

August 25th - 31st

MONDAY Aug 25th				Tuesday Aug 26th				WEDNESDAY Aug 27th				THURSDAY Aug 28th				FRIDAY Aug 29th			
Time	Smartsheet #2	VFMH Rink 3	MPR	Time	Smartsheet #2	VFMH Rink 3	MPR	Time	Smartsheet #2	VFMH Rink 3	MPR	Time	Smartsheet #2	VFMH Rink 3	MPR	Time	VFMH Rink 3	MPR	
6:00am		Pre Free +		6:00am		Pre Free +		6:00am		Pre Free +		6:00am		Pre Free +		6:00am	Pre Free +		
6:15am		Pre Free +		6:15am		Pre Free +		6:15am		Pre Free +		6:15am		Pre Free +		6:15am	Pre Free +		
6:30am		Pre Free +		6:30am		Pre Free +		6:30am		Pre Free +		6:30am		Pre Free +		6:30am	Pre Free +		
6:45am		Pre Free +		6:45am		Pre Free +		6:45am		Pre Free +		6:45am		Pre Free +		6:45am	Pre Free +		
7:00am		Pre Free +		7:00am		Pre Free +		7:00am		Pre Free +		7:00am		Pre Free +		7:00am	Pre Free +		
7:15am		Pre Free +		7:15am		Pre Free +		7:15am		Pre Free +		7:15am		Pre Free +		7:15am	Pre Free +		
7:30am		Pre Free +		7:30am		Pre Free +		7:30am		Pre Free +		7:30am		Pre Free +		7:30am	Pre Free +		
7:45am		Pre Free +		7:45am		Pre Free +		7:45am		Pre Free +		7:45am		Pre Free +		7:45am	Pre Free +		
8:00am	ICE CUT	ICE CUT		8:00am		ICE CUT		8:00am		ICE CUT		8:00am		ICE CUT		8:00am	ICE CUT		
8:15am	Basic 4+	EEE/HPCamp Freestyle		8:15am		EEE/HPCamp Freestyle		8:15am		EEE/HPCamp Freestyle		8:15am		EEE/HPCamp Freestyle		8:15am	EEE/HPCamp Freestyle		
8:30am	Basic 4+	EEE/HPCamp Freestyle		8:30am	ICE CUT	EEE/HPCamp Freestyle		8:30am	ICE CUT	EEE/HPCamp Freestyle		8:30am	ICE CUT	EEE/HPCamp Freestyle		8:30am	EEE/HPCamp Freestyle		
8:45am	Basic 4+	EEE/HPCamp Freestyle		8:45am	Pre Free +	EEE/HPCamp Freestyle		8:45am	Pre Free +	EEE/HPCamp Freestyle		8:45am	Pre Free +	EEE/HPCamp Freestyle		8:45am	EEE/HPCamp Freestyle		
9:00am	Basic 4+	EEE/HPCamp Freestyle		9:00am	Pre Free +	EEE/HPCamp Freestyle		9:00am	Pre Free +	EEE/HPCamp Freestyle		9:00am	Pre Free +	EEE/HPCamp Freestyle		9:00am	EEE/HPCamp Freestyle		
9:15am	Tot Prep	FS Group (20)		9:15am	Pre Free +	FS Group (20)		9:15am	Pre Free +	FS Group (20)		9:15am	Pre Free +	FS Group (20)		9:15am	FS Group (20)		
9:30am		9:35 ICE CUT 10 min		9:30am	Pre Free +	9:35 ICE CUT 10 min		9:30am	Pre Free +	9:35 ICE CUT 10 min		9:30am	Pre Free +	9:35 ICE CUT 10 min		9:30am	9:35 ICE CUT 10 min		
9:45am		EEE/HPCamp Freestyle		9:45am	Pre Free +	EEE/HPCamp Freestyle		9:45am	Pre Free +	EEE/HPCamp Freestyle		9:45am	Pre Free +	EEE/HPCamp Freestyle		9:45am	EEE/HPCamp Freestyle		
