

*** BRONZE TRAINING PODS 1 & 2 ***

All sessions held at Minoru Arenas, Richmond Ice Centre & the Richmond Olympic Oval January 8th - March 15th, 2024

vers 19/12/23

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee		
	Pods 1 & 2 Bronze - freeskate	4:15-5:00pm	Minoru - Silver Rink	Feb 19	9				
MONDAY January 8 - March 11	Pods 1 & 2 - stretch	5:30-6:00pm	Minoru - Silver Lobby	Jan 22, Feb 19	8	30 mins	\$73		
	Pod 1 Bronze - freeskate	4:00-4:45pm	Richmond Ice Centre - Garage		10		Dod 1. ¢130 /franskata L grava)		
TUESDAY January 9 - March 12	Pod 1 & 2 Bronze - group	4:45-5:15pm	Richmond Ice Centre - Garage		10	30 mins	Pod 1: \$120 (freeskate + group) Pod 2: \$120 (group + freeskate)		
	Pod 2 Bronze - freeskate	5:15-6:00pm	Richmond Ice Centre - Garage		10				
WEDNESDAY	Pod 1 & 2 Bronze - freeskate	3:30-4:30pm	Minoru - Silver Rink		10		\$120		
January 10 - March 13	Pod 1 & 2 Bronze - Jump	4:45-5:30pm	Minoru - Mezzanine		10	45 mins	7120		
FRIDAY	Pod 1 & 2 Bronze - group	3:30-4:30pm	Minoru - Silver Rink		10	60 mins	\$204		
January 12 - March 15	Pod 1 & 2 Bronze - Jump	5:15-6:00pm	Minoru - Mezzanine	Feb 2	9	45 mins	Ş 204		
SATURDAY January 13 - March 9	Pods 1 & 2 Bronze - freeskate	7:00-7:45am	Oval - North Rink	Jan 27, Feb 17	7		\$32		
	Pod 1 Bronze - freeskate	8:00-8:45am	Oval - South Rink	Jan 21	8		Dod 1, ¢06 (freestate t areur)		
SUNDAY January 14 - March 10	Pods 1 & 2 Bronze - group	8:45-9:15am	Oval - South Rink	Jan 21	8	30 mins	Pod 1: \$96 (freeskate + group) Pod 2: \$96 (group + freeskate)		
	Pod 2 Bronze - freeskate	9:15-10:00am	Oval - South Rink	Jan 21	8		, ,		

Notes:

The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024)
Schedule is subject to change.
Always check website for schedule changes.

You will be notified regarding which training pod your skater is assigned to.

WINTERSKATE SIMULATION dates:

Sunday, January 21st - Oval, 8:00-10:00am Monday, January 22nd - Minoru Stadium Rink, 3:30-6:45pm Tuesday, January 23rd - Minoru Silver Rink, 3:30-5:45pm

			OF	PEN and Competitive Day ice			
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink	Feb 19	9		\$90
January 8 - March 11	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink	Feb 19	9		\$90
TUESDAY January 9 - March 12	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100
WEDNESDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink		10		\$100
January 10 - March 13	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100
THURSDAY January 11 - March 14	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100
FRIDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink		10		\$100
January 12 - March 15	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink (March 8 - South Rink)		10		\$100
SUNDAY January 14 - March 10	OPEN freeskate	8:00-9:00am	Minoru - Silver Rink		9		\$90



*** SILVER TRAINING PODS 1 & 2 ***

All sessions held at Minoru Arenas and Richmond Olympic Oval January 8th - March 15th, 2024 vers 19/12/23

