



SMFSC STARSkate 2015-2016 Off-Ice Schedule

14-Aug-15

Season Start Date: Tuesday, Sept 8, 2015
Season End Date: Thursday, May 26, 2016

PILATES with Rachel Cates

Mondays		First Day: 14-Sep	Last Day: 23-May	# of sessions: 29	
Start Time	End Time	Session	Price	No Classes:	
4:50 PM	5:50 PM	Senior A & AA	\$335	12-Oct Thanksgiving	
6:00 AM	6:45 AM	Intermediate A & AA	\$245	21-Dec Winter Break	
6:45 PM	7:30 PM	Junior A & AA	\$245	28-Dec Winter Break	
7:40 PM	8:40 PM	Senior A & AA	\$335	15-Feb Family Day	
				14-Mar March Break	
				23-May Victoria Day	
				02-May Ice Show Rehearsals°	
				09-May Ice Show Rehearsals°	

BALLET with Carolyn Mcready

Tuesdays		First Day: 08-Sep	Last Day: 24-May	# of sessions: 31	
Start Time	End Time	Session	Price	No Classes:	
5:15 PM	6:00 PM	Intermediate AA / Senior A & AA	\$265	10-Nov HighTest day	
6:10 PM	7:10 PM	Senior A & AA	\$330	22-Dec Winter Break	
7:20 PM	8:05 PM	PreJunior / Junior A	\$265	29-Dec Winter Break	
8:15 PM	9:00 PM	Junior AA / Intermediate A	\$265	15-Mar March Break	
				TBC Low Test Day	
				03-May Ice Show Rehearsals°	
				10-May Ice Show Rehearsals°	

JUMP with Ken Mueller

Wednesdays		First Day 09-Sep	Last Day 25-May	# of sessions: 31	
Start Time	End Time	Session	Price	No Classes:	
5:15 PM	6:00 PM	Intermediate AA / Senior A & AA	\$360	11-Nov Low Test day	
6:10 PM	6:55 PM	Junior A & AA / Intermediate A	\$360	23-Dec Winter Break	
6:55 PM	7:40 PM	Intermediate A & AA	\$360	30-Dec Winter Break	
7:55 PM	8:40 PM	Senior A & AA	\$360	10-Feb HighTest day	
				16-Mar March Break	
				04-May Ice Show Rehearsals°	
				11-May Ice Show Rehearsals°	

Cross Training with Steve Whiteside

Thursdays		First Day Senior A	Last Day 26-May	# of sessions: 30	
Start Time	End Time	Session	Price	No Classes:	
5:10 PM	6:10 PM	Junior A & AA / Int A & AA / Senior A & AA	\$320	17-Dec Family Fun Skate	
6:30 PM	7:15 PM	Senior A & AA	\$255	24-Dec Winter Break	
7:20 PM	8:05 PM	Intermediate A & AA / Senior A	\$255	31-Dec Winter Break	
				11-Feb Low Test day	
				17-Mar March Break	
				TBC High Test Day	
				05-May Ice Show Rehearsals°	
				12-May Ice Show Rehearsals°	

TONING / MUSCLE DEVELOPMENT

Saturdays		First Day 10-Sep	Last Day 21-May	# of sessions: 30	
Start Time	End Time	Session	Price	No Classes:	
9:00 AM	9:45 AM	PreJunior / Junior / Intermediate / Senior	\$255	26-Dec Winter Break	
10:00 AM	10:45 AM	Intermediate A & AA	\$255	02-Jan Winter Break	
10:55 AM	11:55 AM	Senior A & AA	\$320	19-Mar March Break	
				Apr (TBA) Hockey Tournament	
				30-Apr Ice Show Rehearsals°	
				07-May Ice Show Rehearsals°	
				14-May Ice Show°	

*Times and prices subject to change due to scheduling updates, errors & omissions