



WFSC WINTER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00-5:10 Star 6+	4:00-5:00 Open Star 3+	3:30-4:30pm Open Star 4+	4:00-4:50 Canskate	4:00-5:10 Star 6+	9:00-9:30 (30m) Pre Canskate	9:00-10:00 Star 1/2/3 (Passed 5)
5:20-6:20 Star 1/2 (passed 5) (structured)	5:10-6:00 Canskate	4:40-5:40 Star 3/4/5	5:00-5:50 CanSkate 9+	5:20-5:50 Spins and Edges	9:30-10:00 (30m) Pre Canskate	10:10-10:40(30m) Pre CanSkate
					10:10-10:40 (30m) Pre Canskate	10:50-11:20(30m) Pre CanSkate
6:30-7:40 Star 3/4/5	6:10-7:00 Canskate	5:50-6:50 Star 1/2 (Passed 5) (structured)	6:00-6:50 On Ice Conditioning	5:50-7:00 Star 3/4/5	10:50-11:40 CanSkate	11:30-12:20 CanSkate
7:50-9:00 Star 6+	7:10-8:10 Star 6/7	7:00-8:10 Star 6/7		7:10-8:10 Star 1/2	11:50-12:40 CanSkate	12:30-1:20 CanSkate
9:10-10:00 Adult/16+	8:20-9:30 Star 8 +	8:20-9:30 Star 8+		8:20-9:30 Star 6+	12:50-1:40 CanSkate	1:30-2:40 Star 4-7
	Tuesday Yoga/Flexibility Class 6pm and 7:10pm Wednesday Dryland 5:50 to 6:40 (for Star 3/4/5 and Star 6/7) 7:00-7:50 (for Star 8 +)				1:50-2:40 Canskate 9+	2:50-3:20 Spins and Edges
4:00-4:50 CanPowerskate (Pad 1).	9:40-10:30 Adult/16+	3:55-4:45 CanPowerskate (Pad 2).			2:50-4:00 Starskate Open	3:30-4:50 Star 8+