



Connaught Skating Club Summer 2024
Competitive Program Schedule & Pricing
***** BRONZE TRAINING PODS 1 & 2 *****
 All sessions held at Richmond Ice Centre & Minoru Arenas
 July 2nd - August 16th, 2024
vers 09/06/24

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 8 - August 12	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
	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)	
	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 - 30mins)	
TUESDAY July 2 - August 13	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
	Pod 1 & 2 Bronze - Ballet/Stretch	3:30-4:15pm	Minoru - Mezzanine (Jul 2, Aug 6 & 13 - Holiday Inn)	July 30	6	45 mins	
WEDNESDAY July 3 - August 14	Pod 1 Bronze - Freeskate & Group (Aug 14 - 2:45-3:45pm)	3:00-4:00pm (Aug 14 - 2:45-3:45pm)	Minoru - Silver (Jul 3, Aug 14 - RIC Igloo)	Aug 7	6	15 mins	\$88
	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)	
	Pod 2 Bronze - Group & Freeskate (Aug 14 - 3:30-4:30pm)	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 (Jul 3, Aug 14 - Holiday Inn)	Aug 7	6	45 mins (Aug 14 - 30mins)	
THURSDAY July 4 - August 15	Pod 1 & 2 Bronze - Group & Freeskate	4:15-5:30pm	Minoru - Silver (Jul 4, Aug 15 - RIC Igloo)	Aug 8	6	15 mins	\$74
	Pod 1 & 2 Bronze - Fitness	3:15-4:00pm	Minoru - Mezzanine (Jul 4 - Holiday Inn)	Aug 8 & 15	5	45 mins	
FRIDAY July 5 - August 16	Pod 1 Bronze - Freeskate	3:00-3:45pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7		\$61
	Pod 1 Bronze - Stretch	4:00-4:30pm	Minoru - Mezzanine (Jul 5, Aug 9 - Holiday Inn)	Aug 16	6	30 mins	
	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		

POD 1 FULL PACKAGE PRICE: \$373
POD 2 FULL PACKAGE PRICE: \$373

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



Connaught Skating Club Summer 2024
Competitive Program Schedule & Pricing
***** SILVER TRAINING PODS 1 & 2 *****
 All sessions held at Richmond Ice Centre and Minoru Arenas
 July 2nd - August 16th, 2024
 vers 10/06/24

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 8 - August 12	Pod 1 Silver - Freeskate	9:00-9:45am	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5		\$50
	Pod 1 Silver - Dryland	10:00-10:45am (Aug 12 - 10:30-11:15am)	Minoru - Mezzanine (Aug 12 - Holiday Inn)	Jul 29, Aug 5	4	45 mins	
	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	
TUESDAY July 2 - August 13	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
	Pod 1 Silver - Ballet/Stretch	9:45-10:30am	Minoru - Mezzanine (Jul 2, Aug 6 & 13 - RIC Board Room)	Jul 30	6	45 mins	
	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)	
WEDNESDAY July 3 - August 14	Pod 1 Silver - Freeskate	9:00-9:45am	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		\$79
	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	
	Pod 2 Silver - Freeskate	1:15-2:00pm (Aug 14 - 1:00-1:45pm)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		\$79
	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	
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	
	Pod 2 Silver - Freeskate	1:15-2:00pm	Minoru - Silver (Jul 4, Aug 15 - RIC Igloo)	Aug 8	6		\$62
	Pod 2 Silver - Fitness	2:15-3:00pm	Minoru - Mezzanine (Jul 4 - Holiday Inn)	Aug 8, Aug 15	5	45 mins	
FRIDAY July 5 - August 16	Pod 1 Silver - Freeskate & Group	9:30-10:30am	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7	15 mins	\$99
	Pod 1 Silver - Stretch	10:45-11:30am	Minoru - Mezzanine (Jul 5 & Aug 9 - Holiday Inn)	Aug 16	6	45 mins	
	Pod 2 Silver - Freeskate & Group	1:00-2:00pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7	15 mins	\$99
	Pod 2 Silver - Stretch	2:15-3:00pm	Minoru - Mezzanine (Jul 5 & Aug 9 - Holiday Inn)	Aug 16	6	45 mins	

POD 1 FULL PACKAGE PRICE: \$363
POD 2 FULL PACKAGE PRICE: \$359

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

Harness - REGISTER FOR ONE ONLY!!! By invitation from primary coach							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
TUESDAY July 2 - July 30	Pod 1 Silver - Harness	10:55-11:15am	Oval - Room 1058		5	20 mins	\$14
	Pod 1 Silver - Harness	11:15-11:35am	Oval - Room 1058		5	20 mins	\$14
	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
THURSDAY July 4 - August 1	Pod 2 Silver - Harness	10:15-10:35am	Oval - Room 1058		5	20 mins	\$14
	Pod 2 Silver - Harness	10:35-10:55am	Oval - Room 1058		5	20 mins	\$14
	Pod 2 Silver - Harness	10:55-11:20am	Oval - Room 1058		5	25 mins	\$16
	Pod 2 Silver - Harness	11:20-11:45am	Oval - Room 1058		5	25 mins	\$16

Notes:
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Connaught Skating Club Summer 2024
Competitive Program Schedule & Pricing
***** GOLD TRAINING PODS 1 & 2 *****
 All sessions held at Richmond Ice Centre and Minoru Arenas
 July 2nd - August 16th, 2024
vers 10/06/24

