

## September Junior/StarSkate Skating Schedule - Kings Mutual Century Centre, Berwick

\*Skaters should arrive at least 30 min prior to their on-ice time to warm up and tie skates. Skaters also spend 15 min afterward doing their off-ice cool down and stretch routine. These are as per Skate Canada programming guidelines\*

Junior/Star 1/Star 2		Star 3+	
<b>Thur, Sept. 4 → 4-5 pm</b> 4-4:20 Off-ice warm up 4:30-5:30 On ice program 5:40-6 Off-ice cool down	<b>Sun, Sept. 14 → 6:30-8:30 pm</b> 6:30-6:50 Off-ice warm up 7-8 On ice program 8:10-8:30 Off-ice cool down	<b>Thur, Sept. 4 → 5-7:30 pm</b> 5-5:20 Off-ice warm up 5:30-7 On ice program 7:10-7:30 Off-ice cool down	<b>Mon, Sept. 15 → 4-6:15 pm</b> 4-4:15 Off-ice warm up 4:20-5:50 On ice program 6-6:15 Off-ice cool down
<b>Sun, Sept. 7 → 4:30-6:30 pm</b> 4:30-4:50 Off-ice warm up 5-6 On ice program 6:10-6:30 Off-ice cool down	<b>Sun, Sept. 21 → 6:30-8:30 pm</b> 6:30-6:50 Off-ice warm up 7-8 On ice program 8:10-8:30 Off-ice cool down	<b>Sunday, Sept. 7 → 5:30-8 pm</b> 5:30-5:50 Off-ice warm up 6-7:30 On ice program 7:40-8 Off-ice cool down	<b>Thu, Sept. 18 → 3:30-5:15 pm</b> 3:30-3:50 Off-ice warm up 4-4:50 On ice program 5-5:15 Off-ice cool down
<b>Tues, Sept. 9 → 3:30-5:30 pm</b> 3:30-3:50 Off-ice warm up 4-5 On ice program 5:10-5:30 Off-ice cool down	<b>Tue, Sept. 23 → 3:30-5:30 pm</b> 3:30-3:50 Off-ice warm up 4-5 On ice program 5:10-5:30 Off-ice cool down	<b>Monday, Sept. 8 → 4-6:15 pm</b> 4-4:15 Off-ice warm up 4:20-5:50 On ice program 6-6:15 Off-ice cool down  <b>Tues, Sept. 9 → 4:30-6:45 pm</b> 4:30-4:50 Off-ice warm up 5-6:20 On ice program 6:30-6:45 Off-ice cool down  <b>Thu, Sept. 11 → 3:30-5:15 pm</b> 3:30-3:50 Off-ice warm up 4-4:50 On ice program 5-5:15 Off-ice cool down  <b>Sun, Sept. 14 → 7:30-9:30 pm</b> 7:30-7:50 Off-ice warm up 8-9 On ice program 9:10-9:30 Off-ice cool down	<b>Sun, Sept. 21 → 7:30-9:30 pm</b> 7:30-7:50 Off-ice warm up 8-9 On ice program 9:10-9:30 Off-ice cool down  <b>Mon, Sept. 22 → 4-6:15 pm</b> 4-4:15 Off-ice warm up 4:20-5:50 On ice program 6-6:15 Off-ice cool down  <b>Tue, Sept. 23 → 4:30-6:45 pm</b> 4:30-4:50 Off-ice warm up 5-6:20 On ice program 6:30-6:45 Off-ice cool down  <b>Thu, Sept. 25 → 3:30-5:15 pm</b> 3:30-3:50 Off-ice warm up 4-4:50 On ice program 5-5:15 Off-ice cool down
2 days = all sessions	1 day = choose 3 sessions	3 days = all sessions 1 day = choose 4 sessions	2 days = choose 8 sessions

