

# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 4:15 - 6:15pm - STARSkate 6:30 - 7:30pm - Dryland  <b>IFSC Board Meeting 6:30pm</b>	4 6:15 - 7:15am - STARSkate	5 4:15 - 6:15pm - STARSkate 6:00 - 7:00pm - Intro FS 6:15 - 7:00pm - Canskate 6:30 - 7:00pm - Pre-Canskate	6  <b>National Skating Championships Ottawa, ON</b>	7 2:45 - 5:00pm - STARSkate 4:45 - 5:45pm - Intro FS 5:00 - 5:45pm - Canskate 5:15 - 5:45pm - Pre-Canskate <b>National Skating Championships Ottawa, ON</b>	8  <b>National Skating Championships Ottawa, ON</b>
9  <b>StarSkate Bottle Drive</b>  <b>National Skating Championships</b>	10 4:15 - 6:15pm - STARSkate 6:30 - 7:30pm - Dryland  <b>National Skating Championships Ottawa, ON</b>	11 6:15 - 7:15am - STARSkate  <b>National Skating Championships Ottawa, ON</b>	12 4:15 - 6:15pm - STARSkate 6:00 - 7:00pm - Intro FS 6:15 - 7:00pm - Canskate 6:30 - 7:00pm - Pre-Canskate <b>National Skating Champ.</b>  <b>Bottle Drop</b>	13  <b>National Skating Championships Ottawa, ON</b>	14 2:45 - 5:00pm - STARSkate 4:45 - 5:45pm - Intro FS 5:00 - 5:45pm - Canskate 5:15 - 5:45pm - Pre-Canskate  <b>Bottle Drop</b>	15
16	17 4:15 - 6:15pm - STARSkate 6:30 - 7:30pm - Dryland	18 6:15 - 7:15am - STARSkate	19 4:15 - 6:15pm - STARSkate 6:00 - 7:00pm - Intro FS 6:15 - 7:00pm - Canskate 6:30 - 7:00pm - Pre-Canskate	20	21 2:45 - 5:00pm - STARSkate 4:45 - 5:45pm - Intro FS 5:00 - 5:45pm - Canskate 5:15 - 5:45pm - Pre-Canskate <b>NE/NW Region STARSkate Invitational Camrose, AB</b>	22  <b>NE/NW Region STAR. Invitational Camrose, AB</b>
23  <b>NE/NW Region STAR. Invitational Camrose, AB</b>	24 4:15 - 6:15pm - STARSkate 6:30 - 7:30pm - Dryland  <b>StarSkate Simulation 4:15-5:15pm</b>	25 6:15 - 7:15am - STARSkate	26 4:15 - 6:15pm - STARSkate 6:00 - 7:00pm - Intro FS 6:15 - 7:00pm - Canskate 6:30 - 7:00pm - Pre-Canskate  <b>Heroes vs. Villians</b>	27	28 2:45 - 5:00pm - STARSkate 4:45 - 5:45pm - Intro FS 5:00 - 5:45pm - Canskate 5:15 - 5:45pm - Pre-Canskate <b>Mountain Regional Synchro. Championships Calgary, AB</b>	29  <b>Mountain Regional Synchro. Champ. Calgary, AB</b>
30  <b>Mountain Regional Synchro. Champ. Calgary, AB</b>	31 4:15 - 6:15pm - STARSkate 6:30 - 7:30pm - Dryland					