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 8 - August 12	Pod 1 Gold - Freeskate & Group (July 29 - freeskate only)	9:45-11:00am (July 29 - 9:45-10:30am) (Aug 12 - 9:45-10:45am)	Minoru - Silver (Aug 12 - RIC Igloo)	Aug 5	5	30 mins (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)	
	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)	\$75
	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		
	Pod 2 Gold - Dance	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)	
TUESDAY July 2 - August 13	Pod 1 Gold - Freeskate	9:30-10:15am (Jul 30 - 9:45-10:30am)	Minoru - Silver (Jul 2, Aug 6 & 13 - RIC Igloo)		7		\$69
	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)	
	Pod 2 Gold - Freeskate	12:30-1:15pm (Jul 30 - 1:15-2:00pm)	Minoru - Silver (Jul 2, Aug 6 & 13 - RIC Igloo)		7		\$69
	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)	
	Gold Pods 1 & 2 - Extra Ice (separate registration)	3:30-4:30pm	Minoru - Silver (Jul 2, Aug 6 & 13 - RIC Igloo)		7		
WEDNESDAY July 3 - August 14	Pod 1 Gold - Freeskate & Group	9:45-11:00am (Aug 14 - 9:45-10:45am)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7	30 mins (Aug 14 - 15 mins)	\$124
	Pod 1 Gold - Dance	11:15am-12:00pm (Aug 7 & 14 - 11:15-11:45am)	Minoru - Mezzanine (Jul 3, Aug 7 & 14 - Holiday Inn)		7	45 mins (Aug 7 & 14 - 30 mins)	
	Pod 2 Gold - Group	10:30-11:00am (Aug 14 - 10:30-10:45am)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7	30 mins (Aug 14 - 15 mins)	\$124
	Pod 2 Gold - Freeskate	11:15am-12:00pm (Aug 14 - 11:00-11:45am)	Minoru - Silver (Jul 3, Aug 7 & 14 - RIC Igloo)		7		
	Pod 2 Gold - Dance	12:15-1:00pm (Aug 7 & 14 - 12:30-1:00pm)	Minoru - Mezzanine (Jul 3, Aug 7 & 14 - Holiday Inn)		7	45 mins (Aug 7 & 14 - 30 mins)	
THURSDAY July 4 - August 15	Pod 1 Gold - Freeskate	9:30-10:15am	Minoru - Silver (Jul 4, Aug 15 - RIC Igloo)	Aug 8	6		\$62
	Pod 1 Gold - Fitness	10:45-11:30am	Minoru - Mezzanine (Jul 4 - RIC Board Room)	Aug 8, Aug 15	5	45 mins	
	Pod 2 Gold - Freeskate	12:30-1:15pm	Minoru - Silver (Jul 4, Aug 15 - RIC Igloo)	Aug 8	6		\$62
	Pod 2 Gold - Fitness	1:30-2:15pm	Minoru - Mezzanine (Jul 4 - Holiday Inn)	Aug 8, Aug 15	5	45 mins	
FRIDAY July 5 - August 16	Pod 1 Gold - Freeskate & Group	10:45-11:45am	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7	15 mins	\$99
	Pod 1 Gold - Stretch	12:00-12:45pm	Minoru - Mezzanine (Jul 5 & Aug 9 - Holiday Inn)	Aug 16	6	45 mins	
	Pod 2 Gold - Freeskate & Group	12:00-1:00pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7	15 mins	\$99
	Pod 2 Gold - Stretch	1:15-2:00pm	Minoru - Mezzanine (Jul 5 & Aug 9 - Holiday Inn)	Aug 16	6	45 mins	
	Gold Pods 1 & 2 - Extra Ice (separate registration)	2:15-3:00pm	Minoru - Silver (Jul 5, Aug 9 & 16 - RIC Igloo)		7		
POD 1 FULL PACKAGE PRICE: \$429 POD 2 FULL PACKAGE PRICE: \$429 Extra ice not included							

OPEN Ice							
	Session	Time	Location	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

Harness - REGISTER FOR ONE ONLY!!! By invitation from primary coach							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
TUESDAY July 2 - July 30	Pod 2 Gold - Harness	9:15-9:45am	Oval - Room 1058		5	30 mins	\$20
	Pod 2 Gold - Harness	9:45-10:15am	Oval - Room 1058		5	30 mins	\$20
	Pod 2 Gold - Harness	10:15-10:45am	Oval - Room 1058		5	30 mins	\$20
THURSDAY July 4 - August 1	Pod 1 Gold - Harness	12:15-15:45pm	Oval - Room 1058		5	30 mins	\$20
	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

Notes:
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**Connaught Skating Club Summer 2024
Competitive Program Schedule & Pricing
*** DIAMOND TRAINING POD 1 *****

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 July 2	Freeskate	10:30-11:15am	RIC - Igloo		See chart below
	Ballet/Stretch	11:45am-12:30pm	Holiday Inn	45 mins	
	Group & Freeskate	2:15-3:15pm	RIC - Igloo	15 mins	
WEDNESDAY July 3	Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Freeskate	11:45am-12:30pm	Oval - North Rink		
	Dryland	12:45-1:15pm	Oval - Studio 2010	30 mins	
	Freeskate	4:00-4:45pm	Oval - South Rink		
THURSDAY July 4	Freeskate	10:30-11:15am	RIC - Igloo		See chart below
	Fitness/Pilates	11:45am-12:30pm	Holiday Inn	45 mins	
	Group & Freeskate	2:15-3:15pm	RIC - Igloo	15 mins	
FRIDAY July 5	Oval HP	11:00-11:30am		30 mins	Registration link will come directly from Chris Spencer
	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

D1 Week 2 - July 8th to July 12th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 8	Freeskate	11:30am-12:30pm	Oval - South Rink		See chart below
	Stretch	12:45-1:30pm	Oval - Studio 1046	45 mins	
	Freeskate	4:00-4:45pm	Oval - South Rink		
TUESDAY July 9	Freeskate	10:30-11:15am	Minoru - Silver Rink		See chart below
	Ballet/Stretch	11:45am-12:30pm	Minoru - Mezzanine	45 mins	
	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
WEDNESDAY July 10	Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Freeskate	11:30-12:30pm	Oval - South Rink		
	Dryland	12:45-1:30pm	Oval - Studio 1046	45 mins	
	Freeskate	4:00-4:45pm	Oval - South Rink		
THURSDAY July 11	Freeskate	10:30-11:15am	Minoru - Silver Rink		See chart below
	Fitness/Pilates	11:45am-12:30pm	Minoru - Mezzanine	45 mins	
	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
FRIDAY July 12	Oval HP	11:00-11:30am		30 mins	Registration link will come directly from Chris Spencer
	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

