



2023-2024 FALL / WINTER SCHEDULE

September 5, 2023 - May 5, 2024

Monday Meadows W	Tuesday Mill Woods B		Wednesday Kinsmen
4:15-4:30 - Edge SENIOR	4:00-4:45 - Freeskate JUNIOR	4:00-4:15 - Edge INTERMEDIATE	4:00-4:15 - Edge SENIOR
4:30-5:15 - Freeskate SENIOR	4:45-5:00 - Edge JUNIOR	4:15-5:00 - Freeskate INTERMEDIATE	4:15-5:00 - Freeskate SENIOR
5:15-5:30 - FLOOD	5:00-5:30 - D / S / C		5:00-5:15 - Spins JUNIOR SENIOR
5:30-5:45 - Edge JUNIOR INTERMEDIATE	5:30-5:45 - FLOOD		5:15-5:30 - Group JUNIOR SENIOR
5:45-6:30 - Freeskate JUNIOR INTERMEDIATE	5:45-6:15 - D / S / C INTERMEDIATE SENIOR		5:30-5:45 - FLOOD
6:30-7:15 CANSKATE	6:15-7:00 - Freeskate SENIOR	6:30-7:30	5:45-6:00 - Edge JUNIOR
	7:00-7:15 - Edge SENIOR	GATEWAY ACADEMY	6:00-6:45 - Freeskate JUNIOR
			6:45-7:30 CANSKATE

OFF ICE

Monday	Tuesday		Wednesday
4:30-5:15 JUNIOR INTERMEDIATE	5:00-5:30 SENIOR	5:10-5:30 INTERMEDIATE	4:15-4:45 JUNIOR
5:30-6:15 SENIOR	5:45-6:15 JUNIOR	5:45-6:15 GATEWAY ACADEMY	5:45-6:30 SENIOR

Thursday Mill Woods B	Friday Meadows E	Saturday Mill Woods B	Sunday Meadows E
3:00-3:45 - Open ALL CATEGORIES	4:00-4:45 - Freeskate JUNIOR	9:15-9:30 - Edge O12/ADULT	1:30-2:15 GATEWAY ACADEMY
3:45-4:00 - FLOOD	4:45-5:00 - Edge	9:30-10:15 - Freeskate O12/ADULT	2:15-3:00 STARPREP / ADULT-TEEN CANSKATE
4:00-4:45 - Freeskate INTERMEDIATE	5:00-5:45 - Freeskate INTERMEDIATE	10:15-10:45 - D / S / C INTERMEDIATE O12/ADULT	3:00-3:15 - FLOOD
4:45-5:00 - Edge INTERMEDIATE O12/ADULT	5:45-6:00 - FLOOD	10:45-11:30 - Freeskate INTERMEDIATE	3:15-4:00 CANSKATE A
5:00-5:45 - Freeskate O12/ADULT	6:00-6:15 - Edge SENIOR	11:30-11:45 - FLOOD	4:00-4:45 CANSKATE B
5:45-6:30 GATEWAY ACADEMY	6:15-7:00 - Freeskate SENIOR	11:45-12:00 - Group INTERMEDIATE SENIOR	4:45-5:00 - FLOOD
	7:00-7:45 - Freeskate O12/ADULT	12:00-12:45 - Freeskate SENIOR	5:00-5:45 CANSKATE C
Mill Woods A	7:45-8:00 - Edge O12/ADULT	12:45-1:15 - D / S / C SENIOR	
5:45-6:45 CANSKATE		1:15-2:00 CANSKATE A	
		2:00-2:15 - FLOOD	
		2:15-3:00 CANSKATE B	
		3:00-3:45 CANSKATE C	

OFF ICE

Thursday	Friday	Saturday	Sunday
4:45-5:30 GATEWAY ACADEMY	5:15-5:45 JUNIOR	11:00-11:30 O12/ADULT	12:30-1:15 GATEWAY ACADEMY
5:15-5:45 INTERMEDIATE	5:00-5:45 SENIOR	9:30-10:00 INTERMEDIATE	
	6:00-6:45 INTERMEDIATE		
	6:15-6:45 O12/ADULT		