



Star 1/2 Keeners Club

Winter Season: October 1 – March 15

Tuesday		Thursday		Friday		Sunday
Elks	Dryland	Kin 2	Dryland	Kin 3	Dryland	Kin 1 - opt
	3:50-4:10 pm Core/Mobility	3:30-4:15 pm Keeners Club		5:30-6:00 pm Simulations *rotates	5:30-5:55 pm Jump Tech (when not on Simulations)	2:00-3:00 pm Drop In* FreeSkate *must "sign up by the Wednesday before*
4:15-5:00 pm FreeSkate		4:15-5:15 pm FreeSkate		6:00-6:45 pm FreeSkate		
5:00-5:30 pm Class			5:20-5:50 pm Dryland			
OR						
5:00-5:30 pm Edge/Turn Class						
5:30-6:15 pm FreeSkate	6:20-6:40 pm Core/Mobility					

\$855 Including Spring Skating *Fees include Skate Canada Insurance Fee
+\$40 Chocolates
+10 Volunteer Hours or Opt Out for \$100

- Sundays are optional ☺
- A post-dated volunteer cheque is required upfront.
- We have payment plans – up to 4 payments can be made so long as the balance is paid before the end of March 2019.
- If choosing the spring skating option, important note: 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.
- Proper Figure Skates are a requirement – ankles should have strong support and the blade should have a nice size toe pick. Skates from Canadian Tire, etc, will not be supportive enough. Please check with one of the coaches if you are unsure about your child's skates or for a recommendation on where to buy.
- 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.
- Skaters may choose either the early or late session on Tuesdays. Early sessions will feature engaged supervision. Note – you choose for the year, not weekly.
- Engaged supervision will be featured on weekday sessions – which means that skaters will be kept busy by a coach or Program Assistant when they are not in lessons.
- Lesson budgets based on 3 day week:
 - Level 1: \$80 per month approximately (mostly group)
 - Level 2: \$105 per month approximately (a mix of group, semi-private and private)
 - Level 3: \$125 per month approximately (a mix of group, semi-private and private)