D1 Week 3 - July 15th to July 19th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 15	Freeskate	12:30-1:15pm	Oval - South Rink		See chart below
	Stretch	1:30-2:15pm	Oval - Studio 1046	45 mins	
	Freeskate	4:00-4:45pm	Oval - South Rink		
TUESDAY July 16	Freeskate	10:30-11:15am	Minoru - Silver Rink		See chart below
	Ballet/Stretch	11:45am-12:30pm	Minoru - Mezzanine	45 mins	
	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	
WEDNESDAY July 17	Choreo/Spin	8:00-8:45am	Minoru - Silver Rink		See chart below
	Freeskate	12:30-1:15pm	Oval - South Rink		
	Dryland	1:30-2:15pm	Oval - Studio 2010	45 mins	
	Freeskate	4:00-4:45pm	Oval - South Rink		
THURSDAY July 18	Freeskate	10:30-11:15am	Minoru - Silver Rink		See chart below
	Fitness/Pilates	11:45am-12:30pm	Minoru - Mezzanine	45 mins	
	Group & Freeskate	2:15-3:15pm	Minoru - Silver Rink	15 mins	

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

D1 Week 7 - August 12th to August 16th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY August 12	Group & Freeskate	9:00-10:15am	RIC - Garage	15 mins	See chart below
	Dance	11:45am-12:30pm	Holiday Inn	45 mins	
	Freeskate	12:45-1:30pm	RIC - Garage		
TUESDAY August 13	Freeskate	10:30-11:15am	RIC - Igloo		See chart below
	Ballet/Stretch	11:30am-12:15pm	Holiday Inn	45 mins	
	Group & Freeskate	2:15-3:15pm	RIC - Igloo	15 mins	
WEDNESDAY August 14	Group & Freeskate	9:00-10:15am	RIC - Garage	15 mins	See chart below
	Dance	11:45am-12:30pm	Holiday Inn	45 mins	
	Freeskate	12:45-1:30pm	RIC - Garage		
THURSDAY August 15	Freeskate	10:30-11:15am	RIC - Igloo		See chart below
	Group & Freeskate	2:15-3:15pm	RIC - Igloo	15 mins	
FRIDAY August 16	Freeskate	2:00-3:00pm	RIC - Garage		See chart below
	*PN Freeskate - separate registration	5:00-6:00pm	RIC - Garage		

Registration Fees

MONDAYS (Weeks 1-7)	\$106	FULL PACKAGE: \$617
TUESDAYS (Weeks 1-7)	\$145	
WEDNESDAYS (Weeks 1-7)	\$154	
THURSDAYS (Weeks 1-7)	\$136	
FRIDAYS (Weeks 1-7)	\$76	

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.

****Please note: with coach permission you may purchase a buy-on to any of the D2 or D3 choreo/spin sessions****

You will be notified regarding:

- which training pod your skater is assigned to
- a harness time to register for on Mondays or Wednesdays
- an HP training group to register for on Fridays

SIMULATION DATES: July 23rd and July 24th



**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 5th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 1	Freestyle	12:15-1:00pm	Oval - South Rink		See chart below
TUESDAY July 2	Freestyle	11:15am-12:15pm	RIC - Igloo		See chart below
	Ballet/Stretch	12:30-1:15pm	Holiday Inn	45 mins	
WEDNESDAY July 3	Group & Freestyle	12:00-1:00pm	RIC - Igloo	15 mins	See chart below
	Freestyle	2:00-2:45pm	RIC - Igloo		
	Dance	3:00-3:45pm	Holiday Inn	45 mins	
THURSDAY July 4	Freestyle	11:15am-12:15pm	RIC - Igloo		See chart below
	Fitness/Pilates	12:30-1:15pm	Holiday Inn	45 mins	
FRIDAY July 5	*PN Freestyle - separate registration	12:15-1:00pm	Oval - South Rink		\$5
	Oval HP	2:45-3:30pm		45 mins	Registration link will come directly from Chris Spencer
	Freestyle	4:00-4:45pm	Oval - South Rink		See chart below

D2 Week 2 - July 8th to July 12th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 8	Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Group & Freestyle	12:00-1:00pm	Minoru - Silver Rink	15 mins	
	Freestyle	2:00-2:45pm	Minoru - Silver Rink		
	Dryland	3:00-3:45pm	Minoru - Mezzanine	45 mins	
TUESDAY July 9	Freestyle	11:15am-12:15pm	Minoru - Silver Rink		See chart below
	Ballet/Stretch	12:30-1:15pm	Minoru - Mezzanine	45 mins	
WEDNESDAY July 10	Group & Freestyle	12:00-1:00pm	Minoru - Silver Rink	15 mins	See chart below
	Freestyle	2:00-2:45pm	Minoru - Silver Rink		
	Dance	3:00-3:45pm	Minoru - Mezzanine	45 mins	
THURSDAY July 11	Freestyle	11:15am-12:15pm	Minoru - Silver Rink		See chart below
	Fitness/Pilates	12:30-1:15pm	Minoru - Mezzanine	45 mins	
FRIDAY July 12	*PN Freestyle - separate registration	12:15-1:00pm	Oval - South Rink		\$5
	Oval HP	2:30-3:30pm		60 mins	Registration link will come directly from Chris Spencer
	Freestyle	4:00-4:45pm	Oval - South Rink		See chart below

D2 Week 3 - July 15th to July 19th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 15	Choreo/Spin	8:00-8:45am	Minoru - Silver Rink		See chart below
	Group & Freestyle	12:00-1:00pm	Minoru - Silver Rink	15 mins	
	Freestyle	2:00-2:45pm	Minoru - Silver Rink		
	Dryland	3:00-3:45pm	Minoru - Mezzanine	45 mins	
TUESDAY July 16	Freestyle	11:15am-12:15pm	Minoru - Silver Rink		See chart below
	Ballet/Stretch	12:30-1:15pm	Minoru - Mezzanine	45 mins	
WEDNESDAY July 17	Group & Freestyle	12:00-1:00pm	Minoru - Silver Rink	15 mins	See chart below
	Freestyle	2:00-2:45pm	Minoru - Silver Rink		
	Dance	3:00-3:45pm	Minoru - Mezzanine	45 mins	
THURSDAY July 18	Freestyle	11:15am-12:15pm	Minoru - Silver Rink		See chart below
	Fitness/Pilates	12:30-1:15pm	Minoru - Mezzanine	45 mins	
FRIDAY July 19	*PN Freestyle - separate registration	12:15-1:00pm	Oval - South Rink		\$5
	Oval HP	2:45-3:30pm		45 mins	Registration link will come directly from Chris Spencer
	Freestyle	4:00-4:45pm	Oval - South Rink		See chart below

