

KWSC Spring 2017 : 12 weeks- April 03 to June 25

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	6:35 - 8:00 KWSC 'SOI' SSD	6:00 - 7:45 Dance/Pairs	6:00 - 7:45 Dance/Pairs	6:00 - 7:45 Dance/Pairs	6:00 - 7:45 Dance/Pairs	6:15 - 8:15 KWSC 'SOI'	7:15 - 8:35 Dance/Pairs
7:00am		7:45 - 8:15 Dance/KWSC 'SOI'/ Pairs (up to pre-novice)	7:45 - 8:15 Dance/KWSC 'SOI'/ Pairs (up to pre-novice)	7:45 - 8:15 Dance/KWSC 'SOI'/ Pairs (up to pre-novice)	7:45 - 8:15 Dance/KWSC 'SOI'/ Pairs (up to pre-novice)		
8:00am	8:10 - 9:05 Star 1-4 FS 9:15 - 9:45 Post Fitness	8:25 - 9:15 KWSC 'SOI' SSD	8:25 - 1:05 KWSC 'SOI' SSD	8:25 - 1:05 KWSC 'SOI' SSD	8:25 - 1:05 KWSC 'SOI' SSD	8:25 - 1:05 KWSC 'SOI' SSD	8:35 - 9:05 Dance/Pairs/KWSC 'SOI'
9:00am	9:15 - 10:10 Star 3-7 FS 10:20 - 10:50 Post Fitness	9:20 - 10:05 Pre CanSkate/Adult Can					9:15 - 10:20 Star 1-10 Dance/Skill
10:00am	10:20 - 11:15 Star 1-10 FS	10:15 - 1:05 KWSC 'SOI' SSD					
11:00am	11:25 - 12:15 PreCan/CanSkate						10:30 - 11:20 Star 1-4 FS 11:30 - 12:00 Post Fitness
Noon			12:15 - 1:05 Test Ice or KWSC 'SOI' All levels for testing				11:30 - 12:20 Star 4-10 FS 12:30 - 1:15 Post Fitness
1:00pm	12:25 - 1:10 PreCan/P&T	1:15 - 2:05 FS Pairs	1:15 - 2:05 FS Pairs	1:15 - 2:05 FS Pairs	1:15 - 2:05 FS Pairs	1:15 - 2:05 FS Pairs	12:30 - 1:35 Star 1-10 Dance/Skill
2:00pm	1:25 - 2:15 CanSkate €	2:15 - 3:05 comp / Pairs FS	2:15 - 3:05 FS Pairs	2:15 - 3:05 Comp. / Pairs FS	2:15 - 3:05 Comp. / Pairs FS	2:15 - 3:05 Comp. / Pairs FS 3:15 - 4:00 Post Fitness Pairs	1:45 - 2:35 Group Star 2:45 - 3:30 PreCanSkate
3:00pm	2:25 - 3:15 CanSkate/PreCan	3:15 - 4:05 comp FS 4:15 - 5:00 Post Fitness/ Comp/Pairs	3:15 - 4:05 Comp. FS + invitees 4:15 - 5:00 Post Fitness/ Comp/Pairs	3:15 - 4:05 Comp. FS 4:15 - 5:00 Post Fitness/ Comp/Pairs	3:15 - 4:05 Comp. FS 4:15 - 5:00 Post Fitness/ Comp/Pairs	3:15 - 4:05 Comp. FS 4:15 - 5:00 Post Fitness/ Comp	
4:00pm	3:25 - 4:15 Pre-Power/Power 1	4:15 - 5:10 Star 4-7 FS 5:30 - 6:15 Post Fitness	4:15 - 5:20 Comp FS + invitees Stroking (15 min)	4:15 - 5:10 Star 4-7 FS 5:30 - 6:15 Post Fitness	4:15 - 5:10 Star 4-7 FS 5:30 - 6:15 Post Fitness	4:15 - 5:20 Star 4-7 FS 5:30 - 6:15 Post Fitness	3:40 - 4:30 CanSkate €
5:00pm	4:25 - 5:15 Power 2/3	5:20 - 6:15 Star 1-4 FS		5:20 - 6:15 Star 2-5 FS 6:30 - 7:00 Post Fitness	5:20 - 6:10 CanSkate €		4:40 - 5:30 Power 2
6:00pm	5:25 - 6:20 Junior Synchro Skills	6:25 - 7:20 Star 1-4 FS 7:30 - 8:00 Post Fitness	6:45 - 7:15 Post Fitness	6:25 - 7:15 Enrichment 7:30 - 8:00 Post Fitness	6:20 - 7:15 Star 1-4 FS 7:20 - 7:50 Post Fitness	5:30 - 6:30 Intro to FS	5:40 - 6:30 Power 3/4
7:00pm	6:30 - 7:25 Senior Synchro Skills	6:50 - 7:20 Pre Fitness	6:40 - 7:35 Star 1-3 FS 7:45 - 8:15 Post Fitness	7:25 - 8:15 Group star / Star Kids		6:40 - 8:05 Dance Pairs	6:40 - 7:40 KWSC 'SOI' SSD*
8:00pm	7:35 - 8:30 Adult Synchro	7:30 - 8:30 Star 4-10 FS Stroking (10 min)	7:45 - 8:40 Star 4-10 FS		6:45 - 7:15 Pre Fitness 7:25 - 8:20 Star 4-10 FS		
9:00pm	8:40 - 10:00 KWSC 'SOI' SSD	8:00 - 8:30 Pre Fitness 8:40 - 10:00 16+ skills/FS 9:35 - 10:00 16+ Dance	8:40 - 9:10 Social Dance	8:25 - 9:25 (1st 6 weeks) Test ice all level (2nd 6 weeks) Tryouts Synchro 9:35 - 10:30 KWSC 'SOI' SSD	8:30 - 9:15 16+ Star Dance/FS 9:15 - 9:30 16+ Star Skill/Edge 9:40 - 10:30 Adult/Teen CanSkate	8:15 - 9:05 SET Enhancement 9:15 - 10:30 KWSC 'SOI' SSD	No Skating Days: Apr 14, May 22 Special Days: Seminar June 25 Noon to 5pm Gala/AGM June 11 3:30to 5:30
10:00pm							
11:00pm				Activa -Wednesday (Ap5-Ju21) 5:20 - 6:05 Can U8/PreCan/P & T 6:15 - 7:05 CanSkate/PreCan			Test Days: May 30, June 22

Week 1-5 CanSkate/TCHSS- AMCC- April 3 to May 4
 Week 1-5 STAR/Comp- AMCC- April 3 to May 4
 Week 6-12 All Programs- CFSC- May 5 to June 25