

Minto Skating Club Spring 2023

SensPlex East				
Monday	Tuesday	Wednesday	Thursday	Friday
HEO Arena Training Ice 7:00-8:20am		HEO Arena Training Ice 7:00-8:20am		HEO Arena Synchro Skills 7:15-8:05am
HEO Arena	Canadian Tire Arena	HEO Arena	HEO Arena	HEO Arena
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
Open Freestyle 3:15 - 4:05pm	Open Freestyle 3:00 - 3:50pm	Open Freestyle 3:15 - 4:05pm	Open Freestyle 3:15 - 4:05pm	Open Freestyle 3:15 - 4:05pm
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
Senior Freestyle 4:15 - 5:05	Senior/Inter Freestyle 4:00 - 4:50	Senior/Inter Freestyle 4:15 - 5:05	Senior Freestyle 4:15 - 5:05	Senior Freestyle 4:15 - 5:05
Senior/Inter Spins 5:05 - 5:20	Senior/Inter Stroking 4:50 - 5:05	Senior/Inter Spins 5:05 - 5:20	Senior/Inter Stroking 5:05 - 5:20	Senior/Inter Freestyle 5:05 - 5:50
Intermediate Freestyle 5:20 - 6:05	Senior/Inter Freestyle 5:05 - 5:50	Inter/Junior Freestyle 5:20 - 6:05	Senior/Inter Freestyle 5:20 - 6:05	Senior/Inter/Jr Spins 5:50 - 6:05
FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
Inter/Junior Freestyle 6:15 - 7:05	NextSTAR 6:00 - 6:50	CANSKATE 6:15 - 7:05	Inter/Junior Freestyle 6:15 - 7:05	Inter/Junior Freestyle 6:15 - 7:05

Off-Ice Classes	
Tuesday	Wednesday
6:00 to 6:50	6:15-7:05

Schedule for May 8th to June 23rd 2023

Training Ice – Open Freestyle/Dance

Senior – passed minimum of complete STAR 5 Freestyle

Intermediate — passed minimum of complete STAR 3 Freestyle

Junior – working on Skate Canada tests, passed minimum of CanSkate Stage 4

Open – Competing STAR 2 Freestyle or higher

NextSTAR – by invitation only

Important Dates

Test Day

TBD