

CHEAM SKATING CLUB

April 03, 2023 – June 10, 2023

Monday SSC (Rink 2)	Tuesday SSC (Rink 2)	Wednesday SSC (Rink 2)	Thursday SSC (Rink 2)	Friday SSC (Rink 2)	Saturday SSC (Rink 2)
Jr. Academy <i>On Ice</i> 3:30-4:15 <i>Off Ice</i> 4:30-5:00	Canskate Star 3:45-4:15	Star 1 Development <i>On Ice</i> 3:45-4:30 <i>Off Ice</i> 4:40-5:25	Star 1-2 <i>On Ice</i> 3:45-4:45 <i>Off Ice</i> 5:00-5:30	Jr. Academy <i>Off Ice</i> 3:45-4:15 <i>On Ice</i> 4:30-5:15	CanPowerskate 8:00-8:45am
Star 1-2 <i>On Ice</i> 4:15-5:15 <i>Off Ice</i> 5:30-6:00	Canskate 4:15-5:00	Jr. Academy <i>On Ice</i> 4:30-5:15 <i>Off Ice</i> 5:25-6:10	Star 3-10/Comp. <i>On Ice</i> 4:45-6:00 <i>Off Ice</i> 6:15-7:00	CANSkate 5:15-6:00	Open 9:00-10:00am
Canskate 5:15-6:00	Teen Starskate 5:00-5:45	CANSkate 5:30-6:15			CANSkate 10:00-10:45am
Star 3-10/Comp. <i>On Ice</i> 6:15-7:30 <i>Off Ice</i> 7:45-8:15	Star 1-2 5:00-6:00	Star 2-3 Development <i>On Ice</i> 6:15-7:00 <i>Off Ice</i> 7:15-8:00	CanPowerskate 6:00-6:45	Star 3-10/Comp. <i>On Ice</i> 6:00-7:00 <i>Off Ice</i> 7:15-7:45	No Skating: Saturday April 08
	Open (Star 3+) 5:45-7:00	Comp. Development (Open) <i>Off Ice</i> 6:10-6:50 <i>On Ice</i> 7:00-7:45			

All programs are taught by Skate Canada Certified Coaches

Canskate: A Skate Canada recognized Learn to Skate program, it is designed for those interested learning how to skate or further pursuing ice sports such as figure skating, hockey, ringette or speed skating.

Teen StarSkate: Our learn to skate program for skaters aged 12+

CanPowerskate: A Skate Canada recognized program designed to learn enhanced skating skills and technique for increased agility, speed and stamina in hockey or ringette.

Canskate Star (INVITE ONLY): Skaters in the Canskate program who have been selected by coaches to pursue figure skating will join Canskate Star as their first step in learning to figure skate. Skaters in the Canskate Star program are required to participate in one day of Canskate as well as the Canskate Star class.

Jr. Academy (INVITE ONLY): Our 2-3 day/week program that follows Canskate Star. Skaters in Jr. Academy participate in both on and off ice training.

StarSkate/Competitive Program:

Skaters in the StarSkate or Competitive Program are REQUIRED to participate in the Wednesday Development on and off ice class as well as a set number of other sessions depending on their program

Required sessions are as follows:

Star 1: Wednesday Development Class + minimum 2 other sessions

Star 2-3: Wednesday Development Class + minimum 2-3 other sessions

Star 4-5: Wednesday Development Class + minimum 3 other sessions

Competitive/Star 6+: Wednesday Development Class + minimum 3-4 other sessions

***Sessions skaters may choose from include the Open sessions and sessions offered for their level throughout the week, Star 1 skaters may only add Open sessions as an extra add on to your mandatory 3 sessions. Please speak with your coach if you are in Star 1 and wanting to add an open session ***

All sessions EXCEPT for Open Sessions include coaching costs. You will receive private billing from your coach if your skater participates in Open Sessions. Please speak with your coach if you have questions about the Open Sessions