

CPACC Fall Session 2011

4 weeks: Sept. 13th – Oct. 6th

Tuesdays at Clarence Creek Arena

5:00 - 5:30	JR/INT A Skills/Dance	30 min.
5:30 - 6:20	JR/INT A FS	50 min.
5:50 - 6:20	CS+	30 min.
	F L O O D	
6:30 - 6:45	INT B / SR Edges, Turns, Spins, Footwork	15 min.
6:45 - 7:40	INT B / SR FS	55 min.
7:40 - 8:20	INT B / SR Skills/Dance	40 min.

Thursdays at Rockland arena – ice pad #2

4:45 - 5:25	JR/INT A Skills/Dance	40 min.
5:25 - 6:20	JR/INT A FS	55 min.
5:45 - 6:20	CS+	35 min.
	F L O O D	
6:30 - 6:50	INT B / SR Edges, Turns, Spins, Footwork	20 min.
6:50 - 7:55	INT B / SR FS	65 min.
7:55 - 8:35	INT B / SR Skills/Dance	40 min.

CanSkate+ (CS+)	- skater who is still in the CanSkate program
Junior	- fresh out of CanSkate, no StarSkate tests
Intermediate A	- passed prelim skills OR all prelim dance OR all prelim FS
Intermediate B	- high school student who has passed complete prelim FS
Senior	- passed Sr Bronze skills or all Sr Bronze dances