chart below	
WEDNESDAY August 14 Dance 1:00-2:00pm Holiday Im 60 mins See chart below ITHURSDAY August 15 Freeskate 2:45:3:45pm RtC - Garage 1	WEDNESDAY August 14 Dance 1:00-2:00pm Holiday Im 60 mins See chart below ITHURSDAY August 15 Freeskate 2:45:3:45pm RtC - Garage 1		Freeskate	2:30-3:30pm	RIC - Garage			
August 14Lance1.102-200pmHoliday inn60 minsSee chart belowFreesate2.43-3.45pmRIC - GarageHURSDAY August 15TF12 Choreo/Spin8:00-8:45amRIC - IglooGroup & Freeskate10:151:130amRIC - GarageFRIDAY August 16Freeskate10:00-12:00pmRIC - GarageFRIDAY August 16Freeskate11:00am-12:00pmRIC - GarageSee chart belowSee chart belowRigistration FeesSee chart belowRigistration FeesFueskate11:00am-12:00pmRIC - GarageSee chart belowSee chart belowRigistration FeesFueskate11:00am-12:00pmRIC - GarageSee chart belowFreeskate11:00am-12:00pmRIC - GarageSee chart belowSee chart belowRigistration FeesFueskate11:00am-12:00pmRIC - GarageFueskate11:00am-12:00pmRice SarageFueskate11:00am-12:00pmRice SarageFueskateSee chart belowFueskateSee chart belowFueskateSee chart belowFueskateFueskateFueskateFu	August 14Lance1.00-2.000mHolday Inn60 minsSee chart belowPreeskate2.43-3.45pmRIC-Garage		Freeskate	10:30-11:30am	RIC - Garage			
Image: Prestate 2.453.43pm RIC - Garage Image: Prestate THURSDAY August 15 TF12 Chree/Spin 8:00.8:45am RIC - Garage 15 mins See chart below Freeskate 2:30.3:30pm RIC - Garage 15 mins See chart below FRIDAY August 16 Freeskate 11:00am:12:00pm RIC - Garage 26 chart below Registration Fees 3:15:4:00pm RIC - Garage 26 chart below Registration Fees 8:00.8:45 cm See chart below TUESDAYS (Weeks 1-7) \$107 See chart below WEDNESDAYS (Weeks 1-7) \$198 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$101 \$101 FRIDAYS (Weeks 1-7) \$101 \$101 FRIDAYS (Weeks 1-7) \$101 \$101	FreeSkate 2.43-3.43pm RIC - Garage THURSDAY August 15 TF12 Chrees/Spin 8:00-8:45sm RIC - Igloo FreeSkate 1:0:15:11:30am RIC - Garage 15 mins FreeSkate 2:30-3:30pm RIC - Garage 10 FRIDAY August 16 Freeskate 1:00am:12:00pm RIC - Garage 5ee chart below Registration Fees 8:10-00pm RIC - Garage 5ee chart below NONDAYS (Weeks 1-7) \$107 5107 TUESDAYS (Weeks 1-7) \$198 5ee chart below WEDNESDAYS (Weeks 1-7) \$198 FULL PACKAGE: \$738 THURSDAYS (Weeks 1-7) \$101 \$101 FRIDAYS (Weeks 1-7) \$101 \$101 FRIDAYS (Weeks 1-7) \$101 \$101 FRIDAYS (Weeks 1-7) \$101 \$101		Dance	1:00-2:00pm	Holiday Inn	60 mins	See chart below	
HURSDAM August 15 Group & Preeskate 10:15-11:30am RIC - Garage 15 mins See chart below Freeskate 2:30-3:30pm RIC - Garage 5 5 5 6 7 <td>HURSDAM August 15 Group & Preeskate 10:15-11:30am RIC - Garage 15 mins See chart below Freeskate 2:30-3:30pm RIC - Garage 5 5 5 6 7<td>, tuguot 14</td><td>Freeskate</td><td>2:45-3:45pm</td><td>RIC - Garage</td><td></td><td></td></td>	HURSDAM August 15 Group & Preeskate 10:15-11:30am RIC - Garage 15 mins See chart below Freeskate 2:30-3:30pm RIC - Garage 5 5 5 6 7 <td>, tuguot 14</td> <td>Freeskate</td> <td>2:45-3:45pm</td> <td>RIC - Garage</td> <td></td> <td></td>	, tuguot 14	Freeskate	2:45-3:45pm	RIC - Garage			
August 15Group & Preskate Preskate10:11:30am 2:30:3300mRIC - Garage RIC - Garage15 minsSee chart belowRiDAY August 16Preskate11:00am-12:00pmRIC - Garage35 ee chart belowRegistration FeesRegistration Fees5000000000000000000000000000000000000	August 15Group & Preskate Preskate10:11:30am 2:30-3:30pmRIC - Garage RIC - Garage15 minsSee chart belowRiDAY August 16Preskate11:00am-12:00pmRIC - Garage3233	THURSDAY	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo			
Freeskate 2:30-3:30pm RIC - Garage FRIDAY August 16 Freeskate 11:00am:12:00pm RIC - Garage See chart below Registration Fees Registration Fees Freeskate See chart below Registration Fees Full Packade Full Packade See chart below Registration Fees Full Packade Full Packade See chart below Registration Fees Full Packade Full Packade See chart below MONDAYS (Weeks 1-7) \$107 Full Packade See chart below WEDNESDAYS (Weeks 1-7) \$107 \$198 Full Packade Strate Full Packade Strate See chart below Registration Fees Full Packade Strate Strate Strate Full Packade Strate	Freeskate 2:30-3:30pm RIC - Garage FRIDAY August 16 Freeskate 11:00am:12:00pm RIC - Garage See chart below Registration Fees Registration Fees Freeskate See chart below Registration Fees Full Packade Full Packade See chart below Registration Fees Full Packade Full Packade See chart below Registration Fees Full Packade Full Packade See chart below MONDAYS (Weeks 1-7) \$107 Full Packade See chart below WEDNESDAYS (Weeks 1-7) \$107 \$198 Full Packade State Full Packade State Full Packade State Full Packade State S		Group & Freeskate	10:15-11:30am	RIC - Garage	15 mins	See chart below	
August 16 Freeskate 3:15-4:00pm RIC - Garage See Chart below Registration Fees MONDAYS (Weeks 1-7) \$107 TUESDAYS (Weeks 1-7) \$198 WEDNESDAYS (Weeks 1-7) \$145 FRIDAYS (Weeks 1-7) \$187 FRIDAYS (Weeks 1-7) \$101	August 16 Freeskate 3:15-4:00pm RIC - Garage See Chart Below Registration Fees MONDAYS (Weeks 1-7) \$107 TUESDAYS (Weeks 1-7) \$198 WEDNESDAYS (Weeks 1-7) \$145 FRIDAYS (Weeks 1-7) \$187 FRIDAYS (Weeks 1-7) \$101 Notes: The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024) Schedule is subject to change. Always check website for schedule changes. You will be notified regarding: • which training pod your skater is assigned to • which training group to register for on Fridays	, tugust 10	Freeskate		RIC - Garage			
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- an HP training group to register for on Fridays	- an HP training group to register for on Fridays							
			- a har	ness time to register for on Monda	iys or Wednesdays			
SIMULATION DATES: July 23rd and July 24th	SIMULATION DATES: July 23rd and July 24th			- an HP training group to register fo	or on Fridays			
				SIMULATION DATES: July 23rd an	d July 24th			

