



SMFSC STARSkate 2019-2020 Off-Ice Schedule

Revised: 17-Sep-20

Season Start Date:

Tuesday, Oct 13, 2020

Season End Date:

Wednesday, Jun 2, 2021

Core/Balance

Instructor: Rachel

Mondays		First Day: 19-Oct	Last Day: 31-May	# of sessions: 28	
Start Time	End Time	Session	Price	No Classes:	
5:15 PM	5:45 PM	PreSTAR - STAR 1	\$128	21-Dec	Winter Break
6:00 PM	7:00 PM	STAR 5 - Gold	\$202	28-Dec	Winter Break
7:20 PM	8:05 PM	STAR 1 - 4	\$152	15-Feb	Family Day
				15-Mar	March Break
				24-May	Victoria Day

Dance and Body Movement

Instructor: Jenny

Tuesdays		First Day: 13-Oct	Last Day: 01-Jun	# of sessions: 30	
Start Time	End Time	Session	Price	No Classes:	
5:00 PM	5:30 PM	PreSTAR - STAR 1	\$110	22-Dec	Winter Break
6:00 PM	7:00 PM	STAR 5 - Gold	\$174	29-Dec	Winter Break
7:20 PM	8:05 PM	STAR 1 - 4	\$131	09-Mar	High Test Day
				16-Mar	March Break
				08-Jun	Simulation Day

Active Flexibility

Instructor: Ally

Wednesdays		First Day 14-Oct	Last Day 02-Jun	# of sessions: 30	
Start Time	End Time	Session	Price	No Classes:	
5:30 PM	6:15 PM	STAR 1 - 4	\$147	23-Dec	Winter Break
6:30 PM	7:30 PM	STAR 5 - Gold	\$195	30-Dec	Winter Break
7:40 PM	8:10 PM	PreSTAR - STAR 1	\$123	10-Mar	Simulation Day
				17-Dec	March Break

Strength and Conditioning

Instructor: Stephanie

Thursdays		First Day 15-Oct	Last Day 27-May	# of sessions: 29	
Start Time	End Time	Session	Price	No Classes:	
5:00 PM	5:45 PM	STAR 1 - 4	\$182	17-Dec	High Test Day
6:00 PM	7:00 PM	STAR 5 - Gold	\$242	24-Dec	Winter Break
				31-Dec	Winter Break
				18-Mar	March Break
				03-Jun	High Test Day

Jump

Coach: Susan

Fridays		First Day 16-Oct	Last Day 28-May	# of sessions: 29	
Start Time	End Time	Session	Price	No Classes:	
7:00 AM	7:45 AM	STAR 3 - Gold	\$178	25-Dec	Winter Break
				01-Jan	Winter Break
				19-Mar	March Break
				02-Apr	Good Friday

Jump

Coach: Susan

Saturdays		First Day 17-Oct	Last Day 29-May	# of sessions: 29	
Start Time	End Time	Session	Price	No Classes:	
2:45 PM	3:45 PM	STAR 6 - Gold	\$236	19-Dec	Simulation Day
4:00 PM	4:30 PM	PreSTAR - STAR 2	\$149	26-Dec	Winter Break
4:45 PM	5:30 PM	STAR 3 - STAR 5	\$178	02-Jan	Winter Break
				20-Mar	March Break

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