

JRFSC Classes Training Schedule **DECEMBER 2009**

Rink closure due to inclement weather:
no school or dismissed early, the rink will be closed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1 3:45-5:15 pm Comp Trn 5:15-6:00 pm B 3,4,5 6:00-6:45 pm B 6,7,8	2 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B1 &2	3 3:45-6:00 pm COMP TRN	4 3:45-6:00 pm COMP TRN 5:00-6:00 pm P.Com Trn	5 8:30-9:30 am N 9:30-11:45 am COMP/P.Com
6 9:00-10:00 P Comp Trn 9:00-11:30 COMP TRN - 4:00 pm Holiday on Ice 5:00-6:45pm Family Skate	7 3:45-6:00 pm Comp Training	8 <u>Registration Session 3</u> 3:45-5:15 pm Comp Trn 5:15-6:00 pm B 3,4,5 6:00-6:45 pm B 6,7,8	9 <u>Registration Session 3</u> 3:45-4:45 pm COMP/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B1 &2	10 3:45-6:00 pm COMP TRN	11 3:45-6:00 pm COMP TRN 5:00-6:00 pm P.Com Trn	12 8:30-9:30 am N 9:30-11:45 am COMP/P.Com
13 <u>Registration Session 3</u> 9:00-10:00 P Comp Trn 9:00-11:30 COMP TRN 4:00-4:30 B 1 & 2 4:30-5:15 pm B3,4,5 5:15-6:00 pm B6,7,8 6:00-6:45 pm Freestyle	14 <u>SESSION 3 BEGINS</u> 3:45-6:00 pm Comp Training	15 3:45-5:15 pm Comp Trn 5:15-6:00 pm B 3,4,5 6:00-6:45 pm B 6,7,8	16 3:45-4:45 pm COMP/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B1 &2	17 3:45-6:00 pm COMP TRN	18 3:45-6:00 pm COMP TRN 5:00-6:00 pm P.Com Trn	19 8:30-9:30 am N 9:30-11:45 am COMP/P.Com
20 9:00-10:00 P Comp Trn 9:00-11:30 COMP TRN 4:00-4:30 B 1 & 2 4:30-5:15 pm B3,4,5 5:15-6:00 pm B 6,7,8 6:00-6:45 pm Freestyle	21 5:00-6:00 pm COMP TRN	22 NO CLASSES 5:00-6:00 pm COMP TRN	23 NO CLASSES 5:00-6:00 pm COMP/ P Comp Training	24 Christmas Eve! No Skating 	25 Merry Christmas! No Skating	26 No Skating
27 NO COMP/P.Comp Trn - 4:00-5:00 pm Family Skating for JRFSC Members	28 5:00-6:00 pm COMP TRN	29 NO CLASSES 5:00-6:00 pm COMP TRN	30 NO CLASSES 5:00-6:00 pm COMP /P Training	31 5:00-6:00pm COMP/P.Comp Trn	January 1 NO SKATING	2 10:00-11:00 a.r COMP/P.Comp

DATES TO REMEMBER:

- Dec. 3,4,5: Competitive Testing in Bismarck
- December 6: Holiday on Ice Skating Recital and Family Skating
- December 8: JRFSC Board Meeting 7:00 p.m. First United Methodist Church
- December 8, 9 & 13 Session 3 & Ice Show Registration



COMPETITORS: (Full and Partial Package Competitors)

Complete and give **to Coach Mark at the RINK by NOVEMBER 22.** Please deliver to the Coach's house. The more days recorded for training will give chance of receiving # of lessons desired per week.

_____ Moves _____ Freeskate _____ Dance **TOTAL PER WEEK**