



OFF SEASON SCHEDULE 2010

BC Centre of Excellence

Tuesday May 25th -Friday June 25th

Monday – Friday Skate Canada Rink

6:30am-9:00am	Competitive Dance Teams
9:00am-9:15am	Flood
9:15am-11:30am	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-3:30pm	Elite/Sr.A Spin Patch
3:30pm-3:45pm	Flood
3:45pm-4:00pm	Spin Patch Int. (M/W/F) Sr.B (T/Th)
4:00pm-5:00pm	Int (M/W/F) Sr.B (T/Th)
5:00pm-5:15pm	Flood
5:15pm-6:00pm	Elite
6:00pm-7:00pm	Sr.A
7:00pm-7:15pm	Flood
7:15pm-8:00pm	Sr.B
8:00pm-8:15pm	Flood
8:15pm-10:15pm	Dance (M/W)

- * Elite/Sr. A Skaters will have Off-Ice (See Box at Right).
- * Friday June 4 will have a Modified Schedule & Saturday June 5 will be Cancelled both due to Section High Performance Clinic
- * All accredited sessions are for the contract coaches only.

Saturday Skate Canada Rink

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

- *Adult Session – 16yrs and older, not available to accredited BC COE competitors

Monday – Friday Rink 1

12:00pm-1:00pm	Open
1:00pm-2:15pm	Adult Skate
2:15pm-2:30pm	Flood
2:30pm-3:15pm	Sr.A

Monday – Friday Rink 6

4:30pm-5:30pm	Developmental Dance Teams
5:30pm-6:15pm	Open

Off Ice Sr. A

4:45pm-5:45pm Monday - Friday

Off Ice Elite

3:45pm-4:45pm Mon/Wed/Fri
6:15pm-6:45pm Tue/Thu - Cardio Run

All Off Ice Classes Start May 31

Sunday Skate Canada Rink

7:00am-9:00am	Open Dance
9:00am-9:15am	Flood
9:15am-10:00am	Open
10:00am-10:45am	Open
10:45am-11:00am	Flood
11:00am-12:00am	Sr.A
12:00pm-12:15pm	Flood
12:15pm-1:15pm	Elite