D2 Week 4 - July 22nd to July 26th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 22	Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Group & Freestyle	12:00-1:00pm	Minoru - Silver Rink	15 mins	
	Freestyle	2:00-2:45pm	Minoru - Silver Rink		
	Dryland	3:00-3:45pm	Minoru - Mezzanine	45 mins	
TUESDAY July 23	Freestyle	11:15am-12:15pm	Minoru - Silver Rink		See chart below
	Ballet/Stretch	12:30-1:15pm	Minoru - Mezzanine	45 mins	
WEDNESDAY July 24	Group & Freestyle	12:00-1:00pm	Minoru - Silver Rink	15 mins	See chart below
	Freestyle	2:00-2:45pm	Minoru - Silver Rink		
	Dance	3:00-3:45pm	Minoru - Mezzanine	45 mins	
THURSDAY July 25	Freestyle	11:15am-12:15pm	Minoru - Silver Rink		See chart below
	Fitness/Pilates	12:30-1:15pm	Minoru - Mezzanine	45 mins	
FRIDAY July 26	*PN Freestyle - separate registration	12:15-1:00pm	Oval - South Rink		\$5
	Oval HP	2:30-3:30pm		60 mins	Registration link will come directly from Chris Spencer
	Freestyle	4:00-4:45pm	Oval - South Rink		See chart below

D2 Week 5 - July 29th to August 2nd					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 29	Choreo/Spin	8:00-9:00am	Minoru - Silver Rink		See chart below
	Freeskate	10:45-11:45am	Minoru - Silver Rink		
	Dryland	12:15-1:00pm	Minoru - Mezzanine	45 mins	
TUESDAY July 30	Freeskate	10:45-11:45am	Minoru - Silver Rink		See chart below
	Ballet	12:15-1:15pm	Minoru - Mezzanine	60 mins	
WEDNESDAY July 31	Group & Freeskate	12:00-1:00pm	Minoru - Silver Rink	15 mins	See chart below
	Freeskate	2:00-2:45pm	Minoru - Silver Rink		
	Dance	3:00-3:45pm	Minoru - Mezzanine	45 mins	
THURSDAY August 1	Freeskate	11:15am-12:15pm	Minoru - Silver Rink		See chart below
	Fitness/Pilates	12:30-1:15pm	Minoru - Mezzanine	45 mins	
FRIDAY August 2	*PN Freeskate - separate registration	12:15-1:00pm	Oval - South Rink		\$5
	Oval HP	2:30-3:30pm		60 mins	Registration link will come directly from Chris Spencer
	Freeskate	4:00-4:45pm	Oval - South Rink		See chart below
OPEN Ice					
	Session	Time	Location	Instruction 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					
	Session	Time	Location	Instruction Included in fee	Fee
TUESDAY August 6	Freeskate	11:15am-12:15pm	RIC - Igloo		See chart below
	Ballet	12:30-1:15pm	Holiday Inn	45 mins	
WEDNESDAY August 7	Group & Freeskate	12:00-1:00pm	RIC - Igloo	15 mins	See chart below
	Freeskate	2:00-2:45pm	RIC - Igloo		
	Dance	3:00-3:30pm	Holiday Inn	30 mins	
THURSDAY August 8	Freeskate	11:15am-12:15pm	RIC - Igloo		See chart below
	Fitness/Pilates	12:30-1:15pm	Holiday Inn	45 mins	
FRIDAY August 9	*PN Freeskate - separate registration	2:00-3:00pm	RIC - Garage		\$7
	Freeskate	5:00-6:00pm	RIC - Garage		See chart below
D2 Week 7 - August 12th to August 16th					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY August 12	Group & Freeskate	11:45am-12:45pm	RIC - Igloo	15 mins	See chart below
	Freeskate	1:45-2:30pm	RIC - Igloo		
	Dryland	2:45-3:30pm	Holiday Inn	45 mins	
TUESDAY August 13	Freeskate	11:15am-12:15pm	RIC - Igloo		See chart below
	Ballet	12:30-1:15pm	Holiday Inn	45 mins	
WEDNESDAY August 14	Group & Freeskate	11:45am-12:45pm	RIC - Igloo	15 mins	See chart below
	Freeskate	1:45-2:30pm	RIC - Igloo		
	Dryland	2:45-3:30pm	Holiday Inn	45 mins	
THURSDAY August 15	Freeskate	11:15am-12:15pm	RIC - Igloo		See chart below
FRIDAY August 16	*PN Freeskate - separate registration	2:00-3:00pm	RIC - Garage		\$7
	Freeskate	5:00-6:00pm	RIC - Garage		See chart below
Registration Fees					
MONDAYS (Weeks 1-7)				\$120	FULL PACKAGE: \$480
TUESDAYS (Weeks 1-7)				\$93	
WEDNESDAYS (Weeks 1-7)				\$142	
THURSDAYS (Weeks 1-7)				\$85	
FRIDAYS (Weeks 1-7)				\$40	
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.					
Please note: with coach permission you may purchase a buy-on to any of the D1 or D3 choreo/spin sessions					
You will be notified regarding:					
- which training pod your skater is assigned to					
- a harness time to register for					
- an HP training group to register for on Fridays					
SIMULATION DATES: July 23rd and July 24th					



**Connaught Skating Club Summer 2024
Competitive Program Schedule & Pricing
*** DIAMOND TRAINING POD 3 *****

All sessions held at the Richmond Olympic Oval, Richmond Ice Centre and Minoru Arenas
July 1st to August 16th, 2024

vers 11/06/24

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 July 2	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	See chart below
	Freeskate	1:30-2:30pm	Oval - South Rink		
	Ballet	2:45-3:30pm	Oval - Studio 2026	45 mins	
WEDNESDAY July 3	Freeskate	11:30am-12:15pm	Oval - South Rink		See chart below
	Freeskate	1:30-2:15pm	Oval - South Rink		
	Dryland	2:45-3:30pm	Oval - Studio 2010	45 mins	
THURSDAY July 4	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	See chart below
	Freeskate	1:30-2:30pm	Oval - South Rink		
	Stretch	2:45-3:30pm	Oval - Studio 2026	45 mins	
FRIDAY July 5	Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Freeskate	11:30am-12:15pm	Oval - South Rink		
	Freeskate	2:00-3:00pm	Oval - South Rink		
	Oval HP	1:00-1:45pm		45 mins	

