

2018

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
Christmas Break!!						
7	8 3:45-4:45 STAR 1+ 4:30-5:30 STAR 3&4 5:30-6:15 CANSKATE 5:30-6:15 PREPOWER 5:30-6:00 PRECANSKATE 6:30-7:30 STAR 5+	9 Off Ice Conditioning 4:00-4:45 STARskate	10 3:45-4:45 STAR 3+ 3:45-4:30 PreSTAR, 1&2 Off Ice 4:45-5:45 PreSTAR, 1&2 5:00-5:45 STAR 3&4 Off Ice 5:30-6:15 STAR 5+ Off Ice** 6:00-6:45 CANSKATE 6:00-6:30 PRECANSKATE 7:00-8:00 STAR 3+	11	12 3:45-4:45 STAR 5+ 4:45-5:45 STAR 1+	13 Canadian Championships (Vancouver)
14 Canadian Championships (Vancouver)	15 3:45-4:45 STAR 1+ 4:30-5:30 STAR 3&4 5:30-6:15 CANSKATE 5:30-6:15 PREPOWER 5:30-6:00 PRECANSKATE 6:30-7:30 STAR 5+	16 Off Ice Conditioning 4:00-4:45 STARskate	17 3:45-4:45 STAR 3+ 3:45-4:30 PreSTAR, 1&2 Off Ice 4:45-5:45 PreSTAR, 1&2 5:00-5:45 STAR 3&4 Off Ice 5:45-6:30 STAR 5+ Off Ice 6:00-6:45 CANSKATE 6:00-6:30 PRECANSKATE 7:00-8:00 STAR 3+	18	19 *DRESS DAY* 3:45-4:45 STAR 5+ 4:45-5:45 STAR 1+	20
21	22 3:45-4:45 STAR 1+ 4:30-5:30 STAR 3&4 <u>BEACH DAY!!</u> 5:30-6:15 CANSKATE 5:30-6:15 PREPOWER 5:30-6:00 PRECANSKATE 6:30-7:30 STAR 5+	23 Off Ice Conditioning 4:00-4:45 STARskate	24 3:45-4:45 STAR 3+ 3:45-4:30 PreSTAR, 1&2 Off Ice 4:45-5:45 PreSTAR, 1&2 5:00-5:45 STAR 3&4 Off Ice 5:45-6:30 STAR 5+ Off Ice <u>BEACH DAY!!</u> 6:00-6:45 CANSKATE 6:00-6:30 PRECANSKATE 7:00-8:00 STAR 3+	25	26 3:45-4:45 STAR 5+ 4:45-5:45 STAR 1+	27
28	29 3:45-4:45 STAR 1+ 4:30-5:30 STAR 3&4 5:30-6:15 CANSKATE 5:30-6:15 PREPOWER 5:30-6:00 PRECANSKATE 6:30-7:30 STAR 5+	30 Off Ice Conditioning 4:00-4:45 STARskate	31 3:45-4:45 STAR 3+ 3:45-4:30 PreSTAR, 1&2 Off Ice 4:45-5:45 PreSTAR, 1&2 5:00-5:45 STAR 3&4 Off Ice 5:45-6:30 STAR 5+ Off Ice 6:00-6:45 CANSKATE 6:00-6:30 PRECANSKATE 7:00-8:00 STAR 3+	1	2	3
NOTES: Skate Canada Nationals (Vancouver) Jan 10-14, 2018						