



2018/19
Quick Reference Schedule
 as of June 27, 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
Learn to Skate - Parent & Tot - 30 minute group lesson (3 - 4 yrs) 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				
Learn to Skate - CanSkate A - 30 minute group lesson (3 - 5 yrs) 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
Learn to Skate - CanSkate B - 60 minute session (6 - 9 yrs) 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
Learn to Skate - IntroSkate - 60 minute session (10 - 17 yrs) 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
STAR 1 (PreSTARSkate) (Passed CanSkate 6) 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
STAR 2 (Preliminary) (Completed STAR 1) 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
STARSkate Intermediate <u>Must have passed at least 2 of</u> STAR 2 Free Skate (Solo and Elements) STAR 2 Skills STAR 3 Dance (A and B)	7:00-8:30am		* 7:00-8:30 am Full Members ONLY (Limited dates)	* 3:10-4:00 pm Full Members ONLY	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	
STARSkate Senior <u>Must have passed at least 2 of</u> STAR 4 Free Skate (Solo and Elements) STAR 5 Skills STAR 5 Dance (A and B)	7:00-8:30 am		* 7:00-8:30 am Full Members ONLY (Limited dates)	* 3:10-4:00 pm Full Members ONLY	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	
STARSkate Advanced <u>Must have passed at least 2 of</u> STAR 5 Free Skate (Solo and Elements) Junior Silver Skills Junior Silver Dance	7:00-8:30 am		* 7:00-8:30 am Full Members ONLY (Limited dates)	* 3:10-4:00 pm Full Members ONLY	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	
ADULTSKATE (18+) 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.