Connaught skating club Connaught Skating Club Summer 2024 Competitive Program Schedule & Pricing

*** TOP FLIGHT TRAINING POD 2 ***

All sessions held at the Richmond Olympic Oval, Richmond Ice Centre and Minoru Arenas

July 1st to August 16th, 2024

vers 12/06/24

		TF2 Week 1 - July 1st to	July 5th		
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 1	Freeskate	11:00am-12:00pm	Oval - South Rink		See chart below
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
TUESDAY	Freeskate	11:30am-12:30pm	Oval - South Rink		See chart below
July 2	Ballet	12:45-1:45pm	Oval - Studio 2026	60 mins	See chart below
	Freeskate	2:45-3:30pm	Oval - South Rink		
	Freeskate	12:15-1:15pm	Oval - South Rink		
WEDNESDAY July 3	Dryland	2:00-2:45pm	Oval - Studio 2010	45 mins	See chart below
July S	Freeskate	3:15-4:00pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
THURSDAY	Freeskate	11:30am-12:30pm	Oval - South Rink		See short helew
July 4	Stretch	12:45-1:45pm	Oval - Studio 2026	60 mins	See chart below
	Freeskate	2:45-3:30pm	Oval - South Rink		
	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	Cas short balaw
FRIDAY	Freeskate	3:15-4:00pm	Oval - South Rink		See chart below
July 5	Oval HP	2:00-2:45pm		45 mins	Registration link will come di from Chris Spencer
	Session	TF2 Week 2 - July 8th to	July 12th Location	Instruction	Fee
		Time	Location	Instruction Included in fee	Fee
MONDAY	Freeskate	Time 11:45am-12:30pm	Location Oval - North Rink	Included in fee	
MONDAY July 8	Freeskate Pilates	Time 11:45am-12:30pm 1:30-2:15pm	Location Oval - North Rink Oval - Studio 1046		Fee See chart below
	Freeskate Pilates Freeskate	Time 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink	Included in fee	
	Freeskate Pilates Freeskate TF12 Choreo/Spin	Time 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm 8:00-9:00am	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink	Included in fee 45 mins	
	Freeskate Pilates Freeskate TF12 Choreo/Spin Group	Time 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink	Included in fee	See chart below
July 8	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate	Time 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink	Included in fee 45 mins 45 mins 15 mins	
July 8 TUESDAY	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet	Time 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 12:45-1:45pm	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026	Included in fee 45 mins 45 mins 15 mins 60 mins	See chart below
July 8 TUESDAY	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Freeskate & Spin	Time 11:45am-12:30pm 11:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 12:45-1:45pm 2:15-3:30pm	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink	Included in fee 45 mins 45 mins 15 mins	See chart below
July 8 TUESDAY	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Freeskate & Spin Freeskate	Time 11:45am-12:30pm 11:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 12:45-1:45pm 2:15-3:30pm 11:45am-12:30pm	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink Oval - North Rink	Included in fee 45 mins 45 mins 15 mins 60 mins 15 mins	See chart below See chart below
July 8 TUESDAY July 9	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Freeskate & Spin Freeskate Dryland	Time 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 2:15-3:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink Oval - North Rink Oval - Studio 1046	Included in fee 45 mins 45 mins 15 mins 60 mins	See chart below
July 8 TUESDAY July 9 WEDNESDAY	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Ballet Freeskate & Spin Freeskate Dryland Freeskate	Time 11:45am-12:30pm 11:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 12:45-1:45pm 2:15-3:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm 3:00-4:00pm	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink Oval - North Rink Oval - Studio 1046 Oval - South Rink	Included in fee 45 mins 45 mins 15 mins 60 mins 15 mins	See chart below See chart below
