



The Skating Club of Boston
West Rink
January 23 - March 18, 2023

updated 1/2/22

| 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) | | | | | | 9:00 - 9:30 AM Artistry/Component Class (NT/Sr) |
| 2:00 - 4:50 PM Ice Chips Rehearsal | 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) | 9:40 - 10:40 AM Restricted Free (Jr/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) | 11:30 - 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 - 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 |
| | 2:30 - 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) | |
| 2:00 - 4:30 PM Team Excel | 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) | 2:00 - 4:50 PM Hayden |
| | 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) | |
| | | | | | 4:20 - 4:50 PM Free (Int/Sr) | |
| | | | | | 5:00 - 5:50 PM Free (Juv/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) | 6:00 - 6:50 PM Free (Juv/Sr) | 5:00 - 6:30 PM Team Excel |
| | 7:00 - 8:30 PM Team Excel | 6:00 - 6:50 PM Free (Juv/Sr) | | 6:00 - 6:50 PM Free (Juv/Sr) | 6:00 - 6:50 PM Free (Juv/Sr) | |
| 6:50 - 7:50 PM Dance/Free (NT/Sr) | | 7:00 - 7:50 PM Free (NT/Sr) | 7:00 - 7:50 PM Team Excel | 7:00 - 8:30 PM Team Excel | 7:00 - 7:50 PM Free (NT/Sr) | 6:40 - 8:50 PM Team Excel |
| 8:00 - 9:50 PM Adult Skate (18+) | 8:40 - 10:10 PM Team Excel | 8:00 - 8:50 PM Hayden | | 8:00 - 9:50 PM TOI of Boston | 8:00 - 8:50 PM Club Ice | |
| | | 9:00 - 9:50 PM Adult Free (18+) | | 8:40 - 10:10 PM Team Excel | 9:00 - 9:50 PM Club Ice | |
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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.