

CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT

Saison 2018-2019 Season

10 septembre 2018 au fin février 2019 (version 4 AOUT 2018)

JOUR DAY	PATINOIRE RINK	HEURE TIME	DURÉE		SESSION	
Dimanche / Sunday	A	09h55 - 10h05	10 min		Glace/Flood	
		10h05 - 10h10	5 min		Preparation de la glace	
		10h10 - 10h55	45 min.	18A-PPD1	Patinage Plus / CANSkate 0-1-2	
		10h55 - 11h40	45 min	18A-PPD2	Patinage Plus / CANSkate 0-1-2 Groupe 2	
		11h40 - 11h45	5 min		Change groupes	
		11h45 - 12h30	45 min.	18A-PPD3	Patinage Plus / CANSkate 3-4-5	
		12h30 - 12h40	10 min		Glace/Flood	
		12h40 - 13h25	45 min.	18A-PREJR	PRÉ-JUNIOR	
Lundi / Monday	B	18h10 - 18h20	10 min		Glace/Flood	
		18h20 - 19h05	45 min	18A-JUNIOR1	STAR 0-1-2 (JUNIOR) SL/FS; HAB/SKILLS; DANSE	
		19h05 - 19h50	45 min	18A-INTER1A	STAR 3-4 (INTER 1) SL/FS; HAB/SKILLS; DANSE	
		19h50 - 20h00	10 min		Glace/Flood	
		20h00 - 21h00	60 min	18A-MIX1	STAR 5/JR BR/SR BR (INTER 2) / SENIOR SL/FS; HAB/SKILLS; DANSE	
Mardi / Tuesday	B	16h40 - 16h50	10 min		Glace/Flood	
		16h50 - 17h35	45 min	18A-TOUS1 18A-PPLEC1 18A-ADULTELEC1	TOUS + PP/PREJR/ADULTES **	
		17h35 - 18h20	45 min	18A-JUNIOR2	STAR 0-1-2 (JUNIOR) SL/FS; HAB/SKILLS; DANSE	
		18h20 - 18h30	10 min		Glace/Flood	
		18h30 - 19h15	45 min	18A-INTER1B	STAR 3-4 (INTER 1) SL/FS; HAB/SKILLS; DANSE	
		19h15 - 20h00	45 min	18A-INTER2A	STAR 5/JR BR/SR BR (INTER 2) SL/FS; HAB/SKILLS; DANSE	
		20h00 - 20h55	55 min	18A-SENIOR1	SENIOR SL/FS; HAB/SKILLS; DANSE	
Mercredi / Wednesday	B	16h55 - 17h05	10 min		Glace/Flood	
		17h05 - 17h50	45 min	18A-PREJR	PRÉ-JUNIOR	
	A	17h25 - 17h35	10 min		Glace/Flood	
		17h35 - 18h35	60 min	18A-JUNIOR3	STAR 0-1-2 (JUNIOR) SL/FS; HAB/SKILLS; DANSE	
		18h35 - 18h45	10 min		Glace/Flood	
		18h45 - 19h35	50 min	18A-INTER2B	STAR 5/JR BR/SR BR (INTER 2) SL/FS; HAB/SKILLS; DANSE	
19h35 - 20h25	50 min	18A-SENIOR2	SENIOR SL/FS; HAB/SKILLS; DANSE			
Jeudi / Thursday	B	15h55 - 16h05	10 min		Glace/Flood	
		16h05 - 17h05	60 min	18A-TOUS2 18A-PPLEC2 18A-ADULTELEC2	TOUS + PP/PREJR/ADULTES **	
		17h05 - 18h10	40 min sur glace	18A-STARDEV	Relève - STAR	
		17h20 - 18h25	40 min sur glace	18A-PPDEV	Relève - Patinage Plus	
Vendredi / Friday	B	15h45 - 15h55	10 min		Glace/Flood	
		15h55 - 16h55	60 min	18A-TOUS3 18A-PPLEC3 18A-ADULTELEC3	TOUS + PP/PREJR/ADULTES **	
		16h55 - 17h45	50 min	18A-INTER1C	STAR 3-4 (INTER 1) SL/FS; HAB/SKILLS; DANSE	
		17h45 - 17h55	10 min		Glace/Flood	
		17h55 - 18h45	50 min	18A-INTER2C	STAR 5/JR BR/SR BR (INTER 2) SL/FS; HAB/SKILLS; DANSE	
		18h45 - 19h45	60 min	18A-SENIOR3	SENIOR SL/FS; HAB/SKILLS; DANSE	
		19h45 - 19h55	10 min		Glace/Flood	
		19h55 - 20h55	60 min	18A-ADULTES	Adultes / Adults	
Samedi / Saturday	A	11h25 - 11h35	10 min		Glace/Flood	
		11h35 - 11h40	5 min		Preparation de la glace	
		11h40 - 12h25	45 min	18A-PPS1	Patinage Plus / CANSkate 0-1-2	
		12h25 - 13h10	45 min	18A-PPS2	Patinage Plus / CANSkate 0-1-2	
		13h10 - 13h15	5 min		Change circuits	
		13h15 - 14h00	45 min	18A-PPS3	Patinage Plus / CANSkate 3-4-5	
		14h10 - 14h20	10 min		Glace/Flood	
		14h20 - 15h25	65 min	18A-SENIOR4	SENIOR - SL/FS; HAB/SKILLS; DANSE	
		15h25 - 16h25	60 min	18A-INTER2D	STAR 5/JR BR/SR BR (INTER 2) SL/FS; HAB/SKILLS; DANSE	
		16h25 - 16h35	10 min		Glace/Flood	
	B	16h55 - 17h05	10 min		Glace/Flood	
		17h05 - 18h00	55 min	18A-MIX2	STAR 0-1-2-3-4 (JUNIOR/INTER 1) SL/FS; HAB/SKILLS; DANSE	
		18h00 - 18h55	55 min	18A-DANCESKILLS1	STAR 3-4 (INTER 1) au SENIOR HAB/SKILLS; DANSE	