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
	Pod 1 Silver - freeskate	3:30-4:15pm	Minoru - Stadium Rink	Jan 22, Feb 19	8		\$68
MONDAY	Pod 1 Silver - Dance	4:30-5:00pm	Minoru - Mezzanine	Jan 22, Feb 19	8	30 mins	708
January 8 - March 11	Pod 2 Silver - freeskate	4:15-5:00pm	Minoru - Stadium Rink	Jan 22, Feb 19	8		\$68
	Pod 2 Silver - Dance	5:15-5:45pm	Minoru - Mezzanine	Jan 22, Feb 19	8	30 mins	700
TUESDAY	Pods 1 & 2 Silver - group	3:30-4:15pm	Minoru - Silver Rink	Jan 23	9	45 mins	\$155
January 9 - March 12	Pods 1 & 2 Silver - Stretch	4:30-5:15pm	Minoru - Mezzanine	Jan 23	9	45 mins	Ψ200
	Pod 1 Silver - freeskate	4:30-5:15pm	Minoru - Silver Rink		10		\$105
WEDNESDAY	Pod 1 Silver - Jump	5:30-6:15pm	Minoru - Mezzanine		10	45 mins	Ψ103
January 10 - March 13	Pod 2 Silver - Jump	4:30-5:15pm	Minoru - Mezzanine		10	45 mins	\$105
	Pod 2 Silver - freeskate	5:30-6:15pm	Minoru - Silver Rink		10		Ψ200
Thursday	Pod 1 & 2 Silver - group	3:30-4:30pm	Minoru - Silver Rink		10	60 mins	\$210
January 11 - March 14	Pod 1 & 2 Silver - Fitness	4:45-5:30pm	Minoru - Mezzanine		10	45 mins	7210
	Pod 1 Silver - Jump	4:45-5:15pm	Minoru - Mezzanine	Feb 2	9	30 mins	\$96
FRIDAY	Pod 1 Silver - freeskate	5:45-6:45pm	Minoru - Silver Rink		10		755
January 12 - March 15	Pod 2 Silver - Jump	4:00-4:30pm	Minoru - Mezzanine	Feb 2	9	30 mins	\$96
	Pod 2 Silver - freeskate	4:45-5:45pm	Minoru - Silver Rink		10		
SATURDAY January 13 - March 9	Pod 1 & 2 Silver - freeskate	7:45-8:30am	Oval - North Rink	Jan 27, Feb 17	7	45 mins	\$32

Notes:

The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024)
Schedule is subject to change.
Always check website for schedule changes.
You will be notified regarding which training pod your skater is assigned to.

WINTERSKATE SIMULATION dates:
Sunday, January 21st - Oval, 8:00-10:00am
Monday, January 22nd - Minoru Stadium Rink, 3:30-6:45pm
Tuesday, January 23rd - Minoru Silver Rink, 3:30-5:45pm

		OPEN and Competitive Day ice										
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee					
MONDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink	Feb 19	9		\$90					
January 8 - March 11	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink	Feb 19	9		\$90					
TUESDAY January 9 - March 12	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100					
WEDNESDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink		10		\$100					
January 10 - March 13	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100					
THURSDAY January 11 - March 14	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100					
FRIDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink		10		\$100					
January 12 - March 15	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink (March 8 - South Rink)		10		\$100					
SUNDAY January 14 - March 10	OPEN freeskate	8:00-9:00am	Minoru - Silver Rink		9		\$90					



*** GOLD TRAINING PODS 1 & 2 ***

All sessions held at Minoru Arenas & Richmond Olympic Oval January 8th - March 15th, 2024 vers 19/12/23

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
	Pod 1 Gold - freeskate	3:30-4:15pm	Oval - North Rink	Feb 19	9		D-14.600/f
MONDAY January 8 - March 11	Pod 2 Gold - freeskate	3:30-4:15pm	Minoru - Silver	Feb 19	9		Pod 1: \$89 (freeskate + stretch) Pod 2: \$89 (freeskate + stretch)
	Pods 1 & 2 Gold - Stretch	4:45-5:30pm	Minoru - Silver Lobby	Jan 22, Feb 19	8	45 mins	Tou II you (Incestate 1 stretch)
TUESDAY	Pods 1 & 2 Gold - Group	4:15-5:00pm	Minoru - Silver	Jan 23	9	45 mins	\$155
January 9 - March 12	Pods 1 & 2 Gold - Dance	5:15-6:00pm	Minoru - Mezzanine	Jan 23	9	45 mins	J133
	Pod 1 Gold - freeskate	5:30-6:15pm	Oval - North Rink		10		\$105
WEDNESDAY	Pod 1 Gold - Jump	6:30-7:15pm	Oval - Room 1046		10	45 mins	Ş103
January 10 - March 13	Pod 2 Gold - freeskate	6:15-7:00pm	Oval - North Rink		10		\$105
	Pod 2 Gold - Jump	7:15-8:00pm	Oval - Room 1046		10	45 mins	J103
THURSDAY	Pods 1 & 2 Gold - freeskate	6:15-7:00pm	Minoru - Silver		10		\$105
January 11 - March 14	Pods 1 & 2 Gold - fitness	7:15-8:00pm	Minoru - Silver Lobby		10	45 mins	V 103
	Pod 1 Gold - Jump	6:15-6:45pm	Minoru - Mezzanine	Feb 2	9	30 mins	\$141
FRIDAY	Pod 1 Gold - freeskate & group	7:00-8:00pm	Minoru - Silver		10	30 mins	Y =
January 12 - March 15	Pod 2 Gold - Jump	6:45-7:15pm	Minoru - Mezzanine	Feb 2	9	30 mins	\$141
	Pod 2 Gold - group & freeskate	7:30-8:30pm	Minoru - Silver		10	30 mins	\$141
	Pod 1 Gold - freeskate	8:30-9:15am	Oval - North Rink	Jan 27, Feb 17	7		\$32
SATURDAY	Pod 2 Gold - freeskate	9:30-10:15am	Oval - North Rink	Jan 27, Feb 17	7		\$32
January 13 - March 9	Gold Harness - by invitation only	12:00-12:20pm or 12:20-12:40pm or 12:40-1:00pm	Oval - Room 1058	Jan 27, Feb 17	7	20 mins	\$21