July 8 TUESDAY July 9 WEDNESDAY	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Ballet Freeskate & Spin Freeskate Dryland Freeskate TF12 Choreo/Spin	Time 11:45am-12:30pm 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 2:15-3:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm 3:00-4:00pm 8:00-9:00am	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink Oval - South Rink Oval - Studio 1046 Oval - South Rink Oval - South Rink	Included in fee 45 mins 45 mins 15 mins 60 mins 15 mins 45 mins	See chart below
July 8 TUESDAY July 9 WEDNESDAY	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Ballet Freeskate & Spin Freeskate Dryland Freeskate TF12 Choreo/Spin Group	Time 11:45am-12:30pm 11:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 12:45-1:45pm 2:15-3:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45-2:30pm 3:00-4:00pm 8:00-9:00am 11:45-11:30am	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - Studio 2026 Oval - South Rink Oval - Studio 1046 Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink	Included in fee 45 mins 45 mins 15 mins 60 mins 15 mins	See chart below See chart below See chart below
July 8 TUESDAY July 9 WEDNESDAY July 10	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Ballet Freeskate & Spin Freeskate Dryland Freeskate TF12 Choreo/Spin Group Freeskate	Time 11:45am-12:30pm 11:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 2:15-3:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45-11:30am 11:45-2:30pm 11:45-2:30pm 11:45-2:30pm 11:45-2:30pm 11:45-2:30pm 11:45-2:30pm 11:45-2:30pm	Location Oval - North Rink Oval - Studio 1046 Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink Oval - South Rink Oval - South Rink Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink	Included in fee Included in fee 45 mins 15 mins 60 mins 15 mins 45 mins 15 mins	See chart below
July 8 TUESDAY July 9 WEDNESDAY July 10 THURSDAY	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Ballet Freeskate & Spin Freeskate Dryland Freeskate TF12 Choreo/Spin Group Freeskate Stretch	Time 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 2:15-3:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45-2:30pm 11:45-11:30am 11:45-11:30am 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm	Location Oval - North Rink Oval - Studio 1046 Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink Oval - Studio 1046 Oval - South Rink Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - North Rink	Included in fee Included in fee 45 mins 15 mins 60 mins 15 mins 45 mins 15 mins 60 mins 15 mins	See chart below See chart below See chart below
July 8 TUESDAY July 9 WEDNESDAY July 10 THURSDAY	FreeskatePilatesPilatesFreeskateTF12 Choreo/SpinGroupFreeskateBalletBalletFreeskate & SpinFreeskateDrylandFreeskateTF12 Choreo/SpinGroupFreeskateStretchStretchFreeskate & Spin	Time 11:45am-12:30pm 11:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 12:45-1:45pm 2:15-3:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45-2:30pm 2:15-3:30pm	Location Oval - North Rink Oval - Studio 1046 Oval - South Rink Oval - South Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink Oval - Studio 1046 Oval - Studio 1046 Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - North Rink	Included in fee Included in fee 45 mins 15 mins 60 mins 15 mins 45 mins 15 mins	See chart below See chart below See chart below
July 8 TUESDAY July 9 WEDNESDAY July 10 THURSDAY	Freeskate Pilates Freeskate TF12 Choreo/Spin Group Freeskate Ballet Ballet Freeskate & Spin Freeskate Dryland Freeskate TF12 Choreo/Spin Group Freeskate Stretch	Time 11:45am-12:30pm 1:30-2:15pm 3:00-4:00pm 8:00-9:00am 11:15-11:30am 11:45am-12:30pm 2:15-3:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45-2:30pm 11:45-11:30am 11:45-11:30am 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm 11:45am-12:30pm	Location Oval - North Rink Oval - Studio 1046 Oval - Studio 1046 Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - Studio 2026 Oval - South Rink Oval - Studio 1046 Oval - South Rink Oval - South Rink Oval - North Rink Oval - North Rink Oval - North Rink Oval - North Rink	Included in fee Included in fee 45 mins 15 mins 60 mins 15 mins 45 mins 15 mins 60 mins 15 mins	See chart below See chart below See chart below

