

NBSC – Aug/Sept

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 *COUNTRYSIDE ARENA* 4:25-5:55 Star 3+ 5:15-6:15 Pre-Star – 2 **MONDAY SESSION**	29 *COUNTRYSIDE ARENA* 4:25-5:55 Star 3+ 5:15-6:15 Pairs/Dance **SATURDAY SESSION**	30 *COUNTRYSIDE ARENA* 4:25-5:20 Power Inter 5:20-6:15 Power Adv	31 *COUNTRYSIDE ARENA* 4:25-5:55 Star 3+ 5:15-6:15 Pre-Star – 2 **THURSDAY SESSION**	1	2	3
4 Labour Day	5	6	7 4:00-5:30 Star 3+ 5:40-6:40 Pre-Star - 2 6:40-7:30 Pairs/Dance 5:40-6:25 Off Ice	8	9	10 1:00-1:45 Power Inter 1:45-2:30 Power Adv
11 4:00-5:30 Star 3+ 5:30-6:30 Pre-Star - 2	12 6:00-7:30 Star 3+	13	14 4:00-5:30 Star 3+ 5:40-6:40 Pre-Star - 2 6:40-7:30 Pairs/Dance 5:40-6:25 Off Ice	15	16	17 1:00-1:45 Power Inter 1:45-2:30 Power Adv
18 4:00-5:30 Star 3+ 5:30-6:30 Pre-Star - 2	19 6:00-7:30 Star 3+	20	21 4:00-5:30 Star 3+ 5:40-6:40 Pre-Star - 2 6:40-7:30 Pairs/Dance 5:40-6:25 Off Ice	22	23	24 12:00-2:20 PA Training 2:30-3:15 Power Inter 3:15-4:00 Power Adv
25 4:00-5:30 Star 3+ 5:30-6:30 Pre-Star – 2	26 7:00-8:30 Star 3+	 Week! Skaters are encouraged to dress up in their favorite color all week!	28 4:00-5:30 Star 3+ 5:40-6:40 Pre-Star - 2 6:40-7:30 Pairs/Dance 5:40-6:25 Off Ice	29	30	

All September Sessions are @ Garson arena

Boyz Club Session Thursday September 28th 5:40-6:40pm

September 25-28 is Rainbow week – dress up in your favorite colors!