

**SHERWOOD PARKDALE SKATING CLUB**  
**2011 FALL SCHOOL**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Sept. 4</b>	<b>5</b> <b>No Skating</b> <b>Labour Day</b>	<b>6</b> CanSkate 5:30pm– 6:15pm Flood 6:15pm–6:30pm Part-Time 6:30pm– 8:00pm	<b>7</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>8</b> CanSkate 5:30pm– 6:15pm Flood 6:15pm–6:30pm Part-Time 6:30pm– 8:00pm	<b>9</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>10</b> Junior 8:30am – 10:00am Flood 10:00am – 10:15am Senior 10:15am – 12:15pm Flood 12:15pm –12:30pm CanSkate 12:30pm – 1:15pm
<b>Sept. 11</b>	<b>12</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>13</b> CanSkate 5:30pm– 6:15pm Flood 6:15pm–6:30pm Part-Time 6:30pm– 8:00pm	<b>14</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>15</b> CanSkate 5:30pm– 6:15pm Flood 6:15pm–6:30pm Part-Time 6:30pm– 8:00pm	<b>16</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>17</b> Junior 8:30am – 10:00am Flood 10:00am – 10:15am Senior 10:15am – 12:15pm Flood 12:15pm –12:30pm CanSkate 12:30pm – 1:15pm
<b>Sept. 18</b>	<b>19</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>20</b> CanSkate 5:30pm– 6:15pm Flood 6:15pm–6:30pm Part-Time 6:30pm– 8:00pm	<b>21</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>22</b> CanSkate 5:30pm– 6:15pm Flood 6:15pm–6:30pm Part-Time 6:30pm– 8:00pm	<b>23</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>24</b> Junior 8:30am – 10:00am Flood 10:00am – 10:15am Senior 10:15am – 12:15pm Flood 12:15pm –12:30pm CanSkate 12:30pm – 1:15pm
<b>Sept. 25</b>	<b>26</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>27</b> CanSkate 5:30pm– 6:15pm Flood 6:15pm–6:30pm Part-Time 6:30pm– 8:00pm	<b>28</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>29</b> Part-Time 3:15pm– 4:45pm <b>High Test Day</b> <b>5:00pm-9:00 pm</b>	<b>30</b> Junior 4:00pm – 5:30pm Flood 5:30pm – 5:45pm Senior 5:45pm –7:45pm	<b>Oct 1</b> <b>Low Test Day</b> <b>8:00 am-12:00 pm</b>

**CANSKATERS:** Helmets are required for all skaters in this program.

**JUNIOR GROUP INSTRUCTION:** This session is for skaters working on Preliminary tests. Skaters enrolled in Junior Group time will skate during all ice time (Monday, Wednesday, Friday and Saturday). Group instruction will be provided for 1 hour on each session.

**SENIOR:** This session is for skaters working on Senior Bronze Free tests or higher.

**NOTE:** A full time registration cannot be shared between two skaters.

# **SHERWOOD PARKDALE SKATING CLUB**

## **2011 FALL SCHOOL**

### **SCHEDULE**

#### **JUNIOR:**

**Mondays & Fridays:**      **4:00pm – 5:30pm**      **Group Instruction 4:00pm – 5:00pm**  
4:00pm – 4:15pm      Stroking  
4:15pm – 4:45pm      Skills  
4:45pm – 5:15pm      Freeskate  
5:15 pm – 5:30pm      Dance

**Wednesdays:**      **4:00pm – 5:30pm**      **Group Instruction 4:00pm – 5:00pm**  
4:00pm – 4:15pm      Stroking  
4:15pm – 4:45pm      Dance  
4:45pm – 5:15pm      Freeskate  
5:15 pm – 5:30pm      Skills

**Saturdays:**      **8:30am – 10:00am**      **Group Instruction 8:30am – 9:30am**  
8:30am – 8:45am      Stroking  
8:45am – 9:15am      Dance  
9:15am – 9:45am      Freeskate  
9:45am – 10:00am      Skills

#### **SENIOR:**

**Mondays:**      5:45pm – 6:15pm      Skills  
6:15pm – 6:30pm      Spins & Footwork  
6:30pm – 7:45pm      Freeskate

**Wednesdays:**      5:45pm – 6:15pm      Dance  
6:15pm – 6:30pm      Stroking  
6:30pm – 7:45pm      Freeskate

**Fridays:**      5:45pm – 6:15pm      Skills  
6:15pm – 6:30pm      Spins & Footwork  
6:30pm – 7:45pm      Freeskate

**Saturdays:**      10:15am – 10:45am      Dance  
10:45am – 11:00am      Stroking  
11:00am – 12:15pm      Freeskate

#### **PART TIME:**

**Tuesdays:**      6:00pm – 6:30pm      Dance  
6:30pm – 7:30pm      Freeskate

**Thursdays:**      6:00pm – 6:30pm      Skills  
6:30pm – 7:30pm      Freeskate

**Note: Time change for part time skaters on Thursday September 29<sup>th</sup> 3:15-4:45 pm.**