

CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT
Saison 2022-2023 Season
10 septembre 2022 au fin février 2023 (version 14 août 2022)

JOUR DAY	PATINOIRE RINK	HEURE TIME	DURÉE	SESSION	
Dimanche / Sunday	A	08h55 - 09h05	10 min	Glace/Flood - Debut CPA 09h05	
		09h05 - 09h20	15 min	Preparation de la glace par les Aps	
		09h20 - 10h15	55 min	Patinage Plus / CANSkate 0-1-2 Groupe 1	
		10h15 - 10h25	10 min	Transition	
		10h25 - 11h20	55 min.	Patinage Plus / CANSkate 0-1-2 Groupe 2	
		11h20 - 11h30	10 min	Transition	
		11h30 - 12h25	55 min	Patinage Plus / CANSkate 3-4-5	
		12h25 - 12h35	10 min	Flood	
		12h35 - 13h25	50 min	STAR Cours de Groupe	
		13h25 - 13h35	10 min	Glace/Flood (ou Transition)	
		13h35 - 14h25	50 min	STAR Tous - Cours Privés	
14h25 - 14h35	10 min	Glace/Flood - Fin CPA 14h25			
Lundi / Monday	B	18h10 - 18h20	10 min	Glace/Flood (Col Blancs - fin 18h10) Debut CPA 18h20	
		18h20 - 19h10	50 min	STAR 0-1-2-3-4-5 SL/FS; HAB/SKILLS; DANSE	
		19h10 - 20h00	50 min	STAR 3-4-5-6 SL/FS; HAB/SKILLS; DANSE	
		20h00 - 20h10	10 min	Glace/Flood	
		20h10 - 21h10	60 min	STAR 6 - OR; SL/FS; HAB/SKILLS; DANSE	
		21h10 - 21h20	10 min	Fin CPA 21h10 - Glace/Flood (Besoin Flood Sur Glace A 21h25 - 21h35)	
Mardi / Tuesday	B	16h40 - 16h50	10 min	Glace/Flood - Debut CPA 16h50	
		16h50 - 17h35	45 min	STAR Tous - Cours Privés	
		16h50 - 17h35	45 min	PP en leçon /STAR GROUPE en leçon /ADULTES en leçon - Cours Privés **	
		17h35 - 18h30	55 min	STAR 0-1-2-3-4-5 SL/FS; HAB/SKILLS; DANSE	
		18h30 - 18h40	10 min	Glance/Flood	
		18h40 - 19h50	70 min	STAR 3-4-5 SL/FS; HAB/SKILLS; DANSE	
		19h50 - 20h55	65 min	STAR 6-OR SL/FS; HAB/SKILLS; DANSE	
		20h55 - 21h05	10 min	Glace/Flood - Fin CPA 20h55	
Mercredi / Wednesday	B	17h15 - 17h25	10 min	Glace/Flood - Debut CPA 17h25	
		17h25 - 18h15	45 min	STAR - Cours de Groupe	
		18h15 - 18h55	45 min	STAR Tous - Cours Privés	
		18h55 - 19h05	10 min	Glace/Flood - Fin CPA 18h55	
	A	16h55 - 17h05	10 min	Glace/Flood - Debut CPA 17h05	
		17h05 - 17h55	50 min	STAR Tous - Cours Privés	
		17h05 - 17h55	50 min	PP en leçon /STAR GROUPE en leçon /ADULTES en leçon - Cours Privés **	
		17h05 - 17h55	50 min	STAR 0-1-2-3-4-5 SL/FS; HAB/SKILLS; DANSE	
		17h55 - 18h05	10 min	Glance/Flood	
		18h05 - 19h15	70 min	STAR 3-4-5 SL/FS; HAB/SKILLS; DANSE	
19h15 - 20h25	70 min	STAR 6 - OR SL/FS; HAB/SKILLS; DANSE			
20h25 - 20h35	10 min	Glace/Flood - Fin CPA 20h25			
Jeudi / Thursday	B	15h55 - 16h05	10 min	Glace/Flood - Debut CPA 16h05	
		16h05 - 16h55	50 min	STAR - Cours de Groupe	
		16h55 - 17h40	45 min sur glace	Relève - STAR	
		17h40 - 18h25	45 min sur glace	Relève - Patinage Plus	
		18h25 - 18h35	10 min	Glace/Flood - Fin CPA 18h25	