FRIDAY	Freeskate	3:15-4:00pm	Oval - South Rink		See chart below
July 12	Oval HP	1:30-2:30pm		60 mins	Registration link will come directly from Chris Spencer
	Т	F2 Week 3 - July 15th to	o July 19th		
	Session	Time	Location	Instruction Included in fee	Fee

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY	Pilates	10:45-11:30am	Oval - Turf	45 mins	
July 15	Group & Freeskate	11:45am-1:00pm	Oval - North Rink	15 mins	See chart below
July 15	Freeskate	3:15-4:00pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
TUESDAY	Freeskate	11:30am-12:30pm	Oval - South Rink		See chart below
July 16	Ballet	12:45-1:45pm	Oval - Studio 2026	60 mins	
	Freeskate	2:45-3:30pm	Oval - South Rink		
	Dryland	10:45-11:30am	Oval - Turf	45 mins	
WEDNESDAY July 17	Group & Freeskate	11:45am-1:00pm	Oval - North Rink	15 mins	See chart below
July 17	Freeskate	3:15-4:00pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
THURSDAY	Freeskate	11:30am-12:30pm	Oval - South Rink		See chart below
July 18	Stretch	12:45-1:45pm	Oval - Studio 2026	60 mins	See chart below
	Freeskate	2:45-3:30pm	Oval - South Rink		
	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	See chart below
FRIDAY	Freeskate	3:15-4:00pm	Oval - South Rink		See that below
July 19	Oval HP	2:00-2:45pm		45 mins	Registration link will come directly from Chris Spencer

