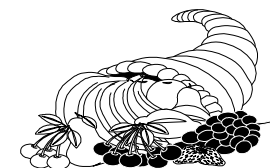


# JRFSC Classes and Training

# November 2009



## Underlined hours in WILSON ARENA

Hockey 1 & 2 will be at the same time as Basic 1 & 2 Classes

## Rink Closure due to inclement weather:

No school, or closed early the rink will be closed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <u>9:00-10:00 am P.Comp</u> <u>9:00-11:30 am Comp Trn</u> 4:00-4:30 pm B 1&2 4:30-5:15 pm B 3,4,5 5:15-6:00 pm B 6,7,8 6:00-6:45 pm Freestyle	<b>2</b> 3:45-6:00 pm Comp Training	<b>3</b> 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	<b>4</b> 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B 1&2	<b>5</b> 3:45-6:00 pm Comp Training	<b>6</b> 3:45-6:00 pm Comp Trn 5:00-6:00 pm P. Comp Trn	<b>7</b> 8:30-9:30 am <u>NonComp</u> 9:30-11:45 am <u>Comp/P.Comp Trn</u>
<b>8</b> <u>9:00-10:00 am P.Comp</u> <u>9:00-11:30 am Comp Trn</u> 4:00-4:30 pm B 1&2 4:30-5:15 pm B 3,4,5 5:15-6:00 pm B 6,7,8 6:00-6:45 pm Freestyle	<b>9</b> 3:45-6:00 pm Comp Training	<b>10</b> <i>JRFSC Board Mtng</i> 7:00 pm 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	<b>11</b> 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B 1&2	<b>12</b> 3:45-6:00 pm Comp Training	<b>13</b> <i>St. Cloud Competition</i> 3:45-6:00 pm Comp Trn 5:00-6:00 pm P. Comp Trn	<b>14</b> <i>- St. Cloud Minn.</i> 8:30-9:30 am <u>NonComp</u> 9:30-11:45 am <u>Comp/P.Comp Trn</u>
<b>15</b> <u>9:00-10:00 am P.Comp</u> <u>9:00-11:30 am Comp Trn</u> 4:00-4:30 pm B 1&2 4:30-5:15 pm B 3,4,5 5:15-6:00 pm B 6,7,8 6:00-6:45 pm Freestyle	<b>16</b> 3:45-6:00 pm Comp Training	<b>17</b> 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	<b>18</b> 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B 1&2	<b>19</b> 3:45-6:00 pm Comp Training	<b>20</b> 3:45-6:00 pm Comp Trn 5:00-6:00 pm P. Comp Trn	<b>21</b> 8:30-9:30 am <u>NonComp</u> 9:30-11:45 am <u>Comp/P.Comp Trn</u>
<b>22</b> <u>9:00-10:00 am P.Comp</u> <u>9:00-11:30 am Comp Trn</u> 4:00-4:30 pm B 1&2 4:30-5:15 pm B 3,4,5 5:15-6:00 pm B 6,7,8 6:00-6:45 pm Freestyle	<b>23</b> 3:45-6:00 pm Comp Training	<b>24</b> 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	<b>25</b> 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B 1&2	<b>26</b> THANKSGIVING NO SKATING	<b>27</b> NO SKATING	<b>28</b> 8:30-9:30 am <u>NonComp</u> 9:30-11:45 am <u>Comp/P.Comp Trn</u>
<b>29</b> <u>9:00-10:00 am P.Comp</u> <u>9:00-11:30 am Comp Trn</u> 4:00-4:30 pm B 1&2 4:30-5:15 pm B 3,4,5 5:15-6:00 pm B 6,7,8 6:00-6:45 pm Freestyle	<b>30</b> 3:45-6:00 pm Comp Training					



## DATES TO REMEMBER:

November 10: JRFSC Board Mtng 7:00 pm First United Methodist Church  
 November 13 & 14: St. Cloud Competition  
 December 6: Holiday Ice Recital



NAME: \_\_\_\_\_ **COMPETITORS ONLY**

Please complete and give to Coach Mark by October 27

Number of lessons per week: \_\_\_\_\_ (Total lessons)

Freeskate \_\_\_\_\_ Moves \_\_\_\_\_ Dance \_\_\_\_\_