	CEGEP		a confirmer par le CE	Glace/Flood -	
		18h00 - 18h45	45 min	STAR 0-1-2-3-4-5 SL/FS; HAB/SKILLS; DANSE	
		18h50 - 19h40	50 min	STAR 6 - OR SL/FS; HAB/SKILLS; DANSE	
		19h40 - 19h50	5 min	Boucher les trous	
		19h50 - 20h00	10 min	Glance/Flood	
20h00 - 20h55	55 min	Danse & Habilités / Dance & Skills (pratique STAR 6 et plus)			
			Glace/Flood - Fin CPA 20h55		
Vendredi / Friday	B	14h55 - 15h05	10 min	Glace/Flood - Debut CPA 15h05	
		15h05 - 15h50	45 min	STAR Tous - Cours Privés	
		15h05 - 15h50	45 min	PP en leçon /STAR GROUPE en leçon /ADULTES en leçon - Cours Privés **	
		15h50 - 16h50	60 min	STAR 0-1-2-3-4-5 SL/FS; HAB/SKILLS; DANSE	
		16h50 - 17h45	55 min	STAR 3-4-5 SL/FS; HAB/SKILLS; DANSE	
		17h45 - 17h55	10 min	Glance/Flood	
		17h55 - 18h50	55 min	STAR 5-6 SL/FS; HAB/SKILLS; DANSE	
		18h50 - 19h45	55 min	STAR 6-OR SL/FS; HAB/SKILLS; DANSE	
		19h45 - 19h55	10 min	Glance/Flood	
		19h55 - 20h55	60 min	Adultes / Adults	
20h55 - 21h05	10 min	Glace/Flood - Fin CPA 20h55			
Samedi / Saturday	A	Correction			
		11h25 - 11h35	10 min	Glace/Flood - Debut CPA 11h35	
		11h35 - 11h45	10 min	Preparation de la glace	
		11h45 - 12h40	55 min	Patinage Plus / CANSkate 0-1-2 Groupe 1	
		12h40 - 12h50	10 min	Transition	
		12h50 - 13h45	55 min	Patinage Plus / CANSkate 0-1-2 Groupe 2	
		13h45 - 13h55	10 min	Change circuits	
		13h55 - 14h50	55 min	Patinage Plus / CANSkate 3-4-5	
		14h50 - 15h00	10 min	Glance/Flood	
		15h00 - 15h50	50 min	STAR - Cours de Groupe	
		15h50 - 16h25	35 min	Relève - développement	
		16h25 - 16h35	10 min	Glace/Flood - Fin CPA 16h35	
		16h35 - 17h05	30 min	Hors Glance - développement	
		B	15h55 - 16h05	10 min	Glace/Flood - Debut CPA 16h05
			16h05 - 17h05	60 min	STAR 6-OR SL/FS; HAB/SKILLS; DANSE
			17h05 - 18h00	55 min	STAR 3-4-5 SL/FS; HAB/SKILLS; DANSE
18h00 - 18h55	55 min		STAR 0-1-2-3-4-5 SL/FS; HAB/SKILLS; DANSE		
18h55 - 19h05	10 min		Glace/Flood - Fin CPA 18h55		

Vers 14 Aug 2022

JUNIOR: Passed CANSkate Badge 5 and higher. Exceptionally 2022-2023 Badge 4

INTER 1: Passed Complete STAR 3 FS (Program+Elements) and the complete STAR 3 in either dance or skills at the time of registration OR is 14 years old or more with two previous years registered in the JUNIOR category.

INTER 2: Passed Complete STAR 5 FS (Program+Elements) + STAR 3 Dance or Skills registration or skaters 16 years old with more than two previous years registered in the Inter 1 category with a STAR 3 FS test passed.

SENIOR: Passed Complete STAR 8 FS (Program+Elements) and the complete STAR 5 dance or skills at time of registration.

STAR Group: Passed CANSkate Badge 5 and higher. Exceptionally 2022-2023 Badge 4

** - Must hire a coach