		TF2 Week 4 - July 22nd to	July 26th		
	Session	Time	Location	Instruction Included in fee	Fee
	Freeskate	11:45am-12:30pm	Oval - North Rink		
MONDAY	Pilates	1:30-2:15pm	Oval - Studio 1046	45 mins	See chart below
July 22	Freeskate	3:00-4:00pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		
	Group	11:15-11:30am	Oval - North Rink	15 mins	See chart below
TUESDAY	Freeskate	11:45am-12:30pm	Oval - North Rink	13 111113	
July 23	Ballet	•	Oval - Studio 2026	60 mins	See chart below
		12:45-1:45pm			
	Freeskate & Spin	2:15-3:30pm	Oval - South Rink	15 mins	
WEDNESDAY	Dryland	1:45-2:30pm	Oval - Studio 2010	45 mins	See chart below
July 24	Freeskate	3:00-4:00pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		
THURSDAY	Group	11:15-11:30am	Oval - North Rink	15 mins	
July 25	Freeskate	11:45am-12:30pm	Oval - North Rink		See chart below
···· , _·	Stretch	12:45-1:45pm	Oval - Studio 2026	60 mins	
	Freeskate & Spin	2:15-3:30pm	Oval - South Rink	15 mins	
	Group & Freeskate	11:15am-12:30pm	Oval - North Rink	15 mins	See chart below
FRIDAY	Freeskate	3:15-4:00pm	Oval - South Rink		
July 26	Oval HP	1:30-2:30pm		60 mins	Registration link will come d from Chris Spencer
		TF2 Week 5 - July 29th to A	August 2nd	· · ·	
	Session	Time	Location	Instruction	Fee
				Included in fee	
MONDAY	Freeskate	12:30-1:30pm	Oval - South Rink		
July 29	Pilates	2:15-3:00pm	Oval - Studio 1046	45 mins	See chart below
•	Freeskate	4:00-4:45pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Minoru - Silver Rink		
TUESDAY	Freeskate	12:15-1:00pm	Oval - South Rink		See chart below
July 30	Ballet	1:30-2:30pm	Oval - Studio 2026	60 mins	See chart below
	Freeskate	2:45-3:00pm	Oval - South Rink		
	Freeskate	11:45am-12:30pm	Oval - North Rink		
WEDNESDAY	Dryland	1:45-2:30pm	Oval - Studio 2010	45 mins	See chart below
July 31	Freeskate	3:00-4:00pm	Oval - South Rink		
	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		
	Group	11:15-11:30am	Oval - North Rink	15 mins	
THURSDAY	Freeskate	11:45am-12:30pm	Oval - North Rink		See chart below
August 1	Stretch	1:30-2:00pm	Oval - Studio 2026	30 mins	
	Freeskate & Spin	2:15-3:30pm	Oval - South Rink	15 mins	
	Group & Freeskate	11:15am-12:30pm	Oval - North Rink	15 mins	
FRIDAY	Freeskate	3:15-4:00pm	Oval - South Rink	12 111112	See chart below
August 2	Oval HP	1:30-2:30pm		60 mins	Registration link will come di
					from Chris Spencer
	Session	Time	OPEN Ice Location	Instruction	Fee
MONDAY				Included in fee	
July 29	TF12 Open	6:15-7:15pm	Minoru - Silver Rink		\$7
	-	F2 Week 6 - August 5th to	August 9th		
	Session	Time	Location	Instruction Included in fee	Fee
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
TUESDAY	Group & Freeskate	11:45am-1:00pm	RIC - Garage	15 mins	
	Ballet/Stretch	2:00-2:45pm	Holiday Inn	45 mins	See chart below
August 6		3:30-4:30pm	RIC - Garage		
August 6	Freeskare	5.50 1 .50pm	RIC - Garage		
August 6	Freeskate	11.20am_12.20nm			See chart below
August 6 WEDNESDAY	Freeskate	11:30am-12:30pm	—	60 mins	
	Freeskate Dance	1:00-2:00pm	Holiday Inn	60 mins	See chart below
WEDNESDAY	Freeskate Dance Freeskate	1:00-2:00pm 3:45-4:45pm	Holiday Inn RIC - Garage		See that below
WEDNESDAY	Freeskate Dance Freeskate Group & Freeskate	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm	Holiday Inn RIC - Garage <mark>RIC - Garage</mark>	15 mins	
WEDNESDAY August 7 THURSDAY	Freeskate Dance Freeskate Group & Freeskate Fitness/Pilates	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm 2:00-2:45pm	Holiday Inn RIC - Garage RIC - Garage Holiday Inn		See chart below
WEDNESDAY August 7 THURSDAY August 8	Freeskate Dance Freeskate Group & Freeskate Fitness/Pilates Freeskate	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm 2:00-2:45pm 3:30-4:30pm	Holiday Inn RIC - Garage RIC - Garage Holiday Inn RIC - Garage	15 mins	
WEDNESDAY August 7 THURSDAY August 8 FRIDAY	Freeskate Dance Freeskate Group & Freeskate Fitness/Pilates Freeskate Freeskate	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm 2:00-2:45pm 3:30-4:30pm 12:00-1:00pm	Holiday Inn RIC - Garage RIC - Garage Holiday Inn RIC - Garage RIC - Garage	15 mins	See chart below
WEDNESDAY August 7 THURSDAY August 8	Freeskate Dance Freeskate Group & Freeskate Fitness/Pilates Freeskate	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm 2:00-2:45pm 3:30-4:30pm	Holiday Inn RIC - Garage RIC - Garage Holiday Inn RIC - Garage	15 mins	
WEDNESDAY August 7 THURSDAY August 8 FRIDAY	Freeskate Dance Freeskate Group & Freeskate Fitness/Pilates Freeskate Freeskate Freeskate	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm 2:00-2:45pm 3:30-4:30pm 12:00-1:00pm	Holiday Inn RIC - Garage RIC - Garage Holiday Inn RIC - Garage RIC - Garage RIC - Garage	15 mins 45 mins	See chart below
WEDNESDAY August 7 THURSDAY August 8 FRIDAY	Freeskate Dance Freeskate Group & Freeskate Fitness/Pilates Freeskate Freeskate Freeskate TF Session	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm 2:00-2:45pm 3:30-4:30pm 12:00-1:00pm 4:00-4:45pm	Holiday Inn RIC - Garage RIC - Garage Holiday Inn RIC - Garage RIC - Garage RIC - Garage August 16th Location	15 mins	See chart below
WEDNESDAY August 7 THURSDAY August 8 FRIDAY August 9	Freeskate Dance Freeskate Group & Freeskate Fitness/Pilates Freeskate Freeskate Treeskate TF Session Freeskate	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm 2:00-2:45pm 3:30-4:30pm 12:00-1:00pm 4:00-4:45pm	Holiday Inn RIC - Garage RIC - Garage Holiday Inn RIC - Garage RIC - Garage RIC - Garage August 16th Location RIC - Garage	Instruction Included in fee	See chart below See chart below Fee
WEDNESDAY August 7 THURSDAY August 8 FRIDAY	Freeskate Dance Freeskate Group & Freeskate Fitness/Pilates Freeskate Freeskate Freeskate TF Session	1:00-2:00pm 3:45-4:45pm 11:45am-1:00pm 2:00-2:45pm 3:30-4:30pm 12:00-1:00pm 4:00-4:45pm	Holiday Inn RIC - Garage RIC - Garage Holiday Inn RIC - Garage RIC - Garage RIC - Garage August 16th Location	15 mins 45 mins	See chart below See chart below