Notes:

The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024)
Schedule is subject to change.
Always check website for schedule changes.
You will be notified regarding which training pod your skater is assigned to.

WINTERSKATE SIMULATION dates: Sunday, January 21st - Oval, 8:00-10:00am Monday, January 22nd - Minoru Stadium Rink, 3:30-6:45pm Tuesday, January 23rd - Minoru Silver Rink, 3:30-5:45pm

	OPEN and Competitive Day ice									
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee			
MONDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink	Feb 19	9		\$90			
January 8 - March 11	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink	Feb 19	9		\$90			
TUESDAY January 9 - March 12	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100			
WEDNESDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink		10		\$100			
January 10 - March 13	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100			
THURSDAY January 11 - March 14	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink		10		\$100			
FRIDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver Rink		10		\$100			
January 12 - March 15	Bronze/Silver/Gold OPEN	11:45am-12:45pm	Oval - North Rink (March 8 - South Rink)		10		\$100			
SUNDAY January 14 - March 10	OPEN freeskate	8:00-9:00am	Minoru - Silver Rink		9		\$90			



*** DIAMOND TRAINING POD ***

All sessions held at Minoru Arenas & the Richmond Olympic Oval January 8th - March 15th, 2024 vers 19/12/23

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
	Diamond - Freeskate	5:15-6:15pm	Minoru - Silver	Feb 19	9		
MONDAY January 8 - March 11	Diamond - Group	6:15-6:30pm	Minoru - Silver	Feb 19	9	15 mins	\$142
	Diamond - Dance	6:45-7:30pm	Minoru - Mezzanine	Feb 19	9	45 mins	
TUESDAY	Diamond - Freeskate	5:00-5:45pm	Minoru - Silver	Jan 23	9		\$95
January 9 - March 12	Diamond - Stretch	6:00-6:45pm	Minoru - Mezzanine	Jan 23	9	45 mins	ў ээ
WEDNESDAY	Diamond - Freeskate	6:15-7:00pm	Minoru - Silver		10		\$105
January 10 - March 13	Diamond - Jump	7:15-8:00pm	Minoru - Mezzanine		10	45 mins	\$103
THURSDAY	Diamond - Freeskate	4:30-5:15pm	Minoru - Silver		10		\$105
January 11 - March 14	Diamond - Fitness	5:30-6:15pm	Minoru - Silver Lobby		10	45 mins	\$103
FRIDAY January 12 - March 15	Diamond - Freeskate	6:45-7:30pm	Oval - South Rink	Jan 26, Feb 16	8		\$36
CATLIDDAY	Diamond - Freeskate	10:15-11:00am	Oval -North Rink	Jan 27, Feb 17	7		\$32
SATURDAY January 13 - March 9	Diamond Harness - By invitation only	9:00-9:20am or 9:20-9:40am or 9:40-10:00am	Oval - Room 1058	Jan 27, Feb 17	7	20 mins	\$21

Notes:

The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024)
Schedule is subject to change.
Always check website for schedule changes.
You will be notified regarding which training pod your skater is assigned to.