10:00am		EEE/HPCamp Freestyle		10:00am	Pre Free +	EEE/HPCamp Freestyle		10:00am	Pre Free +	EEE/HPCamp Freestyle		10:00am	Pre Free +	EEE/HPCamp Freestyle		10:00am	EEE/HPCamp Freestyle		
10:15am		EEE/HPCamp Freestyle		10:15am	Pre Free +	EEE/HPCamp Freestyle		10:15am	Pre Free +	EEE/HPCamp Freestyle		10:15am	Pre Free +	EEE/HPCamp Freestyle		10:15am	EEE/HPCamp Freestyle		
10:30am		EEE/HPCamp Freestyle		10:30am	Pre Free +	EEE/HPCamp Freestyle		10:30am	Pre Free +	EEE/HPCamp Freestyle		10:30am	Pre Free +	EEE/HPCamp Freestyle		10:30am	EEE/HPCamp Freestyle		
10:45am		FS Group (30)		10:45am	ICE CUT	FS Group (30)		10:45am	ICE CUT	FS Group (30)		10:45am	ICE CUT	FS Group (30)		10:45am	FS Group (30)		
11:00am		FS Group		11:00am		FS Group		11:00am		FS Group		11:00am		FS Group		11:00am	FS Group		
11:15am		ICE CUT		11:15am		ICE CUT		11:15am		ICE CUT		11:15am		ICE CUT		11:15am	ICE CUT		
11:30am		Pre Free +	EEE/HP Camp Off-Ice	11:30am	Pre Free +	EEE/HP Camp Off-Ice		11:30am	Pre Free +	EEE/HP Camp Off-Ice		11:30am	Pre Free +	EEE/HP Camp Off-Ice		11:30am	Pre Free +	EEE/HP Camp Off-Ice	
11:45am		Pre Free +	11:30am - 12:20	11:45am	Pre Free +	11:30am - 12:20		11:45am	Pre Free +	11:30am - 12:20		11:45am	Pre Free +	11:30am - 12:20		11:45am	Pre Free +	11:30am - 12:20	
12:00		Pre Free +		12:00		Pre Free +		12:00		Pre Free +		12:00		Pre Free +		12:00	Pre Free +		
12:15		Pre Free +		12:15		Pre Free +		12:15		Pre Free +		12:15		Pre Free +		12:15	Pre Free +		
12:30		Pre Free +		12:30		Pre Free +		12:30		Pre Free +		12:30		Pre Free +		12:30	Pre Free +		
12:45		Pre Free +		12:45		Pre Free +		12:45		Pre Free +		12:45		Pre Free +		12:45	Pre Free +		
1:00		Pre Free +		1:00		Pre Free +		1:00		Pre Free +		1:00		Pre Free +		1:00	Pre Free +		
1:15		Pre Free +		1:15		Pre Free +		1:15		Pre Free +		1:15		Pre Free +		1:15	Pre Free +		
1:30		Pre Free +		1:30		Pre Free +		1:30		Pre Free +		1:30		Pre Free +		1:30	Pre Free +		
1:45		Pre Free +		1:45		Pre Free +		1:45		Pre Free +		1:45		Pre Free +		1:45	ICE CUT		
2:00		ICE CUT				ICE CUT				ICE CUT				ICE CUT		2:00	Pre Free +		
2:15		Pre Free +				Pre Free +				Pre Free +				Pre Free +		2:15	Pre Free +		
2:30		Pre Free +				Pre Free +				Pre Free +				Pre Free +		2:30	Pre Free +		
2:45		Pre Free +				Pre Free +				Pre Free +				Pre Free +		2:45	Pre Free +		
3:05		Pre Free +				Pre Free +				Pre Free +				Pre Free +		3:00	Pre Free +		
3:15		Pre Free +		3:15		Basic 4+		3:15		Basic 4+		3:15		Basic 4+		3:15	Pre Free +		