		Notes: a fee is payable once per skater per s Schedule is subject to chan Always check website for schedule You will be notified regardi - which training pod your skater is a arness time to register for on Monday - an HP training group to register fo	e changes. ng: assigned to ys or Wednesdays	24)	
FRIDA	YS (Weeks 1-7)	\$	101		
THURSI	DAYS (Weeks 1-7)	\$	196		
WEDNES	DAYS (Weeks 1-7)	\$	134	FU	ILL PACKAGE: \$750
TUESD	AYS (Weeks 1-7)	\$2	204		
MOND	AYS (Weeks 1-7)		115		
		Registration Fees			
August 16	Freeskate	4:00-4:45pm	RIC - Garage		
FRIDAY	Freeskate	12:00-1:00pm	RIC - Garage		See chart below
August 15	Freeskate	3:30-4:30pm	RIC - Garage		
THURSDAY	Group & Freeskate	11:45am-1:00pm	RIC - Garage	15 mins	See chart below
	Freeskate TF12 Choreo/Spin	3:45-4:45pm 8:00-8:45am	RIC - Garage RIC - Igloo		
August 14	Dance	1:00-2:00pm	Holiday Inn	60 mins	See chart below
WEDNESDAY	Freeskate	11:30am-12:30pm	RIC - Garage		
	Freeskate	3:30-4:30pm	RIC - Garage		
August 13	Ballet/Stretch	2:00-2:45pm	Holiday Inn	45 mins	See chart below
TUESDAY	Group & Freeskate	11:45am-1:00pm	RIC - Garage	15 mins	See chart below