WINTERSKATE SIMULATION dates:

Sunday, January 21st - Oval, 8:00-10:00am Monday, January 22nd - Minoru Stadium Rink, 3:30-6:45pm Tuesday, January 23rd - Minoru Silver Rink, 3:30-5:45pm

		OPEN and Competitive Day ice									
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee				
MONDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver	Feb 19	9		\$90				
January 8 - March 11	Diamond competitive day ice	2:30-3:15pm	Oval - North Rink		10		\$75				
TUESDAY	Diamond Day Harness - by invitation only	2:00-2:30pm	Oval - Room 1058		10		\$40				
January 9 - March 12	Diamond competitive day ice	3:00-4:00pm	Oval - North Rink		10		\$100				
WEDNESDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver		10		\$100				
January 10 - March 13	Diamond competitive day ice	3:00-3:45pm	Oval - North Rink		10		\$75				
THURSDAY January 11 - March 14	Diamond competitive day ice	3:00-3:45pm	Oval - North Rink		10		\$75				
FRIDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver		10		\$100				
January 12 - March 15	Diamond competitive day ice	3:00-3:45pm (March 8 - 2:45-3:30pm)	Oval - North Rink (March 8 - South Rink)		10		\$75				
SUNDAY January 14 - March 10	OPEN freeskate	8:00-9:00am	Minoru - Silver		9		\$100				



*** DIAMOND ADVANCED TRAINING POD ***

All sessions held at Minoru Arenas & the Richmond Olympic Oval January 8th - March 15th, 2024 vers 19/12/23

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
	Diamond Advanced - Pilates	4:45-5:45pm	Oval - Room 1046	Feb 19	9	60 mins	
MONDAY January 8 - March 11	Diamond Advanced - Group	6:45-7:00pm	Minoru - Silver	Feb 19	9	15 mins	\$160
	Diamond Advanced - Freeskate	7:00-8:00pm	Minoru - Silver	Feb 19	9		
TUESDAY	Diamond Advanced - Ballet	4:45-5:30pm	Oval - Studio 2010		10	45 mins	\$60
January 9 - March 12	Diamond Advanced - Freeskate	8:00-8:45pm	Minoru - Silver		10		\$45
WEDNESDAY	Diamond Advanced - Jump	6:15-7:00pm	Minoru - Mezzanine		10	45 mins	Ć40F
January 10 - March 13	Diamond Advanced - Freeskate	7:15-8:00pm	Minoru - Silver		10		\$105
	Diamond Advanced Harness - By invitation only	4:00-4:20pm or 4:20-4:40pm or 4:40-5:00pm	Oval - Room 1058		10	20 mins	\$30
THURSDAY January 11 - March 14	Diamond Advanced - Fitness	6:30-7:15pm	Minoru - Silver Lobby		10	45 mins	\$105
	Diamond Advanced - Freeskate	8:00-8:45pm	Minoru - Silver		10		¥205
	Diamond Advanced - Freeskate	4:45-5:30pm	Oval - South Rink	Jan 26, Feb 16	8		
FRIDAY January 12 - March 15	Diamond Advanced - Spin	5:30-5:45pm	Oval - South Rink	Jan 26, Feb 16	8	15 mins	\$130
	Diamond Advanced - Yoga	6:00-7:00pm	Oval - Room 1046	Jan 26, Feb 16	8	60 mins	
SATURDAY January 13 - March 9	Diamond Advanced - Freeskate	1:15-2:00pm	Oval - North Rink	Jan 27, Feb 17	7		\$32

Notes:

The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024)
Schedule is subject to change.
Always check website for schedule changes.
You will be notified regarding which training pod your skater is assigned to.

<u>WINTERSKATE SIMULATION dates:</u>
Sunday, January 21st - Oval, 8:00-10:00am
Monday, January 22nd - Minoru Stadium Rink, 3:30-6:45pm
Tuesday, January 23rd - Minoru Silver Rink, 3:30-5:45pm