D3 Week 2 - July 8th to July 12th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 8	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
	Pilates	10:45-11:30am	Oval - Studio 1046	45 mins	
	Group & Freeskate	12:45-1:45pm	Oval - South Rink	15 mins	
TUESDAY July 9	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	
	Theory	12:45-1:15pm	Oval - Rinkside	30 mins	
	Ballet	1:45-2:30pm	Oval - Studio 2026	45 mins	
WEDNESDAY July 10	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
	Dryland	10:45-11:30am	Oval - Studio 1046	45 mins	
	Group & Freeskate	12:45-1:45pm	Oval - South Rink	15 mins	
THURSDAY July 11	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	
	Theory	12:45-1:15pm	Oval - Rinkside	30 mins	
	Stretch	1:45-2:30pm	Oval - Studio 2026	45 mins	
FRIDAY July 12	Choreo/Spin	8:30-9:30am	Oval - North Rink		See chart below
	Freeskate	11:30am-12:15pm	Oval - South Rink		
	Freeskate	2:00-3:00pm	Oval - South Rink		
	Oval HP	12:30-1:30pm		60 mins	

D3 Week 3 - July 15th to July 19th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 15	Freeskate	11:30am-12:30pm	Oval - South Rink		See chart below
	Pilates	12:45-1:30pm	Oval - Turf	45 mins	
	Freeskate	2:15-3:00pm	Oval - South Rink		
TUESDAY July 16	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	See chart below
	Freeskate	1:30-2:30pm	Oval - South Rink		
	Ballet	2:45-3:30pm	Oval - Studio 2026	45 mins	
WEDNESDAY July 17	Freeskate	11:30am-12:30pm	Oval - South Rink		See chart below
	Dryland	12:45-1:30pm	Oval - Studio 2010	45 mins	
	Freeskate	2:15-3:00pm	Oval - South Rink		
THURSDAY July 18	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	See chart below
	Freeskate	1:30-2:30pm	Oval - South Rink		
	Stretch	2:45-3:30pm	Oval - Studio 2026	45 mins	
FRIDAY July 19	Choreo/Spin	8:00-8:45am	Minoru - Silver Rink		See chart below
	Freeskate	11:30am-12:15pm	Oval - South Rink		
	Freeskate	2:00-3:00pm	Oval - South Rink		
	Oval HP	1:00-1:45pm		45 mins	

D3 Week 4 - July 22nd to July 26th					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 22	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
	Pilates	10:45-11:30am	Oval - Turf	45 mins	
	Group & Freeskate	12:45-1:45pm	Oval - South Rink	15 mins	
TUESDAY July 23	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	See chart below
	Theory	12:45-1:15pm	Oval - Rinkside	30 mins	
	Ballet	1:45-2:30pm	Oval - Studio 2026	45 mins	
WEDNESDAY July 24	Dryland	10:45-11:30am	Oval - Turf	45 mins	See chart below
	Group & Freeskate	12:45-1:45pm	Oval - South Rink	15 mins	
THURSDAY July 25	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	
	Theory	12:45-1:15pm	Oval - Rinkside	30 mins	
	Stretch	1:45-2:30pm	Oval - Studio 2026	45 mins	
FRIDAY July 26	Choreo/Spin	8:30-9:30am	Oval - North Rink		See chart below
	Freeskate	11:30am-12:15pm	Oval - South Rink		
	Freeskate	2:00-3:00pm	Oval - South Rink		
	Oval HP	12:30-1:30pm		60 mins	Registration link will come directly from Chris Spencer

D3 Week 5 - July 29th to August 2nd					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 29	Pilates	12:45-1:30pm	Oval - Studio 1046	45 mins	See chart below
	Group & Freeskate	1:45-3:00pm	Oval - South Rink	15 mins	
	Freeskate	4:00-5:00pm	Minoru - Silver Rink		
TUESDAY July 30	Theory	12:30-1:00pm	Oval - Rinkside	30 mins	See chart below
	Freeskate	1:15-2:00pm	Oval - South Rink		
	Ballet	2:45-3:30pm	Oval - Studio 2026	45 mins	
	Freeskate	4:00-5:00pm	Minoru - Silver Rink		
WEDNESDAY July 31	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
	Dryland	10:45-11:30am	Oval - TBD	45 mins	
	Group & Freeskate	12:45-1:45pm	Oval - South Rink		
THURSDAY August 1	Freeskate	9:00-10:00am	Oval - North Rink		See chart below
	Group & Freeskate	11:30am-12:30pm	Oval - South Rink	15 mins	
	Stretch	12:45-1:30pm	Oval - Studio 2026	45 mins	
FRIDAY August 2	Choreo/Spin	8:30-9:30am	Oval - North Rink		See chart below
	Freeskate	11:30am-12:15pm	Oval - South Rink		
	Freeskate	2:00-3:00pm	Oval - South Rink		
	Oval HP	12:30-1:30pm		60 mins	Registration link will come directly 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
TUESDAY August 6	Group & Freeskate	1:15-2:15pm	RIC - Garage	15 mins	See chart below
	Ballet/Stretch	3:00-3:45pm	RIC Boardroom	45 mins	
	Freeskate	4:45-5:30pm	RIC - Garage		
WEDNESDAY August 7	Freeskate	1:30-2:30pm	RIC - Garage		See chart below
	Dance	3:30-4:15pm	Holiday Inn	45 mins	
	Freeskate	5:00-5:45pm	RIC - Garage		
THURSDAY August 8	Group & Freeskate	1:15-2:15pm	RIC - Garage	15 mins	See chart below
	Fitness/Pilates	3:00-3:45pm	RIC Boardroom	45 mins	
	Freeskate	4:45-5:30pm	RIC - Garage		
FRIDAY August 9	Choreo/Spin	8:00-8:45pm	RIC - Igloo		See chart below
	Freeskate	9:45-10:45am	RIC - Garage		
	Freeskate	1:15-2:00pm	RIC - Garage		

