

JRFSC Training/Classes

October 2009



Skating will be in Wilson Arena

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dates to Remember: October 13: JRFSC Board Meeting *October 20, 21, 25 - Registration for Skating Session II during class times *October 26: Session II begins				1 3:45-6:00 p.m. Comp Training	2 4:00-6:00 pm Comp Trn 5:00-6:00 pm P. Comp Trn	3 8:30-9:30am NonComp 9:30-11:45 am Comp/P.Comp
4 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	5 4:00-6:00 p.m. Comp Training	6 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	7 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B 1 & 2	8 3:45-6:00 p.m. Comp Training	9 4:00-6:00 pm Comp Trn 5:00-6:00 pm P. Comp Trn	10 8:30-9:30am NonComp 9:30-11:45 am Comp/P.Comp
11 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	12 4:00-6:00 p.m. Comp Training	13 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	14 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B 1 & 2	15 3:45-6:00 p.m. Comp Training	16 4:00-6:00 pm Comp Trn 5:00-6:00 pm P. Comp Trn	17 8:30-9:30am NonComp 9:30-11:45 am Comp/P.Comp
18 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	18 4:00-6:00 p.m. Comp Training	20 Registration 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	21 Registration 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B 1 & 2	22 3:45-6:00 p.m. Comp Training	23 4:00-6:00 pm Comp Trn 5:00-6:00 pm P. Comp Trn	24 8:30-9:30am NonComp 9:30-11:45 am Comp/P.Comp
25 Registration 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	26 Session II begins 4:00-6:00 p.m. Comp Training	27 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	28 3:45-4:45 pm Comp/P.Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm B 1 & 2	29 3:45-6:00 p.m. Comp Training	30 4:00-6:00 pm Comp Trn 5:00-6:00 pm P. Comp Trn	31 8:30-9:30am NonComp 9:30-11:45 am Comp/P.Comp



NAME: _____ **COMPETITORS ONLY**
Please complete and give to Coach Mark by September 25

Number of lessons per week: _____ (Total lessons)

Freeskate _____ Moves _____ Dance _____