


# March 2019

| Sun   | Mon   | Tue   | Wed  | Thu  | Fri   | Sat  |
|---|---|---|--|--|---|--|
|   |   |   |  |  | 1<br>Regular Schedule<br>Comp 4:00 – 4:50<br>Jr/Int3 4:50 – 6:10<br>Sr/Int4 6:20 – 7:50       | 2<br><u>Edge/Turn – 3:00-3:30</u><br><b>Rec Programs</b><br>Pr Sch 3:30 – 4:15<br>CnSk8 4:15 – 5:00<br>Pr Jr 5:00 – 5:50                                     |
| 3<br>Regular Schedule<br>Int/Sr 12:30 – 1:30<br><b>Gala Practice 1:30 – 2:00</b><br><b>Int off-ice 2:20 – 3:10</b><br>Sr 2:10 – 3:20<br><b>Sr off-ice 3:30 – 4:20</b><br>Int 3:20 – 4:20            | 4<br>Regular Schedule<br><b>Jr Simulation Day</b><br>(4:30 start)<br>Int 5:30 – 7:25<br>Sr 7:10 – 9:20              | 5<br>Regular Schedule<br>Int 4:00 – 5:50<br>Sr 5:20 – 7:45  | 6<br>Regular Schedule<br>Jr 4:00 – 5:15<br>Int 4:50 – 6:50<br>Sr 4:50 – 6:50<br>Adult 7:00 – 7:50  | 7<br><b>REC PROGRAMS</b><br>Pre-Sch/CanSk:4-4:45<br>Pr Jr: 4:45 – 5:50                                     | 8<br>Regular Schedule<br>Comp 4:00 – 4:50<br>Jr/Int3 4:50 – 6:10<br>Sr/Int4 6:20 – 7:50       | 9<br><u>Edge/Turn – 3:00-3:30</u><br><b>Rec Programs</b><br>Pr Sch 3:30 – 4:15<br>CnSk8 4:15 – 5:00<br>Pr Jr 5:00 – 5:50                                     |
| 10<br>Regular Schedule<br>Int/Sr 12:30 – 1:30<br><b>Gala Practice 1:30 – 2:00</b><br><b>Int off-ice 2:20 – 3:10</b><br>Sr 2:10 – 3:20<br><b>Sr off-ice 3:30 – 4:20</b><br>Int 3:20 – 4:20           | 11<br>Regular Schedule<br>Jr 4:30 – 6:00<br>Pr Jr+ 4:30 – 5:15<br>Int 5:30 – 7:25<br>Sr 7:10 – 9:20                 | 12<br>Regular Schedule<br>Int 4:00 – 5:50<br>Sr 5:20 – 7:45 | 13<br>Regular Schedule<br>Jr 4:00 – 5:15<br>Int 4:50 – 6:50<br>Sr 4:50 – 6:50<br>Adult 7:00 – 7:50 | 14<br><b>REC PROGRAMS</b><br>Pre-Sch/CanSk:4-4:45<br>Pr Jr: 4:45 – 5:50<br><b>Theme Day “Crazy Helmet”</b> | 15<br>Regular Schedule<br><b>Theme Day</b><br><b>Crazy Hair Day for all Jr/Int/Sr Skaters</b> | 16<br><u>Edge/Turn – 3:00-3:30</u><br><b>Rec Programs</b><br>Pr Sch 3:30 – 4:15<br>CnSk8 4:15 – 5:00<br><b>Theme Day “Crazy Helmet”</b><br>Pr Jr 5:00 – 5:50 |
| 17<br>Regular Schedule<br>Int/Sr 12:30 – 1:30<br><b>Gala Practice 1:30 – 2:00</b><br><b>Int off-ice 2:20 – 3:10</b><br>Sr 2:10 – 3:20<br><b>Sr off-ice 3:30 – 4:20</b><br>Int 3:20 – 4:20           | 18<br>Regular Schedule  | 19<br>Regular Schedule                                      | 20<br>Regular Schedule   | 21<br><b>REC PROGRAMS</b><br>Pre-Sch/CanSk:4-4:45<br>Pr Jr: 4:45 – 5:50                                    | 22<br><b>NO SKATING</b><br><b>Hockey Tourney</b>  | 23<br><b>NO SKATING</b><br><b>Hockey Tourney</b>   |
| 24<br><b>Make up Ice</b><br><b>Rec Programs</b><br>Edges/Turns 2:30—3:00<br>Pr Sch 3:00 – 3:45<br>CnSk8 3:45 – 4:30<br>Pr Jr 4:30 – 5:20<br><b>Jr/Int/Sr</b> 5:30 – 8:30<br>Break down of times tba | 25<br><b>NOTL STAR Challenge</b><br><b>4:00—6:10</b><br><b>(Pre Jr &amp; Jr )</b><br>Regular Mon Ice<br>6:20 – 9:20 | 26<br>Regular schedule                                      | 27<br>Regular Schedule   | 28<br><b>REC PROGRAMS</b><br>Pre-Sch/CanSk:4-4:45<br>Pr Jr: 4:45 – 5:50                                    | 29<br>Regular Schedule  | 30<br><u>Edge/Turn – 3:00-3:30</u><br><b>Rec Programs</b><br>Pr Sch 3:30 – 4:15<br>CnSk8 4:15 – 5:00<br>Pr Jr 5:00 – 5:50                                    |
| 31<br><b>SHOWCASE GALA</b><br><b>2:30-4:00</b><br><b>Watch for details</b>  | <b>Happy Spring Skating</b><br><b>Please ask your coach about off season.</b>                                       |   |  |  |   |  |

Sunday's gala practices are extra for INT and SR SKATERS, please make an effort to attend ☺