D3 Week 7 - August 12th to August 16th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY August 12	Freeskate	1:30-2:30pm	RIC - Garage		See chart below
	Dance	3:30-4:15pm	Holiday Inn	45 mins	
	Freeskate	5:00-5:45pm	RIC - Garage		
TUESDAY August 13	Group & Freeskate	1:15-2:15pm	RIC - Garage	15 mins	See chart below
	Ballet/Stretch	3:00-3:45pm	RIC Boardroom	45 mins	
	Freeskate	4:45-5:30pm	RIC - Garage		
WEDNESDAY August 14	Freeskate	1:30-2:30pm	RIC - Garage		See chart below
	Dance	3:30-4:15pm	Holiday Inn	45 mins	
	Freeskate	5:00-5:45pm	RIC - Garage		
THURSDAY August 15	Group & Freeskate	1:15-2:15pm	RIC - Garage	15 mins	See chart below
	Freeskate	4:45-5:30pm	RIC - Garage		
FRIDAY August 16	Choreo/Spin	8:00-8:45pm	RIC - Igloo		See chart below
	Freeskate	9:45-10:45am	RIC - Garage		
	Freeskate	1:15-2:00pm	RIC - Garage		

Registration Fees

MONDAYS (Weeks 1-7)	\$110	FULL PACKAGE: \$675
TUESDAYS (Weeks 1-7)	\$152	
WEDNESDAYS (Weeks 1-7)	\$130	
THURSDAYS (Weeks 1-7)	\$153	
FRIDAYS (Weeks 1-7)	\$130	

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.

****Please note: with coach permission you may purchase a buy-on to any of the D1 or D2 choreo/spin sessions****

You will be notified regarding:

- which training pod your skater is assigned to
- a harness time to register for on Wednesdays
- an HP training group to register for on Fridays

SIMULATION DATES: July 23rd and July 24th



**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
TUESDAY July 2	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Freeskate	10:45-11:45am	Oval - North Rink		
	Freeskate	12:45-1:30pm	Oval - South Rink		
	Ballet	1:45-2:45pm	Oval - Studio 2026	60 mins	
WEDNESDAY July 3	Freeskate	10:45-11:45am	Oval - North Rink		See chart below
	Power Yoga	1:15-2:00pm	Oval - Studio 2010	45 mins	
	Freeskate	2:15-3:00pm	Oval - South Rink		
THURSDAY July 4	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Freeskate	10:45-11:45am	Oval - North Rink		
	Freeskate	12:45-1:30pm	Oval - South Rink		
	Stretch	1:45-2:45pm	Oval - Studio 2026	60 mins	
FRIDAY July 5	Group & Freeskate	10:45-11:45am	Oval - North Rink	15 mins	See chart below
	Freeskate	1:15-2:00pm	Oval - South Rink		
	Oval HP	12:00-1:00pm		60 mins	

TF1 Week 2 - July 8th to July 12th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 8	Group & Freeskate	10:15-11:30am	Oval - North Rink	15 mins	See chart below
	Pilates	11:45am-12:30pm	Oval - Studio 1046	45 mins	
	Freeskate	1:45-2:45pm	Oval - South Rink		
TUESDAY July 9	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Freeskate	10:15-11:15am	Oval - North Rink		
	Freeskate & Spin	12:45-2:00pm	Oval - South Rink	15 mins	
	Ballet	2:30-3:30pm	Oval - Studio 2026	60 mins	
WEDNESDAY July 10	Group & Freeskate	10:15-11:30am	Oval - North Rink	15 mins	See chart below
	Power Yoga	12:00-12:45pm	Oval - Studio 1046	45 mins	
	Freeskate	1:45-2:45pm	Oval - South Rink		
THURSDAY July 11	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Freeskate	10:15-11:15am	Oval - North Rink		
	Freeskate & Spin	12:45-2:00pm	Oval - Rinkside	15 mins	
	Stretch	2:30-3:30pm	Oval - Studio 2026	60 mins	
FRIDAY July 12	Group & Freeskate	9:45-11:00am	Oval - North Rink	15 mins	See chart below
	Freeskate	1:15-2:00pm	Oval - South Rink		
	Oval HP	11:30am-12:30pm		60 mins	

TF1 Week 3 - July 15th to July 19th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 15	Freeskate & Group	10:45am-12:00pm	Oval - North Rink	15 mins	See chart below
	Freeskate	1:30-2:15pm	Oval - South Rink		
	Pilates	2:30-3:15pm	Oval - Studio 1046	45 mins	
TUESDAY July 16	TF12 Choreo/Spin	8:00-8:45am	Minoru - Silver Rink		See chart below
	Freeskate	10:45-11:45am	Oval - North Rink		
	Freeskate	12:45-1:30pm	Oval - South Rink		
	Ballet	1:45-2:45pm	Oval - Studio 2026	60 mins	
WEDNESDAY July 17	Freeskate & Group	10:45am-12:00pm	Oval - North Rink	15 mins	See chart below
	Freeskate	1:30-2:15pm	Oval - South Rink		
	Power Yoga	2:30-3:15pm	Oval - Studio 2010	45 mins	
THURSDAY July 18	TF12 Choreo/Spin	8:00-8:45am	Minoru - Silver Rink		See chart below
	Freeskate	10:45-11:45am	Oval - North Rink		
	Freeskate	12:45-1:30pm	Oval - South Rink		
	Stretch	1:45-2:45pm	Oval - Studio 2026	60 mins	
FRIDAY July 19	Group & Freeskate	10:45-11:45am	Oval - North Rink	15 mins	See chart below
	Freeskate	1:15-2:00pm	Oval - South Rink		
	Oval HP	12:00-1:00pm		60 mins	

TF1 Week 4 - July 22nd to July 26th					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 22	Group & Freeskate	10:15-11:30am	Oval - North Rink	15 mins	See chart below
	Pilates	12:00-12:45pm	Oval - Studio 1046	45 mins	
	Freeskate	1:45-2:45pm	Oval - South Rink		
TUESDAY July 23	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Freeskate	10:15-11:15am	Oval - North Rink		
	Freeskate & Spin	12:45-2:00pm	Oval - South Rink	15 mins	
	Ballet	2:30-3:30pm	Oval - Studio 2026	60 mins	
WEDNESDAY July 24	Power yoga	12:00-12:45pm	Oval - Studio 2010	45 mins	See chart below
	Freeskate	1:45-2:45pm	Oval - South Rink		
THURSDAY July 25	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Freeskate	10:15-11:15am	Oval - North Rink		
	Freeskate & Spin	12:45-2:00pm	Oval - South Rink	15 mins	
	Stretch	2:30-3:30pm	Oval - Studio 2026	60 mins	
FRIDAY July 26	Group & Freeskate	9:45-11:00am	Oval - North Rink	15 mins	See chart below
	Freeskate	1:15-2:00pm	Oval - South Rink		
	Oval HP	11:30am-12:30pm		60 mins	

