

# NBSC - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 4:00-5:30 Star 3+ 5:40-6:30 Canskate 5:50-6:20 PreCan 6:30-7:30 Pre-Star - 2	4 6:10-7:00 Canskate 6:20-6:50 PreCan 7:00-8:30 Star 3+	5 *CHELMSFORD ARENA* 5:10-6:00 Canskate 5:20-5:50 PreCan 6:00-7:00 Pre-Star - 2	6 4:00-5:30 Star 3+ 5:40-6:40 Pre-Star - 2 6:40-7:30 Pairs/Dance	7	8 8:40-9:40 Pairs/Dance 9:50-10:50 Star 3+ 9:50-10:50 Star 2** 11:00-12:00 Dev (DT)	9 *CARMICHAEL ARENA* 5:10-5:55 Pre Power 5:45-6:30 Inter Power 6:15-7:00 Elite Power
10 4:00-5:30 Star 3+ 5:40-6:30 Canskate 5:50-6:20 PreCan 6:30-7:30 Pre-Star - 2	11 6:10-7:00 Canskate 6:20-6:50 PreCan 7:00-8:30 Star 3+	12 *CHELMSFORD ARENA* 5:10-6:00 Canskate 5:20-5:50 PreCan 6:00-7:00 Pre-Star - 2	13 4:00-5:30 Star 3+ 5:40-6:40 Pre-Star - 2 6:40-7:30 Pairs/Dance	14	15 8:40-9:40 Pairs/Dance 9:50-10:50 Star 3+ 9:50-10:50 Star 2** 11:00-12:00 Dev (DT)	16 *CARMICHAEL ARENA* 5:10-5:55 Pre Power 5:45-6:30 Inter Power 6:15-7:00 Elite Power
17 4:00-5:30 Star 3+ 5:40-6:30 Canskate 5:50-6:20 PreCan 6:30-7:30 Pre-Star - 2	18 6:10-7:00 Canskate 6:20-6:50 PreCan 7:00-8:30 Star 3+	19 *CHELMSFORD ARENA* 5:10-6:00 Canskate 5:20-5:50 PreCan 6:00-7:00 Pre-Star - 2	20 4:00-5:30 Star 3+ 5:40-6:40 Pre-Star - 2 6:40-7:30 Pairs/Dance	21	22 8:40-9:40 Pairs/Dance 9:50-10:50 Star 3+ 9:50-10:50 Star 2** 11:00-12:00 Dev (DT)	23 *CARMICHAEL ARENA* 5:10-5:55 Pre Power 5:45-6:30 Inter Power 6:15-7:00 Elite Power
24 4:00-5:30 Star 3+ 5:40-6:30 Canskate 5:50-6:20 PreCan 6:30-7:30 Pre-Star - 2	25 6:10-7:00 Canskate 6:20-6:50 PreCan 7:00-8:30 Star 3+	26 *CHELMSFORD ARENA* 5:10-6:00 Canskate 5:20-5:50 PreCan 6:00-7:00 Pre-Star - 2	27 4:00-5:30 Star 3+ 5:40-6:40 Pre-Star - 2 6:40-7:30 Pairs/Dance	28	29 8:40-9:40 Pairs/Dance 9:50-10:50 Star 3+ 9:50-10:50 Star 2** 11:00-12:00 Dev (DT)	30 *CARMICHAEL ARENA* 5:10-5:55 Pre Power 5:45-6:30 Inter Power 6:15-7:00 Elite Power
31 4:00-5:30 Star 3+ 5:40-6:30 Canskate 5:50-6:20 PreCan 6:30-7:30 Pre-Star - 2						<b>NBSC SEMINAR OCTOBER 16<sup>TH</sup> 12PM TO 7PM @ GARSON ARENA</b>

MONDAY/THURSDAY ARE @ GARSON ARENA  
TUESDAY/SATURDAY ARE @ CONISTON ARENA