

<b>COIR- Figure Skating Sessions (Subject to Change by COIR Management)</b>		
<b>MONDAY</b>		
	5.30am - 8.00am	General figure practice - all levels
	8.00am - 8.15am	Ice Resurface
	8.15am - 10.00am	General figure practice - all levels
	3.30pm - 4.15pm	Figure skaters with Elementary test or below
	4.15pm-5.45pm	COIR Skate School
<b>TUESDAY</b>		
	5.30am - 8.00am	General figure practice- all levels
	8.00am - 8.15am	Ice Resurface
	8.15am - 10am	General figure practice - all levels
	3.15pm - 4.00pm	<b>Novice, Junior &amp; Senior test skaters (Singles, Pairs and Dance Couples only)</b>
	4.00pm - 5.pm	General figure practice - all levels, session 1
	5pm - 5.15pm	Ice Resurface
	5.15pm - 7pm	General figure practice- all levels, session 2
	.....subset.....6.30pm-7pm	
		All levels: Skaters may practice singles/dance/pair elements, and synchronized skills (including in couples, pairs or tandem - not more than one arm's length apart). Group lessons may also be conducted during the final 30 minutes of each session.
<b>WEDNESDAY</b>		
	7.30am - 10am	General figure practice - all levels
	3.15pm - 5.pm	General figure practice- all levels, session 1
	5.15pm - 7pm	General figure practice- all levels, session 2
	.....subset.....6.30-7.00pm	
		All levels: Skaters may practice singles/dance/pair elements, and synchronized skills (including in couples, pairs or tandem - not more than one arm's length apart). Group lessons may also be conducted during the final 30 minutes of each session.
<b>THURSDAY</b>		
	5.30am - 8.00am	General figure practice- all levels
	8.00am - 8.15am	Ice Resurface
	8.15am - 10am	General figure practice - all levels
	3.15pm-5.00pm	General figure practice- all levels
	5.15pm - 6.15pm	Synchronized practice (Magestic Ice)
		All levels: Skaters may practice singles/dance/pair elements, and synchronized skills (including in couples, pairs or tandem - not more than one arm's length apart). Group lessons may also be conducted during the final 30 minutes of each session.
<b>FRIDAY</b>		
	5.30am - 8.00am	General figure practice- all levels
	8.00am - 8.15am	Ice Resurface
	8.15am - 10am	General figure practice- all levels
	3.15pm - 4.00pm	<b>Novice, Junior &amp; Senior test skaters (Singles, Pairs and Dance Couples only)</b>
	4.00pm - 5.30.pm	General figure practice - all levels
	5.30pm -5.45pm	Ice Resurface
	5.45pm - 6.30pm	<b>Dance Only - subject to change by COIR Management:</b> Preliminary (dance lessons with coach only). Elementary Dance 1 & 2 - lessons & practice allowed (under coach supervision). Other Dance levels - lessons & practice allowed (under coach supervision)
	6.30pm - 7.45pm	Synchronized practice (FOI Junior team)

<b>COIR- Figure Skating Sessions (Subject to Change by COIR Management)</b>		
<b>SATURDAY</b>		
<b>Session 1</b>	5.30am to 7.30am	General figure practice - all levels = 1 payment (no wrist bands)
	7.30 - 7.45am	Ice Resurface
<b>Sessions 2-4</b>	7.45am-11.00am	Elementary Session (Basic Skating & Elementary level skaters only - no skaters with Primary Test or above).
<b>SESSION 2) 7.45 - 8.45 am</b>	DEVELOPMENT, <b>SPECIAL OLYMPICS*</b> , PRELIMINARY, ELEMENTARY & PRE-PRIMARY ( <b>HARNESS MAY BE USED ONLY IF APPROVED BY ICE MONITOR</b> )	INDIVIDUAL LESSONS ONLY. NO GROUPS. Monthly/Quarterly/Yearly tickets, 10 Session Card, Casual Admission \$14, Skate School Card (P) clip. Session 2 = 1 payment (WRIST BAND REQUIRED)
<b>SESSION 2) 8:45 - 9:15 am</b>		INDIVIDUAL LESSONS & GROUP LESSONS. Monthly/Quarterly/Yearly Tickets, 10 Session Card, Casual Admission \$14, Skate School Card (P) clip. Session 2 = 1 payment (WRIST BAND REQUIRED)
<b>SESSION 2) 9:15 - 9:45 am</b>		INDIVIDUAL LESSONS & GROUP LESSONS (INCLUDING SYNCHRO). Monthly/Quarterly/Yearly tickets, 10 Session Card, Casual Admission \$14, Skate School Card (P) clip. <b>***NOTE: *SPECIAL OLYMPICS SKATERS COST PER SESSION IS \$17.00***</b>
	<b>9.45am - 10.00am</b>	ICE RESURFACE
<b>SESSION 3) 10.00 - 10:30am</b>	<b>SYNCH ONLY</b>	Novice & Adult Synch (no level 6 and above Synchro skaters allowed) Monthly/Quarterly/Yearly tickets, 10 Session Card, CASUAL \$14.00 OR Casual \$6* *SKATERS WHO HAVE ALREADY PARTICIPATED IN SESSION 2 = \$7* (WRIST BAND REQUIRED)
<b>SESSION 4) 10.30 - 11.00am</b>	<b>ELEMENTARY, PRELIMINARY &amp; ELEMENTARY EDGES &amp; DANCE</b>	DANCE MUSIC ONLY - NO PRIVATE PRACTICE. Monthly/Quarterly/Yearly tickets, 10 Session Card, Casual \$7* *SKATERS WHO HAVE ALREADY PARTICIPATED IN SESSION 2 = CASUAL \$7 (WRIST BAND REQUIRED)