TF1 Week 5 - July 29th to August 2nd					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 29	Freeskate	11:30am-12:30pm	Oval - South Rink		See chart below
	Pilates	1:30-2:15pm	Oval - Studio 1046	45 mins	
	Freeskate	3:15-4:00pm	Oval - South Rink		
TUESDAY July 30	TF12 Choreo/Spin	8:00-9:00am	Minoru - Silver Rink		See chart below
	Freeskate	11:30am-12:15pm	Oval - South Rink		
	Ballet	12:45-1:30pm	Oval - Studio 2026	45 mins	
	Freeskate	2:00-2:45pm	Oval - South Rink		
WEDNESDAY July 31	Group & Freeskate	10:15-11:30am	Oval - North Rink	15 mins	See chart below
	Power Yoga	12:00-12:45pm	Oval - Turf	45 mins	
	Freeskate	1:45-2:45pm	Oval - South Rink		
THURSDAY August 1	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Freeskate	10:15-11:15am	Oval - North Rink		
	Freeskate & Spin	12:45-2:00pm	Oval - South Rink	15 mins	
	Stretch	2:10-2:45pm	Oval - Studio 2026	35 mins	
FRIDAY August 2	Group & Freeskate	9:45-11:00am	Oval - North Rink	15 mins	See chart below
	Freeskate	1:15-2:00pm	Oval - South Rink		
	Oval HP	11:30am-12:30pm		60 mins	

OPEN Ice					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 29	TF12 Open	6:15-7:15pm	Minoru - Silver Rink		\$7

TF1 Week 6 - August 5th to August 9th					
	Session	Time	Location	Instruction Included in fee	Fee
TUESDAY August 6	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Group & Freeskate	10:15-11:30am	RIC - Garage	15 mins	
	Ballet/Stretch	1:15-2:00pm	Holiday Inn	45 mins	
	Freeskate	2:30-3:30pm	RIC - Garage		
WEDNESDAY August 7	Freeskate	10:30-11:30am	RIC - Garage		See chart below
	Dance	1:00-2:00pm	Holiday Inn	60 mins	
	Freeskate	2:45-3:45pm	RIC - Garage		
THURSDAY August 8	Group & Freeskate	10:15-11:30am	RIC - Garage	15 mins	See chart below
	Fitness/Pilates	1:15-2:00pm	Holiday Inn	45 mins	
	Freeskate	2:30-3:30pm	RIC - Garage		
FRIDAY August 9	Freeskate	11:00am-12:00pm	RIC - Garage		See chart below
	Freeskate	3:15-4:00pm	RIC - Garage		

TF1 Week 7 - August 12th to August 16th					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY August 12	Freeskate	10:30-11:30am	RIC - Garage		See chart below
	Dance	1:00-2:00pm	Holiday Inn	60 mins	
	Freeskate	2:45-3:45pm	RIC - Garage		

TUESDAY August 13	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Group & Freeskate	10:15-11:30am	RIC - Garage	15 mins	
	Ballet/Stretch	1:15-2:00pm	Holiday Inn	45 mins	
	Freeskate	2:30-3:30pm	RIC - Garage		
WEDNESDAY August 14	Freeskate	10:30-11:30am	RIC - Garage		See chart below
	Dance	1:00-2:00pm	Holiday Inn	60 mins	
	Freeskate	2:45-3:45pm	RIC - Garage		
THURSDAY August 15	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Group & Freeskate	10:15-11:30am	RIC - Garage	15 mins	
	Freeskate	2:30-3:30pm	RIC - Garage		
FRIDAY August 16	Freeskate	11:00am-12:00pm	RIC - Garage		See chart below
	Freeskate	3:15-4:00pm	RIC - Garage		

Registration Fees		
MONDAYS (Weeks 1-7)	\$107	FULL PACKAGE: \$738
TUESDAYS (Weeks 1-7)	\$198	
WEDNESDAYS (Weeks 1-7)	\$145	
THURSDAYS (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
- a harness time to register for on Mondays or Wednesdays
- an HP training group to register for on Fridays
SIMULATION DATES: July 23rd and July 24th



**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
TUESDAY July 2	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Freeskate	11:30am-12:30pm	Oval - South Rink		
	Ballet	12:45-1:45pm	Oval - Studio 2026	60 mins	
WEDNESDAY July 3	Freeskate	2:45-3:30pm	Oval - South Rink		See chart below
	Freeskate	12:15-1:15pm	Oval - South Rink		
	Dryland	2:00-2:45pm	Oval - Studio 2010	45 mins	
THURSDAY July 4	Freeskate	3:15-4:00pm	Oval - South Rink		See chart below
	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		
	Freeskate	11:30am-12:30pm	Oval - South Rink		
	Stretch	12:45-1:45pm	Oval - Studio 2026	60 mins	
FRIDAY July 5	Freeskate	2:45-3:30pm	Oval - South Rink		See chart below
	Group & Freeskate	12:00-1:00pm	Oval - North Rink	15 mins	
	Freeskate	3:15-4:00pm	Oval - South Rink		
	Oval HP	2:00-2:45pm		45 mins	Registration link will come directly from Chris Spencer

TF2 Week 2 - July 8th to July 12th

	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 8	Freeskate	11:45am-12:30pm	Oval - North Rink		See chart below
	Pilates	1:30-2:15pm	Oval - Studio 1046	45 mins	
	Freeskate	3:00-4:00pm	Oval - South Rink		
TUESDAY July 9	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Group	11:15-11:30am	Oval - North Rink	15 mins	
	Freeskate	11:45am-12:30pm	Oval - North Rink		
	Ballet	12:45-1:45pm	Oval - Studio 2026	60 mins	
	Freeskate & Spin	2:15-3:30pm	Oval - South Rink	15 mins	
WEDNESDAY July 10	Freeskate	11:45am-12:30pm	Oval - North Rink		See chart below
	Dryland	1:45-2:30pm	Oval - Studio 1046	45 mins	
	Freeskate	3:00-4:00pm	Oval - South Rink		
THURSDAY July 11	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Group	11:15-11:30am	Oval - North Rink	15 mins	
	Freeskate	11:45am-12:30pm	Oval - North Rink		
	Stretch	12:45-1:45pm	Oval - Studio 2026	60 mins	
	Freeskate & Spin	2:15-3:30pm	Oval - South Rink	15 mins	
FRIDAY July 12	Group & Freeskate	11:15am-12:30pm	Oval - North Rink	15 mins	See chart below
	Freeskate	3:15-4:00pm	Oval - South Rink		
	Oval HP	1:30-2:30pm		60 mins	

