



## Nepean Skating Club - Summer Schedule - July 3rd to July 28th , 2017



Monday	Tuesday	Wednesday	Thursday	Friday
July 3, 10, 17 & 24	July 4, 11, 18 & 25	July 5, 12, 19 & 26	July 6, 13, 20 & 27	July 7, 14, 21 & 28
<b>Nepean Sportsplex RINK 3</b>				
8:30 STAR/Sr STAR Skills/Stroking, FS	8:30 STAR/Sr STAR Skills/Stroking, FS	8:30 STAR/Sr STAR Skills/Stroking, FS	8:30 STAR/Sr STAR Skills/Stroking, FS	8:30 STAR/Sr STAR Skills/Stroking, FS
9:30 STAR/Sr STAR OPEN, Dance-Edge-Turns (CCW)	9:30 STAR/Sr STAR OPEN, Dance-Edge-Turns (CCW)	9:30 STAR/Sr STAR OPEN, Dance-Edge-Turns (CCW)	9:30 STAR/Sr STAR OPEN, Dance-Edge-Turns (CCW)	9:30 STAR/Sr STAR OPEN, Dance-Edge-Turns (CCW)
9:50 Flood	9:50 Flood	9:50 Flood	9:50 Flood	9:50 Flood
10:00 Comp Stroking, FS (80 minutes)	10:00 Comp Simulation, FS (80 minutes)	10:00 Comp Stroking, FS (80 minutes)	10:00 Comp Simulation, FS (80 minutes)	10:00 Comp Stroking, FS (80 minutes)
11:20 Flood	11:20 Flood	11:20 Flood	11:20 Flood	11:20 Flood
11:30 Sr STAR/Pre-Comp FS	11:30 Sr STAR/Pre-Comp FS	11:30 Sr STAR/Pre-Comp FS	11:30 Sr STAR/Pre-Comp FS	11:30 Sr STAR/Pre-Comp FS
12:20 Flood	12:20 Flood	12:20 Flood	12:20 Flood	12:20 Flood
12:30 Comp FS/Spins (80 minutes)	12:30 Comp FS/Spins (80 minutes)	12:30 Comp FS/Spins (80 minutes)	12:30 Comp FS/Spins (80 minutes)	12:30 Comp FS/Spins (80 minutes)
1:30 Pre-Comp Spins	1:30 Pre-Comp Spins	1:30 Pre-Comp Spins	1:30 Pre-Comp Spins	1:30 Pre-Comp Spins
1:50 Flood	1:50 Flood	1:50 Flood	1:50 Flood	1:50 Flood
2:00 Sr STAR/Pre-Comp FS / OPEN	2:00 Sr STAR/Pre-Comp FS / OPEN	2:00 Sr STAR/Pre-Comp FS / OPEN	2:00 Sr STAR/Pre-Comp FS / OPEN	2:00 Sr STAR/Pre-Comp FS / OPEN
2:50 Final Flood	2:50 Final Flood	2:50 Final Flood	2:50 Final Flood	2:50 Final Flood
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Off-Ice Sessions - HALL E</b>				
9:00-9:45 Comp Ballet/Dance		9:00-9:45 Comp Ballet/Dance		9:00-9:45 Comp Ballet/Dance
10:00-10:45 STAR/SR STAR Ballet/Dance	10:00-10:45 STAR/SR STAR Ballet/Dance	10:00-10:45 STAR/SR STAR Ballet/Dance	10:00-10:45 STAR/SR STAR Ballet/Dance	10:00-10:45 STAR/SR STAR Ballet/Dance
12:30-1:15 Sr Star/Pre-Comp Ballet/Dance	12:30-1:15 Sr Star/Pre-Comp Ballet/Dance	12:30-1:15 Sr Star/Pre-Comp Ballet/Dance	12:30-1:15 Sr Star/Pre-Comp Ballet/Dance	12:30-1:15 Sr Star/Pre-Comp Ballet/Dance
3:00-4:30 Pre-Comp/Comp Technical (90 minutes)	3:00-4:30 Pre-Comp/Comp Technical (90 minutes)	3:00-4:30 Pre-Comp/Comp Flexibility	3:00-4:30 Pre-Comp/Comp Technical (90 minutes)	