

POWSC 2023-2024 Schedule

Twin Rinks 2 T2
Twin Rinks 1 T1

Yetman's Arena YT
Jack Byrne Arena JB

Goulds Arena GD
Hebron Way (Capital Subaru Arena) HB

		Star & Competitive Skate			Synergy Synchro			CanSkate Programs		
MON	Senior / Intermediate (Passed Star 6 FS)	6:30 - 7:50 AM	T2	Sync Skills	4:00 - 4:50 PM	YT				
	Open	2:30 - 3:20 PM	T2	Sync Novice	5:00 - 6:50 PM	YT				
	Intermediate	3:30 - 4:40 PM	T2	Sync Novice (Off-Ice)	7:00 - 7:50 PM	YT				
	Senior / Intermediate	4:00 - 4:50 PM	T1	Sync Open (Off-Ice)	8:00 - 8:50 PM	TBD				
	Junior (Club-coached)	4:40 - 5:50 PM	T2	Sync Open	9:00 - 10:00 PM	T2				
TUE	Open	2:30 - 3:20 PM	T2	Sync Star 6 / Star 8 (alt)	6:30 - 7:20 AM	T2	CanSkate 2-6	4:05 - 4:50 PM	YT	
	Junior / Intermediate	3:30 - 5:00 PM	T2	Sync Open	7:00 - 8:50 PM	T2	CanPowerSkate PrePower & Level 1	5:10 - 6:00 PM	YT	
	Senior	5:10 - 6:50 PM	T2				CanPower Skate 1 & 2	6:10 - 7:00 PM	YT	
							CanPower Skate 2 & 3	7:00 - 7:50 PM	YT	
WED	Junior / Intermediate	6:30 - 7:50 AM	T2				CanPowerSkate - PrePower	5:10 - 6:00 PM	T2	
	Open	2:30 - 3:20 PM	T2				CanPowerSkate 2 & 3	6:10 - 7:00 PM	T2	
	Senior	3:30 - 5:00 PM	T2				CanPowerSkate 4	7:00 - 7:50 PM	T2	
	PreStar / Star 1 & 2 (club coached)	5:00 - 5:50 PM	T1							
THU	Open	2:30 - 3:20 PM	JB	Sync Adult 2	6:05 - 7:05 AM	T2	CanSkate 1-4	6:35 - 7:20 PM	GD	
	Senior	3:30 - 4:45 PM	JB							
	Senior / Star 6+ Stroking, Skills & Dance	4:30 - 5:50 PM	JB							
	Senior / Int (Off-Ice)	6:00 - 6:45 PM	JB							
FRI	CanSkate / STARSkate Adult Open (All levels, not club coached)	8:00 - 8:50 PM	T2				CanSkate / STARSkate Adult Open (All levels, not club coached)	8:00 - 8:50 PM	T2	
	CompetitiveSkate / Juvenile - Senior	6:30 - 7:50 AM	T2							
	Open	2:30 - 3:20 PM	T2							
	Senior	3:30 - 4:50 PM	T2							
	Junior	5:00 - 6:20 PM	T2							
	Intermediate	6:30 - 7:50 PM	T2							
	Senior / Intermediate	4:00 - 4:50 PM	T1							
SAT	Senior / Intermediate FreeSkate	7:00 - 7:50 AM	YT	Sync Star 8	1:00 - 1:50 PM	YT	Pre-CanSkate	10:30 - 11:00 AM	YT	
	Junior	8:00 - 9:05 AM	YT	Sync Star 8 (Off-Ice)	2:00 - 2:50 PM	YT	CanSkate 1-4	11:15 - 12:00 PM	YT	
	Junior (Off-Ice)	9:15 - 10:00 AM	YT	Sync Star 4	2:00 - 2:50 PM	YT	CanSkate PreSTAR	12:10 - 1:00 PM	YT	
	Intermediate	9:15 - 10:25 AM	YT	Sync Star 6	3:00 - 3:50 PM	YT	CanPowerSkate PrePower & Level 1	12:30 - 1:20 PM	T2	
	Intermediate (Off-Ice)	10:30 - 11:15 AM	YT	Sync Star 6 (Off-Ice)	4:00 - 4:50 PM	YT	CanPowerSkate 1 & 2	1:30 - 2:20 PM	T2	
				Sync Star 3 & Intro	4:00 - 4:50 PM	YT	Pre-CanSkate	1:30 - 2:00 PM	HB	
				Sync Gold (Off-Ice)	3:30 - 4:20 PM	JB	CanSkate 1-4	2:05 - 2:50 PM	HB	
				Sync Gold	4:30 - 6:50 PM	JB	CanSkate 1-4	3:05 - 3:50 PM	HB	
SUN	Senior	8:00 - 9:25 AM	YT	Sync Adult 1 (Off-Ice)	7:00 - 7:50 PM	YT	Pre-Can & CanSkate 1	1:30 - 2:00 PM	T2	
	Senior / Star 6+ Stroking, Skills & Dance	9:05 - 10:20 AM	YT	Sync Adult 1	8:00 - 8:50 PM	YT	CanSkate 1-4	2:05 - 2:50 PM	T2	
	Senior (Off-Ice)	10:30 - 11:15 AM	YT	Sync Adult 3 (Off-Ice)	8:00 - 8:50 PM	YT	CanSkate 2-6 & PreSTAR	3:00 - 3:50 PM	T2	
	Intermediate	10:20 - 11:25 AM	YT	Sync Adult 3	9:00 - 9:50 PM	YT				
	Intermediate (Off-Ice)	11:45 - 12:30 PM	YT							
	Junior	11:35 - 12:50 PM	YT							
	Junior (Off-Ice)	1:00 - 1:45 PM	YT							