



SEPTEMBER - 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
Rex Stimers 11 10:45 - 10:55 Flood 10:55 - 12:15 HFS 12:15 - 12:25 Flood 12:25 - 1:45 LFS 1:45 - 2:30 Can /Star.	12	13 4:15 - 4:25 Flood 4:25 - 5:45 HFS 5:45 - 5:55 Flood 5:55 - 7:15 LFS	14 4:45 - 4:55 Flood 4:55 - 6:30 Open FS 6:30 - 7:15 Can /Star. 7:15 - 7:25 Flood 7:25 - 8:45 Adult Skate	15 4:15 - 4:25 Flood 4:25 - 6:00 Open FS	16	17
18 10:45 - 10:55 Flood 10:55 - 12:15 HFS 12:15 - 12:25 Flood 12:25 - 1:45 LFS 1:45 - 2:30 Can /Star.	19	20 4:15 - 4:25 Flood 4:25 - 5:45 HFS 5:45 - 5:55 Flood 5:55 - 7:15 LFS	21 4:45 - 4:55 Flood 4:55 - 6:30 Open FS 6:30 - 7:15 Can /Star. 7:15 - 7:25 Flood 7:25 - 8:45 Adult Skate	22 4:15 - 4:25 Flood 4:25 - 6:00 Open FS	23	24
25 10:45 - 10:55 Flood 10:55 - 12:15 HFS 12:15 - 12:25 Flood 12:25 - 1:45 LFS 1:45 - 2:30 Can /Star.	26	27 4:15 - 4:25 Flood 4:25 - 5:45 HFS 5:45 - 5:55 Flood 5:55 - 7:15 LFS	28 4:45 - 4:55 Flood 4:55 - 6:30 Open FS 6:30 - 7:15 Can /Star. 7:15 - 7:25 Flood 7:25 - 8:45 Adult Skate	29 4:15 - 4:25 Flood 4:25 - 6:00 Open FS	30	

HFS - High Free Skate LFS - Low Free Skate Can/Star. – CanSkate and Starskate Open FS - Open Free Skate

Note: All sessions will be at the Seymour-Hannah Complex with the exception of Sunday – September 11/2011, it will be held at the Rex Stimers Arena.