TF2 Week 3 - July 15th to July 19th

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

TF2 Week 4 - July 22nd to July 26th					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 22	Freeskate	11:45am-12:30pm	Oval - North Rink		See chart below
	Pilates	1:30-2:15pm	Oval - Studio 1046	45 mins	
	Freeskate	3:00-4:00pm	Oval - South Rink		
TUESDAY July 23	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Group	11:15-11:30am	Oval - North Rink	15 mins	
	Freeskate	11:45am-12:30pm	Oval - North Rink		
	Ballet	12:45-1:45pm	Oval - Studio 2026	60 mins	
	Freeskate & Spin	2:15-3:30pm	Oval - South Rink	15 mins	
WEDNESDAY July 24	Dryland	1:45-2:30pm	Oval - Studio 2010	45 mins	See chart below
	Freeskate	3:00-4:00pm	Oval - South Rink		
THURSDAY July 25	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Group	11:15-11:30am	Oval - North Rink	15 mins	
	Freeskate	11:45am-12:30pm	Oval - North Rink		
	Stretch	12:45-1:45pm	Oval - Studio 2026	60 mins	
	Freeskate & Spin	2:15-3:30pm	Oval - South Rink	15 mins	
FRIDAY July 26	Group & Freeskate	11:15am-12:30pm	Oval - North Rink	15 mins	See chart below
	Freeskate	3:15-4:00pm	Oval - South Rink		
	Oval HP	1:30-2:30pm		60 mins	

TF2 Week 5 - July 29th to August 2nd					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 29	Freeskate	12:30-1:30pm	Oval - South Rink		See chart below
	Pilates	2:15-3:00pm	Oval - Studio 1046	45 mins	
	Freeskate	4:00-4:45pm	Oval - South Rink		
TUESDAY July 30	TF12 Choreo/Spin	8:00-9:00am	Minoru - Silver Rink		See chart below
	Freeskate	12:15-1:00pm	Oval - South Rink		
	Ballet	1:30-2:30pm	Oval - Studio 2026	60 mins	
	Freeskate	2:45-3:00pm	Oval - South Rink		
WEDNESDAY July 31	Freeskate	11:45am-12:30pm	Oval - North Rink		See chart below
	Dryland	1:45-2:30pm	Oval - Studio 2010	45 mins	
	Freeskate	3:00-4:00pm	Oval - South Rink		
THURSDAY August 1	TF12 Choreo/Spin	8:00-9:00am	Oval - North Rink		See chart below
	Group	11:15-11:30am	Oval - North Rink	15 mins	
	Freeskate	11:45am-12:30pm	Oval - North Rink		
	Stretch	1:30-2:00pm	Oval - Studio 2026	30 mins	
	Freeskate & Spin	2:15-3:30pm	Oval - South Rink	15 mins	
FRIDAY August 2	Group & Freeskate	11:15am-12:30pm	Oval - North Rink	15 mins	See chart below
	Freeskate	3:15-4:00pm	Oval - South Rink		
	Oval HP	1:30-2:30pm		60 mins	

OPEN Ice					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY July 29	TF12 Open	6:15-7:15pm	Minoru - Silver Rink		\$7

TF2 Week 6 - August 5th to August 9th					
	Session	Time	Location	Instruction Included in fee	Fee
TUESDAY August 6	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Group & Freeskate	11:45am-1:00pm	RIC - Garage	15 mins	
	Ballet/Stretch	2:00-2:45pm	Holiday Inn	45 mins	
	Freeskate	3:30-4:30pm	RIC - Garage		
WEDNESDAY August 7	Freeskate	11:30am-12:30pm	RIC - Garage		See chart below
	Dance	1:00-2:00pm	Holiday Inn	60 mins	
	Freeskate	3:45-4:45pm	RIC - Garage		
THURSDAY August 8	Group & Freeskate	11:45am-1:00pm	RIC - Garage	15 mins	See chart below
	Fitness/Pilates	2:00-2:45pm	Holiday Inn	45 mins	
	Freeskate	3:30-4:30pm	RIC - Garage		
FRIDAY August 9	Freeskate	12:00-1:00pm	RIC - Garage		See chart below
	Freeskate	4:00-4:45pm	RIC - Garage		

TF2 Week 7 - August 12th to August 16th					
	Session	Time	Location	Instruction Included in fee	Fee
MONDAY August 12	Freeskate	11:30am-12:30pm	RIC - Garage		See chart below
	Dance	1:00-2:00pm	Holiday Inn	60 mins	
	Freeskate	3:45-4:45pm	RIC - Garage		

TUESDAY August 13	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Group & Freeskate	11:45am-1:00pm	RIC - Garage	15 mins	
	Ballet/Stretch	2:00-2:45pm	Holiday Inn	45 mins	
	Freeskate	3:30-4:30pm	RIC - Garage		
WEDNESDAY August 14	Freeskate	11:30am-12:30pm	RIC - Garage		See chart below
	Dance	1:00-2:00pm	Holiday Inn	60 mins	
	Freeskate	3:45-4:45pm	RIC - Garage		
THURSDAY August 15	TF12 Choreo/Spin	8:00-8:45am	RIC - Igloo		See chart below
	Group & Freeskate	11:45am-1:00pm	RIC - Garage	15 mins	
	Freeskate	3:30-4:30pm	RIC - Garage		
FRIDAY August 16	Freeskate	12:00-1:00pm	RIC - Garage		See chart below
	Freeskate	4:00-4:45pm	RIC - Garage		

Registration Fees		
MONDAYS (Weeks 1-7)	\$115	FULL PACKAGE: \$750
TUESDAYS (Weeks 1-7)	\$204	
WEDNESDAYS (Weeks 1-7)	\$134	
THURSDAYS (Weeks 1-7)	\$196	
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
- a harness time to register for on Mondays or Wednesdays
- an HP training group to register for on Fridays
SIMULATION DATES: July 23rd and July 24th



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	

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

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 sessions to register for

- an HP training group to register for on Fridays

SIMULATION DATE: August 8th