			OPEN and Co	mpetitive Day ice			
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver	Feb 19	9		\$90
January 8 - March 11	Diamond competitive day ice	2:30-3:15pm	Oval - North Rink		10		\$75
TUESDAY	Diamond Day Harness - by invitation only	2:00-2:30pm	Oval - Room 1058		10		\$40
January 9 - March 12	Diamond competitive day ice	3:00-4:00pm	Oval - North Rink		10		\$100
WEDNESDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver		10		\$100
January 10 - March 13	Diamond competitive day ice	3:00-3:45pm	Oval - North Rink		10		\$75
THURSDAY January 11 - March 14	Diamond competitive day ice	3:00-3:45pm	Oval - North Rink		10		\$75
FRIDAY	OPEN freeskate	6:30-8:00am	Minoru - Silver		10		\$100
January 12 - March 15	Diamond competitive day ice	3:00-3:45pm (March 8 - 2:45-3:30pm)	Oval - North Rink (March 8 - South Rink)		10		\$75
SUNDAY January 14 - March 10	OPEN freeskate	8:00-9:00am	Minoru - Silver		9		\$100



*** TOP FLIGHT TRAINING PODS ***

All sessions held at the Minoru Arena & the Richmond Olympic Oval January 8th - March 15th, 2024 vers 19/12/23

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
	Pod 1 Top Flight - Pilates	2:45-3:45pm	Oval - Room 1046	Feb 19	9	60 mins	\$113
MONDAY	Pod 1 Top Flight - Freeskate	4:15-5:00pm	Oval - North Rink	Feb 19	9		Ş113
January 8 - March 11	Pod 2 Top Flight - Pilates	3:45-4:45pm	Oval - Room 1046	Feb 19	9	60 mins	\$108
	Pod 2 Top Flight - Freeskate	6:00-6:45pm	Minoru - Stadium	Jan 22, Feb 19	8		\$100
	Pod 1 Top Flight - Ballet	3:15-4:00pm	Oval - Studio 2010		10	45 mins	\$60
TUESDAY January 9 - March 12	Pod 2 Top Flight - Ballet	4:00-4:45pm	Oval - Studio 2010		10	45 mins	\$60
	Pod 1 Top Flight - Freeskate	6:00-6:45pm	Minoru - Silver		10		
	Pods 1/2 Top Flight - Group	6:45-7:00pm	Minoru - Silver		10	15 mins	Pod 1: \$83(group & freeskate)
	Pod 2 Top Flight - Freeskate	7:00-7:45pm	Minoru - Silver		10		Pod 2: \$83(freeskate & group)
	Pod 1 Top Flight - Freeskate	3:45-4:30pm	Oval - North Rink		10		Ć40E
WEDNESDAY	Pod 1 Top Flight - Jump	4:45-5:30pm	Oval - Room 1046		10	45 mins	\$105
January 10 - March 13	Pod 2 Top Flight - Freeskate	4:45-5:30pm	Oval - North Rink		10		4.0-
	Pod 2 Top Flight - Jump	5:45-6:30pm	Oval - Room 1046		10	45 mins	\$105
	Pod 2 Top Flight Harness - By invitation only	3:30-4:00pm	Oval - Room 1058		10	30 mins	\$40
	Pod 1 Top Flight - Dance	3:30-4:30pm	Oval - Room 2026		10	60 mins	\$125
THURSDAY January 11 - March 14	Pod 1 Top Flight - Freeskate	5:30-6:15pm	Minoru - Silver		10		\$125
	Pod 2 Top Flight - Dance	4:30-5:30pm	Oval - Room 2026		10	60 mins	Ć12F
	Pod 2 Top Flight - Freeskate	7:15-8:00pm	Minoru - Silver		10		\$125
	Pod 1 Top Flight - Freeskate	4:00-4:45pm	Oval - South Rink	Jan 26, Feb 16	8		¢4.00
FRIDAY	Pod 1 Top Flight - Yoga	5:00-6:00pm	Oval - Room 1046	Jan 26, Feb 16	8	60 mins	\$100
January 12 - March 15	Pod 2 Top Flight - Freeskate	6:00-6:45pm	Oval - South Rink	Jan 26, Feb 16	8		604
	Pod 2 Top Flight - Yoga	7:00-7:45pm	Oval - Room 1046	Jan 26, Feb 16	8	45 mins	\$84
	Pod 2 Top Flight - freeskate	11:15-12:00pm	Oval - North Rink	Jan 27, Feb 17	7		
SATURDAY January 13 - March 9	Pods 1/2 Top Flight - group	12:00-12:15pm	Oval - North Rink	Jan 27, Feb 17	7	15 mins	Pod 1: \$58 (group & freeskate) Pod 2: \$58 (freeskate & group)
,	Pod 1 Top Flight - freeskate	12:30-1:15pm	Oval - North Rink	Jan 27, Feb 17	7		i od 2. 930 (ii ceskate & gioup)

Notes:

The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024)
Schedule is subject to change.