3:30		Pre Free +		3:30		Basic 4+		3:30		Basic 4+		3:30		Basic 4+		3:30	Pre Free +		
3:45		Pre Free +		3:45		Basic 4+		3:45		Basic 4+		3:45		Basic 4+		3:45	Pre Free +		
4:00		Pre Free +		4:00		Basic 4+		4:00		Basic 4+		4:00		Basic 4+		4:00	Pre Free +		
4:15		Youth LTS/EE Camp		4:15		Youth LTS/EE Camp		4:15		Youth LTS/EE Camp		4:15		Youth LTS/EE Camp		4:15	Pre Free +		
4:30		Youth LTS/EE Camp		4:30		Youth LTS/EE Camp		4:30		Youth LTS/EE Camp		4:30		Youth LTS/EE Camp		4:30	Pre Free +		
4:45		Youth LTS/EE Camp		4:45		Youth LTS/EE Camp		4:45		Youth LTS/EE Camp		4:45		Youth LTS/EE Camp		4:45	Pre Free +		
5:00		Youth LTS/EE Camp		5:00		Youth LTS/EE Camp		5:00		Youth LTS/EE Camp		5:00		Youth LTS/EE Camp		5:00	Pre Free +		
5:15		ICE CUT		5:15		ICE CUT		5:15		ICE CUT		5:15		ICE CUT		5:15	Pre Free +		
5:30		Youth EE		5:30		Youth Synchro		5:30		Youth Synchro		5:30		Youth LTS		5:30	Pre Free +		
5:45		Youth EE		5:45		Youth LTS		5:45		Youth Synchro		5:45		Youth LTS		5:45	Pre Free +		
6:00		Youth EE		6:00		Youth LTS		6:00		Youth Synchro		6:00		Youth LTS		6:00	ICE CUT		
6:15		Youth EE		6:15		Youth LTS		6:15		Youth Synchro		6:15		Youth LTS		6:15			
6:30		Adult EE		6:30		Adult LTS		6:30		Adult Synchro		6:30		Adult LTS		6:30			
6:45		Adult EE		6:45		Adult LTS		6:45		Adult Synchro		6:45		Adult LTS		6:45			
7:00		Adult EE		7:00		Adult LTS		7:00		Adult Synchro		7:00		Adult LTS		7:00			
7:15		Adult EE		7:15		Adult LTS		7:15		Adult Synchro		7:15		Adult LTS		7:15			
7:30		ICE CUT		7:30		ICE CUT		7:30		ICE CUT		7:30		ICE CUT		7:30			

SATURDAY Aug 30th		SUNDAY Aug 31st	
Time	VFMH Rink 3	Time	VFMH Rink 3
6:00am		6:00am	
6:15am		6:15am	
6:30am		6:30am	
6:45am		6:45am	
7:00am	Pre Free +	7:00am	
7:15am	Pre Free +	7:15am	
7:30am	Pre Free +	7:30am	
7:45am	Pre Free +	7:45am	
8:00am	Pre Free +	8:00am	Pre Free +
8:15am	Pre Free +	8:15am	Pre Free +
8:30am	Pre Free +	8:30am	Pre Free +
8:45am	Pre Free +	8:45am	Pre Free +
9:00am	ICE CUT	9:00am	Pre Free +
9:15am	Youth LTS	9:15am	Pre Free +
9:30am	Youth LTS	9:30am	Pre Free +
9:45am	Youth EE	9:45am	Pre Free +
10:00am	Youth EC	10:00am	ICE CUT
10:15am	Youth EE	10:15am	
10:30am	Youth EE	10:30am	
10:45am	Youth LTS	10:45am	
11:00am	Youth LTS	11:00am	
11:15am	ICE CUT	11:15am	
11:30am	Adult LTS	11:30am	
11:45am	Adult LTS	11:45am	
12:00	Basic 4+	12:00	
12:15	Basic 4+	12:15	
12:30	Basic 4+	12:30	
12:45	Basic 4+	12:45	
1:00	ICE CUT	1:00	
1:15		1:15	
1:30		1:30	