



Champs International

Skating Centre of British Columbia



OFF SEASON SCHEDULE 2019

Tuesday May 21st - Friday June 21st

Skate Canada (Rink 8)

Monday – Friday

6:30am-9:30am	Competitive Dance Teams
9:30am-9:45am	Flood
9:45am-11:45am	Competitive Dance Teams
11:45am-12:00pm	Flood
12:00pm-1:00pm	Elite
1:00pm-2:00pm	Open
2:00pm-2:15pm	Flood
2:15pm-3:15pm	Elite
3:15pm-4:00pm	Sr A Advanced
4:00pm-4:15pm	Flood
4:15pm-5:00pm	Intermediate* (MWF)
	Sr A Workshop (Tu/Th, June 3-21))
5:00pm-5:15pm	Flood
5:15pm-6:00pm	Elite
6:00pm-6:45 pm	Sr A Advanced
6:45pm-7:00pm	Flood
7:00pm-8:00pm	Sr B (Mon-Thurs, Fri: 7:00-7:45pm)
8:00pm-8:15pm	Flood
8:15pm-10:15pm	Open Dance (Mon/Wed)

**Intermediates to use Public Skate Room as dressing room. Intermediate parents kindly asked to stay clear of Rink 8 walkway /warm-up areas once children are dropped off.*

Saturday

7:00am-8:00am	Open
8:00am-8:15am	Flood
8:15am-9:15am	Open
9:15am-9:30am	Flood
9:30am-10:30am	Adult Freeskate Session*
10:30am-10:45am	Flood
10:45am-11:45am	Adult Dance Session *

**Adult Session – 16yrs and older*

Sunday

6:30am-8:45am	Competitive Dance
8:45am-9:00am	Flood
9:00am-9:45am	Sr B (No jumps allowed)
9:45am-10:45am	Sr A
10:45am-11:00am	Flood
11:00am-12:00pm	Advanced
12:00pm-12:15pm	Flood
12:15pm-1:15pm	Elite

Canuck (Rink 1)

Monday - Friday

12:00pm-1:00pm	Open
1:00pm-2:15pm	Open Dance
2:15pm-2:30pm	Flood
2:30pm-3:15pm	Sr. A
3:15 pm-3:30pm	Sr A & Sr B Spins
3:30pm-3:45pm	Flood
3:45pm-4:30pm	Sr. B (Tu/Th)
	WORKSHOP June 3-21
	(M/W/F)

Gold B (Rink 6)

Monday - Friday

6:30am -8:30am	Dev Dance
2:30pm-4:30pm	Dev Dance (MWF)*
4:30 pm -5:30 pm	Sr A (MWF)

**Dev Dancers to use Rink 6 Canlan dressing room (Rink #6, Room#2) for MWF ice session*

**Sr B to use their assigned dressing rooms/prep areas*

May/June Off Season Notices

- All accredited sessions are for 2019 contract coaches only
- Freelance Coaches must request approval prior to coaching on opens
- **June 20 - 23, 2019 BC/YK High Performance Camp**, schedule changes or cancellations will be posted
- **Summer School dates: June 24 - August 14, 2019**

OFF ICE

Monday	Ballet (M. Kalamani)
Wednesday	Ballet (O. Latynina)
Friday	Fitness (J.M. Harvey)

2:15 pm – 3:15 pm	Sr A Advanced
3:45 pm – 4:45 pm	Elite
4:45 pm – 5:45 pm	Sr B
5:45 pm – 6:45 pm	Sr A
6:45 pm - 7:45 pm	Dance Team (M/W only)

All Off Ice Classes Start Monday June 3rd