



SMSC STARSkate 2019-2020 Off-Ice Schedule

Revised: 27-Aug-19

Season Start Date: Monday, Sep 9, 2019
Season End Date: Thursday, May 7, 2020

Core Conditioning / Balance / Stretch

Instructor: Rachel

Mondays		First Day: 09-Sep	Last Day: 04-May	# of sessions: 30	
Start Time	End Time	Session	Price	No Classes:	
4:50 PM	5:45 PM	Intermediate High / Senior / Comp	\$347	14-Oct Thanksgiving	
5:50 PM	6:35 PM	Intermediate	\$284	23-Dec Winter Break	
6:50 PM	7:35 PM	Pre-Junior / Junior	\$284	30-Dec Winter Break	
7:40 PM	8:40 PM	Intermediate High / Senior / Comp	\$378	17-Feb Family Day	
				16-Mar March Break	

Fast Twitch Training

Instructor: Alyssa

Tuesdays		First Day: 10-Sep	Last Day: 05-May	# of sessions: 31	
Start Time	End Time	Session	Price	No Classes:	
6:00 PM	7:00 PM	Intermediate / Senior / Competitive	\$502	29-Oct High Test Day	
7:15 AM	8:00 PM	Pre-Junior / Junior	\$377	24-Dec Winter Break	
8:20 PM	9:20 PM	Intermediate	\$502	31-Dec Winter Break	
				17-Mar March Break	

Flexafit Plyometric Jump

Instructor: Alyssa

Wednesdays		First Day 11-Sep	Last Day 06-May	# of sessions: 31	
Start Time	End Time	Session	Price	No Classes:	
4:45 PM	5:45 PM	Intermediate High / Senior / Comp	\$502	25-Dec Winter Break	
5:45 PM	6:30 PM	Junior / Intermediate	\$377	01-Jan Winter Break	
6:30 PM	7:30 PM	Intermediate	\$502	12-Feb High Test Day	
7:40 PM	8:40 PM	Senior / Comp	\$502	18-Mar March Break	

Zumba / Stretch / Fitness

Instructor: Stephanie

Thursdays		First Day 12-Sep	Last Day 07-May	# of sessions: 30	
Start Time	End Time	Session	Price	No Classes:	
5:20 PM	6:10 PM	Intermediate / Senior / Comp	\$315	31-Oct Halloween	
6:30 PM	7:20 PM	Pre-Junior / Junior	\$315	19-Dec Family Fun Skate	
7:20 PM	8:10 PM	Intermediate / Senior / Comp	\$315	26-Dec Winter Break	
				02-Jan Winter Break	
				19-Mar March Break	

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