

COIR- Figure Skating Sessions



Monday	5.45am to 10am	General figure practise- all levels
	3.15pm-4.15pm	Figure skaters with test below Primary
	4.15pm-5.45pm	Skate School
	6pm-6.30pm	Dance Only: Novice, Junior, Senior test passed lessons & practise under coach supervision. ***Any other coaching is subject to approval of COIR Management
	6.30pm-7pm	Dance Only: Preliminary- lessons only , Elementary 1 & up; lessons & practise allowed under coach supervision. ***Any other coaching is subject to approval of COIR Management
Tuesday	5.45am to 10am	General figure practise- all levels
	3.15pm-3.45pm	Junior & Senior test skaters only
	3.45pm-5.pm	General figure practise- all levels, session 1
	5.15-7pm	General figure practise- all levels, session 2
	subset.....6.30pm-7pm
		All levels: Skaters may practice singles/dance/pair elements, and synchronized skills (including in couples, pairs or tandem - not more than one arm's length apart). Group lessons may also be conducted during the final 30 minutes of each session. Subject to ongoing review.
Wednesday	7.15am-10am	General figure practise- all levels
	3.15/3.30pm-5.pm	General figure practise- all levels, session 1
	5.15-7pm	General figure practise- all levels, session 2
	subset.....6.30-7.00pm
		All levels: Skaters may practice singles/dance/pair elements, and synchronized skills (including in couples, pairs or tandem - not more than one arm's length apart). Group lessons may also be conducted during the final 30 minutes of each session. Subject to ongoing review.
Thursday	5.45am to 10am	General figure practise- all levels
	3.30pm-6.15pm	General figure practise- all levels
	subset.....5.45pm-6.15pm
		All levels: Skaters may practice singles/dance/pair elements, and synchronized skills (including in couples, pairs or tandem - not more than one arm's length apart). Group lessons may also be conducted during the final 30 minutes of each session. Subject to ongoing review.
Friday	5.45am to 10am	General figure practise- all levels
	3.15pm-3.45pm	Junior & Senior test skaters only
	3.45pm-5.pm	General figure practise- all levels, session 1
	5.15-6.30pm	General figure practise- all levels, session 2
	subset.....6.30-7.00pm
		All levels: Skaters may practice singles/dance/pair elements, and synchronized skills (including in couples, pairs or tandem - not more than one arm's length apart). Group lessons may also be conducted during the final 30 minutes of each session. Subject to ongoing review.
	6.30pm-8pm	Junior Synchronised
Saturday	5.45am to 7.30am	General figure practise- all levels
	7.45am-11am	Aussie Skate & Elementary level skaters only. No skaters with Primary test or above
	subset.....
	7.45am-9.45am	<u>Individual coaching & practise.</u> No synch <u>groups</u> or dance <u>couples</u> , however all skaters below Primary can practise skills individually
	9.45am-10.15am	<u>Synchronised Aussie skate/Elementary levels</u> can practise as groups. <u>Individuals-private coaching</u> but no individual practise
	10.30am-11am	<u>Dancers- Aussie skate/Elementary levels.</u> <u>Individuals-private coaching</u> but no individual practise
	4.30pm-6.30pm	Senior Synchronised
		(Subject to Change by COIR Management, ph: 9789 4044)