



Star 3+

Winter Season: October 2017 – March 2018

Monday		Wednesday		Thursday		Friday		Sunday	
Kin 2	Dryland	Kin 1	Dryland	Kin 2	Dryland	Kin 3	Dryland	Kin 1	Dryland
	3:45-4:05 PM Warm Up		3:15-3:25 PM Warm Up		3:15-3:25 PM Warm Up	4:00-4:30 PM Simulation	4:00-4:20 PM Strength	OPTIONAL	
4:15-5:15 PM FreeSkate		3:30-4:15 PM FreeSkate		3:30-4:20 PM FreeSkate		4:30-5:30 PM FreeSkate		3:00-4:00 PM FreeSkate	
5:15-5:45 PM Class		4:15-4:15 PM Class		4:20-4:55 PM Class					
	5:50-6:00 PM Flex		4:50-5:15 PM Tech	OR					
				4:20-4:55 PM Class					

\$795 Including Skate Canada Insurance Fee

+\$40 Chocolates

+20 Parent Volunteer Hours or Opt Out for \$200

+23 Program Assistant Hours (Age 12+) or Opt out for \$115

- A post-dated volunteer cheque and Program Assistant cheque (if eligible) is required upfront.
- Skaters age 12+ must help with the CanSkate program once per week, or they may opt out for \$115.
- We have payment plans – up to 3 payments can be made, paid in full by mid-February 2018. Post-dated cheques required.
- Registration includes spring skating! Important notice: the spring schedule will be a different schedule. Times will be different, days may be different and arenas will likely be different. Subject to city ice allocation.
- Family discount for skaters in Junior Academy & up is available (does not apply to family participants in CanSkate). Please ask!
- Running Shoes are required for dryland sessions.
- Skaters will be rotated through simulations, those that aren't on the week's rotation will participate in the dryland session. A skating dress must be worn.
- Skaters may choose either the early or late session on Thursdays. Early sessions will feature engaged supervision for young skaters. Note – you choose for the year, not weekly.
- There will be a rotational ice show prep session on Wednesday mornings in Kin 2 for those participating in the year end ice show (theme is Aladdin). Skaters would likely get 1 or 2 sessions in the entire season.
- Intermediate & High Level Dance will not take place on FreeSkate anymore – there are sessions set aside for Dance. These can be added to this package for an additional \$200.
- Low level dance and skills will be incorporated into skaters' classes and lessons.