Always check website for schedule changes.

You will be notified regarding which training pod your skater is assigned to.

WINTERSKATE SIMULATION dates:

Sunday, January 21st - Oval, 8:00-10:00am Monday, January 22nd - Minoru Stadium Rink, 3:30-6:45pm Tuesday, January 23rd - Minoru Silver Rink, 3:30-5:45pm

			OPEN and Cor	mpetitive Day ice			
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
	OPEN freeskate	6:30-8:00am	Minoru - Silver	Feb 19	9		\$90
MONDAY	Top Flight competitive day ice	1:00-2:00pm	Oval - North Rink		10		\$100
January 8 - March 11	Top Flight competitive day ice	1:45-2:30pm	Oval - North Rink		10		\$75
TUESDAY	Top Flight competitive day ice	1:00-2:00pm	Oval - North Rink		10		\$100
January 9 - March 12	Top Flight competitive day ice	1:45-2:45pm	Oval - North Rink		10		\$100
WEDNESD AV	OPEN freeskate	6:30-8:00am	Minoru - Silver		10		\$100
WEDNESDAY Januray 10 - March 13	Top Flight competitive day ice	1:00-2:00pm	Oval - North Rink		10		\$100
	Top Flight competitive day ice	1:45-2:45pm	Oval - North Rink		10		\$100
THURSDAY	Top Flight competitive day ice	1:00-2:00pm	Oval - South Rink		10		\$100
Januray 11 - March 14	Top Flight competitive day ice	1:45-2:45pm	Oval - South Rink		10		\$100
	OPEN freeskate	6:30-8:00am	Minoru - Silver		10		\$100
FRIDAY January 12 - March 15	Top Flight competitive day ice	1:00-2:00pm (March 8 - 1:00-1:45pm)	Oval - North Rink (March 8 - South Rink)		10		\$98
January 12 - Watch 13	Top Flight competitive day ice	1:45-2:45pm (March 8 - 1:45-2:30pm)	Oval - North Rink (March 8 - South Rink)		10		\$98
SUNDAY January 14 - March 10	OPEN freeskate	8:00-9:00am	Minoru - Silver		9		\$90



*** PAIRS DEVELOPMENT PROGRAM ***

All sessions held at Minoru Arenas, the Richmond Ice Centre & the Richmond Olympic Oval January 8th - March 15th, 2024 vers 19/12/23

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY January 8 - March 11	PDP - freeskate	8:15-9:00pm	Minoru - Silver	Feb 19	9		\$68
TUESDAY January 9 - March 12	PDP - freeskate	3:45-4:30pm	Richmond Ice Centre - Igloo		10		\$75
WEDNESDAY January 10 - March 13	PDP - HP freeskate	2:30-3:15pm	Minoru - Silver		10		\$75
	PDP - Lifts	3:30-4:15pm	Minoru Mezzanine		10	45 mins	\$75
	PDP - freeskate	8:00-8:45pm	Minoru - Silver		10		\$75
FRIDAY January 12 - March 15	PDP - HP freeskate	2:30-3:30pm	Oval - South Rink	Mar 8	9		\$90
	PDP - off ice	3:45-4:30pm	Oval - Studio 1046	Mar 8	9	45 mins	\$68
SATURDAY January 13 - March 9	PDP - freeskate	7:45-8:45am	Minoru - Stadium		9		\$90
	PDP - off ice	9:00-9:45am	Minoru - TBD		9	45 mins	\$68

Notes:

The \$58 Skate Canada fee is payable once per skater per skating year (Sept 2023-Aug 2024)
Schedule is subject to change.
Always check website for schedule changes.
You will be notified regarding which training pod your skater is assigned to.

Coaching fees for all freeskate sessions will be invoiced by the coach(es) directly to the skaters.

WINTERSKATE SIMULATION dates:
Sunday, January 21st - Oval, 8:00-10:00am
Monday, January 22nd - Minoru Stadium Rink, 3:30-6:45pm
Tuesday, January 23rd - Minoru Silver Rink, 3:30-5:45pm