

# November

2022

October							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
30	31												

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		5:45-6:30- Pre-CanSkate/ Canskate 6:30-7:15- Open 7:15-8:00- Open	5:00-5:45- Pre-CanSkate/ Canskate 5:45-6:30- Jr Prep/Star 1-4 Open 6:45-7:30- Open 7:30-8:15- Open 8:15-9:00- Adult/Teen/Open	7:00-7:45AM- Open 7:45-8:30AM- Open. <b>Skate Regina Competition Simulation 4:45-8:45pm (Cooperators)</b>	4:45-5:30-Open 5:30-6:15- Open 6:15-7:00- Jr Prep/Star 1-4 Group	12:45-1:30- Pre-CanSkate/ CanSkate. 1:45-2:30- Pre-CanSkate/ CanSkate 2:30-3:15- Jr Prep/Star 1-4 Open
6	7	8	9	10	11	12
12:30-1:15- Special O 1:15-2:00- Pre-CanSkate/ CanSkate 2:15-3:00- Pre-CanSkate/ CanSkate 3:00-3:30- Intro to Synchron	4:45-5:30- Pre-Power 5:30-6:15- Power 6:30-7:15- Jr Prep/Star 1-4 Group 7:15-7:45- Star/Comp Group 7:45-8:45- Open	5:45-6:30- Pre-CanSkate/ Canskate 6:30-7:15- Open 7:15-8:00- Open	5:00-5:45- Pre-CanSkate/ Canskate 5:45-6:30- Jr Prep/Star 1-4 Open 6:45-7:30- Open 7:30-8:15- Open 8:15-9:00- Adult/Teen/Open	7:00-7:45AM- Open 7:45-8:30AM- Open	<b>NO ICE</b>	<b>NO ICE</b>
13	14	15	16	17	18	19
<b>NO SPECIAL O</b> 1:15-2:00- Pre-CanSkate/ CanSkate 2:15-3:00- Pre-CanSkate/ CanSkate 3:00-3:30- Intro to Synchron	4:45-5:30- Pre-Power 5:30-6:15- Power 6:30-7:15- Jr Prep/Star 1-4 Group 7:15-7:45- Star/Comp Group 7:45-8:45- Open	5:45-6:30- Pre-CanSkate/ Canskate 6:30-7:15- Open 7:15-8:00- Open	5:00-5:45- Pre-CanSkate/ Canskate 5:45-6:30- Jr Prep/Star 1-4 Open 6:45-7:30- Open 7:30-8:15- Open 8:15-9:00- Adult/Teen/Open	7:00-7:45AM- Open 7:45-8:30AM- Open	4:45-5:30-Open 5:30-6:15- Open 6:15-7:00- Jr Prep/Star 1-4 Group	12:45-1:30- Pre-CanSkate/ CanSkate. 1:45-2:30- Pre-CanSkate/ CanSkate 2:30-3:15- Jr Prep/Star 1-4 Open
20	21	22	23	24	25	26
12:30-1:15- Special O 1:15-2:00- Pre-CanSkate/ CanSkate 2:15-3:00- Pre-CanSkate/ CanSkate 3:00-3:30- Intro to Synchron	4:45-5:30- Pre-Power 5:30-6:15- Power 6:30-7:15- Jr Prep/Star 1-4 Group 7:15-7:45- Star/Comp Group 7:45-8:45- Open	5:45-6:30- Pre-CanSkate/ Canskate 6:30-7:15- Open 7:15-8:00- Open	5:00-5:45- Pre-CanSkate/ Canskate 5:45-6:30- Jr Prep/Star 1-4 Open 6:45-7:30- Open 7:30-8:15- Open 8:15-9:00- Adult/Teen/Open	7:00-7:45AM- Open 7:45-8:30AM- Open	4:45-5:30-Open 5:30-6:15- Open 6:15-7:00- Jr Prep/Star 1-4 Group	12:45-1:30- Pre-CanSkate/ CanSkate. 1:45-2:30- Pre-CanSkate/ CanSkate 2:30-3:15- Jr Prep/Star 1-4 Open
27	28	29	30	1	2	3
12:30-1:15- Special O 1:15-2:00- Pre-CanSkate/ CanSkate 2:15-3:00- Pre-CanSkate/ CanSkate 3:00-3:30- Intro to Synchron	4:45-5:30- Pre-Power 5:30-6:15- Power 6:30-7:15- Jr Prep/Star 1-4 Group 7:15-7:45- Star/Comp Group 7:45-8:45- Open	5:45-6:30- Pre-CanSkate/ Canskate 6:30-7:15- Open 7:15-8:00- Open	5:00-5:45- Pre-CanSkate/ Canskate 5:45-6:30- Jr Prep/Star 1-4 Open 6:45-7:30- Open 7:30-8:15- Open 8:15-9:00- Adult/Teen/Open			