



Star 3 + Keeners Club

Winter Season: Oct 1-Mar 15

Monday		Tuesday		Thursday		Friday		Sunday
Kin 2	Dryland	Elks	Dryland	Kin 2	Dryland	Kin 3	Dryland	Kin 1 - OPT
3:30-4:30 pm FreeSkate			3:50-4:10 pm Core/Mobility	3:30-4:15 pm Keeners Club		3:45-4:15 pm Simulations	3:45-4:10 pm Balance	2:00-3:00 pm Drop In* FreeSkate
4:30-5:00 pm Jump Class		4:15-5:00 FreeSkate		4:15-5:15 pm FreeSkate		4:15-5:15 pm FreeSkate		*must sign up by the Wednesday before
	5:10-5:50 pm Jump Power	5:00-5:30 pm Edge/Turn Class			5:20-5:50 pm Keeners Club Dryland			
		OR						
		5:00-5:30 pm Edge/Turn Class						
		5:30-6:15 pm FreeSkate	6:20-6:40 pm Core-Mobility					

\$1030 Including Spring Skating *Fees include Skate Canada Insurance Fee

+\$40 Chocolates

+20 Volunteer Hours or Opt Out for \$200

Note: for skaters 12+ it is expected they volunteer on one CanSkate session per week.

- A post-dated volunteer cheque is required upfront.
- Skaters aged 12+ must help with the CanSkate program once per week.
- We have payment plans – up to 4 payments can be made so long as the balance is paid in full before the end of March 2018.
- 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.
- Running shoes are REQUIRED for dryland sessions.
- Skaters will be rotated through simulations. Those who are not on that week's rotation will participate in the dryland session. A skating dress MUST BE WORN for simulations. No exceptions.
- Skaters may choose either the early or late session on Tuesdays. Note – you choose for the year, not weekly.
- There will be a rotational solo preparation and/or ice show preparation session on Wednesday mornings in Kin 3. Skaters will be assigned two mornings per season.
- Intermediated and High Level Dance will not take place on FreeSkate anymore. There are sessions set aside for dance – please ask for more info.
- Low level dance/skills will be incorporated into the skaters' classes and lessons.