



SMFSC STARSkate 2021-2022 Off-Ice Schedule

Revised: 16-Aug-21

Season Start Date: Monday, Sep 13, 2021
Season End Date: Saturday, Jun 4, 2022

Core/Balance

Instructor: Rachel

Mondays		First Day: 13-Sep	Last Day: 30-May	# of sessions: 32
Start Time	End Time	Session	Price	No Classes:
5:30 PM	6:30 PM	STAR 5 - Gold	\$280	11-Oct Thanksgiving
6:35 PM	7:20 PM	STAR 1 - 4	\$210	20-Dec Winter Break
				27-Dec Winter Break
				21-Feb Family Day
				14-Mar March Break
				23-May Victoria Day

Dance and Body Movement

Instructor: Jenny

Tuesdays		First Day: 14-Sep	Last Day: 24-May	# of sessions: 32
Start Time	End Time	Session	Price	No Classes:
6:20 PM	7:20 PM	STAR 5 - Gold	\$240	05-Oct Assessment Day
7:30 PM	8:30 PM	Star 1 - 4	\$240	21-Dec Winter Break
				28-Dec Winter Break
				08-Mar Assessment Day
				15-Mar March Break

Jump

Instructor: Susan

Wednesdays		First Day 15-Sep	Last Day 01-Jun	# of sessions: 35
Start Time	End Time	Session	Price	No Classes:
5:30 PM	6:30 PM	STAR 5 - Gold	\$280	22-Dec Winter Break
6:35 PM	7:25 PM	STAR 1 - 4	\$233	29-Dec Winter Break
				16-Mar March Break

Active Flexibility

Instructor: Ally

Wednesdays		First Day 15-Sep	Last Day 01-Jun	# of sessions: 35
Start Time	End Time	Session	Price	No Classes:
6:35 PM	7:25 PM	STAR 5 - Gold	\$219	22-Dec Winter Break
7:30 PM	8:20 PM	STAR 1 - 4	\$219	29-Dec Winter Break
				16-Mar March Break

Strength and Conditioning

Instructor: Stephanie

Thursdays		First Day 16-Sep	Last Day 02-Jun	# of sessions: 33
Start Time	End Time	Session	Price	No Classes:
6:30 PM	7:30 PM	STAR 5 - Gold	\$272	02-Dec Assessment Day
7:40 PM	8:30 PM	STAR 1 - 4	\$227	16-Dec Fun Skate
				23-Dec Winter Break
				30-Dec Winter Break
				17-Mar March Break

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