

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 LABOUR DAY (No Skating)	8	9 4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-7:20pm – STAR 4+ 7:30-8:15pm – Power 1 8:15-9:00pm – Power 2	10	11 3:30-4:20pm – Open STAR	12 7:00-8:40am – STAR 4+ 8:40-9:10am – Fall PreCanSkate 9:10-10:00am – Fall CanSkate 10:10-11:00am – Intro to FS 11:00am-12:20pm – STAR 1-4 *STAR 1-4, STAR 4+ & Program Assistant Team Building Event in afternoon* (watch your email for more info)
13	14 7:30-8:20am – Open STAR 4:00-5:20pm – STAR 1-4 5:20-6:10pm – Intro to FS 6:10-7:40pm – STAR 4+ 7:50-8:35pm – Power 1 8:35-9:20pm – Power 2	15	16 4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-7:20pm – STAR 4+ 7:30-8:15pm – Power 1 8:15-9:00pm – Power 2	17	18 No Skating (Hockey Tournament)	19 6:30-8:00am – STAR 4+ 8:00-8:30am – Fall PreCanSkate 8:30-9:20am – Fall CanSkate
20	21 7:30-8:20am – Open STAR 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:25-7:10pm – Intro to FS Fitness 6:10-7:40pm – STAR 4+ 7:50-8:35pm – Power 1 8:35-9:20pm – Power 2	22	23 4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-7:20pm – STAR 4+ 7:30-8:15pm – Power 1 8:15-9:00pm – Power 2	24	25 3:30-4:20pm – Open STAR	26 7:00-8:40am – STAR 4+ 8:40-9:10am – Fall PreCanSkate 9:10-10:00am – Fall CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4
27	28 7:30-8:20am – Open STAR 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:25-7:10pm – Intro to FS Fitness 6:10-7:40pm – STAR 4+ 7:50-8:35pm – Power 1 8:35-9:20pm – Power 2	29	30 4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-7:20pm – STAR 4+ 7:30-8:15pm – Power 1 8:15-9:00pm – Power 2			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – Fall PreCanSkate 9:10-10:00am – Fall CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4
4	5	6	7	8	9	10
	7:30-8:20am – Open STAR 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:25-7:10pm – Intro to FS Fitness 6:10-7:40pm – STAR 4+ 7:50-8:35pm – Power 1 8:35-9:20pm – Power 2		4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-7:20pm – STAR 4+ 7:30-8:15pm – Power 1 8:15-9:00pm – Power 2		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – Fall PreCanSkate 9:10-10:00am – Fall CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4
11	12	13	14	15	16	17
	HAPPY THANKSGIVING (No Skating)		4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
18	19	20	21	22	23	24
	7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+		4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
25	26	27	28	29	30	31
	7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+ PRE/CAN SKATERS WEAR YOUR HALLOWEEN COSTUMES		4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump PRE/CAN SKATERS WEAR YOUR HALLOWEEN COSTUMES		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump PRE/CAN SKATERS WEAR YOUR HALLOWEEN COSTUMES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+		4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
8	9	10	11	12	13	14
	7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+		4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
15	16	17	18	19	20	21
	7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+		4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
22	23	24	25	26	27	28
	7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+		4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
29	30					
	7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
6	7	8	9	10	11	12
7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+			4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:10am – PreCanSkate 9:10-10:00am – CanSkate 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
13	14	15	16	17	18	19
7:30-8:20am – Open STAR 3:20-4:05pm – Power 2 4:05-4:50pm – Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate 7:40-9:20pm – STAR 4+			4:00-4:50pm – Intro to FS 4:35-5:50pm – STAR 1-4 5:50-6:20pm – PreCanSkate 6:20-7:10pm – CanSkate 7:20-8:50pm – STAR 4+ 9:00-9:30pm – STAR 4+ Jump		3:30-4:20pm – Open STAR	7:00-8:40am – STAR 4+ 8:40-9:50am – NHSC Christmas Party 10:10-11:00am – Intro to FS 10:15-11:00am – STAR 4+ Fitness 11:00am-12:20pm – STAR 1-4 12:40-1:25pm – STAR 1-4 Jump
20	21	22	23	24	25	26
7:30-8:20am – Christmas Power 2 8:30-9:20am – Christmas Power 1 3:20-4:05pm – Fall Power 2 4:05-4:50pm – Fall Power 1 4:00-5:20pm – STAR 1-4 5:35-6:20pm – STAR 1-4 Fitness 5:20-6:10pm – Intro to FS 6:10-6:40pm – PreCanSkate 6:25-7:10pm – Intro to FS Fitness 6:40-7:30pm – CanSkate	7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1	7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1 9:00-10:40am – STAR 4+ 10:40am-12:00pm – STAR 1-4 12:00-12:50pm – Intro to FS	7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1 9:00-10:40am – STAR 4+ 10:40am-12:00pm – STAR 1-4 12:00-12:50pm – Intro to FS	7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1	MERRY CHRISTMAS (No Skating)	BOXING DAY (No Skating)
27	28	29	30	31		
7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1 9:00-10:40am – STAR 4+ 10:40am-12:00pm – STAR 1-4 12:00-12:50pm – Intro to FS	7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1	7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1 9:00-10:40am – STAR 4+ 10:40am-12:00pm – STAR 1-4 12:00-12:50pm – Intro to FS	7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1 9:00-10:40am – STAR 4+ 10:40am-12:00pm – STAR 1-4 12:00-12:50pm – Intro to FS	7:30-8:20am-Christmas Power 2 8:30-9:20am-Christmas Power 1		