



The Skating Club of Boston  
West Rink

September 4, 2022 - November 26, 2022

updated 8/1/2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 AM Dance/Free (NT/Sr)						
7:00 - 7:50 AM Dance/Free (NT/Sr)	6:30 - 7:20 AM Dance/Free (NT/Sr)	6:30 - 7:20 AM Dance/Free (NT/Sr)	7:00 - 9:50 AM Hayden	7:00 - 9:50 AM Hayden	6:30 - 7:20 AM Dance/Free (NT/Sr)	7:00 - 8:50 AM Hayden
8:00 - 8:50 AM * Dance/Free (NT/Sr)	7:30 - 8:20 AM Dance/Free (NT/Sr)	7:30 - 8:20 AM Free (Juv/Sr)			7:30 - 8:00 AM Jump Exercises (Triples/Quads)	
9:00 - 9:50 AM * Dance/Free (NT/Sr)	8:30 - 9:50 AM Free (Juv/Sr)	8:30 - 9:50 AM Free (Juv/Sr)			8:00 - 9:20 AM Restricted Pairs (Jr/Sr)	
10:00 - 10:50 AM * Dance/Free (NT/Sr)	10:00 - 11:20 AM Free (Juv/Sr)	10:00 - 11:20 AM Free (Juv/Sr)	10:00 - 11:20 AM Free (Juv/Sr)	10:00 - 11:20 AM Free (Juv/Sr)	9:30 - 10:50 AM Restricted Pairs (Jr/Sr)	9:00 - 9:30 AM Artistry/Component Class (NT/Sr)
11:00 - 11:50 AM * Hayden						9:40 - 10:40 AM Restricted Free (Jr/Sr)
12:00 - 12:50 PM * Competitor's Ice	11:30 - 12:50 PM Free (Juv/Sr)	11:30 - 12:50 PM Free (Juv/Sr)	11:30 - 12:50 PM Free (Juv/Sr)	11:30 - 12:50 PM Free (Juv/Sr)	11:00 - 11:50 AM Free (Juv/Sr)	10:50 - 11:50 AM Restricted Free (Jr/Sr)
1:00 - 1:50 PM * Competitor's Ice	1:00 - 2:20 PM Free (Juv/Sr)	1:00 - 2:20 PM Free (Juv/Sr)	1:00 - 2:20 PM Free (Juv/Sr)	1:00 - 2:20 PM Free (Juv/Sr)	12:00 - 12:50 PM Free (Juv/Sr)	12:00 - 1:50 PM Hayden
2:00 - 4:30 PM Team Excel	2:30 - 3:10 PM Free (Int/Sr)	2:30 - 3:10 PM Free (Int/Sr)	2:30 - 3:10 PM Free (Int/Sr)	2:30 - 3:10 PM Free (Int/Sr)	1:00 - 2:20 PM Free (Juv/Sr)	
	3:10 - 3:50 PM Free (Int/Sr)	3:10 - 3:50 PM Free (Int/Sr)	3:10 - 3:50 PM Free (Int/Sr)	3:10 - 3:50 PM Free (Int/Sr)	2:30 - 3:10 PM Free (Int/Sr)	
	4:00 - 4:50 PM Free (Int/Sr)	4:00 - 4:20 PM Power Stroking/Deep Edge (NT/Sr)	4:00 - 4:50 PM Free (Int/Sr)	4:00 - 4:20 PM Spins/Rotation Acceleration (NT/Sr)	3:10 - 3:50 PM Free (Int/Sr)	
	5:00 - 5:50 PM Free (Juv/Sr)	4:20 - 4:50 PM Free (Int/Sr)	5:00 - 5:50 PM Free (Juv/Sr)	4:20 - 4:50 PM Free (Int/Sr)	4:00 - 4:20 PM Jumps/Jump Exercises/ Sequences (NT/Sr)	
4:40 - 6:40 PM TOI of Boston	6:00 - 6:50 PM Free (Juv/Sr)	5:00 - 5:50 PM Free (Juv/Sr)	6:00 - 6:50 PM Tomorrow's Champions	5:00 - 5:50 PM Free (Juv/Sr)	4:20 - 4:50 PM Free (Int/Sr)	2:00 - 4:50 PM Hayden
	7:00 - 8:30 PM Team Excel	6:00 - 6:50 PM Free (Juv/Sr)	7:00 - 7:50 PM Team Excel	6:00 - 6:50 PM Free (Juv/Sr)	5:00 - 5:50 PM Free (Juv/Sr)	
	6:50 - 7:50 PM Dance/Free (NT/Sr)	7:00 - 7:50 PM Free (Prel/Sr)		8:00 - 9:30 PM TOI of Boston	7:00 - 7:50 PM Free (Juv/Sr)	
8:00 - 9:50 PM Adult Skate (18+)		8:00 - 9:50 PM Adult Skate (18+)	7:00 - 7:50 PM Free (Juv/Sr)		5:00 - 5:50 PM Free (Juv/Sr)	
8:00 - 9:50 PM Adult Skate (18+)	8:40 - 10:10 PM Team Excel	8:00 - 8:30 PM Adult Edge Class	8:00 - 9:30 PM TOI of Boston	7:00 - 8:30 PM Team Excel	7:00 - 7:50 PM Free (Juv/Sr)	5:00 - 6:30 PM Team Excel
8:00 - 8:30 PM Adult Edge Class		8:30 - 9:50 PM Adult Free		8:40 - 10:10 PM Team Excel	8:00 - 8:50 PM Club Ice	
8:30 - 9:50 PM Adult Free					9:00 - 9:50 PM Club Ice	

Sessions with a red background are for Club members with full skating privileges only. Restricted Free/Pairs Sessions require each skater to be at least Junior-level Free with triple jumps. No more than 4 teams will be allowed on any Restricted Pairs session at the same time. All group class sessions allow for skaters of all levels (NT/Sr) to participate unless otherwise noted. Only staff coaches are permitted to teach on Public Skating sessions. Sessions marked with (\*) may be cancelled for other programming including test sessions and Ice Chips rehearsals. Club Management reserves the right to modify the ice schedule and/or grant exceptions for skaters where it sees fit.