Skating club	Connaught Skating Club Summer 2024 Competitive Program Schedule & Pricing *** PAIRS DEVELOPMENT PROGRAM *** All sessions held at the Richmond Ice Centre, Minoru Arenas & the Richmond Olympic Oval July 2nd to August 16th, 2024 vers 12/06/24						
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 8 - August 12	Competitive Freeskate	7:45-8:45am (Aug 12 - 8:00-8:45am)	Oval - South Rink (Aug 12 - RIC Igloo)	Aug 5	5		\$85
	Dryland/Lift	9:00-9:45am	Oval - Turf (Aug 12 - RIC outside)	Aug 5	5	45 mins	
TUESDAY July 2 - August 13	Competitive Freeskate	7:45-8:45am (Aug 6 & 13 - 9:00-10:00am)	Oval - South Rink (Aug 6 &13 - RIC Garage)		7		\$123
	Dryland/Lift	9:15-10:00am (Aug 6 & 13 - 10:15-11am)	Oval - Turf (Aug 6 & 13 - RIC outside)		7	45 mins	
WEDNESDAY July 3 - August 14	Competitive Freeskate	7:45-8:45am (Aug 7 & 14 - 8:00-8:45am)	Oval - South Rink (Aug 7 & 14 - RIC Igloo)		7		\$118
	Dryland/Lift	9:00-9:45am	Oval - Turf (Aug 7 & 14 - RIC outside)		7	45 mins	
THURSDAY July 4 - August 15	Competitive Freeskate	7:45-8:45am (Aug 15 - 9:00-10:100am)	Oval - South Rink (Aug 15 - RIC Garage)	Aug 8	6		\$103
	Dryland/Lift	9:15-10:00am (Aug 8 - 10:15-11:00am)	Oval - Turf (Aug 8 - RIC outside)	Aug 15	6	45 mins	
FRIDAY July 5 - August 16	Competitive Freeskate	7:45-8:45am (Aug 9 & 16 - 9:00-9:45am)	Oval - South Rink (Aug 9 & 16 - RIC Garage)		7		\$65
	Boys Oval HP	9:30-10:30am		Aug 9 & 16	5	60 mins	Registration link will come directly from Chris Spencer
	PAIRS DEVELOPMENT ICE						
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 8 - August 12	PDP	6:30-7:15pm (Aug 12 - 6:15-7:00pm)	Minoru - Silver (Aug 12 - RIC Igloo)	Jul 29, Aug 5	4		\$30
WEDNESDAY July 4 - August 14	PDP	6:30-7:15pm (Aug 14 - 6:15-7:00pm)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		\$53
		The \$58 Skate Canad	Notes: a fee is payable once per skater per sk Schedule is subject to chang		4)		

Always check website for schedule changes.

You will be notified regarding:

which sessions to register for
 an HP training group to register for on Fridays
 <u>SIMULATION DATE</u>: August 8th