



SMSC STARSkate 2018-2019 Off-Ice Schedule

Revised: 03-Aug-18

Season Start Date:

Monday, Sep 10, 2018

Season End Date:

Thursday, May 23, 2019

Core Conditioning / Balance / Stretch

Instructor: Rachel

Mondays		First Day: 10-Sep	Last Day: 13-May	# of sessions: 31	
Start Time	End Time	Session	Price	No Classes:	
4:45 PM	5:45 PM	Intermediate High / Senior	\$391	08-Oct Thanksgiving	
5:50 PM	6:35 PM	Intermediate	\$293	24-Dec Winter Break	
6:45 PM	7:30 PM	Pre-Junior / Junior	\$293	31-Dec Winter Break	
7:40 PM	8:40 PM	Intermediate High / Senior	\$391	18-Feb Family Day	
				11-Mar March Break	
				20-May Victoria Day	

Zumba / Stretch / Fitness

Instructor: Stephanie

Tuesdays		First Day: 11-Sep	Last Day: 21-May	# of sessions: 32	
Start Time	End Time	Session	Price	No Classes:	
5:30 PM	6:15 PM	Pre-Junior / Junior / Intermediate	\$302	25-Dec Winter Break	
6:25 PM	7:15 PM	Intermediate / Senior	\$336	01-Jan Winter Break	
7:30 PM	8:30 PM	Senior	\$403	05-Feb High Test Day	
				12-Mar March Break	
				02-Apr High Test Day	

Flexafit Plyometric Jump / Stretch

Instructor: Olga

Wednesdays		First Day 12-Sep	Last Day 22-May	# of sessions: 32	
Start Time	End Time	Session	Price	No Classes:	
4:45 PM	5:45 PM	Intermediate High / Senior	\$518	31-Oct Halloween	
5:45 PM	6:30 PM	Pre-Junior / Junior / Intermediate	\$389	14-Nov High Test Day	
6:30 PM	7:20 PM	Intermediate / Senior	\$432	26-Dec Winter Break	
7:30 PM	8:30 PM	Senior	\$518	02-Jan Winter Break	
				13-Mar March Break	

Flexafit Figure Skating Bootcamp

Instructor:

Thursdays		First Day 13-Sep	Last Day 23-May	# of sessions: 33	
Start Time	End Time	Session	Price	No Classes:	
5:20 PM	6:20 PM	Intermediate / Senior	\$535	20-Dec Family Fun Skate **	
6:25 PM	7:15 PM	Pre-Junior / Junior	\$446	27-Dec Winter Break	
7:15 PM	8:15 PM	Intermediate / Senior	\$535	03-Jan Winter Break	
				14-Mar March Break	

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