

Toronto Lakeshore Skating Academy
Rink 1

As of September 2, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ice Ready 6:15am	Ice Ready 6:15am	Ice Ready 6:15am	Ice Ready 6:15am	Ice Ready 6:15am	Ice Ready 6:15am
6:15-7:45am Morning Training	6:15-7:45am Morning Training	6:15-7:45am Morning Training	6:15-7:45am Morning Training	6:15-7:45am Morning Training	6:15-7:05am Stroking Juv and Under
8:00-8:45am Open	8:00-8:45am Open	8:00-8:45am Open	8:00-8:45am Open	8:00-8:45am Open	Flood 7:05-7:15am 7:15-8:05am
BREAK	BREAK	BREAK	BREAK	BREAK	Jumps Juv and Under
11:20-12:05pm Open	11:20-12:05pm Open	11:20-12:05pm Open	11:20-12:05pm Open	11:20-12:05pm Open	Flood 8:05-8:15am 8:15-9:05am
Flood 12:05-12:15pm	Flood 12:05-12:15pm	Flood 12:05-12:15pm	Flood 12:05-12:20pm	Flood 12:05-12:15pm	Stroking PreNov and Up
12:15-12:35pm 20 min Open Ice	12:15-12:35pm 20 min Open Ice	12:15-12:35pm 20 min Open Ice	12:20-1:05pm National	12:15-12:35pm 20 min Open Ice	Flood 9:05-9:15am 9:15-10:05am
12:35-1:20pm National	12:35-1:20pm National	12:35-1:20pm National	Flood 1:05-1:15pm 1:15-1:55pm	12:35-1:20pm National	Jumps PreNov and Up Flood 10:05-10:15am
1:20-2:05pm Provincial	1:20-2:05pm Provincial	1:20-2:05pm Provincial	Provincial 1:55-2:35pm	1:20-2:05pm Provincial	
Flood 2:05-2:15pm	Flood 2:05-2:15pm	Flood 2:05-2:15pm	National	Flood 2:05-2:15pm	
2:15-2:55pm National	2:15-2:55pm National	2:15-2:55pm National	Flood 2:35-2:45pm 2:50-3:35pm	2:15-3:35pm Simulations	
2:55-3:35pm Provincial	2:55-3:35pm Provincial	2:55-3:35pm Provincial	Provincial 3:35-4:20pm		
Flood 3:35-3:50pm	Flood 3:35-3:45pm	Flood 3:35-3:50pm	National	Flood 3:35-3:50pm	
3:50-4:35pm National	3:45-4:30pm National	3:50-4:35pm National	4:20-5:05pm Open	3:50-4:35pm National	
4:35-5:20pm Open	4:30-5:15pm Provincial	4:35-5:20pm Open	Flood 5:05-5:15pm	4:35-5:20pm Open	
5:20-6:05pm Open	5:15-5:35pm Provincial Grp Session	5:20-6:05pm Open		5:20-6:05pm Open	
Flood 6:05-6:15pm	Flood 5:35-5:45pm	Flood 6:05-6:15pm		Flood 6:05-6:15pm	

National
Novice to Senior
Skaters landing 1 triple

Provincial
Star 5 to Pre-Novice
skaters landing 1A

Open
Open to all levels

Off Ice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:45-4:30pm Ballet - Provincial	2:15-2:45pm Jump - Provincial	3:45-4:30pm Ballet - Provincial	2:10-2:40pm Jump - Provincial	3:45-4:30pm Ballet - Provincial	8:15-9:00am Jump - Juv and Under
4:45-5:30pm Ballet - National	3:05-3:35pm Jump - National	4:45-5:30pm Ballet - National	2:55-3:25pm Jump - National	4:45-5:30pm Ballet - National	10:15-11:00am Jump - PreNov and Up
6:15-7:00pm Jump - Open	4:40-5:10pm Stretch - National	6:15-7:00pm Jump - Open	4:30-5:15pm Stretch - National	6:15-7:00pm Jump - Open	
	5:45-6:15pm Stretch - Provincial		5:15-6:00pm Jump - Open		