



**2018/19**  
**Quick Reference Schedule**  
 as of June 13, 2018

Parent & Tot ..... Sep 24, 2018 to May 13, 2019  
 CanSkate ..... Sep 21, 2018 to May 16, 2019  
 IntroSkate to Advanced ..... Sep 04, 2018 to May 16, 2019  
 AdultSkate (Fall & Spring Sessions) Sep 24, 2018 to May 13, 2019

PROGRAM INFORMATION & QUALIFICATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Learn to Skate - Parent &amp; Tot - 30 minute group lesson (3 - 4 yrs)</b> Skate Canada coaches teach skating basics using games & fun activities! <i>Child MUST be accompanied by a skating adult who can assist the child during the lesson</i>	1:40-2:10 pm				
<b>Learn to Skate - CanSkate A - 30 minute group lesson (3 - 5 yrs)</b> Beginner to CanSkate level 2 taught by Skate Canada coaches with games & fun activities! 3 year olds are taught in groups of up to 5 skaters 4 - 5 year olds are taught in groups of up to 7 skaters	2:10-2:40 pm	4:00-4:30 pm 4:30-5:00 pm	4:00-4:30 pm 4:30-5:00 pm	5:00-5:30 pm 5:30-6:00 pm	5:15-5:45 pm 5:45-6:15 pm 6:15-6:45 pm 6:45-7:15 pm
<b>Learn to Skate - CanSkate B - 60 minute session (6 - 9 yrs)</b> Beginner through CanSkate level 6 taught in groups of up to 10 skaters 15 minute supervised practice 15 minute group warm up with a Skate Canada coach 30 minute group lesson with a Skate Canada coach		4:00-5:00 pm	4:00-5:00 pm	5:00-6:00 pm	5:15-6:15 pm 6:15-7:15 pm
<b>Learn to Skate - IntroSkate - 60 minute session (10 - 17 yrs)</b> Beginner through CanSkate level 6 taught in groups of up to 10 skaters 45 minute group lesson with a Skate Canada coach 15 minute practice time (Private coaching available)				6:10-7:10 pm	4:15-5:15 pm
<b>STAR 1 (PreStar) (Passed CanSkate 6)</b> 30 minute group lesson with a Skate Canada coach 30 minute practice time (Private coaching recommended)	5:15-6:15 pm	5:10-6:10 pm			4:00-5:15 pm
<b>STAR 2 (Preliminary) (Completed STAR 1)</b> 15 minute stroking with a Skate Canada coach 15 minute group lesson with a Skate Canada coach 30 minute practice time (Private coaching recommended)	5:15-6:15 pm	5:10-6:10 pm		6:10-7:10 pm	4:00-5:15 pm
<b>STARSkate Intermediate</b> <u>Must have passed at least 2 of</u> STAR 2 FreeSkate (Solo and Elements) STAR 2 Skills STAR 3 Dance (A and B)	7:00-8:30am		<b>* 7:00-8:30 am</b> <b>Full Members ONLY</b> <b>(Limited dates)</b>	<b>* 3:10-4:00 pm</b> <b>Full Members ONLY</b>	7:00-8:30 am
	5:15-6:15 pm Stroking 5:15-5:30	6:10-7:10 pm Stroking 6:10-6:25	5:10-6:10 pm Stroking 5:10-5:25	4:00-5:00 pm Stroking 4:00-4:15	
<b>STARSkate Senior</b> <u>Must have passed at least 2 of</u> STAR 4 FreeSkate (Solo and Elements) STAR 5 Skills STAR 5 Dance (A and B)	7:00-8:30 am		<b>* 7:00-8:30 am</b> <b>Full Members ONLY</b> <b>(Limited dates)</b>	<b>* 3:10-4:00 pm</b> <b>Full Members ONLY</b>	7:00-8:30 am
	4:00-5:05 pm	7:20-8:35 pm Stroking 7:20-7:35	6:20-7:20 pm	7:20-8:20 pm Stroking 7:20-7:35	
<b>STARSkate Advanced</b> <u>Must have passed at least 2 of</u> STAR 5 FreeSkate (Solo and Elements) Junior Silver Skills Junior Silver Dance	7:00-8:30 am		<b>* 7:00-8:30 am</b> <b>Full Members ONLY</b> <b>(Limited dates)</b>	<b>* 3:10-4:00 pm</b> <b>Full Members ONLY</b>	7:00-8:30 am
	4:00-5:05 pm	8:45-10:00 pm	6:20-7:20 pm	8:30-9:30 pm	
<b>ADULTSKATE (18+)</b> Beginners through Advanced skaters Work at your own pace with group lessons taught by Skate Canada coaches	12:15-1:15 pm			10:15-11:15 am	

**\* These sessions are only available to Intermediate, Senior, and Advanced skaters with a full membership (6 regular sessions).**

SENIOR FULL MEMBERS can add Intermediate only sessions on these days as Double Sessions.

ADVANCED FULL MEMBERS can add Senior only sessions on these days as Double Sessions.