

## 2009-2010 Oshawa Skating Club Fall-Winter Schedule

Session	Discipline	Sunday	Monday	Tuesday	Wednesday	Thursday **
<b>Power Skating (CanPOWER)</b>		8:15-9:05 am 9:15-10:05 am 10:15-11:05 am				
<b>Kidskate</b>					10:00-10:50 am	1:45-2:35 pm
<b>Special Blades</b>					6:15-7:05 pm	
<b>CanSkate</b>		12:30-1:20 pm				6:15-7:05 pm
<b>Can/STARSkate 1 Open</b>	skills/turns freeskate dance stroking			6:25-6:35 pm 6:35-7:15 pm 7:15-7:25 pm		
<b>STARSkate Level 1 (passed Stage 6)</b>	skills/turns freeskate dance stroking	2:20-2:30 pm 2:30-3:00pm 3:00-3:10 pm	5:15-5:30 pm 5:30-6:15 pm 6:15-6:25 pm 6:25-6:35 pm	6:25-6:35 pm 6:35-7:15 pm 7:15-7:25 pm		5:15-5:25 pm 5:25-5:55 pm 5:55-6:05 pm 6:05-6:15 pm
<b>STARSkate Level 2 (passed 2 complete Preliminary Tests)</b>	skills/turns freeskate dance stroking	3:10-3:25 pm 3:25-4:05 pm	5:15-5:30 pm 5:30-6:15 pm 6:15-6:25 pm 6:25-6:35 pm	7:35-7:45 pm 7:45-8:25 pm 8:25-8:35 pm		7:15-7:40 pm 7:40-8:25 pm  8:25-8:35 pm
<b>STARSkate Level 3 (passed all 3 complete Junior Bronze Tests)</b>	skills/turns freeskate dance stroking	11:15-11:25 am 11:25-12:20 pm	6:45-7:00 pm 7:00-7:40 pm 7:40-7:55 pm 7:55-8:05 pm	5:15-5:25 pm 5:25-6:15 pm	7:05-7:20 pm 7:20-8:05 pm  8:05-8:15 pm	8:45-9:05 pm 9:05-9:50 pm 9:50-10:05 pm
<b>STARSkate 2/3 Open</b>	skills/turns freeskate dance stroking	1:20-2:10 pm				7:15-7:40 pm* 7:40-8:25 pm*  8:25-8:35 pm*
<b>Adult Synchro</b>				8:45-10:05 pm	8:25-10:05 pm	

\* Restrictions apply.

\*\* Thursday evening ice times will be at the Legends Centre on Harmony Rd. N.

\*\*\* Note: All 2008-09 CanSkate Elite registered skaters will be grandfathered to the STARSkate Level 1 session. These skaters must complete Stage 6 (the requirement for the STARSkate Level 1) by the end of December 2009.